

GOOD THINGS

AND



HOW TO
COOK
THEM

By
"CHEF."

PRICE 10¢

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Cookery Bks

A Valuable Book

The last book of cookery recipes which we sent out was greatly appreciated, and the demands for duplicate copies were so numerous that we decided this year to prepare another such booklet.

At considerable expense we have compiled and published this collection of recipes in the hope that they will prove of service to our readers. We present this book to you, with our compliments, and trust that you will give it a place in your kitchen, where it will be handy for daily reference.

It will simplify for you the art of cookery, and it will provide very often an answer to that worrying question which comes at times to all housekeepers: "What can I make that will be enjoyable, and appetizing, and altogether fresh."

New soups, new meat dishes, new methods of preparing vegetables, new salads, cakes, pastries and cookies—all are contained, and the whole makes up a most complete and concise work on cookery.

There is also a section dealing with "Invalid Cookery" in which will be found dishes so useful when sickness is in the house.

Speaking of sickness, in other pages of the book than those devoted to the art of Cookery, will be found the reports of grateful persons who have been restored to health by use of that famous herbal ointment—Zam-Buk.

In this connection, too, we hope you will find this little work a mine of "good things." Where others have benefited why should not you? Read these experiences carefully—possibly you know some of the persons whose experiences are given—and profit by what they say.

To mothers with the responsibilities of young children, we would especially appeal; for Zam-Buk is above all—a home remedy.

After reading this book and availing yourself of the offer of free trial samples, should you need any further information about Zam-Buk, or Zam-Buk Soap, do not hesitate to write to

Yours truly,

THE ZAM-BUK CO.

310 Dupont Street

Toronto

C. early 1920's

GUIDE TO HOME COOKERY.

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A LEADING CHEF'S HANDY LIST OF GOOD THINGS AND HOW TO COOK THEM.

THE following recipes will be found useful in every home. The great fault of most lists of recipes is that the ingredients are unsuitable for ordinary use, or the cost of the good things too high for general use. This defect does not apply to the following list of good things. The cost of none of them is beyond the reach of the average housewife's purse. They are wholesome,

and easy to prepare, and from the recipes here given, many a spread of good things should be produced and enjoyed.

Handy Weights and Measures.

Wherever possible, exact weights of ingredients should be used, but here is a handy list which will reduce the use of weights and measures considerably:—

- 4 cups flour equal 1 pound.
- 2 tablespoons flour equal 1 ounce.
- 1 tablespoon butter equals 1 ounce.
- 1 cup butter equals $\frac{1}{2}$ pound.
- 1 pint butter equals 1 pound.
- 10 eggs equal 1 pound.
- 2 cups granulated sugar equal 1 pound.
- 2 $\frac{1}{2}$ cups powdered sugar equal 1 pound.
- 2 teaspoons liquid equal 1 tablespoon.
- 4 tablespoons equal 1 wine glass or $\frac{1}{2}$ gill.
- 2 wine glasses equal 1 gill or $\frac{1}{2}$ cup.
- 2 gills equal 1 cup or $\frac{1}{2}$ pint.
- 2 cups equal 1 pint.
- 2 pints equal 1 quart.
- 4 quarts equal 1 gallon.
- 1 pint liquid equals 1 pound.
- Butter size of an egg equals 1 ounce.

SOUPS

SOUP STOCK—Take 3 or 4 lbs. shank of beef, cut into small pieces, add any bones or bits of meat you may desire to use, and cover the whole with cold water. Let stand for one or two hours then place on the stove, boil it several hours; then strain and set away to cool. When cool the fat can be easily removed; do not have any fat in it. Several different soups can be made by boiling different vegetables, rice and macaroni in water and adding some of the stock, seasoning to taste. When using an onion it is nicer grated than in pieces.

BEAN SOUP—One pint beans, two quarts water, 1 tablespoon butter, salt and pepper to taste. Soak the beans over night in 3 quarts of cold water, next morning drain and add 2 quarts of water. Cook the beans slowly for 2 hours, stirring frequently and when they are soft pulp them through a fine wire sieve, leaving only the skins in the sieve. Return to the kettle, add the seasoning, cook 10 minutes longer and serve with crutons.

(Continued on page 2).

1920's?

Cookery Recipes—Continued

TOMATO SOUP—One pint of tomatoes, pinch of soda, pepper and salt, 1 teaspoon cornstarch mixed smooth in a little water, 1 tablespoon of butter. Put these in a saucepan. When just at boiling point add 1 pint of milk that has been heating in another vessel. Strain the soup before using.

BARLEY SOUP—Two pounds of beef shank, $\frac{1}{4}$ pound pearl barley, 1 large bunch parsley, 4 onions, 6 potatoes, salt and pepper to taste, 4 quarts water. Boil gently for three hours.

PEA SOUP—One quarter pound onions, $\frac{1}{4}$ pound carrots, 2 ounces celery, $\frac{3}{4}$ pound split peas, a little mint, 1 tablespoon brown sugar, salt and pepper to taste, 4 quarts of water. Cut the vegetables in small pieces and fry for 10 minutes in a little butter, pour the water on them and when boiling add peas and let simmer for three hours. Serve with bread crutons.

CREAM POTATO SOUP—Boil 4 medium sized potatoes; when done mash through a sieve, add butter size of an egg, pepper and salt; beat until light and creamy. Then add 1 quart of hot milk, place over fire and beat constantly until it comes to boiling point, then add 1 egg, yolk and white beaten separately. Serve. Do not boil it again after egg has been added or it will curdle.

VEAL SOUP—Put a knuckle of veal into three quarts cold water with a little salt, and $\frac{1}{2}$ cup uncooked rice. Boil slowly for 4 hours. Remove from the fire. Into the tureen put the yolk of 1 egg and stir into it 1 cup of sweet milk; add a piece of butter the size of an egg. On this strain the boiling soup, stirring all the time. Then heat well for about 1 minute.

WHITE SOUP—One quart of milk, 3 potatoes, 1 onion, 4 outside stocks of celery, small piece of butter, salt and pepper to taste. Boil 4 hours.

CELERY SOUP—Clean carefully and cut in small pieces 2 bunches of celery. Boil until tender in just enough water to cover. Rub through a coarse colander. Scald three pints of milk, add to celery; add water in which celery was boiled, and $\frac{1}{2}$ small onion (minced). Rub together 1 tablespoon each of butter and flour. Stir this into the boiling soup. Season with salt and pepper. Serve with strips of dry toast or browned crackers.

CREAM TOMATO—Put 1 quart of tomatoes in 1 quart of boiling water; let them cook thoroughly. Put 1 quart of milk in a double boiler; when tomatoes are cooked add 1 teaspoon baking soda and when foaming ceases add the hot milk with a little butter, salt and pepper. Brown a few crackers, roll fine and add to the soup. Serve with small pieces of dry toast.

CREAM OF CORN SOUP—Drain the liquid from 1 can of corn, chop the corn fine and put on the stove to simmer for an hour in 1 quart of salted water. Rub through a colander, return to the fire. Add 1 teaspoon sugar. When this melts add 2 teaspoons flour, made smooth, and pour it slowly over 1 pint of heated milk. Season with salt and pepper. Pour soup upon the stiffly beaten whites of 2 eggs. Serve with toasted crackers.

FISH

OYSTER STEW—Put into a colander 1 quart of oysters. Pour over them $\frac{3}{4}$ cup of cold water, reserving the liquor. Heat the reserved liquor to boiling point, and strain through a double thickness of cheesecloth. Add oyster and cook, stirring occasionally, until oysters are plump and edges curl. Remove the oysters with a skimmer to a heated tureen. Add $\frac{1}{4}$ cup scalded milk and some pepper to the oyster liquor, then pour all over the oysters.

CREAMED OYSTERS—Make a good cream or white sauce, wash and drain oysters; put into the sauce. Let stand until well heated. Then serve.

FRIED OYSTERS—Drain the liquor from the oysters and then roll each in cracker crumbs. Beat up a fresh egg with some liquor of the oysters and dip them in it. Repeat this three or four times. Have some olive oil boiling, drop oysters in and fry light brown. Either lard or butter may be used instead of olive oil. Garnish with parsley.

SALMON LOAF—1 can salmon, drain well and remove the bones, 1 cup bread crumbs, mixed with two well beaten eggs, 2 teaspoons melted butter, season with pepper, salt and parsley. Put in buttered dish and steam one hour. **SAUCE**—1 cup milk thickened with a little flour, a small piece of butter, the liquor from the fish, 1 tablespoon of tomato catsup, pepper and salt. Turn the fish loaf out on a platter and pour the sauce over it. A little chopped parsley mixed in the sauce is an improvement.

SHRIMPS WITH TOMATO SAUCE—Cook together 1 tablespoon each of butter and flour until they bubble, stir into this $\frac{1}{2}$ pint of strained tomato liquor, 1 bay leaf and 1 grated onion after they have been cooked for ten minutes; stir the sauce until it is thick, then add $\frac{1}{2}$ pint of shrimps. Season and serve.

BROOK TROUT—Wash and dry the fish thoroughly, sprinkle a little pepper and salt over them and roll in cornmeal. Use one part butter to two parts lard and fry to a golden brown. Drain and serve with slices of bacon and hard boiled eggs cut in rings and laid around the platter.

BOILED FISH—Any large firm fish is nice boiled. To boil, cover the fish with water and salt. Simmer slowly $\frac{1}{2}$ an hour and serve with drawn butter or any fish sauce.

COD FISH BALLS—1 teacup of cod fish pickled fine, 1 teacup of mashed potatoes, 1 egg, small piece of butter, little red pepper. Stir all well together. Beat light and shape into balls. Roll in egg and cracker crumbs. Fry in hot lard until brown.

(Continued on page 4).

A ROMANTIC STORY

A World Search for Rare Medicinal Herbs

IT is not commonly known that countries so far apart as China and Spain, Japan and England, and Tasmania and France have to be searched for the species of herbs used in the manufacture of that world-famed healing ointment ZAM-BUK. These herbs are, many of them, rare and costly. They need to be gathered just at the right season when their juices and medicinal contents are at their very best.

Zam-Buk, in addition to its rare herbal composition, has twentieth-century medical knowledge and manufacturing skill, to bring it to a pitch of perfection, probably never equalled in the annals of healing.

The different medicinal qualities in Zam-Buk are beautifully balanced. The *healing* side with the *antiseptic*, the *soothing* with the *germicidal*; it is penetrative yet not too stimulating, and has just the right lubricity for removing superficial swellings, sprains and pains.

Thus Zam-Buk is a useful, reliable, and highly-concentrated, medicinal dressing always ready to instantly soothe pain, swiftly allay swelling and inflammation, expel deep-seated disease, and grow new healthy skin. Moreover, users of Zam-Buk have perfect confidence which alone comes from the knowledge that it is a refined herbal preparation and not an artificial ointment composed of pore-clogging fats and crude drugs.

Zam-Buk is invaluable in all itching, inflamed, and diseased conditions of the skin, whilst its swift antiseptic healing makes it the ideal first-aid dressing for burns, scalds, cuts, etc. It is also the soothing remedy for piles.

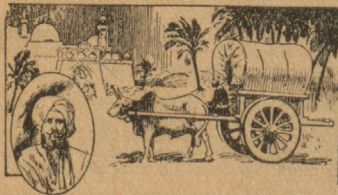


Zam-Buk on the Canals in Holland

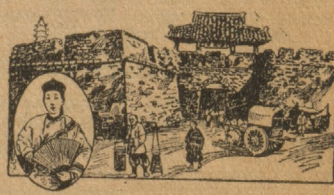


Transportation of Zam-Buk in Egypt

Zam-Buk has proved so beneficial in the treatment of skin troubles that its fame has spread to the four corners of the earth and is obtainable all over the world, surely to gain this eminence it must have unusual merit; that unusual excellence lies in the fact that it is compounded from pure Herbal Extracts and Juices.



How Zam-Buk is carried in India



How Zam-Buk is carried in China

The Chief Laboratory and Head Office are in England and in order to meet the world wide demand we maintain laboratories in Calcutta (India), Cape Town (South Africa), Sydney (Australia), and Toronto (Canada).

Cookery Recipes—Continued

SCALLOPED OYSTERS—Put 1 pint of oysters in a colander and drain. In a baking dish put a layer of crumbs and then a layer of oysters, and sprinkle with pepper and salt. Repeat this until the dish is nearly filled and then put on a top layer of biscuit crumbs. Cover the contents of dish with milk and put in a moderate oven until brown. Serve hot.

CREAMED SALMON—One tablespoon of butter, 2 tablespoons of flour, 2 scant cups of milk, 1 can salmon, pepper and salt. Cook butter and flour together. Then add the milk gradually, stirring to prevent lumps. Break up the salmon with a fork, removing the skin and bones. Stir it into the sauce, and season to taste, making it thicker or thinner by using more or less milk.

FRIED WHITE FISH—Split white fish and place on a dish with salt and pepper. Squeeze over it the juice of a lemon and let it stand for an hour. Then drain and dredge well with flour and fry a light brown. Serve with the following sauce; 2 tablespoons of butter in a frying pan, when melted add 2 tablespoons of flour. Stir until smooth and add 2 cups of cold water. Stir steadily until it thickens, and add salt and pepper. Take from the fire and add the beaten yolks of 2 eggs and the juice of half a lemon.

BAKED PIKE—Scale fish and dry perfectly. Fill with dressing and sew up. If the fish is not stuffed sprinkle salt and pepper inside and an ounce of butter. Roll the fish in egg and bread crumbs. Have the bread crumbs seasoned with salt and cayenne and mix with them one-third of the quantity in shredded parsley. Pour melted butter over the fish and bake in a moderate oven. **DRESSING**—1 cup of bread crumbs, 2 tablespoons of butter, slice of onion finely chopped, $\frac{1}{2}$ teaspoon of salt and a dash of cayenne. Moisten with a well beaten egg.

CREAMED FINNAN HADDIE—Remove the skin and bones from a salted finnan haddie previously boiled, and pick into flakes with a fork. Place in a saucepan 1 tablespoon of butter, 1 tablespoon of flour, and $1\frac{1}{2}$ cups of milk. Cook a few minutes. Season with pepper and thicken with flour and butter creamed. Add the fish to the sauce and serve garnished with toast.

LOBSTER CUTLETS—One can of lobster, 1 ounce of flour, 1 ounce of butter, a gill of milk, a little lemon juice, salt and pepper, a few grains of cayenne, 1 egg, 4 tablespoons of bread crumbs, 1 teaspoon of anchovy paste. Put butter in a saucepan; add to it the flour, then the milk and stir until boiling. Cook 2 minutes and add the anchovy, seasoning and lobster. Form the mixture into small cutlets, and roll them in beaten egg and bread crumbs. Fry a pale brown in hot fat. (Canned salmon may be used instead of lobster.)

BROILED FISH—Clean and dry fish. Sprinkle with salt and pepper. If the fish is not very oily it may be rubbed with melted butter. Put in a well greased broiler and turn often until it is cooked and brown. When cooked, put on a hot platter and sprinkle with salt and pepper, and butter, and garnish with parsley and slices of onions. Fish should be broiled whole.

MEATS

BEEF STEAK AND KIDNEY PUDDING—Take 1 pound of tender beef and 1 beef kidney, cut them into pieces almost $\frac{1}{4}$ inch thick, season with pepper and salt, sprinkle a little flour over them. Slightly butter a pudding dish, roll out the paste $\frac{1}{2}$ an inch thick, line the basin and then put in the beef and kidney, and pour in 3 or 4 tablespoons of water. Cover the top with paste, press edges firmly together, then tie the basin in a floured cloth. Keep constantly boiling for 2 hours. **PASTE FOR**

PUDDING—About 1 pound of flour mixed thoroughly with a heaping saltspoon of salt and some finely chopped suet. Mix with water to a paste. Then roll almost half an inch thick.

BEEF LOAF—Chop cold beef fine, add half as much stale bread crumbs, pepper and salt, 1 unbeaten egg, a small onion finely chopped. Steam $1\frac{1}{2}$ hours in a well buttered mould. Make a sauce with flour, butter and milk, warm a little tomato juice and strain into the sauce. Pour this sauce over the loaf serving.

HAMBURG STEAK—One pound of minced beef, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 teaspoon onion juice, mix together all ingredients, and shape with the hands into six round cakes, about $\frac{3}{4}$ of an inch thick. Fry in fat about 8 minutes. Serve with tomato sauce.

BEEF STEAK PIE—Cut into $\frac{1}{2}$ inch squares two pounds of lean beef, add 2 finely cut onions and stew together with 1 ounce of butter in a saucepan for ten minutes, then stir in 2 tablespoons of flour, and add 1 quart of water, season with salt and pepper; cook for twenty minutes. Fill a cake dish with this preparation, slice 2 hard boiled eggs and spread on top. Cover the pie with crust. Bake for 8 minutes in a quick oven.

LIVER CUTLETS—1 egg, 1 pound of calf's liver, cut in thin slices, beat up the egg, dip in the liver then into powdered crackers and fry brown. Serve with slices of bacon fried to a crisp.

VEAL CUTLETS—One egg, cracker crumbs rolled fine, veal outlets. Beat up the egg, dip in the cutlets, which have been seasoned with salt and pepper, then roll them in cracker crumbs. Fry a nice brown in $\frac{2}{3}$ lard and $\frac{1}{2}$ butter.

(Continued on page 8).

HAD ULCERS and SORES FROM ELBOW to FINGERS

ZAM-BUK Worked a Miracle of Healing Which Minister Fully Corroborates

MISS KATE L. DOLLIVER, of Caledonia, Queens Co., N.S., is an eloquent advocate of the healing powers of Zam-Buk, and has passed through a wonderful experience of its value. She says:

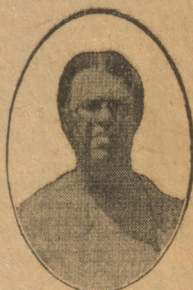
"I must add my testimony to the value of Zam-Buk. Ulcers and sores broke out on my arm, and although I tried to heal them by using various preparations, nothing seemed to do me any good. The sores spread until from fingers to elbow was one mass of ulceration.

"I had five different doctors, and faithfully carried out their instructions as I wanted to get well badly, as you may imagine. I drank pint after pint of blood medicines, tried salve after salve, and lotion after lotion; but it was of no avail.

I then travelled a long distance to see a well-known doctor. He photographed the arm and hand. This photograph was sent to a New York hospital to the specialist; but they sent word that they could do nothing further for me, and I was in despair.

"One day a friend asked me if I had tried Zam-Buk. I said I had not, but I got a box right away. That first box did me more good than all the medicine I had tried up to that time, so I continued the treatment. Every box healed the sores more and more until, to make a long story short, Zam-Buk healed all the sores completely.

"My arm now bears only a few marks where the deepers ulcers were; and these marks are rapidly disappearing. Everybody in this place knows of my case and that it is Zam-Buk alone which healed my sores."



Miss K. L. Dolliver

Her Minister Corroborates

The above facts are fully corroborated by Miss Dolliver's minister, the Rev. W. B. M. Parker, of Caledonia. He writes:

"This is to certify that the testimonial of Miss Dolliver is correct as far as my knowledge goes. I have known her for a year and a half, and the result effected in her case by Zam-Buk is remarkable."

Wherever there is ulceration, blood-poison, sores, coldcracks, abscesses, cuts, burns, bruises, or any skin injury or disease, there Zam-Buk should be applied. Its purely herbal composition and the entire absence of any poisonous mineral coloring matter make it an ideal ointment. It should be in every home.

Cookery Recipes—Continued

MOCK DUCK—Take a round steak, spread out and pound. Make a dressing of bread crumbs (rubbed fine), put 1 spoon of butter in frying pan and add bread crumbs, a little chopped onion, salt and pepper and sage to taste. Spread this on the steak and roll, bind well with string and secure ends. Place in pan with 1 cup of warm water. Bake until brown, Garnish with mashed potatoes.

SHEPHERD'S PIE—Cook some potatoes and mash them smooth with milk or white sauce. Put a thin layer of them in the bottom of a dish, and over this put the meat which has been minced fine, and mixed with onion sauce or gravy, as preferred. Cover the meat with the rest of the potatoes and put into the oven to brown. Serve hot.

PORK TENDERLOINS—Split tenderloins in halves; fill with dressing and roast, basting well.

CHICKEN POT PIE—Take a fat fowl, joint and boil until tender, season to taste with salt and pepper; if the fowl is fat no butter is necessary, if not, use butter. Have sufficient broth to more than cover the chicken, as the dumplings will absorb it. When the chicken is boiled tender, set off the fire for a few minutes; then return to the stove again and drop the dumplings in by the spoonfuls on top of chicken in kettle. This will prevent the dumplings from getting heavy. Cover kettle tight and let boil briskly for 25 or 30 minutes. Do not let them burn. **DUMPLINGS**—Take 1 quart of flour, sift into a bowl with $\frac{1}{2}$ a teaspoon of salt and 3 teaspoons of baking powder. Rub flour with butter the size of an egg. Then add 1 pint of sweet milk and stir with spoon until mixed. If it seems sticky add a little more flour.

YORKSHIRE PUDDING FOR ROAST BEEF—Two eggs, 3 tablespoons flour, milk, pinch of salt. Beat eggs into the flour which contains the pinch of salt, add enough milk to make a batter just thick enough to pour. Put enough fat in the tin to keep from burning. Pour into tin and bake about 20 minutes in a hot oven.

CHICKEN CROQUETTES—Take cold chicken, chop very fine, add an equal quantity of smooth mashed potatoes, mix and season with butter, salt, black pepper, and a little prepared mustard, add a little cayenne pepper. Make into cakes and dip into egg and bread crumbs. Fry a light brown.

JELLIED TONGUE—Boil 1 tongue in salted water for 4 hours, or until a straw will run through it easily. Peel and place in a small bowl. Add a little of the water it was boiled in. Place under a heavy weight in a cool place.

VEAL LOAF—Three and a half pounds of chopped veal, $\frac{1}{2}$ pound chopped salt pork, 1 cup of biscuit crumbs, 3 tablespoons of catsup. Season to taste with salt, pepper and summer savory. Mould into a loaf, and bake 2 hours, basting frequently with butter.

CURRIED VEAL—Cut into small pieces some cold roast or stewed veal. Fry 1 small onion (or more) in butter or dripping. Remove the onion and brown the meat thoroughly in fat. Cover with water and cook for a few minutes, flavouring the mixture with curry powder, allowing $\frac{1}{2}$ teaspoon of curry to each pound of meat, thicken with flour. Add 1 teaspoon of vinegar or lemon juice. Serve with a border of steamed rice.

JELLIED CHICKEN—Boil chicken until meat will slip easily from the bones. Remove from the liquid and while still warm remove the meat from the bones. Cover with slices of lemon the bottom of a flat dish which has been previously buttered. Put a layer of white meat, and then a layer of dark alternately until the dish is full. Take 1 pint of stock, strain and add half a box of gelatine (previously soaked) and pepper and salt to taste. Pour this over the chicken and cool.

ROAST VENISON—Wash a roast of venison in warm water and dry thoroughly. Put in a deep baking dish with a very little boiling water, and cover half an inch thick with a coarse paste made of flour and water. A thickness of coarse paper should be laid over the paste. Cook in a moderately hot oven for 4 hours or less, according to the size of the roast. Twenty minutes before it is done, quicken the fire, remove the paste and paper, dredge the roast with flour and baste well with butter until the roast is a delicate brown. Serve with currant jelly.

VENISON CUTLETS—Season venison cutlets with salt and pepper, dip them in beaten egg. Then roll them in cracker crumbs. Fry brown in a pan of smoking hot $\frac{3}{4}$ lard and $\frac{1}{2}$ butter. Serve, garnished with parsley and slices of lemon.

SPICED BEEF—Boil a shank of beef in a little water until the meat drops from the bone. Chop very fine and spice with ground cloves, pepper, salt and summer savory. Add sufficient of the liquor in which it was boiled to moisten well. Press into mould.

VEAL PIE—One and a half pounds of veal, $\frac{1}{2}$ pound of smoked ham, 3 hard boiled eggs. Cut the veal and ham into small pieces. Stew in 1 pint of water for half an hour, or until tender, and season with salt and pepper. Line a pudding dish with paste and put in a layer of veal and ham; then a layer of hard boiled eggs alternately until the dish is full. Cover with crust and bake.

IRISH STEW—Time 2 hours, 2 $\frac{1}{2}$ pounds chops, 8 potatoes, 4 turnips, 4 small onions, nearly a quart of water. Take some chops from the loin of mutton, place them in stew pan with alternate layers of sliced potatoes; add turnips and onions cut into pieces; pour in nearly a quart of cold water; cover stew pan closely, let stew gently till vegetables are ready to mash, and greater part of gravy is absorbed; then place in dish and serve hot.

(Continued on page 8).



JUSTICE OF THE PEACE

TELLS REMARKABLE EXPERIENCE
WITH ZAM-BUK.

**SUFFERED FOR YEARS WITH ECZEMA &
ULCERS. NOTHING SEEMED ABLE TO DO
HIM ANY GOOD. ZAM-BUK HEALED HIM.**

Mr. J. E. Arsenault, a Justice of the Peace, at Wellington, Prince Edward Island, says:

"Some years ago I slipped in the station and fell on a freight truck, sustaining a bad cut on the front of my leg. I thought this would heal, but instead of doing so it developed into a bad ulcer and later into a form of eczema which spread very rapidly and also started on the other leg. Both legs became so swollen and sore that I could only go about my work by having them bandaged.

"I consulted a doctor, who treated the sores for a time, but they got no better so he advised me to stop working. I did not want to do that, and consulted another doctor after having tried every remedy I could think of for six months without avail. The second doctor's treatment gave me no better results. The sores were very painful and continued to spread.

"I tried all the salves, liniments and lotions I heard of, but instead of getting better I got worse.

"This was my condition when I got my first box of Zam-Buk. Greatly to my delight that first box gave me relief. I continued to apply it to the sores, and day by day they got better.

"I could see that at last I had got hold of something which would suit me. I knew that a chronic case such as mine would take a good deal of time to end, but it seemed to me that Zam-Buk was altogether different and superior to all other preparations I had tried, and that perseverance with its use would have the right result. Well I continued the Zam-Buk treatment and in the end it relieved me completely.

"Since Zam-Buk effected this result in my case, there has been no return of the eczema or any trace of it. It would be impossible to find a case where the sores were worse than those on my limbs, and I think Zam-Buk is a marvellous healing ointment or it could not have relieved me as it did when all else failed."

A SWORN STATEMENT

I, J. E. Arsenault do hereby affirm and declare that the statements made by me in connection with my use of Zam-Buk, are accurate in every detail and I give the Company full permission to publish these details, and my photograph, in any way they may think proper, with a view to making the value of Zam-Buk more widely known.

Declared before me at Summerside in } (Sgd.) J. E. ARSENAULT.
Prince County, in Prince Edward Island }
(Signed) John H. Bell, Notary Public for Prince Edward Island

SAUCES AND DRESSING

TOMATO SAUCE—Stew 1 dozen tomatoes in a pint of soup stock with 1 onion; a bunch of parsley, salt and pepper. Boil soft and rub through a fine sieve. Thicken with butter rolled in flour.

CAPER SAUCE—Make a rich drawn butter sauce, to thin add 2 tablespoons of capers, a little mustard, salt and pepper to taste.

BREAD SAUCE—One pint of milk, take bread two days old, cut all crust off and rub through colander. Let milk scald with a dash or two of cayenne. A little black pepper and salt to taste, piece of butter size of a walnut, add just before serving. $1\frac{1}{2}$ cups of bread crumbs, stirring all the time. Set at back of stove for a few minutes. To be eaten with turkey or chicken.

MINT SAUCE—Mix 1 tablespoon white sugar with a teaspoon of cider vinegar, add finely chopped mint and let it infuse half an hour in a cool place. Serve with roast lamb.

DRESSING FOR TURKEY—Crumble bread fine, add butter, summer savory or parsley, salt and pepper to taste. Mix all together with 1 raw egg. One chopped onion may be added if preferred.

DRESSING FOR GOOSE OR DUCK—Mash potatoes fine, add equal quantity of bread crumbs; season with minced onion, sage, salt and pepper. Never fill the fowl more than $\frac{1}{4}$ full.

CORRECT SAUCES FOR MEATS, Etc.

ROAST BEEF—Grated horse radish.

ROAST VEAL—Tomato sauce or horse radish sauce.

ROAST MUTTON—Currant jelly and caper sauce.

ROAST PORK—Apple sauce.

ROAST LAMB—Mint sauce.

ROAST TURKEY—Cranberry jelly.

ROAST VENISON—Black currant jelly.

ROAST GOOSE—Tart apple sauce.

ROAST CANVAS BACK—Black currant jelly.

ROAST CHICKEN—Bread sauce.

ROAST CHICKEN—Cream gravy and corn fritters.

CORN BEEF—Mustard.

COLD BOILED FISH—Sauce piquante.

BOILED FRESH MACKERAL—Stewed gooseberries.

FRESH SALMON—Cream sauce and green peas.

CHEESE AND EGGS

CHEESE FRITTERS—One pint flour, $\frac{1}{2}$ pint of milk, 1 tablespoon butter, teaspoon salt, 2 eggs, $1\frac{1}{2}$ cups grated cheese. Beat the eggs light, add milk and salt. Pour half this mixture on the flour, and when beaten light and smooth add the remainder of the flour, then the melted butter and cheese. Fry in boiling fat, a spoonful at a time.

CHEESE FONDUE—Boil 1 cup milk and 2 ounces of fine dry bread crumbs, when smooth add 4 tablespoons of grated cheese, and 2 tablespoons of butter. Stir over the fire for 1 minute; take it off, add $\frac{1}{2}$ of a teaspoon of dry mustard and the well beaten yolks of 2 eggs; beat the whites very stiff and stir carefully into the mixture. Pour into a buttered dish and bake 15 minutes.

CHEESE STRAWS—One cup grated cheese, cayenne to taste, $\frac{1}{2}$ scant cup of butter, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup icewater, $\frac{1}{2}$ teaspoon baking powder. Put baking powder into the flour, add cheese and cayenne. Rub well into this the lard and butter, then pour carefully in the centre of the above mixture the ice water; mix with a silver fork. Flour bread board, roll lightly, bring four corners together, and roll once more—this time to a wafer-like thinness. Cut into finger strips and bake.

MACARONI AND CHEESE—One-quarter pound macaroni broken in small pieces, and cooked in 1 quart of salt water for 20 minutes; turn into a colander and pour cold water over it; let drain. Put a layer of grated cheese in bottom of baking dish, then a layer of macaroni; repeat until the dish is full, covering the top with bread or cracker crumbs, and little pieces of butter. Pour over the whole enough heated milk to moisten (about $1\frac{1}{4}$ cups). Bake until brown.

CURRIED EGGS—Three hard boiled eggs, 2 tablespoons butter, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon curry powder, $\frac{1}{8}$ teaspoon pepper, 1 cup hot milk. Melt butter, add flour and seasonings and gradually the hot milk. Cut eggs in eight lengthwise, and reheat in sauce.

JUMBLED EGGS—Use white sauce, put a layer of this sauce in a baking dish, then a layer of minced hard boiled eggs and 1 of minced veal or ham. Continue this until the dish is full, having white sauce on top. Spread over this buttered bread crumbs. Bake in oven.

PLAIN OMELET—Three eggs, 3 tablespoons flour, 2 scant cups milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon parsley. Beat the eggs, saving out the white of one. Blend the flour with a little milk, then put in the remaining milk. Mix all together. Have 1 tablespoon butter in a frying pan (hot but not brown), pour in the mixture. While cooking beat up stiff the white which is left, and just before folding over spread the beaten white with a little parsley over half; then fold.

(Continued on page 10).

The Agony OF PILES

Only those who suffer from Piles know the misery it brings! It robs life of its pleasures, steals the brightness from existence, and substitutes days of dull pain, and moments of acute agony. Most so-called "remedies" give ease only for a time, and then—back comes the trouble and pain and misery! Zam-Buk heals piles! And heals permanently. Proof of this lies all around you. Women and men in all stations of life have proved it—possibly some of your friends! Let it relieve you!

PILES DISAPPEAR

Mr. Wilfrid Amey, of Toronto, in an interview with a representative of the Proprietors of Zam-Buk, says:—

"While serving in the R.F.C., I contracted Piles, through sleeping on damp ground in camp. I reported "sick" and was given treatment by the Medical Officer, but it gave me no relief. I then purchased several so-called pile remedies, but without deriving any benefit from their use. It wasn't until shortly after my discharge from the service that a friend advised me to try Zam-Buk. Well, by the time I had used the first box I felt so much better that I determined to continue the treatment. After persevering with Zam-Buk for a few weeks I was completely healed, and I want other sufferers to know what Zam-Buk did for me. You are, therefore, at liberty to use my name when advertising your wonderful healing remedy."

ITCHING PILES SOOTHED AND RELIEVED

Mrs. F. Barrett, Pioneer, Alta., writes:—"My husband has been troubled with itching piles for years. The soothing relief from Zam-Buk cannot be surpassed. I have great faith in its healing properties as I have never known it to fail. I always recommend it when the opportunity arises."

Mrs. Oliver Brown, Madawaska, Ont., writes:—"I have been a user of Zam-Buk Ointment and found it good for all kinds of skin trouble. My husband used it for piles and he was relieved of them. We are never without a box of Zam-Buk in the house."

Mr. William J. O. Moore, Box 183, Sydney, N.S., writes:—"With pleasure I can safely say that I have derived considerable benefit from Zam-Buk Ointment in cases of cuts and hemorrhoids (piles) especially."

IF YOU HAVE NOT ALREADY TRIED THIS WONDERFUL OINTMENT YOU MAY DO SO BY WRITING TO THE ZAM-BUK COMPANY, 310 DUPONT STREET, TORONTO, GIVING YOUR FULL NAME AND ADDRESS AND MENTIONING THE NAME OF THIS BOOK "GOOD THINGS" AND A SAMPLE TIN WILL BE SENT YOU POST FREE.

Cookery Recipes—Continued

SCRAMBLED EGGS WITH FRENCH PEAS—Beat up very light two or three eggs, allowing 1 teaspoon of water for each egg; season with salt and pepper. Have a pan ready with a spoon of butter in it. When the butter is hot pour in the eggs. Scramble them. Then put them on the centre of a platter and pour around them a border of cooked French peas.

VEGETABLES

CORN FRITTERS—One cup corn, 1 cup flour, 1 teaspoon baking powder, 2 teaspoons salt, a little pepper, 1 egg. Cook in deep fat.

STUFFED TOMATOES—Cut the top off tomatoes, take out the flesh and seed and stuff the shells with the following: 1 onion chopped fine, and fried a light brown, parsley, the flesh of the tomatoes, and some bread crumbs, which have been soaked in cold water. Put the top on the tomatoes, then cook in a hot oven for ten minutes. Serve hot.

BAKED BEETS—Wash the beets carefully. Bake them in a moderate oven until tender. Turn them frequently, using a spoon, as a fork allows the juice to run out. When ready remove the skins and serve with butter, salt and white pepper.

CAULIFLOWER AND TOMATO SAUCE—Boil a fresh cauliflower, and drain it carefully. Sprinkle with white pepper and place it on a dish. Pour over it 1 cup of tomato sauce, sprinkle with fried bread crumbs, add a squeeze of lemon juice, a dash of pepper, a small bit of butter and $\frac{1}{4}$ pound of grated cheese. Place in the oven until very hot and serve.

SPINACH—Pick over carefully. Remove wilted leaves and trim off roots. Wash thoroughly in several waters until water is clear of sand. Put spinach in a large saucepan and if fresh do not add any water, but cook it in its own juice until tender, stirring it occasionally. Cut it with a sharp knife. Serve with salt, pepper, butter. Garnish with chopped hard boiled egg, a few drops of vinegar may be added if desired.

SOUTHERN CORN PUDDING—Cut the corn from the cob and put it in a buttered dish. Over it pour a custard of 2 eggs, 1 pint of milk, 1 teaspoon salt, and a little pepper. Bake in the oven. Canned corn may be used instead.

SCALLOPED POTATOES—Pare 6 medium sized potatoes. Slice thin in cold water. Drain and put in pudding dish, season with salt and pepper. Pour over $\frac{2}{3}$ of a pint of milk and a piece of butter the size of an egg. Bake in the oven until well done.

CREAMED PARSNIPS—Chop cold boiled parsnips, put them on the stove with 2 tablespoons of butter and pepper and salt to taste. Shake until they boil. Take up the parsnips and add to the butter a little flour and 3 tablespoons of milk. Let it boil once and pour over parsnips. Creamed carrots are prepared in the same way.

SARATOGA POTATOES—Peel and cut lengthwise into $\frac{1}{2}$ sections, wash in cold water and thoroughly drain. Have ready some boiling lard and drop a few pieces of the potatoes in at a time. Fry to a light brown, salt them as you take them out, and place them in a colander to drain. They can be prepared three or four hours before needed, and if kept in a warm place will be crisp and nice.

FRIED TOMATOES—Wash and dry large ripe tomatoes and cut them in slices half an inch thick, season with pepper and salt and fry in half butter and half lard.

BAKED BEANS—Put to soak at night 1 quart of dried beans. In the morning drain and cover with boiling water. Boil until skins crack, and then drain. Into a baking earthenware dish put a layer of beans and about $\frac{1}{4}$ pound of salt pork with 2 tablespoons of molasses. Then a layer of beans and tomatoes alternately until the dish is full. Pour over the beans about half of the juice of a can of tomatoes seasoned with salt and pepper. Cover closely and bake in a steady oven all day. The longer they are baked the nicer they will be. The last hour they are in the oven take the cover off and let them brown.

LYONNAISE POTATOES—A lump of butter, a small onion, cold boiled potatoes and a little parsley. Into a saucepan put the butter and onion (finely chopped). When the onion is fried to a light brown put in slices of cold boiled potatoes. Stir until they are thoroughly browned. Then add 1 spoon of finely chopped parsley. Drain through a colander.

POTATO PUFF—Two cups of mashed potatoes, 2 tablespoons of melted butter beaten to a cream. Add 2 well-beaten eggs and 1 cup of cream. Pour into a deep dish and bake in a quick oven.

BOILED PARSNIPS—Scrape the skin of the parsnips with a knife, and place in a saucepan of salted boiling water. Boil until tender. Drain. Put in a hot dish. Season with salt and pepper and cover with a butter sauce.

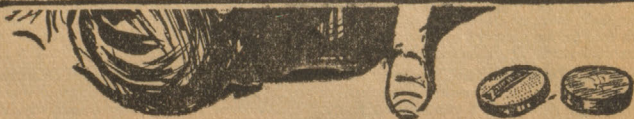
STUFFED ONIONS—Boil 4 onions until tender (not broken), and drain. When cold remove the centres. Chop three of the centres and mix with 1 cup of chopped ham and season to taste. Moisten with cream and the beaten yolk of an egg. Fill the centres with this mixture, and place a piece of butter on top. Set in a deep dish. Pour a little milk about them and bake (covered) for 20 minutes. Uncover, sprinkle with buttered crumbs and bake 10 minutes longer.

FRIED CELERY—Three small heads of celery, 4 ounces of bread crumbs, 2 eggs, fat for frying. Wash the celery and simmer until tender in a pan of salted boiling water. Drain. Brush over with beaten egg and roll in fine bread crumbs. Season with salt and pepper and fry in smoking fat. When a light brown color, remove and drain. Sprinkle with chopped parsley.

(Continued on page 12).



Keep BLOOD-POISON Out!



When skin is broken as in cuts, bruises, burns and scalds, millions of microbes are waiting to invade the tissues.

Don't lose a moment in smearing that injury with Zam-Buk, which checks blood-poisoning and—after medically cleansing the tissue—covers it up with new healthy skin.

POISONED ARM HEALED

“Miss S. A. Wernicke, of Hilton, B.C., writes:—“I am convinced that Zam-Buk saved my arm when blood-poison set in as a result of an injury. The trouble commenced when I ran a needle into one of my fingers, right to the bone. Soon the finger and then my whole hand began to swell and became so stiff that I could not use my hand at all. I began applying remedies of different kinds. As each one failed to benefit me I tried another, but my hand only got worse, and the poison extended right up my arm. At intervals along my arm great lumps appeared, and the pain I suffered was awful. Then a friend advised me to try Zam-Buk, which I did, applying it regularly and rubbing it well into my hand and arm. It was not long before the lumps grew less and soon they entirely disappeared. Gradually the swelling was reduced, the pain was ended and soon every trace of blood-poison had disappeared.”

Mrs. D. J. Denis, of Daysville, Sask., says:—“My husband got his foot frozen and a big blister formed. Thinking to relieve the pain he let out the blister with a needle, but the sore place must have got poisoned in some way as it almost immediately became very much worse and the pain was terrific. We got some Zam-Buk and commenced applying it. Soon the pain grew less and less until finally it disappeared, the inflammation was all drawn out of the sore, before very long, and was completely healed.”

SALADS AND SALAD DRESSINGS

CHICKEN SALAD—Boil a chicken until it is tender. Chop the meat and whites of six hard boiled eggs, add some chopped celery and cabbage. Mash the yolks of the eggs fine and add 2 tablespoons each of butter and sugar, 1 tablespoon of mustard, pepper and salt to taste and $\frac{1}{2}$ a cup of vinegar. Chopped pickles may be used instead of the celery.

POTATO SALAD—Cut into small cubes equal quantities of cold boiled potatoes and celery. Season with salt and pepper and a little finely chopped onion. Mix with a boiled salad dressing and serve on lettuce or shredded cabbage.

BET AND CELERY SALAD—Mix beets, celery, salt, black pepper and cayenne to taste. **DRESSING**—One and a half tablespoons white sugar, $\frac{1}{2}$ cup of vinegar, butter the size of a walnut, pinch each of red pepper and mustard, a little salt. Mix all these ingredients together and let them come to a boil. Remove from the stove and cool slightly. Have ready 2 well beaten eggs and stir them unto the mixture gradually, then return to the stove and let it come to a boil, stirring constantly. The dressing may be thinned with cream before putting on the salad.

MARGUERITE SALAD—Hard boiled eggs divided into $\frac{1}{2}$ lengthwise. Separate the yolks from the whites and arrange the whites on a bed of lettuce to represent a marguerite. Mix yolks with a little salad dressing and seasoning, pass through a sieve and drop on the centre of the whites.

CABBAGE SALAD—One-half cup of shredded cabbage, 1 cup chopped celery 1 small tart apple (chopped fine), $\frac{1}{8}$ pound of almonds or walnuts. Pour over this a dressing.

CHEESE SALAD—One cup of grated cheese, 1 cup of chopped celery, season with salt and pepper and moisten with dressing. Put the salad in a bowl and cover with dressing. Garnish with hard boiled eggs and yellow leaves of celery.

FISH SALAD—Take any kind of cold cooked fish, remove the skin and bone, cut in pieces and spread on lettuce leaves. Cover with dressing, and garnish with small sardines and the whites of hard boiled eggs.

TOMATO SALAD—Half dozen medium sized tomatoes; remove skins and slice tomatoes, adding the yolks of 2 hard boiled eggs, also 1 raw egg well beaten and mix with one tablespoon of melted butter, 1 tablespoon of sugar, salt and cayenne to taste. When all these are thoroughly mixed, add 1 cup of vinegar.

SALAD DRESSING—One tablespoon of butter, 2 eggs, $\frac{1}{2}$ cup of vinegar (malt is preferable) 1 cup of milk, $\frac{1}{2}$ cup brown sugar, 1 teaspoon salt, 1 teaspoon white pepper, 1 teaspoon mustard, 1 tablespoon flour. Cook slowly, stirring while cooking.

CREAM DRESSING—Heat $\frac{3}{4}$ cup of vinegar in a double boiler. Mix together 3 teaspoons flour, 3 teaspoons sugar, 1 teaspoon salt, 1 teaspoon mustard, dash of cayenne, yolks of eggs, or 2 whole eggs, $\frac{3}{4}$ cup of milk. Stir into hot vinegar and cook until thick, stirring constantly. Take off the stove and stir in 1 tablespoon of olive oil.

BET SALAD—Cut into dice sufficient cold beets to make 1 pint. Put in a salad dish and cover with dressing. Serve very cold.

TONGUE SALAD—Chop fine a cooked tongue, then add chopped celery, lettuce and the whites of 2 hard-boiled eggs. Pour over this a dressing.

SHRIMP SALAD—Open a can of shrimps. Remove any bits of shell. Mix with 1 head of celery which has been cleaned and cut in small pieces. Pour a dressing over this and garnish with the tips of the celery.

COLD SLAW—Fill a dish with cabbage cut up fine. Make a dressing of the yolk of 4 hard boiled eggs, 2 tablespoons of mixed mustard, 1 tablespoon of sugar, 1 tablespoon of salt, a little pepper, $\frac{1}{4}$ pound of butter, 1 cup of cream and 1 cup of vinegar. Mix these ingredients thoroughly and then boil them for a few minutes.

HAM SALAD—Chop a small quantity of boiled ham. Have ready 1 cup of stock flavoured with pepper, a bay leaf and celery (no salt). Dissolve $\frac{1}{2}$ a box of gelatine in the heated stock. Mix this with the ham. Pour this mixture into a dish and set on ice. When set, turn out on lettuce leaves, and serve with dressing.

APPLE SALAD—Polish some red apples, scoop out the insides and rub inside with lemon juice to prevent discoloring. Take equal quantities of chopped walnuts, potato and celery. Mix with dressing and fill apples. Garnish with springs of fresh parsley.

BANANA SALAD—Take small bananas, peel and roll them in salad dressing. Then roll in finely chopped nuts. Place on a lettuce leaf with a few seeded Malaga grapes. Over this put a spoonful of salad dressing and a few candied cherries.

GAME SALAD—Take the remains of cold cooked game, chop it fine and mix with the following dressing:—The yolk of 1 hard-boiled egg mixed smooth with 1 teaspoon of olive oil. Add a little salt and pepper, a little mixed mustard and 3 dessertspoons of vinegar.

CELERY SALAD—Wash and dry half a dozen heads of celery. Cut with shears into a salad bowl. Mix the yolk of one egg, 1 teaspoon mustard, a little salt and pepper and the juice of 2 lemons with 2 tablespoons water. Stir well together, drop over it 3 ounces of salad oil, add a spoon of hot water and pour over the celery.

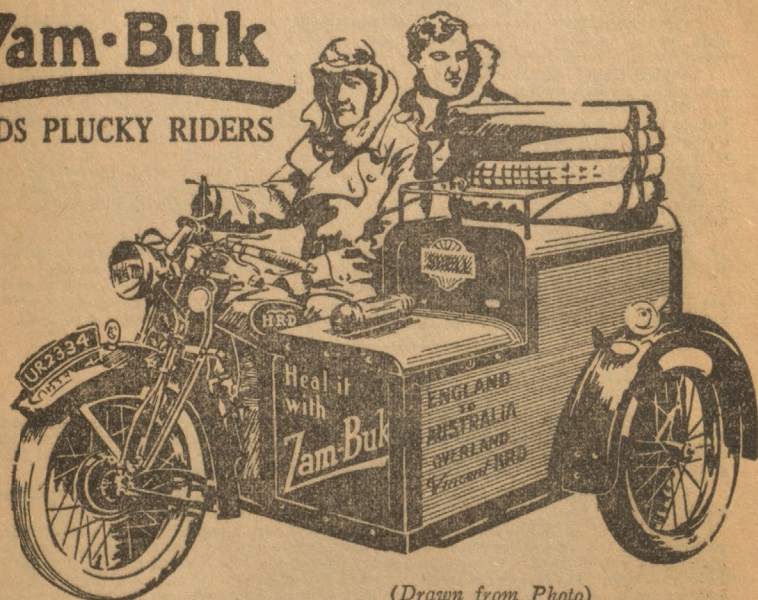
(Concluded on page 14).

ENGLAND TO AUSTRALIA

17,000 Miles Motor Cycle Adventure

Zam-Buk

AIDS PLUCKY RIDERS



(Drawn from Photo)

Recently Messrs. J. Gill and Stevens, on their unprecedented motor-cycle trip from England to Australia, found Zam-Buk simply invaluable for numerous injuries and for salvation from poisonous insect bites. The following is an extract from Mr. Gill's letter to the Zam-Buk Co.

"On our pioneer trip of 17,000 miles by motor-cycle combination from England, through Europe, India, Burma, and on to Australia, we relied solely upon Zam-Buk Ointment for first-aid purposes. I had done enough rough-riding (including my own combination record of "round of Australia") to realize what a wonderful soother and healer Zam-Buk is. An R. A. F. officer from Iraq had told us on no account to forget to include Zam-Buk in our kit. And a magnificent first-aid it proved! Zam-Buk Ointment is so concentrated that it takes up very little room and keeps perfectly in any climate. We have been extremely grateful to Zam-Buk on innumerable occasions, when it has overcome skin troubles caused by heat and taken away the pain and soreness of poisonous insect bites, cuts, bruises, etc."

Every home needs its handy box of Zam-Buk. Unequaled for exzema, bad legs, sore feet, piles, cuts, insect bites, burns, scalds, chafing, irritation, etc.

Heal it with **Zam-Buk**

BREAD AND BISCUITS

NUT BREAD—Four level cups of sifted flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup sugar, 1 cup chopped walnuts. Put all dry ingredients in a bowl together, add 1 beaten egg and $1\frac{1}{4}$ cups milk. Mix all together. Put the bread on the back of the stove to rise for 20 minutes. Bake 1 hour in a slow oven.

CORN BREAD—Two cups of sweet milk, 2 cups of flour, 1 egg, 2 tablespoons of butter, 1 teaspoon baking soda, and a little salt. Bake slowly until the top is nicely browned.

GRAHAM BREAD—One pint of buttermilk or sour milk, 1 teaspoon baking soda, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup cornmeal, 1 cup flour, 2 cups graham flour, 1 teaspoon salt, butter the size of an egg. Bake very slowly half an hour.

DATE LOAF—Take 1 pound of dates floured, 3 cups of graham flour, 3 cups of sour milk, $\frac{1}{2}$ cup brown sugar, 1 teaspoon soda, and a pinch of salt. Bake in a slow oven.

SHORTBREAD—One cup light brown sugar, 2 cups butter, 3 cups flour. Mix butter and sugar well together, add flour and mix until it may be rolled on a board or made into small cakes with the hand. Prick the cakes with a fork, put a small piece of peel on each, and sift with sugar. Bake until a light brown.

TEA BISCUITS—One quart of flour, 4 teaspoons baking powder, butter the size of an egg, 1 tablespoon of brown sugar, a little nutmeg. Put flour in a dish and add baking powder, sugar and nutmeg. Then rub in butter and wet with milk enough to make a nice dough. Bake 20 minutes in a quick oven.

HOT BISCUITS—Three and a half cups of flour, 2 teaspoons baking powder, $1\frac{1}{2}$ cups shortening, 1 cup sour milk (if this is not enough add more) $\frac{1}{2}$ teaspoon soda in $\frac{1}{2}$ milk. If sour cream is used instead of milk, use shortening the size of an egg.

DUTCH BISCUITS—Two eggs, 2 cups sugar, 2 cups milk (if sweet milk is used, use 3 teaspoons baking powder; if sour, 2 small teaspoons of soda) large cup of shortening or $\frac{1}{2}$ cup of lard, $\frac{1}{2}$ cup of butter, nutmeg and currants, flour enough to roll soft.

CAKES

SPONGE CAKE—Five fresh eggs beaten separately; beat the yolks very light, and add 1 scant cup of sugar to the whites. To the yolks add the grated rind of half a lemon, and juice to the whites; 1 cup of flour, sifted twice. Mix lightly and beat as little as possible after the flour is in. Bake in a slow oven for 45 minutes.

CREAM CAKE—One cup of white sugar, $\frac{3}{4}$ cup sweet milk, 1 egg, butter the size of an egg, 2 cups of flour, 2 teaspoons baking powder, flavour with lemon.

COMMON CAKE—Two and a half cups of flour, 1 cup of milk, 1 cup of white sugar, 1 egg, 1 large tablespoon of butter, dripping or lard, $\frac{1}{2}$ teaspoon ginger and cinnamon, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar sifted in flour. Bake in 2 tins. **ICING**—One large cup icing sugar, butter the size of a walnut, 1 teaspoon vanilla, cream well together, then add milk or cream enough to make it spread nicely.

DEVIL'S CAKE—One-half cup brown sugar, 1 tablespoon butter, yolks of 3 eggs, $\frac{1}{2}$ cake unsweetened chocolate cooked with 2 teaspoons sugar, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda and flour enough to make a good batter.

MOCHA CAKE—One-half cup butter, 1 cup sugar, $1\frac{1}{2}$ cups flour, 1 teaspoon soda and 2 teaspoons cream of tartar, $\frac{1}{2}$ cup milk. Last of all the whites of 4 eggs beaten stiff. Bake in a shallow tin. **BUTTER ICING**—Beat $2\frac{1}{2}$ tablespoons butter to a cream, add 2 cups icing sugar, $1\frac{1}{2}$ tablespoons of vanilla. Cut the cake in small squares, cover with the icing and roll each piece in minced blanched almonds.

GINGERBREAD—One cup brown sugar, $\frac{1}{2}$ cup black-strap, $\frac{1}{2}$ cup butter, 1 egg, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, 2 teaspoons ginger, 1 teaspoon cloves, flour enough to make a batter.

WALNUT CAKE—Three-quarters of a cup of butter, 1 cup white sugar, 1 cup sweet milk, 1 cup chopped walnuts, 2 eggs, 1 cup raisins, 2 cups flour, $2\frac{1}{2}$ teaspoons baking powder.

FUDGE CAKE—Three-quarters of a cup of butter, 1 cup sugar; $\frac{1}{4}$ cup chocolate melted over hot water, yolks of 2 eggs, 1 cup milk, $2\frac{1}{2}$ cups sifted flour, 1 teaspoon baking powder, whites of 2 eggs. Mix the ingredients in the order mentioned. Bake in a loaf and cover with the following frosting. **FROSTING**—One-quarter tablespoon butter, $\frac{1}{2}$ cup chocolate, $\frac{1}{4}$ cup milk, 1 teaspoon vanilla. Melt chocolate over hot water, add butter, sugar and milk. Cook for 10 minutes. Let it cool a little and add vanilla. Beat until it is of a consistency to spread.

RASPBERRY CAKE—Cream thoroughly 1 cup of brown sugar and $\frac{3}{4}$ cup of butter, 2 well beaten eggs, 1 cup preserved raspberries, 1 teaspoon each of cloves, cinnamon and nutmeg. Then put $\frac{1}{2}$ teaspoons soda in 2 tablespoons of sour milk and add this to the former ingredients. Beat a little and then add 2 large cups of flour.

COONTOWN CAKE—Take 2 eggs, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ cup of sour milk, $\frac{1}{2}$ cup of molasses, $\frac{3}{4}$ cup of cocoanut, 1 teaspoon baking soda, 2 good cups flour, 1 teaspoon mixed spice. Bake in 2 layers. **FILLING**—Chopped dates cooked in a little water. **ICING**—Ten tablespoons icing sugar, 4 tablespoons melted butter, 1 tablespoon vanilla. Sprinkle with chopped walnuts.

COCOA CAKE—Two eggs, $\frac{1}{2}$ cup of butter, 1 cup sugar, $\frac{1}{2}$ cup milk, $\frac{3}{8}$ cup cocoa, 1 cup flour, $\frac{1}{2}$ teaspoon cream of tartar, $\frac{1}{4}$ teaspoon soda dissolved in milk.

(Continued on page 18).

A Skin Disease Warning!



Are you distressed by outbreaks of pimples, irritating rashes and blotches? Have you patches of eczema or other old-standing skin trouble that defies ordinary treatment? If so, a daily dressing with Zam-Buk will soon put you right.

This famous herbal balm quickly invigorates the tissues and cleanses them of all impurities. When the skin is "on fire" with eczema, or is being eaten away by ulcers, Zam-Buk is the one external medicine powerful enough to dispel these troubles and grow new, healthy skin.

ULCERS DISAPPEAR

Mrs. Joseph W. Fleet, of Ecum Secum Bridge, Halifax Co., N.S., writes, as follows:—

"I write these few lines to tell you what Zam-Buk has done for me, about five years ago I had ulcers on my leg causing me intense suffering. I went into hospital and remained there forty days, but it did me no good and I returned home, my mother then told me to get a box of Zam-Buk and try it which I did and before I put it on my legs three times honestly I could see it getting better, I continued to use it and very shortly the ulcers entirely healed up and disappeared."

IVY POISONING RELIEVED

Mrs. Stephen Cray, of St. Rose du Lac, Manitoba, writes:—"I can highly recommend Zam-Buk as I have used it for several years and do not like to be without it. I was poisoned by Poison Ivy and Zam-Buk relieved me of it, also completely healing a badly poisoned finger without leaving any scar. There is no other ointment to equal it."

The Modern Remedy for COLDS in Head and Chest

Never neglect the beginnings of a cold.

It is unwise to allow a cold to take its course—bad for you and unfair to other people.

Common signs are irritation or soreness at the back of the nose and throat, "running" from the eyes, undue sneezing and a sense of heaviness over the forehead.



If you can, stay in bed for a few days—and, in any event, inhale the soothing and healing vapour which arises from that well-tried remedy Zam-Buk. This healing balm contains essences which, drawn into the air passages of nose and throat, have a wonderfully soothing effect and rapidly overcome the inflammation and stuffiness of a head cold.

Fill a tablespoon with Zam-Buk. Put a lighted match beneath the spoon until the Zam-Buk melts, and the vapours are being given off. Inhale freely. Then let the Zam-Buk cool, take it in the palm of the hand and rub thoroughly on the throat and chest. Insert a little up the nostrils. Note the immediate relief you experience.

Thus it will be seen that the modern way to start healing a cold is to INHALE. Just think for a moment and you will agree that that is the common-sense way also, for it is the only direct means of reaching and overcoming the activities of the cold germ.

While the valuable aid afforded by "breathing in" the soothing fumes of Zam-Buk is obvious, further and very effective help is given, in cases of throat and chest colds, by "rubbing in" the same beneficial preparation.



Zam-Buk penetrates quickly through the pores of the skin and, as the essences are purely herbal, Zam-Buk is ideal as a safe massage for stimulating the skin and the underlying tissues. You must get rid of congestion and inflammation, and Zam-Buk is your never-failing aid in effecting this.

"Breathe-in" and "Rub in" **Zam-Buk**

Always keep in mind the two all-important uses of Zam-buk for Colds in the Head and Chest:—"BREATHE IN" and "RUB IN."

This easy, effective Zam-buk treatment should be adopted for almost every form of Head or Chest "Cold" with variations in special cases, as under:—

COLD IN THE HEAD,

GRIPPE—Smear a little Zam-buk over the palms of the hands, hold close to the face and inhale. In this way the warmth of the skin releases the volatile oils in Zam-buk in the form of fumes. These are powerfully antiseptic and attack the cold and 'flu germs, and in addition afford wonderful protection for the delicate membranes which line the throat and chest. Another way is to rub Zam-buk gently on the forehead and bridge of the nose, or insert a little of the ointment just inside both nostrils, and breathe in. Rub the throat with Zam-buk at bedtime so that these wonderful healing vapours are released and inhaled during the night.

SORE THROAT, HOARSENESS—

To clear and disinfect the throat, gargle with tepid salt water three or four times a day. At night rub Zam-buk well into the throat and chest. The volatile oils released, passing over the nose and mouth, are wonderfully soothing and antiseptic. Then cover with a warm flannel thickly spread with Zam-buk. A little Zam-buk melted on the tongue and slowly swallowed is also very beneficial.

BRONCHITIS, COLD-ON-CHEST

First, prepare the affected part by opening the pores of the skin with hot towels; then rub thoroughly with slightly warmed Zam-buk. Cover up with hot flannels. Repeat every three hours. If the bedclothes be left loose round the neck (but so contrived as to preclude the possibility of a chill) the herbal vapours can be freely inhaled. The penetrative, volatile oils in Zam-buk soften all accumulations of phlegm, etc., and help their expulsion from the breathing passages.



CHILDREN'S COLDS

and COUGHS—

At the first sign of a cold rub Zam-buk well on the throat and chest and cover with warm flannel. At bedtime leave nightdress and bedclothes loose round neck so that the vapours may be freely inhaled. This external method is far superior to the frequent internal dosing which often upsets delicate stomachs, thus inviting further ills.

Cookery Recipes—Continued

ORANGE CAKE—Cream 1 cup of sugar and $\frac{1}{4}$ cup of butter, add $\frac{1}{2}$ cup sweet milk, then $1\frac{1}{2}$ cups of flour sifted with 2 teaspoons baking powder, and last add the beaten whites of 3 eggs. **ICING**—Juice of 1 large orange or $1\frac{1}{2}$ small oranges mixed smooth with wing sugar. **FILLING**—Mix $\frac{1}{2}$ a cupful sugar, $2\frac{1}{2}$ tablespoons cornstarch, grated rind of half an orange, $\frac{1}{4}$ cup of orange juice, $\frac{1}{2}$ tablespoonful lemon juice, 1 egg slightly beaten, 1 teaspoon butter. Cook for ten minutes in a double boiler, stirring constantly.

SPICE CAKE—Two eggs (keep white of one for icing) $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ cup of butter, 1 cup sweet milk, 1 small spoon soda, 3 large tablespoons mixed spice, $1\frac{1}{4}$ cups sifted flour. Bake 1 hour in a slow oven.

SPANISH BUN—Two eggs, 1 cup of sugar, $\frac{3}{4}$ cup of milk, 2 tablespoons of cinnamon, 1 dessertspoon baking powder, 1 cup flour. **ICING**—White of 1 egg, $\frac{1}{2}$ cup of sugar, 1 teaspoon cinnamon.

STRAWBERRY SHORT CAKE—Three eggs, 1 cup sugar, 2 cups flour, 1 tablespoon butter, 1 heaping teaspoon baking powder. Beat the butter and sugar together. Bake in deep tins. This quantity will fill 4 plates. Mix 1 quart of strawberries with a cup of sugar. Spread this between the layers and on top of the cake. On top of this put a meringue made of the stiffly beaten white of egg and 1 tablespoon powdered sugar.

JOHNNY CAKE—Two cups cornmeal, 1 cup flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup butter or lard, pinch of salt, 1 teaspoon baking powder, 2 cups sour milk or buttermilk. Bake 20 or 30 minutes.

EAGLE CAKE—One cup of brown sugar, $\frac{1}{2}$ cup of butter, 1 cup of sour milk cup chopped raisins, 2 cups of flour, 1 egg, 1 teaspoon soda dissolved in milk, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon clove, $\frac{1}{2}$ a nutmeg, 1 teaspoon syrup. Bake slowly.

JELLY ROLL—Four eggs, 1 cup of white sugar, 1 cup of flour, $\frac{1}{4}$ teaspoon salt. Beat the eggs and sugar together until light. Add the flour and beat 5 minutes more. Bake in a bread pan and roll while warm.

WHITE CAKE—One-half cup of butter, 2 cups of flour, 3 eggs (whites only), $\frac{1}{2}$ cup of sweet milk, 1 cup of white sugar, 2 teaspoons of baking powder; flavor to taste. Cream the butter and sugar thoroughly. To this add the whites of the eggs, then the milk and lastly the flour and baking powder.

CORNSTARCH CAKE—Eight tablespoons of corn starch, 8 tablespoons of sugar, 4 tablespoons of butter, 3 eggs, 1 teaspoon of baking powder. Lemon flavoring. Bake in patty tins.

PUFF CAKE—Beat to a cream $\frac{1}{2}$ cup of butter, 1 cup of sugar; add the well beaten yolks of 2 eggs, $\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ cups of sifted flour, with 1 heaping teaspoon baking powder in it. Flavor with vanilla. Add the beaten whites of 2 eggs. Bake in a loaf.

ANGEL CAKE—Whites of 11 eggs well beaten, a pinch of salt. When eggs are half beaten add 1 teaspoon of cream of tartar, then beat stiff. Add $1\frac{1}{2}$ tumblers of sifted flour and 1 teaspoon of vanilla. Do not grease the pan.

SOUR CREAM CAKE—One cup of brown sugar, 1 cup sour cream, 1 teaspoon soda, 1 teaspoon cinnamon, 1 small nutmeg, 2 cups of flour, $1\frac{1}{2}$ cups of seeded raisins.

WALNUT CAKE—One cup of brown sugar, $\frac{1}{2}$ cup of butter, 2 eggs, $\frac{1}{2}$ cup sweet milk, 1 cup chopped walnuts, 2 teaspoons cream of tartar, 1 teaspoon of soda, $1\frac{1}{2}$ cups of sifted flour. Bake in a long pan. Ice and put walnuts on top.

JERSEY LILY CAKE—Whites of 4 eggs, 1 cup of white sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of milk, 1 cup chopped walnuts, 1 cup seeded raisins, 2 scant cups of flour, 2 teaspoons of baking powder. Flavor to taste.

QUICK CAKE—One-third cup of butter, $1\frac{1}{2}$ cups of brown sugar, 2 eggs, $\frac{1}{2}$ cup of milk, $1\frac{1}{4}$ cups of flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon grated nutmeg, $\frac{1}{2}$ pound of dates (stoned and cut in pieces). Put ingredients into a bowl; beat three minutes. Bake from 25 to 40 minutes. To make this cake a success, do not add the ingredients separately.

APPLE SAUCE CAKE—One and one-half cups apple sauce, sweetened to taste, 1 teaspoon soda, mixed thoroughly with apple sauce, $\frac{1}{2}$ cup of butter, 1 cup raisins, 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon cloves, 1 cup of sugar, 2 heaping cups of flour.

COFFEE CAKE—Two cups flour, $\frac{1}{2}$ cup molasses, 2 eggs, $\frac{1}{2}$ cup of butter, $\frac{1}{4}$ cup strong coffee, $\frac{1}{4}$ cup brown sugar, 1 teaspoon soda. **ICING**—One cup of white sugar, 1 teaspoon vanilla, 1 teaspoon vinegar. Boil until it hairs. Stir in half a pound of fresh marshmallows. When smooth, spread on the cake.

SNOW CAKE—One cup of white sugar, $\frac{1}{2}$ cup of butter, $1\frac{1}{2}$ cups of flour, $\frac{1}{2}$ cup of milk, whites of 3 eggs, 2 teaspoons of baking powder, vanilla. Bake in a slow oven.

CLOVE CAKE—Two-thirds cup of shortening, 1 cup of brown sugar, 2 eggs, 1 scant cup sour milk, 1 cup of chopped raisins, 1 teaspoon cloves, 1 teaspoon cinnamon, 2 cups of flour, 1 teaspoon soda. Bake in a slow oven.

KING EDWARD CAKE—One cup of sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of sour milk, $1\frac{1}{2}$ cups of flour, 1 cup chopped raisins, 3 eggs, 1 teaspoon of soda, 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon of nutmeg. Bake 45 minutes. **ICING**—Eight tablespoons of icing sugar and 3 tablespoons melted butter.

SPICE LAYER CAKE—Half cup of butter, $\frac{1}{2}$ cup of brown sugar, yolks of 3 eggs, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of sour milk, 1 teaspoon soda, nutmeg, cloves and cinnamon to taste, 2 cups flour. **ICING**—One cup granulated sugar, 3 tablespoons water. Boil until it hairs, and then pour onto the well beaten whites of 3 eggs. Beat until cool. Season with cinnamon.

(Continued on page 20).

ECZEMA

Wonderful Testimony to the Healing Power of ZAM-BUK

Mrs. Alice Bentley, 2270 Joliette St., Montreal, Que., writes:—"I have been a user of Zam-Buk for many years, ever since it was put on the market, about twenty-five years ago; when it first entered my home town in Lancashire it made quite a sensation and people were asking why all the to do for an ointment, but they soon began to call it a Magic Ointment, on account of the healing benefits it possessed.

"I first used it on my little girl's head which was all broken out with Eczema and was a terrible sight, there was no use trying to rub it in so I had to get a brush and use the Zam-Buk as a liquid after I had melted it, the result was marvellous, in two or three days it began to show big improvement and was soon entirely gone.

"Since then I have used Zam-Buk for sore throats and chest colds and find that the Zam-Buk acts quicker if put on warm.

"Last summer I was confined to the house with my arms and legs swollen to twice their normal size, in fact so bad were my arms, all fiery purplish red that I locked the door and would not allow any one to see me.

"I did not know really what the trouble was and I tried several different things that I had in the house, but all to no effect. I then sent out for Zam-Buk and immediately I commenced using it, noticed an improvement in the color of my arms and the swelling commenced to go down, I continued using Zam-Buk daily and very quickly my arms and legs were again normal."

Mrs. Robert E. Doncaster, of Upper Fort Lawrence, Cumberland Co., N.S., writes:—"Zam-Buk has worked wonderfully in the case of my sister. She was bothered with eczema from the time she was a week old until she was nearly a year old. Sores appeared on her neck and chest, and in fact, at one time her little body was almost covered with them. My mother tried many different remedies, but the sores seemed to spread and get worse. Finally she decided to try Zam-Buk and after a few applications of this she could see a change for the better. She kept on using Zam-Buk until the sores were all gone."

Mrs. Henry Amey, of Toronto, says:—"My daughter's face and neck were covered with a mass of sores, which our doctor diagnosed as eczema. He prescribed treatment which we continued for over two months, but to very little avail. The poor child's face had to be swathed in bandages and she was in such a deplorable condition that for most of the time she was confined to the house.

"I was about to call in a skin specialist, when I heard how Zam-Buk had healed many sufferers of this dread disease, so I purchased a box of Zam-Buk and a tablet of Zam-Buk Soap. After a few days treatment with the ointment and soap, I could see a decided improvement in my daughter's condition and we continued the treatment. Day by day, the sores gradually disappeared and within a month my daughter's face was entirely cleansed of any signs of this terrible disease. There is not even a scar left! I can't say too much of the wonderful healing powers of your Zam-Buk."

Mrs. Esau Cuttler, Pikes Arm, Northern Dame Bay, Newfoundland, writes:—"About six years ago I was a great sufferer from Eczema, hearing of Zam-Buk I tried it and after using six boxes I was entirely relieved of this distressing ailment and am glad to say that I have had no return of this trouble since. I have also used Zam-Buk for Burns and Cuts with complete success and would not be without it in the house."

Cookery Recipes—Continued

LEMON CHEESE CAKE—Cream $\frac{3}{4}$ cup of sugar and $\frac{1}{2}$ cup of butter. Add $\frac{3}{4}$ cup of milk, 2 cups of flour and 3 teaspoons of baking powder sifted together. Mix all together, and lastly add the beaten whites of 3 eggs and a few drops of vanilla. Bake in 2 layers in moderately hot oven. **FILLING**—Grated rinds of 2 lemons and juice of 1 lemon, butter the size of an egg, $\frac{3}{4}$ cup of sugar, yolks of 3 eggs. Cook slowly. If it is not thick enough, add $\frac{1}{2}$ teaspoon cornstarch mixed with water. **ICING**—Juice of lemon thickened with pulverized sugar.

IRISH RAG CAKE—Three cups of sugar, 1 cup of butter (scant), 4 eggs separated, 1 cup sour cream, 2 cups flour, 1 even teaspoon soda dissolved in cream, 1 teaspoon cream of tartar in the flour. Cream the butter and sugar, add the well beaten yolks of the eggs, and beat all together. Add cream, flour and last the well beaten whites. Bake in a loaf. Ice with boiled icing and sprinkle with cocoanut.

CHERRY CAKE—Four eggs, $\frac{1}{2}$ pound butter, $\frac{1}{2}$ pound sugar, $\frac{3}{4}$ pound flour, $\frac{1}{4}$ pound rice flour, $\frac{1}{4}$ pound of cherries and citron peel together. Cream, butter and sugar. Beat in the eggs (one at a time). Add sifted flour and rice flour and lastly the fruit. Bake in a moderate oven one and one-half hours.

COOKIES AND SMALL CAKES

COOKIES—One cup granulated sugar, 1 cup butter, 2 eggs, vanilla or spice to taste, 2 teaspoons milk, 2 cups flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda.

OATMEAL COOKIES—One cup flour, $\frac{3}{4}$ cup brown sugar, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon salt, 3 cups oatmeal, $\frac{1}{2}$ cup butter or lard. Mix with a little sour milk or cold water.

BOSTON COOKIES—Two eggs, 1 cup butter, 1 cup sugar, 2 cups dates, $\frac{1}{2}$ cup chopped walnuts, vanilla, $\frac{1}{2}$ teaspoon soda dissolved in $\frac{1}{2}$ cup of milk, flour to stiffen. Drop a spoonful at a time on the pan and cook quickly.

SMALL CAKES—One pint of flour, $\frac{1}{4}$ pound butter, $\frac{1}{4}$ pound sugar, $\frac{1}{2}$ nutmeg grated, $\frac{1}{2}$ cup currants, 2 eggs, 1 teaspoon baking powder. This quantity should make 30 cakes.

HERMITS—One and one-half cups brown sugar, 1 cup of butter, 1 cup seeded raisins, 3 eggs, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon nutmeg. Flour to thicken, about $2\frac{1}{2}$ cups. Drop on buttered tins and bake in a quick oven.

DOUGHNUTS—Cream 1 cup of sugar and 3 spoons of butter, add 2 well-beaten eggs, 1 cup sour milk or cream, $\frac{1}{2}$ teaspoon salt, 1 teaspoon soda mixed in some milk. Flour enough to roll out. Fry in hot lard.

MUFFINS—Two eggs (whites beaten separately), $\frac{1}{2}$ cup sugar, piece of butter the size of an egg, 1 cup milk, 2 cups of flour, 2 teaspoons baking powder. Beat the batter to a cream, adding the beaten whites of the eggs last. Bake in a quick oven in small tins about 15 minutes.

FRITTERS—To be palatable and digestible they should be cooked quickly; the lard in which they are boiled should be very hot; the proper heat is indicated by a blue smoke arising from the surface. Batter for fritters is best made several hours before using.

APPLE FRITTERS—One egg, 1 teaspoon sugar, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon melted butter; beat until smooth. Whip the white of an egg to a stiff froth, stir into the batter and set it in a cool place for at least two hours before using. Peel and core the apples, and cut into $\frac{1}{4}$ inch slices; dip in the batter and fry in hot fat. When cooked dust them with confectioner's sugar. Bananas, peaches and pears may also be used, and when serving a little of the syrup which is left from a jar of fruit may be poured over the fritters for a sauce.

KISSES—Beat the whites of 3 fresh eggs to a stiff froth, then add 5 spoons of powdered sugar, and flavor with lemon. Drop the mixture in teaspoonfuls 1 inch apart upon a buttered pan, on the bottom of which is a white paper; sift sugar over it and bake half an hour in a slow oven.

JAM JAMS—Four cups flour, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup lard, $1\frac{1}{2}$ cups brown sugar, 2 eggs, 1 cup sour milk, $1\frac{1}{2}$ teaspoons baking powder, 1 teaspoon soda dissolved in sour milk. Cut small. Put together with jelly.

DATE CAKES—One-half cup brown sugar, 1 cup butter or lard, 2 cups rolled oats, $\frac{3}{4}$ cup buttermilk or sour milk, $\frac{1}{2}$ teaspoon soda, 2 cups flour. Roll thin. **FILLING**—One pound of dates, 1 cup boiling water, 1 cup brown sugar; cook until thick. Cool before using.

CREAM PUFFS—Put into a saucepan, 1 cup of hot water and $\frac{1}{2}$ cup of butter. When boiling, work into it until smooth, $1\frac{1}{2}$ cups flour. Cool. Beat into the mixture (1 at a time) five eggs. Bake in a quick oven until light. When cool cut open and fill with whipped cream.

WAFFLES—Sift together 1 quart flour $\frac{1}{4}$ teaspoon salt, 1 teaspoon sugar, 2 tea spoons baking powder. Rub $\frac{1}{2}$ cup butter, add 3 eggs, whites and yolks beaten separately, and sufficient milk to make a thin batter. Cook in hot greased waffle-irons

GINGER SNAPS—One half cup lard, $\frac{1}{2}$ cup butter, 1 large cup brown sugar, 1 cup water, 1 tablespoon extract ginger, 1 teaspoon each of extract of cinnamon and cloves, 1 quart flour, $1\frac{1}{2}$ teaspoons baking powder. Rub to a smooth paste the lard, butter and sugar; then rub it into the flour and powder sifted together. Mix into a firm dough with the water and extracts. Roll out the dough thin on a floured board, cut out with a round biscuit cutter and bake on a greased pan in a hot steady oven 8 minutes.

(Continued on page 22)



MOTHERS—

Watch Your Child's SKIN

Treasure the health, purity and beauty of your child's skin. Regard every little soreness, rash, chafing or irritation as a possible source of disease. Treat them all with the famous Zam-Buk.

This pure herbal ointment is a blessing to mothers. It prevents minor troubles from spreading. It soothes and heals quickly and surely. Moreover, its mild, yet powerful antiseptic influence affords the delicate tissues complete protection against dangerous disease infection.

TREAT THE FIRST ITCHY RASH OR BLEMISH

As a remedy for teething rash, scalled head, eczema, impetigo, ring-worm, and other skin disorders common amongst children, Zam-Buk is invaluable. It brings grateful relief to the irritated inflamed places, expels poison and disease and quickly restores the skin to a state of healthy perfection.

Use Zam-Buk for all cuts, bruises, burns, scalds and flesh wounds. It checks bleeding, inflammation and pain and brings swift clean healing.

Mrs. H. M. Armstrong, 47 Pickering St., Toronto, a mother of three children tells us:—

"I have found Zam-Buk one of the best and handiest remedies for use in the home, and can highly recommend it.

"Last summer during the holidays, it proved most useful to me when my little boy, then eight years old, fell on some broken glass and cut his leg at the side of the knee, making a deep gash $2\frac{1}{2}$ inches in length. He bled very much, and needless to say, I at once called the doctor. He told me that the cut was only a quarter of an inch from severing an artery. After bathing the wound, he bound it up. It did not heal to my liking however, and finally I decided to try Zam-Buk upon it. I changed the Zam-Buk bandage frequently, and within a few days the wound was showing traces of improvement. Within a month's time the knee was healed, and my son can now run about as before.

"This is only one of many cases for which I have used Zam-Buk. My husband in his work meets with many knocks and bruises, and Zam-Buk always heals them."

PASTRY

PIE CRUST—Two and a half cups of sifted flour, pinch of salt, 1 heaping teaspoon of baking powder, 1 cup of shortening (cold). Sift flour, salt and baking powder together, rub in the shortening and wet with $\frac{1}{2}$ cup cold water, or enough to make a paste.

CRANBERRY PIE—Take ripe cranberries and split them with a sharp knife ($\frac{1}{2}$ cup of berries to a pie) put them in a dish and pour over them 1 cup of white sugar, $\frac{1}{2}$ cup of water, 1 tablespoon flour. Line a pie tin with crust, pour in these ingredients, then cover with another crust. Make a funnel of paper and place the small end in one of the holes on the top of the crust. This allows the steam to escape and prevents the juice from running over.

PUMPKIN PIE—Select a medium sized pumpkin; cook in water enough to prevent burning. Line a pie tin with crust and fill with the following mixture:—1 cup of pumpkin, a pinch of salt, nutmeg and cloves, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ cup sugar (scant). Add this to the pumpkin with one well-beaten egg and 1 cup of milk.

DATE PIE—Yolks of 2 eggs, $\frac{1}{4}$ teaspoon of ginger, allspice to taste, salt, very little sugar, $\frac{1}{2}$ pound of dates cooked and put through a fine sieve, 1 dessert spoon of flour, add enough milk to fill the pie. Bake with under crust. Put the beaten whites on top and brown in oven.

APPLE PIE—Peel, core and slice some apples very small. Sprinkle with 3 tablespoons sugar, 1 tablespoon sifted flour, 2 tablespoons water and a few bits of butter. Stir all together. Bake in a pie tin between two crusts.

LEMON PIE—One and a half cups of sugar, 1 cup of water, 2 tablespoons of flour, yolks of 2 eggs, juice and grated rind of 1 lemon. Beaten whites of eggs on top.

CUSTARD PIE—Take 1 cup milk, 2 eggs, 3 tablespoons light brown sugar, 1 heaping teaspoon flour, a pinch of salt. Heat the milk but do not let it boil. Beat eggs, sugar and flour together; add the milk. Line a deep pie plate with crust. Pour in the custard. Bake in a moderate oven until there is no milk in the centre. Do not let it boil as it causes it to curdle. When done grate nutmeg on top.

RAISIN PIE—Two cups seedless raisins, $1\frac{1}{2}$ cups boiling water, $\frac{1}{2}$ cup sugar, 2 tablespoons cornstarch, 1 tablespoon lemon rind, 3 tablespoons lemon juice, 1 tablespoon lard. Cook raisins in boiling water for 5 minutes. Sift sugar with cornstarch and stir into raisin mixture. Cook until thick. Add lemon and lard. Cool. Pour into pie plates lined with paste. Cover with top crust and bake in a hot oven until brown.

MINCE MEAT—One pound chopped raisins, 1 pound currants, 1 pound chopped suet, $\frac{1}{2}$ pound chopped mixed peel, 1 tablespoon mixed spice, $\frac{1}{2}$ pound chopped apples, 1 wine glass whiskey, 1 pound sugar, juice and rind of 2 lemons.

PUDDINGS AND PUDDING SAUCES

MARMALADE PUDDING—Three cups of fresh bread crumbs, 1 small cup of marmalade, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup suet. Steam 2 hours.

FARMERS' PUDDING—Line a dish with paste. Take 1 cup berries, or any other fruit, and a custard made of $\frac{1}{2}$ saucer of melted butter, 1 cup brown sugar, 3 eggs (save the white of 2 for the top), grate a little nutmeg over the custard. Bake quickly, cover with whites of eggs and brown slightly.

BAKED APPLE DUMPLINGS—Rub 2 tablespoons butter into 1 quart of flour into which has been sifted 2 teaspoons of baking powder; add enough milk to make a soft dough. Turn onto a pastry board and roll into a thin sheet. Cut into squares, and stand in each square an apple which has been peeled and cored and filled with sugar, butter and cinnamon. Bake in a buttered pan. Serve with hard sauce.

SUET PUDDING—One cup of molasses, 1 cup sour milk, 1 cup chopped suet or $\frac{1}{2}$ cup of butter, 1 cup raisins, 1 cup currants, $2\frac{1}{2}$ cups of flour, $\frac{1}{2}$ teaspoon soda, salt, and spice to taste. Steam 2 hours.

BAKED COTTAGE PUDDING—One pint of flour, 1 cup of milk, 2 teaspoons of baking powder, 1 small cup of sugar, 1 tablespoon of butter. Bake half an hour. Serve with hot sauce.

ORANGE PUDDING—Take three oranges, peel and slice them into a dish, pour over them 1 cup of granulated sugar. Put on the stove 1 pint of milk, beaten yolks of 2 eggs, and add 2 dessertspoons of cornstarch. Boil this until it is thick and pour over the oranges. Beat the whites of the eggs, sweeten with 1 tablespoon of sugar and spread over the custard. Place pudding in the oven and brown; then set on ice.

CUP PUDDING—One cup sweet milk, flour enough to make a batter, a pinch of salt, 1 small teaspoon of baking powder. In the bottom of each cup have 1 large tablespoon of fruit, then pour in $\frac{1}{2}$ cup of batter. Steam half an hour.

SCALLOPED APPLES—Cut a small stale loaf in half, remove the soft part and crumb it by rubbing through a colander. Stir in $\frac{1}{4}$ cup of melted butter. Cover the bottom of a buttered baking dish with the crumbs, and spread over them 1 pint of sliced apples; sprinkle with nutmeg, sugar, lemon juice and grated rind; cover with crumbs, then a second pint of apples. Cover with crumbs and bake 40 minutes in a moderate oven. Serve with sugar and cream.

(Continued on page 24).

WINTER SKIN TROUBLES

FOR CRACKS,
COLD SORES,
CHAPPED-
HANDS,
FROST-BITE,
CHILBLAINS,
CRACKED LIPS
&
USE
ZAM-BUK

For chapped hands, cold sores, chilblains, frost-bite and all the skin troubles due to cold weather, Zam-Buk will be found particularly effective. It is well to remember in all cases of frost-bite that it is unwise to enter a warm room or submit the frozen member to warmth. If it is a limb, a toe or an ear that is frozen, rub it first with snow. Restore circulation by this means instead of going near a fire or into a warm building. The after effects of frost-bite are similar to the after effects of a burn and nothing is equal to Zam-Buk in the treatment of such sores.

ZAM-BUK HEALED FROST-BITE AND NASAL CATARRH

Mr. F. W. Ashton, of 1318 Lansdowne Ave., Toronto, writes:—"I willingly testify to the splendid healing qualities of Zam-Buk. I was troubled with nasal catarrh during the winter, and this was aggravated by a frost-bite, which gave much pain and inflammation, but Zam-Buk worked wonders, and ended the trouble."

COLD SORES HEALED

Mr. Richard N. Rye, of 340 Charlevoix St., Montreal, Que., writes:—"Some time ago I had a cold sore on my lip which defied ordinary treatment. I heard that Zam-Buk was very effectual for sores of this nature, and tried it. I am writing to tell you that it brought very speedy relief in my case, and healed the sore within a few days. Having had this practical illustration of the value of Zam-Buk we now always keep it at hand, and have found it very useful indeed for cuts and bruises sustained by the children. We would not like to be without Zam-Buk."

SAMPLE BOXES FREE

**It will Save
you Money
to Accept
this Offer**

The best way to prove Zam-Buk's marvellous healing power is to test it for yourself. The Proprietors are so convinced that Zam-Buk will do all that is claimed for it that they will gladly send a Free Sample Trial Box to everyone who sends Name and Address to the Zam-Buk Co., 310 Dupont St., Toronto. When writing, mention booklet "Good Things."

Cookery Recipes—Continued

PRUNE PUDDING—Three-quarters of a pound of prunes, cook until soft, stone and add 1 cup of pulverized sugar and the whites of 2 eggs well beaten. Whip all together and bake for 15 minutes. Serve with cream.

TAPIOCA CREAM—Two tablespoons of tapioca soaked in water over night. Put in a double boiler 1 quart of milk; when it reaches boiling point add the well-beaten yolks of 3 eggs, $\frac{1}{2}$ cup of granulated sugar and 1 teaspoon vanilla; then stir in the tapioca and the stiffly beaten whites of the eggs. Boil 10 minutes, pour into a mould and cool.

PLUM PUDDING—One cup sugar, $\frac{1}{2}$ cup suet chopped fine, 1 cup bread crumbs, $\frac{1}{2}$ cup each of raisins and currants, 1 cup sour milk with a little soda dissolved in it, 1 teaspoon salt, 1 tablespoon of citron peel cut fine, 2 tablespoons of molasses, 1 egg, a little cinnamon, and nutmeg, flour to mix a moderately stiff batter. Steam in a well greased mould for 3 hours. Serve with sauce.

FIG PUDDING—Two and one-half pounds chopped figs, 2 cups suet, 2 cups bread crumbs, 2 cups brown sugar, 2 cups flour, 6 teaspoons baking powder, 1 cup milk. If this is too thin, add more flour. Steam 6 hours.

STEAMED CRANBERRY PUDDING—Cream $\frac{1}{2}$ cup of butter, add gradually 1 cup sugar and 3 eggs well beaten; mix and sift $3\frac{1}{2}$ cups of flour and $\frac{1}{4}$ tablespoon baking powder, and add alternately with $\frac{1}{2}$ cup of milk to first mixture. Stir in $1\frac{1}{2}$ cups of cranberries. Turn into buttered mould and steam 3 hours. Serve with cream, sweetened, and flavored with nutmeg.

PUDDING SAUCE—One cup of powdered sugar, cup of creamed butter. Add 1 teaspoon vanilla and gradually 1 cup of sweet milk. Set bowl in a basin of hot water and stir until sauce is creamy.

LEMON SAUCE—Mix 1 teaspoon cornstarch with $\frac{1}{2}$ cup of sugar. Add 1 cup of boiling water and $\frac{1}{2}$ grated rind and juice of lemon. Cook 8 minutes. Just before serving add 1 teaspoon of butter.

HARD SAUCE—Beat to a cream $\frac{3}{4}$ pound of butter. Add gradually $\frac{1}{4}$ pound of sugar. Beat till very white. Add a little lemon juice or any kind of flavoring.

SHERRY SAUCE—One egg well beaten, $\frac{3}{4}$ cup of pulverized sugar, 1 large wine glass sherry.

PUDDING SAUCE—One egg, 1 tablespoon of butter, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ cup boiling water. Steam on the top of the kettle for a few minutes. Then add cup of milk before serving.

DESSERTS

FRUIT SALAD—Two oranges, $\frac{1}{2}$ small pineapple, 2 bananas, juice of 1 lemon, $\frac{1}{2}$ pound grapes and $\frac{1}{2}$ pound chopped walnuts. Dice the oranges and slice the bananas and pineapple. Cut the grapes in half, lengthwise. Mix them together and squeeze the lemon juice over the mixture with enough sugar to sweeten. Sprinkle the nuts over the tops and cover with whipped cream. Serve with cake.

PEACH CREAM—Boil 1 pound of canned peaches and 1 pound of sugar for 10 minutes, and rub through a sieve. Soak half a package of gelatine for an hour in enough water to cover, and stir into a cup of boiling milk. When gelatine is dissolved, add to the hot peaches and let it cool. Before it becomes firm, stir in 1 pint of whipped cream. Pour into a mould and set on ice.

COFFEE JELLY—Stir 1 box of gelatine in 1 cup of cold water for 2 hours; then pour in 2 small cups of boiling water. Stir gently until gelatine is dissolved. Add 2 cups strong coffee, 2 cups sugar; strain and turn into moulds. Serve with whipped cream.

LEMON FOAM—Put into a saucepan 2 cups of hot water, 1 cup of white sugar; when it boils add 2 heaping tablespoons of cornstarch, juice of 1 lemon and stir thoroughly. Boil about five minutes. When cold add the well beaten whites of 2 eggs. Beat briskly. **SAUCE**—One and one-half cups of milk, 1 teaspoon cornstarch, yolks of 2 eggs. Boil in a double boiler.

SPANISH CREAM—One-half box of gelatine; 3 eggs, 1 tablespoon vanilla, 1 quart of milk, 8 tablespoons sugar. Soak gelatine in milk, put on fire and stir until dissolved. Add yolks of eggs and 4 tablespoons of sugar well beaten. Stir until it comes to boiling point. Remove from stove and have whites of eggs well beaten with 4 table spoons of sugar. Add whites, stir briskly until well mixed. Flavor and turn into mold. Serve with whipped cream.

ICE CREAM—Take 2 quarts of rich cream and 1 quart of milk; sweeten and flavor to taste. Pour this in a freezer and turn slowly until it is nearly frozen, then turn as fast as you can. This makes the ice cream foamy.

DELICIOUS ICE—Juice each of 4 oranges, 1 can of sliced pineapple, $\frac{1}{2}$ cup of red raspberry, $2\frac{1}{2}$ cups of sugar and enough water to make 2 quarts. Strain all and freeze. When nearly frozen add the beaten whites of 3 eggs. Stir in well.

CHARTREUSE OF JELLY—Cut out the centre of a round of sponge cake, leaving the bottom and sides thick enough to hold 1 quart of jelly. Prepare a lemon orange or wine jelly, and when it is cold and just ready to form, turn into the cake and set on ice. When ready to serve cover the top with chilled whipped cream sweetened with confectioner's sugar and flavored with vanilla.

WHEN FREEZING ICES—Use three parts of crushed ice and one part of rock salt.

(Continued on page 26)

Heal it with Zam-Buk!



If you get any sudden cut, bruise, burn or such like, apply a remedy known for its great soothing and antiseptic powers. — Heal it with Zam-Buk!



BABY SCALDED. ZAM-BUK GIVES IMMEDIATE RELIEF

Mrs. E. Gardner, R. R. No. 2, Longwood, Ont., writes:—"My baby was just a little over two weeks old when I let fall a cup of tea, the contents of which spilt over both his legs, he had on a little pair of wool stockings and when I took these off, the skin came off from his legs at the same time, and I was almost frantic. I sent to the store for a box of Zam-Buk, and I dressed his legs morning and evening and I saw immediately that it was healing very well and in about four days the legs were both healed up.

"I have five girls besides my little boy and they have had a lot of cuts and burns, but all other ointments that I have tried didn't heal them as well as Zam-Buk, which is a wonderful healer."



ZAM-BUK IS BEST FOR BURNS

Mrs. Len Ford, of Barkerville, Cariboo, B.C., writes:—"Some twenty-three years ago we got a sample box of Zam-Buk and had occasion to use it at once for a bad burn, the result was very satisfactory, the pain was almost instantly stopped and I have been a constant user of Zam-Buk ever since for Sprains, Bruises, Cuts, Burns and Nasal Catarrh, in fact, we use it for almost every skin ailment and are never without it in the house."

Mrs. E. B. Croteau, of Waterloo, Que., writes:—"My experience with Zam-Buk is that it is a wonderful treatment. I suffered from a bad burn on my arm for four days and could not find anything to relieve the pain so my mother advised me Zam-Buk Ointment of which she is a good user and in less than two days all the pains were gone. I now use it for everything that calls for an ointment and am very well satisfied with it."

Mrs. Fred Boulet, Dunrae, Man., writes:—"I always use Zam-Buk Ointment for all kind of sores, especially for burns, and think it is the best ointment in the world."

PICKLES AND CATSUPS

CHILI SAUCE—Thirty large, ripe tomatoes, 4 green peppers, 10 large onions, 3 cups vinegar, 4 tablespoons salt, 15 tablespoons white sugar. Chop the vegetables up fine, mix with other ingredients and boil 1½ hours.

CHOW CHOW—One gallon vinegar, 3 large cauliflowers, 4 quarts small cucumbers, 3 quarts small onions, 2 green peppers, ½ pound mustard, 1 ounce turmeric, 1 cup flour, 3 cups sugar. Leave cucumbers, onions and cauliflowers in brine for 2 hours. Boil cauliflowers and onions in the vinegar before adding flour, mustard and cucumbers.

RIPE CUCUMBER PICKLES—Cut up 1 quart of ripe cucumbers, 1 quart of onions, 1 quart of ripe tomatoes; add 1 quart of vinegar. Boil all together until tender. Add ½ scant teaspoon of cayenne, 1 heaping teaspoon salt, 1½ cups granulated sugar. Add to this 1 tablespoon of mustard, 1 small teaspoon turmeric, 2 tablespoons flour mixed smooth with a little cold vinegar.

MUSTARD PICKLE—Two quarts cucumbers, 2 quarts cauliflowers, 2 quarts onions, 2 quarts green tomatoes, salt them over night, then drain. Add 1 gallon vinegar, ½ pound mustard, ½ ounce turmeric, 2 cups brown sugar, ½ an ounce small red peppers, ½ cup flour. Boil all together and pour over the pickles.

CHUTNEY SAUCE—A dozen sour apples (grated), a dozen ripe tomatoes, ¾ pound brown sugar, ¼ pound mustard, ½ pound onions chopped fine, 3 pints vinegar, 1 pound seeded raisins (chopped), 1 ounce of whole cloves. Boil all the ingredients until they are cooked to a pulp, and put the sauce through a colander.

PICKLED BEANS—Put 1 peck of butter beans in salted water. Let come to a boil 3 pints of vinegar and 2½ pounds sugar. Have mixed smooth with a little cold vinegar, 1 cup of flour, 1 cup of mustard, 1 dessertspoon turmeric. Pour this mixture into the hot vinegar. Boil 5 minutes; add beans and boil gently for 3 minutes.

TOMATO CATSUP—One gallon tomato pulp, 1 gallon vinegar, 1 pound brown sugar, ½ pint of salt, 3 red peppers, 1 ounce allspice, ½ an ounce cloves (whole), ½ ounce whole ginger, ½ ounce mustard, ½ ounce garlic. Boil all the ingredients together for two hours, strain through a colander; bottle while hot.

PRESERVES, JELLIES AND MARMALADES

PICKLED PEACHES—If the peaches are hard steam them until tender; if soft, wipe them only and then pack in jars. Take 1 quart of vinegar and 1 quart of sugar, 1 tablespoon of cloves and 1 of broken cinnamon (both tied in bags). Boil 5 minutes. Pour hot syrup over the peaches. Next day pour the syrup off; boil again and pour over the peaches. Seal.

CITRON JAM—Peel citron and cut in dice about 1 inch square. Weigh it and to every pound of citron add ¾ pound of white sugar. Sprinkle sugar on citron and let stand over night. Allow 1 lemon to every 2 pounds of the mixture and flavor with root ginger to taste. Boil until it is thick and remove the ginger.

BLACKBERRY, STRAWBERRY OR RASPBERRY JAM—Boil the berries in just enough water to keep them from sticking. When thoroughly done add half a pound of sugar to 1 pound of fruit. Stew until thick. Cool and put in glass jars.

SPICED CURRANTS—Four quarts currants scalded and put through a strainer. Allow the pulp to go through also. Take 1 pint of vinegar, 3 pounds of sugar, 1 tablespoon of cinnamon, 1 tablespoon of allspice, 1 tablespoon of cloves and 1 of grated nutmeg. Cook 1 hour.

RASPBERRY JELLY—Put the berries on a slow fire, simmer a little while and press with a wooden spoon. Strain clear. For every pound of juice allow 3½ pounds sugar. Boil the juice over a quick fire for 20 minutes. Heat the sugar in the oven until hot (not brown) stirring occasionally. Add the sugar to the juice and boil for 15 minutes, stirring constantly, and skim.

CRABAPPLE AND CRANBERRY JELLY—Cut up 1 peck of crabapples, without peeling or coring, and put on to boil with just enough water to cover the fruit. When boiled to almost half the quantity, add 1 quart of cranberries, and cover until cooked soft. Then turn into jelly bag and let drip over night. For every cup of liquid use 1 cup of sugar. Heat the sugar in the oven, stirring often so it will not burn. Bring the liquid to a boil and cook 20 minutes. Add the hot sugar and stir until dissolved. Then boil for 5 minutes and pour into glasses, which have been standing in hot water.

QUINCE JELLY—Five quarts of quinces, cored but not peeled. Cover with water and boil until tender. Strain this water off, and put half as much on again and stand for 1 hour. Strain again. Put juice on to boil for half an hour, and then add 1 cup of sugar to every cup of juice. Boil a few minutes more.

ORANGE MARMALADE—One dozen bitter oranges, 3 lemons, 4 quarts of water, 8 pounds of granulated sugar. Slice the fruit very thin, taking out the seeds. Pour cold water over the fruit and let stand from 24 to 36 hours. Then boil gently for 2 hours. Add the sugar and boil from 20 to 30 minutes.

GRAPE MARMALADE—Pick stems off grapes and almost cover with water. Cook until seeds separate and strain through a colander. To 1 pound of pulp put ¾ pound of sugar and cook about 20 minutes.

PEAR MARMALADE—To 5 pounds of pears, pared and cut into small pieces, add 3 pounds of sugar, ½ pound candied ginger, 2 lemons (cut fine), 1 ounce whole ginger (powdered fine). Add a little water and boil three hours.

(Continued on page 28).

WOULD SEND FOR ZAM-BUK FROM THE OTHER END OF THE EARTH

Mrs. J. C. Lemon, of 1102½ East Broadway, Glendale, Calif., U.S.A. writes:—"We have been using Zam-Buk for over twenty years, and have always found it a most effective remedy for sores and burns.

When we lived in Hamilton, Canada, we first began using Zam-Buk. My daughter burned her face on the stove. We applied Zam-Buk to the burn, and in a few days it was healed.

On another occasion my husband accidentally dropped a hot coal on to his foot while barefooted early in the morning. The burn was quite severe and the flesh later began to turn purple with blood-poisoning. We dressed the wound with Zam-Buk and the foot was healed within a short time. We have found it best to apply Zam-Buk to a burn immediately, as it prevents the burn from going deeper and the antiseptic qualities of Zam-Buk guard against infection.

At the present time I am using Zam-Buk on a boil. I know of so many varied cases in which Zam-Buk has given relief that I would not know what to do without a box of it in the house. We have used it when living in Michigan, and are now sending for it from California. I believe we would send for it if we were at the other end of the earth."

PROMINENT TORONTO J. P. TESTIFIES

Mr. H. E. Smallpiece, J.P., County of York, 32 Church St., Toronto, writes:—"I have used Zam-Buk in my home for several years, and would not be without it on any account.

"I had the misfortune to injure my shin by the breaking of a step on a ladder, and although I tried several remedies I could not get the cut to heal. Finally a friend advised me to try Zam-Buk, which I did, and in a very short time the cut was completely healed.

"I consider Zam-Buk one of the most healing remedies in existence, and can confidently recommend it."

SORE TOE CONTRACTED WORKING IN THE BUSH

Mr. Noah Bell, Clarke City, Que., writes:—"My great toe on my left foot got very sore owing to being in the bush all day. I had to stay in the house for a day thinking it would get better, but instead it finally got worse. I tried one thing after another and still it was no better. One day I found the cover of a box and found it was Zam-Buk Ointment. I bought a box and the second application began to make it better. Half the box was all I used to obtain relief."

BARBER'S ITCH

Mr. D. H. C. of Humboldt, Sask., writes:—"I first used your Ointment on a bad case of Barber's Itch, and in a few days it showed marked improvement, and was completely healed and well in two weeks. As a general household remedy I would not be without it."

FINEST HOUSEHOLD OINTMENT

Mr. Thomas Carpenter, 376 Third Ave., Verdun, Que., writes:—"I have been a user of Zam-Buk for more than thirty years, during that time I have used it for cuts, bruises, chapped hands, skin troubles and rheumatism, and it has always given great satisfaction in healing wounds, and relieving pain, my personal opinion is that it is one of the best Ointments on the market."

Cookery Recipes—Continued

GRAPE FRUIT MARMALADE—Two large grape fruit or 4 small ones, 3 lemons. Soak grape fruit in water while cutting up lemons. Slice fruit fine, using every part. Put all seeds in a cup of cold water and let stand until ready to boil. Boil seeds in a cheesecloth bag. To every pint of fruit allow $2\frac{1}{2}$ pints of water. Let stand 24 hours, then boil fast for 1 hour. Stand until next day. To 1 pint of liquid pulp allow $1\frac{1}{4}$ pounds sugar. Boil until it jellies.

SANDWICHES

EGG SANDWICHES—Take hard boiled eggs, remove the shells and chop the eggs very fine. Add a little minced cream cheese, about 1 teaspoon to an egg. Pour over this enough mayonnaise dressing to make a smooth paste. Have ready thin slices of bread and butter and spread between the slices.

DATE SANDWICHES—Mince some dates fine. Add a little water, cooking them in a double boiler till they are soft and pasty. Cool the dates, add half a teaspoon of lemon juice. Spread on finely cut bread and sprinkle with chopped nuts.

NUT SANDWICHES—Put 1 cup of walnuts through the mincer. Mix with mayonnaise dressing and spread between thin slices of white or brown bread.

HAM AND CELERY SANDWICHES—Put through the mincer 1 cup of cooked ham and $\frac{1}{4}$ cup of celery. Mix with mayonnaise dressing and spread between thin slices of buttered bread. Any other kind of cooked meat or poultry may be used instead of ham.

VALENTINE SANDWICHES—Cut thin slices of brown or white bread and butter with a heart shaped cookie cutter. Fill with any kind of filling you prefer. Lettuce, sardines, or cheese may be used for these sandwiches.

BEVERAGES

CHOCOLATE—Use unsweetened chocolate, $\frac{1}{2}$ pound cake for 10 cups. Break the chocolate in pieces. Put in a saucepan and dissolve slowly in warm water. Increase the heat until boiling point is reached and boil for 15 minutes. Just before serving add boiling milk.

COCOA—For 6 cups of cocoa use 2 tablespoons of cocoa, 2 tablespoons of sugar, $\frac{1}{2}$ pint of boiling water, and $1\frac{1}{2}$ pints of milk. Put the milk on the stove in a double boiler. Put the cocoa and sugar in another saucepan, and gradually pour in the hot water, stirring all the time. Let this mixture boil for 5 minutes and then add the boiling milk and serve. A spoonful of whipped cream to each cup is a great improvement.

CHERRY NECTAR—Take 2 quarts of cherries, stone and boil for half an hour in 1 quart of water. Strain and boil the juice with 1 pound of sugar to each pint of juice for 10 minutes. Then put in cherries and boil for 20 minutes more. Serve ice cold.

BOSTON CREAM—Four quarts of warm water, 4 ounces of tartaric acid, 4 pounds of white sugar, the whites of 4 eggs, well beaten, $1\frac{1}{2}$ ounces of essence of lemon. Boil the sugar and water to a syrup. When nearly cool add tartaric acid, whites of eggs and lemon. Bottle and seal. Use a wine glass of cream to a glass of water, with sufficient baking soda to foam.

BLACK CURRANT CORDIAL—To every 4 quarts of black currants, add 1 gallon of the best whiskey. Let it remain 4 months, shaking the jar occasionally. Then drain off the liquor and strain. Add 3 pounds of loaf sugar and $\frac{1}{4}$ pound of cloves. Bottle and seal.

RASPBERRY VINEGAR—Fill a jar with red raspberries; pour in as much vinegar as it will hold. Let it stand ten days, then strain. Don't press the berries. To every pint of juice add 1 pound of loaf sugar. Boil. Bottle when cold.

ORANGEADE—To 2 cups of orange and the juice of 2 lemons add enough water and sugar to taste. Strain and serve with shaved ice.

CREAM NECTAR—Put 2 lbs. granulated sugar into a pitcher, and 2 ounces tartaric acid; mix thoroughly, then break whites of two eggs into a separate dish and beat. Put about half a cup of boiling water on the sugar and acid and mix it thoroughly, and then stir the beaten whites of the eggs in, and gradually pour in the remainder of the boiling quart of water, beating continually. When nearly cold flavor with about half a bottle of vanilla.

RED CURRANT WINE—For every gallon of water take one gallon of currants. Bruise well and let them stand over night. Next morning strain through a hair sieve. To every gallon of the liquor add 4 lbs. sugar. Rinse the cask well with brandy, and strain the liquor again when putting in. Skim for ten days.

GINGER CORDIAL—One and one-half ounces tartaric acid, 1 ounce tincture ginger, 1 ounce chili peppers, 5 lbs. granulated sugar, 2 gallons boiling water. Pour the boiling water over the acid and sugar. When cold add ginger and pepper; let stand a day or two, then bottle. Brown a small portion of the sugar to give the cordial a better color.

RASPBERRY CORDIAL—One quart raspberry juice, 1 pint best whiskey, 1 large lemon or 2 small ones, 1 lb. white sugar, 1 ounce ground ginger. Put all in a crock; let stand for 24 hours, stir often and bottle.

(Continued on page 30).

OLD ULCERATED LEG YIELDS TO TREATMENT

E. Bretts, Clandeboye, Man., writes:—"I take great pleasure in recommending Zam-Buk as we have used it for years. We had a lady cooking for us who had an ulcerated leg of about 5 years' standing, she had tried nearly everything, then we persuaded her to try Zam-Buk, in two months the core came out and in six months was all healed over with new skin.

"A neighbor, lady of 70 years old had inflammatory rheumatism and was laid up for twelve months, the Doctors could do nothing for her so my wife having great faith in Zam-Buk undertook to get her around by massaging with it. In six weeks she had her on her feet walking and also able to use her hands.

"We also use Zam-Buk for colds in the head by warming it and sniffing a little up the nostril and must say it is worth its weight in gold."



Mr. E. Bretts

SKIN INFECTION COMPLETELY DISAPPEARS

Mr. E. X. Belnois, President and Manager of the Quick Change Auto Wheel Co., has recently informed the Zam-Buk Co., of the benefit he received from this world-wide preparation. Mr. Belnois says:—"A short time ago I had a sore spot near my nose, which became infected. The infected area spread very rapidly, until my nose was very much swollen and inflamed. Having to attend to business, this naturally, was a very serious handicap, and I sought medical advice. The treatment not proving effective, I next went to a specialist in Syracuse, N.Y. Again I met with no relief, and on a trip to Toronto, I there consulted another skin specialist. His treatment also proved ineffective, and it was at this stage that Zam-Buk was brought to my attention. I tried this famous herbal ointment and the first experience was a reduction in the pain, and the uncomfortable feeling, which I had now had for a considerable period. I continued the Zam-Buk treatment, and am glad to say that eventually it gave me complete relief. The proprietors of Zam-Buk knew nothing of this incident until I voluntarily brought it to their attention, as I am desirous that other people who may be suffering from a similar infection, may be directed to a ready means of relief. The effect of Zam-Buk in my case was really amazing, especially in view of the fact that at least two specialists had proved my case to be a little beyond their skill. In my case, the beneficial nature of Zam-Buk cannot be made too widely known. I gladly give full permission for the above facts to be published."



Mr. D. P. McKee

SMASHED FINGER

Mr. David P. McKee, Sunny Dale, P.O., Alberta, writes:—"I have used many kinds of salves and find Zam-Buk to be outstanding amongst them all as it never fails to heal. I had a bad smash on my finger between two rocks, it was split right across and I lost the nail, well I used Zam-Buk and very quickly it was completely and perfectly healed."

BOILS

Miss Hazel B. Beck, New Burn, Lunenburg, N.S., writes:—"I wish to express my appreciation of the benefit received by the use of Zam-Buk Ointment. I used it for boils with good results, and I also used your Zam-Buk Soap, I can say that I am well pleased with both preparations."

CANDY

TURKISH DELIGHT—One ounce of gelatine, 1 cup cold water, 1 pound white sugar, 1 lemon, 1 orange. Soak the gelatine in half a cup of water for 2 hours. Put the sugar to boil with half a cup of water, and when at boiling point add gelatine. Boil 20 minutes and flavor with juice and rind of lemon and oranges. Turn into a tin, wet with cold water. Have the mixture 1 inch thick.

CHOCOLATE FUDGE—Two cups granulated sugar and 2 cups of brown sugar, 1 cup milk, butter the size of an egg, $\frac{1}{2}$ a ten cent cake of unsweetened chocolate, grated. Boil until it hardens in cold water. Remove from the stove. Stir in half a cup of chopped walnuts and 1 teaspoon vanilla. Beat until it stiffens. Pour into buttered tins and mark off in squares.

PEPPERMINT DROPS—Two tumblers of granulated sugar, 8 tablespoons boiling water, 8 tablespoons of icing sugar. On the icing sugar drop 10 drops of oil of peppermint. Boil the granulated sugar and water three minutes, or until it threads. Remove from the stove and beat into it the icing sugar. Beat until thick enough to make drops.

MAPLE CREAM—One cup of brown sugar, $\frac{1}{4}$ cup of milk, a small piece of butter. Boil until it will hair. Then remove from the fire. Add any desired flavoring. Beat until white and creamy. Pour into a buttered pan, and when cool enough mark off in squares.

SEA FOAM—Dissolve two cups of sugar in $\frac{1}{2}$ cup of hot water. Then add $\frac{1}{2}$ cup of corn syrup, and boil until a little dropped in cold water will harden. Pour boiling candy over the beaten whites of eggs, beating all the time. Add $\frac{1}{2}$ cup of nuts and 1 teaspoon of vanilla. Pour into buttered pan and cut into squares before cold.

MARSHMALLOWS—Two cups granulated sugar and $\frac{3}{4}$ cup of water. Boil until it threads. Add $\frac{1}{2}$ box of gelatine, which has been soaked in $\frac{1}{4}$ cup of water, to the syrup. Flavor to taste. Beat until cold and cut in squares.

CHOCOLATE CARAMELS—One pound sugar, $\frac{1}{4}$ pound of butter, 3 ounces of unsweetened chocolate (grated) and 1 dessertspoon of vinegar. Put the sugar in a pan and add just enough water to dissolve it. Add the butter, chocolate and vinegar. Boil, stirring often until it becomes thick and hardens in water. Pour on a buttered pan. Cut in squares when cool.

BUTTER SCOTCH—Three cups white sugar, $\frac{1}{2}$ cup of water, $\frac{1}{2}$ cup of vinegar, 1 tablespoon of butter, $\frac{1}{2}$ teaspoon of cream of tartar. Boil until it becomes very brittle when dropped in cold water. Then add $\frac{1}{4}$ teaspoon soda dissolved in 1 teaspoon of vanilla. Turn into buttered pans, or partly cool and pull.

INVALID COOKERY

BEEF TEA—Mince a pound of tender beef, free from fat, and put into a covered crockery jar; pour on barely enough cold water to cover the meat, and allow it to soak for 2 or 3 hours; then place it on the stove or in a moderate oven, and let it simmer (not boil) for 2 or 3 hours longer, adding a little water from time to time as it evaporates; strain and season to taste. To make it more nourishing a little rice, barley, or arrowroot may be added. Veal or mutton may be treated in the same way.

BROILED BEEF JUICE—Broil $\frac{1}{2}$ lb. round steak 1 or 2 minutes on both sides, cut into bits, squeeze out the juice, salt and serve.

CHICKEN BROTH—Put $\frac{1}{2}$ a chicken into a small stew-pan with a teaspoon of rice, and a little pepper and salt. Cover with cold water and boil slowly until the meat falls from the bones; then take out the chicken, leave the rice in and serve.

TOASTED MUTTON—Cut very thin slices from a loin of mutton. Lay each slice on a toasting fork, and toast over a clear, hot fire. Sprinkle with a little pepper and salt. It may be eaten with a thin piece of toast.

COOKING EGGS FOR INVALIDS—Put 3 cups boiling water into a skillet, add a cup of sweet milk, and a little salt. Have it boiling hot, then break the eggs in, and cover and set back where they will not boil. Let the eggs remain until they cook white on top, but not hard.

MILK TOAST—Toast a slice of bread uniformly brown. Break the crust by rolling, and add sufficient hot milk or cream to thoroughly soak it. Sweeten with powdered sugar.

ARROWROOT BLANC MANGE—Mix arrowroot in the usual way, but use 3 times more than you would for gruel; add milk and flavoring; sweeten to taste, and simmer until thick enough for a mould.

ARROWROOT—Mix 2 teaspoons arrowroot with 1 tablespoon cold water, add $\frac{1}{2}$ pint boiling milk and boil 10 minutes. Sweeten to taste and add nutmeg or powdered cinnamon.

WINE JELLY—Use $\frac{1}{2}$ cup gelatine, soak soft in $\frac{1}{2}$ cup cold water; then pour in 1 pint boiling water, juice of 1 lemon, 1 cup sugar, 1 cup sherry wine. Stir and strain through a cloth into a mould.

WINE WHEY—Add to a pint of milk, brought to boiling point, sufficient madeira or sherry wine to coagulate it. Strain, sweeten and flavor to taste.

EGG AND LEMON JUICE—Dissolve 1 ounce sugar in pint water, and stir in juice of 1 lemon, add white of 1 egg and froth up. Ice if desired.

EGG DRINK—1 egg, 1 teaspoon sugar, 1 cup milk. Beat egg with sugar, put milk on to boil, and when boiling pour over egg, beating all the time.

Zam-Buk Soap

MEDICINAL & TOILET.

Zam-Buk Soap is soft, mild and refreshing, as a complexion producer it is unsurpassed. Ordinary soaps are too crude for delicate skins even when the latter are in the best of condition, and when the skin is in any way rough, sore or blotchy common toilet soaps should under no circumstances be used as they contain either too much soda or alkali or else some harmful scented matter.

There is no free alkali in Zam-Buk Soap which, on the contrary contains only the best of skin cleansing materials exactly balanced and beautifully blended.

Zam-Buk Soap does not gloss over the skin as common soaps do nor rob the skin of its natural oil, but stimulates and cleanses the pores of any impurities and imparts a velvety softness to the whole tissue.

Zam-Buk Soap Helps the Hair.—Frequent shampooing with Zam-Buk Soap gives to the hair that pretty glossy look, which is so desirable in womens' hair particularly. It does this by clearing the scalp of dandruff and stimulating the hair follicles to healthy action. Any person, who has enjoyed the pleasant, tingling, "full of health" feeling that follows a warm bath where Zam-Buk Soap has been freely used will well understand how this famous preparation stimulates the scalp and subjacent tissue. Where the hair is given to falling out, or combing out, Zam-Buk Soap will also be found of great benefit.

Use Zam-Buk Soap for Baby.—No skin is so tender as that of a young baby. For baby's bath you must have a soap that is absolutely pure. A soap that contains no harmful alkali, that will not rob the skin of the oils which keep it soft and pliable. Zam-Buk Soap keeps the pores open and under its medicinal influence the skin develops into sound tissue, able to resist skin troubles more easily in later years.

We might further enlarge on the efficacy of Zam-Buk Soap, but after all there is only one way for you to form an opinion as to its merit and that is to try it for yourself. **We therefore make you the following special introductory offer.** The ordinary price of Zam-Buk Soap is 25 cents per cake. Detach and mail to us the coupon below with twenty-five cents in stamps, cash, or postal note, and we will send you *two* cakes of Zam-Buk Soap.

SPECIAL OFFER COUPON

Zam-Buk Co., 310 Dupont St., Toronto, Ont.

Enclosed find Twenty-five Cents or Money Order for which send me by return mail two cakes Zam-Buk Soap, in connection with your special introductory offer.

Name.....
Please print name and address *plainly*. Address.....

The Great Breatheable Remedy

PEPS

FOR
**COUGHS, SORE THROAT,
COLDS & BRONCHITIS.**

HAVE YOU TRIED PEPS?

PEPS are small tablets which contain highly beneficial Pine essences combined with other medicinal extracts; each tablet is wrapped in silver paper to ensure the retention of all the valuable properties contained therein.

At the first sign of any cough, hoarseness or tickling in the throat remove the silver wrapping and put a Peps on your tongue it will then gradually dissolve and as it dissolves the medicinal essences are turned into vapor and are breathed down to the inflamed tissues. The result is that Peps immediately reach the source of the trouble and at once commence their work of healing by loosening the phlegm, clearing and easing the chest, stopping the racking cough and quickly dispelling symptoms of throat and bronchial trouble.

One of the most valuable features in the Peps treatment is the introduction to the respiratory organs of Health giving Pine Fumes and at the same time avoiding the derangement of the stomach which generally follows after the taking of liquid cough mixtures and lozenges.

Peps contain no opiates or narcotics, for which reason they are invaluable for children when suffering from coughs and throat troubles.



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 SCALP IRRITATION,
 FESTERING SORES,
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LACERATED
 WOUNDS,
 ABRASIONS,
 CHAFINGS,
 ITCH,
 SORES,
 CRAMPS,
 STIFF JOINTS,
 SORE THROAT,
 BAD CHEST,
 SORE, ACHING FEET,
 SOFT CORNS,
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RINGWORM,
 STIFFNESS,
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 (Blind and Bleeding)
 BAD LEG,
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THE ZAM-BUK CO.

Dupont Street, Toronto, Ont.

HARMFUL IMITATIONS OF ZAM-BUK

Would you accept a counterfeit half-dollar. No fear! Then why accept fifty cents' worth of counterfeit merchandise? When any preparation is put up to you as "just as good" as Zam-Buk leave it severely alone! Don't be cheated. There is no salve as good as Zam-Buk, although several preparations cost much less to produce and can, therefore, be sold at greater profit to the dealer. Depend upon it, if Zam-Buk were not the best it would not be imitated. People only imitate the real diamond. They don't imitate paste. Get the real thing. The name Zam-Buk is protected by law and is shown in clear letters on every package. If it isn't there it isn't Zam-Buk, and in your own interests refuse to have anything but the real thing!

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**TRY THAT
JUST ONCE!**

for that cut, burn, sore or eczema. Ends pain, prevents blood-poisoning and grows new skin.

THE remarkable potency of Zam-Buk comes from certain refined herbal essences which soak through the tiny pores deep into underlying tissues.

This soothing ointment heals from below and removes the deep seated causes of irritating and disfiguring skin diseases. It dispels pain and itching, draws pus and poison out of the tissues, allays inflammation and grows new skin.

Important

*See Inside for Our Special Offer and
Free Samples*

THE WORLD'S GREAT HEALER.