



culinary
secrets

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Culinary Secrets

THIS book is a respectful and sincere tribute to Canadian women by the Familex Products Company.

“Culinary Secrets” has been produced with the greatest care to ensure that it shall be so useful and so instructive that it will rightly be considered indispensable to every Canadian home. We dedicate it to you, ladies, confident that it will merit your enthusiastic approval.

May we remind its readers that the Familex Products Company is an out-and-out Canadian organization, owned and controlled by a Canadian pharmacist, whose long experience in compounding and manufacturing quality products is aided by the like experience of two other graduate pharmaceutical chemists. Their knowledge, experience and constant supervision is the best assurance that Familex Products may be used with entire confidence and with the certainty that everything sold by the Familex Products Company is as fine as modern research, skill and ceaseless care, together with every facility of a spotlessly clean, sanitary plant, can make it.

Thus, you may buy and use Familex Products with entire confidence in their surpassing quality and value. Once you have tested them in the recipes contained in “Culinary Secrets” you will realize why they are guaranteed without reservation.



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TYPICAL MENUS

There are many considerations which modify the selection of appropriate menus, such as: the cost of the provisions, the number and tastes of the guests, the social customs of the neighborhood and the reasons for tendering the repast. Each of these should influence the hostess' choice. To aid in selecting the appropriate dishes we give a few suggested menus. Of course these may be modified to suit individual tastes to form a meal that provides well-balanced and appetizing nourishment.

BREAKFAST

(Conveniently served in the country)

1. Home grown fruit in season
2. Fried ham (with Familex prepared mustard)
3. Boiled Potatoes
4. Bread and butter
5. Apple jelly
6. Coffee or milk

(Conveniently served in the city)

1. Sliced oranges
2. Cereal
3. Poached eggs on toast
4. Brioches
5. Marmalade
6. Familex Cocoa or Coffee

DINNER

1. Barley Soup
2. Stewed Pigs Feet
3. Mashed Potatoes
4. Lettuce with mayonnaise
5. Home-made bread
6. Familex Burnt Cream
7. Powdered Maple Sugar
8. Tea or milk

1. Rice Soup
2. Roast Beef
3. Roast Potatoes
4. Macédoine of vegetables
5. Familex Cocoa Pudding
6. Familex Minute Doughnuts
7. Maple Syrup
8. Stuffed Dates
9. Coffee

SUPPER

1. Tomato Soup
2. Blanquette of veal
3. Macaroni au gratin
4. Stuffed Cucumbers
5. Familex Custard
6. Tea or milk

1. Celery Soup
2. Jellied ox tongue
3. Familex Prepared Mustard
4. Vegetables Béchamel
5. Boiled Potatoes
6. Cookies
7. Tea or Coffee

MEATLESS MENUS

Simple

1. Apple
2. Fried Eggs
3. Breakfast Rolls
4. Apple Jelly
5. Familex Cocoa or milk

More Elaborate

BREAKFAST

1. Grapefruit
2. Cereal and cream
3. Fried eggs
4. Apple Jelly
5. Brioches
6. Familex Cocoa or Milk

DINNER

1. Pea Soup
2. Fried Smelts
3. Plain Omelette
4. Boiled Potatoes
5. Boiled Carrots
6. Spice Bread
7. Apple Whip
8. Tea or Coffee

1. Pea Soup
2. Steamed Halibut
3. Creamed Onions
4. Omelette aux fines herbes
5. Fried Potatoes
6. Tarts filled with Familex Cocoanut, Lemon or Chocolate Pie Filler
7. Maple Mousse
8. Tea or Coffee

SUPPER

1. Celery Soup
2. Cheese Pudding
3. Boiled Potatoes in jackets
4. Corn on the cob
5. Familex Minute Cakes
6. Eggs cooked in Maple Syrup
7. Tea or milk

1. Oyster Soup
2. Cheese Fondant
3. Boiled Potatoes in jackets
4. Timbales of carrots
5. Familex Custard
6. Jelly à la Canadienne
7. Tea or milk

MEALS WITH MEAT

BREAKFAST

1. Melon or Orange
2. Cereal with Cream
3. Ham mousse

4. Raisin buns
5. Fruit Jelly
6. Familex Cocoa or Coffee

DINNER

1. Parmentier Soup
2. Cheese Straws
3. Fried Oysters
4. Fillet of Beef Jardinière
5. Mashed Potatoes
6. Macédoine of vegetables

7. Tomato Jelly
8. Familex Minute Doughnuts
9. Maple Syrup Sauce
10. Charlotte Russe
11. Peppermint patties—salted almonds
12. Coffee

SUPPER

1. Tomato Bouillon
2. Chicken Salad
3. Familex prepared Mustard
4. Date and Celery Salad

5. Familex Cocoanut Pudding
6. Mocha Cakes
7. Maple Meringue
8. Tea

SUGGESTED MENUS FOR PARTIES

DINNERS

1. Tapioca Meat Broth
2. Filet of Sole Colbert
3. Roast Turkey
4. Fried Cauliflower
5. Cranberry Sauce

6. Salad with pâté de foie gras
 7. Pineapple Sherbet
 8. Dessert: Tropical Treat
 9. Cheese and biscuits
 10. Coffee
-

1. Cabbage Soup
2. Fried Lake Trout
3. Roast Chicken
4. Mushroom Sauce
5. Peas Sauté in butter

6. Stuffed Cucumbers
 7. Orange Sherbet
 8. Dessert: Angel Cake and Vanilla Ice Cream
 9. Coffee
-

1. Vegetable Bouillon
2. Oyster canapés
3. Roast Duck
4. Apple Fritters
5. Macédoine of Vegetables

6. Tomato and Celery Salad
 7. Orange Jelly
 8. Dessert: Bavarian Cream with Dates
 9. Coffee
-

SUPPERS

1. Hors d'oeuvres
2. Oysters on half shell
3. Veal cutlets (with paper frills)
4. Asparagus au gratin

5. Russian Salad
 6. Caramel Cream in Moulds
 7. Dessert: Assorted Cakes
 8. Tea or Coffee
-

1. Fruit Cocktail
2. Creamed Oysters
3. Braised Chicken
4. Mushroom Sauté

5. Tomato Jelly
 6. Dessert: Ice Cream and assorted cakes
 7. Cheese and biscuits
 8. Tea or Coffee
-

1. Tomato Cocktail
2. Hors d'oeuvres
3. Stuffed Ham
4. Cabbage au gratin

5. Asparagus Salad
 6. Pineapple Doughnuts
 7. Dessert: Fruit
 8. Tea or Coffee
-

MEATLESS MENUS FOR PARTIES

1. Oyster Soup
2. Baked Halibut
3. Asparagus in Cream
4. Vegetable Salad

5. Lemon Sherbet
 6. Dessert: Fruit Pudding
 7. Coffee
 8. Mint Patties
-

1. Rice Soup
2. Fried Oysters
3. Asparagus au gratin
4. Vegetable Jelly

5. Pineapple Doughnuts
6. Ice Cream and Cakes
7. Coffee
8. Salted Almonds

COCKTAILS

TOMATO JUICE COCKTAIL No. 1

1 tin of tomatoes
1 teaspoon of granulated sugar
1 teaspoon of chopped parsley
1 grated celery stalk

1 small onion or Familex onion salt
 $\frac{1}{2}$ teaspoon of salt
1 sprig of bay leaf
1 tablespoon lemon juice

Mix together all the ingredients, bring the mixture to a boil. Allow to cool for 15 to 20 minutes, then strain. Serve ice cold.

TOMATO JUICE COCKTAIL No. 2

1 tin of tomatoes
1 small onion chopped fine
2 or 3 celery leaves chopped fine
1 tablespoon of chopped parsley
1 tablespoon of lemon juice
1 teaspoon of "Worcestershire" Sauce

2 grated celery stalks
1 sprig of bay leaf
1 teaspoon of sugar
1 teaspoon of "Chili" Sauce
Salt to taste
Cold water

Strain the tomatoes and add an equal quantity of cold water, add the other ingredients and allow to stand for 24 hours. Strain and serve ice cold.

FRUIT COCKTAILS

These cocktails are made from one or more fruits with their juices or the syrup of other fruits. To fulfill their role as appetizers they should be rather sour than sweetish. All fruits of the citrus group, such as grapefruit, oranges, limes and lemons are appropriate as bases and to them should be added small quantities of fresh or preserved fruits to vary the flavour—red or green candied cherries, cubes of assorted jellies, ice cubes into which have been frozen a bit of preserved or fresh fruit, a sprig of mint, etc., are delicious additions.

When ice cubes are used with cocktails or refreshing drinks, a little less water should be used than provided by the recipes. To sweeten cocktails or fruit juices it is best to use a syrup made by dissolving a cup of sugar in half a cup of water. Cocktails are often served with assorted canapés in the living room.

FRUIT COCKTAIL No. 1

(for 6 to 8 guests)

1 cup of pineapple
1 cup of pears

1 cup of peaches
Candied cherries to garnish

Cut up the fruits into dice. Mix some cherry juice with the other fruit juices. Put the diced fruit into cups, pour some of the juice over the fruit and place a cherry on top as a decoration. Chill and keep in a cold place till ready to serve.

FRUIT COCKTAIL No. 2

6 large oranges
6 bananas
Lemon juice

½ cup of diced pineapple
Sugar to taste
Candied cherries

In preparing the oranges be sure to keep unbroken 8 or 10 halves of the skin to serve as cocktail glasses. Peel the bananas, cut them into cubes or make into balls with a special spoon, then soak in lemon juice. Take out the orange pulp and cut it up; mix all the fruits together and sweeten to taste, then place in the halves of orange skin; add the fruit juices. Chill thoroughly and serve garnished with a cherry.

JOHN COLLINS

(Each Collins must be made separately)

2 oz. Dry Gin
1½ oz. fresh lemon juice

3 or 4 heaping teaspoons of fruit sugar (to taste)
2 large ice cubes

Stir thoroughly while adding soda water. If the standard Collins glass is used, fill to within ½ inch of the top.

MARTINI COCKTAILS

(to make two 3 oz. cocktails)

3 oz. Dry Gin
3 drops Angostura bitters

1½ oz. of either French or Italian Vermouth
(according to taste)

Shake or stir thoroughly with plenty of cracked ice, pour into cocktail glasses and serve with an olive or small white onion on a toothpick.

SOUPS

BEEF BOUILLON

- 4 lbs. of beef (meat and bone)
- 1 large onion
- 1 tablespoon of salt
- ½ cup of celery leaves
- 4 quarts of cold water
- ½ cup of chopped carrots
- ½ cup of turnips
- 1 teaspoon of Familex Pickling Spices
(in a little muslin sack)

Brown about one third of the beef in a little grease with sliced onion, and then place in pot with salt, water and rest of beef. Let simmer for 3 hours then add the other vegetables and cook for one hour more. Strain and clarify.

VEGETABLE BOUILLON

- 2 tablespoons butter or bacon grease
- 2 cups celery cut in cubes
- ½ cup diced onion
- ½ teaspoon sugar
- ½ cup diced turnips
- 4 cups boiling water
- 2 cups diced potatoes
- ½ cup diced carrots
- 2 tablespoons of Maple Leaf Flour
- 2 teaspoons salt (or more according to taste)

Cook onion in grease till tender, then add other vegetables, except potatoes. When vegetables are tender, add potatoes and cook for 10 minutes more. Serve either strained or unstrained as desired.

TOMATO BOUILLON

- 1 tin of tomatoes
- ½ teaspoon soda salt, bay leaves
- 2 stalks of celery
- Familex pepper
- 1 quart water
- 1 onion chopped fine
- Red pepper
- 2 tablespoons of cornstarch

Cook the whole, except the cornstarch, until the onion is tender. Strain and boil again. Add the cornstarch and serve with buttered croûtons.

VEGETERIAN BOUILLON

- 6 carrots
- 1 turnip
- 4 leeks
- 1 parsnip
- 3 stalks of celery
- 1 onion
- 6 quarts of water
- salt

Cut up vegetables into small bits, and put them to cook in salt cold water. When well cooked, strain and serve in cups in place of soup. The vegetables used may be served separately with the meat course.

CANADIAN PEA SOUP

- ½ lb. salt pork
- 1 cup split peas
- 2 tablespoons pork grease
- 2 tablespoons Maple Leaf Flour
- 1 teaspoon chopped parsley
- 6 cups water or beef bouillon
- 2 tablespoons chopped onion
- 4 tablespoons parched Indian corn
(not essential)

(a) Soak the peas overnight then add to the water (or bouillon) with the salt pork, allowing it to simmer till the peas are tender.

(b) Mix the flour with the pork grease and onion and add to the soup.

(c) Add the other ingredients and bring to a boil

CELERY SOUP

- 2 cups celery chopped fine
- ½ onion or Familex onion salt
- 2 tablespoons butter
- 2 tablespoons Maple Leaf Flour
- Cook for 1½ hours.
- 1 quart milk
- 1 quart bouillon
- Salt and Familex celery salt
- Familex pepper

To make a rich soup, thicken with 1 or 2 yolks of eggs and ½ cup of sweet cream.

BARLEY SOUP

- ¾ cup Barley
- Salt, Familex Pepper
- 3 quarts Stock
- Chopped parsley

Let simmer for 2 to 2½ hours.

RICE SOUP

- $\frac{2}{3}$ cup of rice
- 2 celery stalks
- $\frac{1}{2}$ leek
- 2 quarts bouillon
- Salt and chopped parsley
- Familex pepper

Cook for $\frac{3}{4}$ hour. 1 grated carrot also may be added.

VERMICELLI SOUP

- 1 cup vermicelli
- $\frac{1}{2}$ leek
- 1 celery stalk
- 2 quarts consommé
- 1 quart water
- Salt and a little chopped parsley
- Familex pepper

Cook for $\frac{1}{2}$ to $\frac{3}{4}$ hour. If desired, warmed mashed tomatoes and a pinch of baking soda may be added.

RICE AND VEGETABLE SOUP

- 1 cup carrots
- $\frac{1}{2}$ cup turnips
- 1 cup celery
- 1 cup mashed tomatoes
- $\frac{1}{3}$ cup rice
- 3 quarts boiling water
- 3 tablespoons beef extract, bovril, oxa, etc.
- Familex pepper
- Salt

Cook the diced vegetables in water for $\frac{1}{2}$ hour. Add other ingredients and cook $\frac{1}{2}$ hour longer.

CABBAGE SOUP

- 3 or 4 lbs. beef
- $\frac{1}{2}$ cabbage, 1 leek
- 2 stalks celery
- 4 quarts cold water
- salt
- Familex pepper

Put the beef in cold water. Wash and chop up cabbage. Cook from $2\frac{1}{2}$ to 3 hours, after adding the other ingredients.

TAPIOCA SOUP

For 3 or 4 persons use 1 quart of bouillon and 3 tablespoons of tapioca, ten minutes cooking being sufficient. This soup should not be too thick, and to avoid lumps, let the tapioca fall from one hand into the bouillon while you stir with the other hand.

OYSTER SOUP No. 1

- 1 quart milk
- 1 quart water
- 1 cup crushed soda crackers
- Sufficient baking soda to cover a dime
- 1 tablespoon butter
- 1 pint bulk oysters
- Familex seasoning

Heat the milk, add soda, boiling water, butter, soda crackers, salt and pepper. At the boiling point add the oysters which have been heated beforehand. Bring to a boil and serve.

OYSTER SOUP No. 2

- 2 cups oysters
- 1 tablespoon chopped onion
- $\frac{1}{4}$ cup butter
- 1 sprig of bay leaf
- 2 stalks celery
- 4 tablespoons Maple Leaf Flour
- 1 quart milk
- Parsley, salt
- Familex pepper to taste

Boil the milk with the seasonings for 15 minutes, then strain; add the flour to melted butter, then add milk, being careful to avoid lumps; let it simmer. Drain oysters. Heat oyster liquor to boiling point, skim and cool. Add oysters and cook. When ready to serve, put oysters in soup, and salt and pepper to taste.

PARMENTIER SOUP

- 8 to 10 potatoes
- 2 tablespoons butter or lard
- 1 quart water
- Familex seasoning
- 1 large onion
- 2 tablespoons Maple Leaf Flour
- 1 quart milk
- 2 yolks of eggs, croûtons
- $\frac{1}{2}$ cup of cream

Boil and mash potatoes. Mix with flour. Beat thoroughly for several minutes. Add sliced onion fried in butter or lard, the water or the water used to boil potatoes and the seasoning. Boil for 15 to 20 minutes. Pour in the milk which has been heated and allow it to simmer for a few minutes. Whip the yolks of eggs in the cream and put in a soup dish. Strain the soup and pour into mixture. Serve piping hot with croûtons.

FISH

OYSTERS EN COQUILLES

Open the oysters, remove them from the shells and put them in a saucepan with their juice. Heat them until the juice comes to a boil, and after 2 or 3 minutes take from fire.

Then put a bit of butter in a saucepan with a few well-cleaned mushrooms and chopped parsley; leave on the fire for a moment then add a tablespoon of well-sifted Maple Leaf Flour, and moisten with a glass of white wine and a tablespoon of bouillon or water to make a sauce.

Salt and pepper the sauce and cook it for $\frac{1}{2}$ hour. Thin it if it is too thick, but if it is too thin, thicken by adding a lump of butter the size of a walnut mixed with a little Maple Leaf Flour. When the sauce is ready, put the oysters in it.

Wash the empty oyster shells thoroughly and put 4 oysters with sauce in each one. Sprinkle with bread crumbs and a little melted butter. Leave them for 5 minutes in a hot oven before serving.

CREAMED OYSTERS

- 3 tablespoons butter
- $\frac{1}{2}$ cup cream
- 1 cup chopped oysters
- 4 tablespoons Maple Leaf Flour
- $\frac{1}{2}$ cup oyster liquor
- Familex seasonings

Make a sauce from butter, flour, cream and oyster liquor, season and let simmer for a few moments. When about finished, add the chopped oysters which have been previously cooked. Serve in small patties of pastry.

FRIED OYSTERS

- 2 doz. oysters
- 1 egg
- 1 lemon
- Salt, Familex pepper
- Bread crumbs
- Watercress or parsley

Clean and drain oysters, dry them with a cloth, season them with salt and pepper to taste. Dip the oysters in the bread crumbs then in the egg whipped and thinned with 1 tablespoon of cold water, then dip again in the bread crumbs. The egg and bread crumbs may be replaced by batter if desired. Fry in deep fat. Oysters may also be fried in a frying pan with butter, turning them to brown both sides.

CANAPÉ OF OYSTERS

- 12 oysters
- 2 tablespoons Maple Leaf Flour
- 2 teaspoons cream
- 1 egg yolk, 1 lemon
- 2 tablespoons butter
- $\frac{1}{2}$ cup of liquid:—oyster liquor, milk or fish bouillon
- Salt, parsley, Familex pepper

Cook oysters in their liquor for 10 minutes. Remove and cut in halves. Drain. Make a sauce with butter, flour, liquid; let simmer for 8 to 10 minutes; thicken with yolk of egg and cream; add lemon juice. When complete, mix with oysters. Put 1 or 2 tablespoons on croûtons dipped in butter and browned in the oven. Garnish with parsley.

STEAMED HALIBUT

- 4 or 5 lbs. halibut
- Salt and Familex pepper

Wash and dry the halibut with a damp cloth; place in a flat strainer over a steamer of hot water. Cover the steamer and cook till the flesh parts readily from the backbone. Serve on hot plates with butter sauce.

BAKED HALIBUT

- 4 or 5 lbs. halibut
- Maple Leaf Flour, Familex pepper
- $\frac{1}{4}$ lb. salt pork
- parsley

Cut the pork into thin slices. Put half of it in a browning pan. Dredge the fillets of halibut with flour and place them on the pork. Cover the fish with the uncooked pork. Cover the pan with a sheet of buttered paper and cook for $\frac{3}{4}$ hour. Season to taste. Remove paper 10 minutes before finished cooking. Garnish with parsley and serve either with butter sauce or another sauce as desired.

FILLETS OF SOLE COLBERT

Cut 2 soles into fillets; cut each fillet into 2 pieces and roll and skewer them. Dip in flour and fry over a hot fire. Serve with maître d'hôtel sauce or mayonnaise.

HORS D'OEUVRES

Radishes—Clean thoroughly. Remove all traces of root and leaves, except two or three short stalks. Wash in 2 waters, dry and arrange attractively on hors d'oeuvres platter.

Anchovies—These delicious spiced fish are sold in tins by provision merchants. Serve them on a butter dish separated by slices of hard boiled eggs garnished with chopped parsley.

Sardines—Remove sardines from tin and drain off the olive oil. Place them separately on your platter of hors d'oeuvres.

Gherkins—These tiny pickles together with small white pickled onions add to the appetizing variety of hors d'oeuvres.

Caviar—Caviar (sturgeon roe) is an expensive Russian delicacy which is highly esteemed by many. Serve it on small buttered soda crackers or rounds of buttered toast about 2 inches in diameter. Season with lemon juice.

Shrimps—Serve them garnished with sprigs of parsley.

Tuna—Provision merchants sell this delicious fish in tins in oil. When serving do not drain off all the oil.

Sausages—Cut up ordinary cooked sausages into very thin slices. Serve cold.

Olives—Select plump, large olives and scatter them among the other appetizers on the hors d'oeuvres platter.



CHOICE OF SPICES GUARANTEED
IMPORTED FROM COUNTRY
OF ORIGIN

PICKLING SPICES, 4 oz. box, .20.

CLOVES, PAPRIKA, ALLSPICE,
small box, .25.

CINNAMON, MUSTARD, small
box, .25— $\frac{1}{2}$ lb. box, .50.

GINGER, NUTMEG, small box, .25—
 $\frac{1}{2}$ lb. box, .45.

MIXED SPICES, small box, .25— $\frac{1}{2}$ lb.
Box, .40.



WHITE PEPPER, pure
Sarawak brand, small box, .20,
 $\frac{1}{2}$ lb. .40, 1 lb. .65.



BLACK PEPPER, pure Telli-
cherry brand, small box, .20,— $\frac{1}{2}$ lb.
.35,—1 lb. .50.

MEATS

BEEF A LA MODE

- 4 to 5 lbs. shoulder or rump of beef
- $\frac{1}{2}$ lb. salt pork
- 2 tablespoons butter or fat
- pigs feet or pork rind
- Herbs, bay leaves
- Salt, onion
- 1 pint bouillon
- Familex pepper

Trim the beef, slice pork and place in the bottom of pot and put beef on top of it; cover with butter or fat; sprinkle with Maple Leaf Flour; add onion cut into round slices, the pigs feet or pork rind and bouillon. Cover and cook for 5 or 6 hours. When half cooked, season. Stir frequently. Slices of carrots may be added 1 hour before serving. When thoroughly cooked, take meat from pot. Strain the juice, thicken, season and pour over beef as a gravy. Serve garnished with vegetables as desired.

BEEFSTEAK

- 1 $\frac{1}{2}$ to 2 lbs. beefsteak
- 2 tablespoons butter
- Salt, Familex pepper

Place lump of butter size of a hazelnut in a frying pan and allow it to scorch over a hot fire. Sear the beefsteak on both sides and cook to taste. Season with salt and pepper and do not prick while cooking. Serve covered with butter on a hot platter and use remainder of butter as a sauce.

FILLET OF BEEF A LA JARDINIERE

- 1 fillet beef
- $\frac{1}{4}$ lb. bacon
- 1 cup bouillon
- 1 tablespoon Maple Leaf Flour
- 1 tablespoon butter
- 1 onion
- carrots, turnip
- cauliflower, celery, bay leaves
- Familex seasoning, herbs, cloves

Trim the fillet and lard it, and place in a dripping pan on several strips of bacon and chopped up onion. Add bouillon, salt, pepper and other ingredients. Cook in a hot oven. If desired underdone, cook about

30 minutes. Stir frequently. Place fillet on a hot platter tastily surrounded by the buttered vegetables.

ROAST BEEF

- 5 to 6 lbs. sirloin or ribs of beef
- Salt, herbs
- 2 tablespoons jelly pork
- Familex pepper

Trim the beef, lard with butter or grease, brown in oven and season. Onions or parsley may be added to taste. To have a good roast of beef, not less than 4 to 5 lbs. should be used. The roast should be basted frequently with its own juice to prevent it drying out. When cooking a large roast, best results are obtained by wrapping it in several sheets of strong greased paper held in place by string. When nearly done, remove paper, cook more quickly and baste more frequently. 15 minutes per pound of beef is the usual cooking time.

A few moments before serving, remove the beef and add to the juice 2 tablespoons Maple Leaf Flour with enough hot water to make a medium thick gravy, which should be strained and served in a gravy boat.

BEEF STEW WITH DUMPLINGS

- 4 or 5 lbs. beef (cheap cut)
- 6 potatoes peeled
- Familex seasonings
- Bay leaves
- $\frac{1}{2}$ cup carrots and turnips cut up
- 2 tablespoons Maple Leaf Flour

To prepare: Cut the meat in pieces. Chop the fat and render. Dip the meat in flour, sear it in the fat, add chopped onion and season. When the meat is well browned, add enough boiling water to cover. Cover with lid and let simmer 3 or 4 hours. Add the carrots and turnips to stew 1 hour before the stew has finished cooking, the potatoes 20 minutes before serving. When the stew is cooked, take out the bones, if there are any, skim off fat, add the flour (mixed with cold water to a paste) and let simmer a few minutes. Serve the stew surrounded with dumplings.

VEAL IN CASSEROLE

- 2 lbs. veal
- $\frac{1}{2}$ cup carrots
- 1 stalk of celery
- 4 pieces salt pork
- 3 or 4 little onions
- 4 cups bouillon
- 6 tablespoons Maple Leaf Flour
- Salt, Familex pepper, herbs

Cook the salt pork, brown the meat (which has been dipped in flour) in the fat; moisten with the bouillon, add the vegetables, season and bake in a moderate oven 2 hours.

ROAST OF PORK

- 5 or 6 lbs. of fresh pork
- 1 onion
- a bay leaf
- $1\frac{1}{2}$ pints water
- herbs
- salt, Familex pepper

For roasting, the most delicate pieces are the fillets, the sides and the under cuts. Pork should not be roasted when too fresh, or it will be tough. The meat being fat enough itself, it is not necessary to add fat. The meat is more delicious with the bone in, but it will be easier to serve if it is boned, rolled and tied up with string. Do not forget to salt it inside; to increase the flavour of the roast, mix a seasoning of one bay leaf (broken) with a pinch of herbs and pepper to taste. Put the crackling, which has been taken off the roast, in the dripping pan. Put the roast on top of it, season and put in hot oven. Add about 1 pint boiling water. Cook at a moderate temperature 30 to 40 minutes per lb. of meat. Baste frequently.

When cooked, take out the meat, put on a platter, pour over it a few spoonfuls of juice from the pan. Put $1\frac{1}{2}$ cups water in the pan and let it boil from 30 to 45 minutes. Take out the cracklings and strain the fat into a bowl.

CHICKEN MARENGO

Cut up a chicken, brown all sides of the pieces in a hot frying pan with the fat. Then add $\frac{1}{2}$ tin tomatoes and a cup of cold water, season with salt and pepper. Let simmer $\frac{1}{2}$ hour. Serve it surrounded with fried eggs and pieces of fried breadcrust.

HEAD CHEESE

- $\frac{1}{2}$ or 1 pig's head
- 1 pig's foot
- parsley, chervil
- 3 or 4 onions
- cold water
- Familex spices to taste

Soak the head in cold water 5 or 6 hours; wash it in several waters, take out the eye, the snout and hairs. Remove the hock and singe the foot. Wash it well. Put all the meat to cook covered with cold water, add salt, pepper, the onions (minced); cook until the meat comes off the bones easily, then let it cool. Strain the soup; cut the meat in small pieces or put through the mincer after having taken out the bones; put the meat back into the soup and add seasoning and spices to taste. Let it stew a few minutes. Put it in a mould which has been rinsed in cold water. Serve cold.

FRENCH CRACKLINGS

- 2 lbs. leaf lard
- 3 lbs. pork fillet
- onions
- Familex pepper
- 4 pork kidneys
- salt and water
- Familex spices to taste

Mix with ordinary cracklings the onions, pork fillet, seasoning and ground kidneys. Cook slowly several hours, being careful they are kept covered with water. Put into individual dishes or moulds which have first been dipped in cold water. Serve cold.

ROASTED CHICKEN

- 1 chicken
- Lard or slices of bacon
- 1 or 2 tablespoons butter
- Salt, Familex pepper, boiling water

Clean the chicken, wash and truss. Cover the wings and legs with lard or bacon. Rub the bird with a little butter. Place in a roaster or deep dripping pan. Sear, then add boiling water and seasoning. Baste often, so the bird does not dry out. A 3 lb. chicken takes 1 hour to cook, and one of 4 lbs. nearly 2 hours. Add an hour to the cooking time for an old bird, in which case it is wise to boil the chicken before roasting it.

STUFFED ROAST RABBIT

- 1 rabbit
- 1 tablespoon fat
- 1 cup bouillon or water
- Familex pepper, salt
- lard or slices of bacon
- 1 tablespoon butter
- 2 tablespoons vinegar
- stuffing

Skin, clean, wash and dry the rabbit; fill it with special rabbit stuffing (directions for making given below). Sew it up and truss. Sear in a pan with the butter and fat; add bouillon and an equal amount of water, the vinegar and seasoning. Cover and cook over a moderate fire $1\frac{1}{2}$ to 2 hours.

HAM STUFFING

(for Roasted Rabbit)

- 1 cup chopped ham
- $\frac{1}{2}$ cup pork liver
- 1 onion
- 1 tablespoon fat
- 2 cups stale bread or crumbs
- $\frac{1}{2}$ cup bouillon
- 1 tablespoon butter
- herbs, salt, Familex pepper

Fry onion in butter and fat, add ham and chopped liver. Cook about 15 minutes. Soak bread in bouillon, add it and seasoning to first mixture.

JELLIED TONGUE

- 1 beef tongue
- parsley, chervil, bay leaf
- salt, Familex pepper
- 1 leek or onion
- boiling water

Wash tongue in several waters, dress it, plunge in boiling water with other ingredients. During cooking, line a mould with aspic. When it is set, decorate, if you wish, with slices of hard boiled egg and chopped parsley, etc. Add a little aspic after decorating; when well set, add cooked tongue (when cold) carefully, not to disturb the decoration. Fill mould with cool aspic. When set and chilled, unmould and decorate with broken aspic, parsley, etc.

CHAUD-FROID TONGUE

- (A) 1 beef tongue
- salt, Familex pepper
- 1 onion
- Familex spices to taste, bay leaf
- (B) 2 tablespoons butter or fat
- Familex pepper, Familex onion salt
- 1 pint bouillon
- 4 tablespoons Maple Leaf Flour
- 3 teaspoons granulated gelatine
- or $\frac{1}{4}$ oz. leaf gelatine
- (C) 1 pint clarified bouillon
- Familex seasonings
- $1\frac{1}{2}$ tablespoons gelatine
- or 1 oz. leaf gelatine

Put enough water in a sauce pan to cover the tongue; add onion salt, pepper, spices, bay leaf. Trim tongue, wash, add when water boils. With ingredients (B) make a brown sauce, adding gelatine which has been soaked in 2 tablespoons cold water. When tongue is well cooked, skin and let cool in liquid in which it has cooked. Put some jelly on a plate, place tongue on it. Cover the tongue (which should be very cold) with the sauce, smoothly. When sauce has set, decorate with hard boiled egg slices, parsley. Surround tongue with jelly, cut in cubes, prepared with ingredients (C).

PATÉ DE FOIE GRAS

- 2 lbs. poultry or veal livers
- 1 lb. fresh pork
- 2 onions
- 1 slice bacon
- 4 eggs, salt pork
- Familex nutmeg
- Familex allspice
- Familex pepper, salt

Dice bacon and cook with onion. Put liver and pork through finest mincer, add seasoning, yolks of eggs, and whites beaten stiff. Mix all well. Line a mould with minced lean salt pork, put in mixture and cover with lard. Cook in moderate oven about 2 hours. Cool and take out of mould. Serve in thin slices.

PIGS' FEET STEW

- 2 pigs' feet
- 3 quarts water, salt, Familex pepper
- 2 onions, fine herbs
- 5 tablespoons browned flour

Scrape feet, wash, after taking hairs and hocks off; cut in pieces, put in sauce pan, add boiling water, onions chopped, parsley, pepper, salt. Boil until thoroughly cooked; add thinned browned flour diluted half an hour before serving.

BRAISED CHICKEN

- 1 chicken
- 1 onion
- 1 slice of turnip
- 1 stalk of celery
- Salt, Familex pepper, Maple Leaf Flour
- 2 or 3 tablespoons butter
- 3 or 4 slices of bacon
- 1 carrot
- herbs, parsley
- 1 bay leaf
- 1 pint bouillon or boiling water

Clean and truss the chicken. Put 2 slices of bacon, sliced vegetables and herbs into a pot. Put the chicken on top of the vegetables and on it the rest of the bacon; season; add hot bouillon or the boiling water. Cover pot and put in hot oven for 10 to 15 minutes. If steam escapes during cooking, add a little water and baste frequently. Then cook in a moderate oven about 3 hours or until the chicken is tender.

When cooked, pour melted butter over chicken, sprinkle with flour and put uncovered pot back into oven till chicken is browned.

Pour off the juice, thicken as desired and serve either with the chicken or separately in a gravy boat.

CELERY STUFFING

- 3 cups bread crumbs
- $\frac{1}{4}$ cup melted butter
- 2 teaspoons herbs or seasoning
- red pepper
- boiling water
- salt, Familex pepper
- $\frac{1}{2}$ cup celery chopped fine
- 2 or 3 tablespoons cream

Pour boiling water on bread crumbs and let soak for 10 minutes; squeeze out water; add other ingredients; season to taste.

ROAST TURKEY

- 1 turkey
- $\frac{1}{2}$ cup butter
- parsley, salt, Familex pepper
- Stuffing according to taste
- $\frac{1}{4}$ cup Maple Leaf Flour
- Celery

Clean and stuff the turkey according to instructions for roast chicken. (About 6 to 8 cups stuffing are required for a 10 to 15 lb. turkey). After trussing turkey, cover its entire surface with melted butter mixed with flour. Put strips of bacon on wings and thighs. Heat thoroughly in a very hot oven (450° F.) for about ten minutes, till it begins to brown, then reduce heat to 350° F. Add $\frac{1}{2}$ to $\frac{3}{4}$ cup of water. Allow 15 minutes cooking per pound for a young turkey. Baste frequently, adding more water as needed. Turn in oven so both sides will brown equally. When cooked, remove string, garnish with parsley and curled celery or other vegetable delicacies. Serve with a gravy made from thickened juice from cooking. The various recipes for preparing chicken are equally well adapted for turkey.

ONION STUFFING

- 5 or 6 onions
- $\frac{1}{4}$ cup butter
- salt, Familex pepper
- 2 $\frac{1}{2}$ cups bread crumbs
- 1 egg or 2 yolks
- seasoning used with poultry

Put the onions into boiling water for 10 to 15 minutes, then take them out and chop them up; add other ingredients; season to taste and let simmer for a few moments.

"MEDALLIONS"

(To use left-over meats)

- 2 cups left-over meat
- 1 cup white sauce
- 1 $\frac{1}{2}$ cups bouillon
- $\frac{1}{2}$ ounce gelatine
- 1 $\frac{1}{2}$ cups veal
- $\frac{1}{2}$ cup ham
- Familex seasonings to taste

Put meat through mincer; add sauce and seasoning. Dissolve gelatine in bouillon; add half to the meat and keep the rest to coat the medallions. Allow to cool and set. Cut out medallions with special cutter and garnish to taste with hard boiled eggs and parsley. Spread on a platter centred round a pyramid of mayonnaise.

ROAST DUCK

- 1 duck
- juice of 1 orange
- 1 tablespoon butter
- salt pork or bacon
- stuffing according to taste
- salt, Familex pepper, parsley

Clean and stuff the fowl. (The best liked stuffings for duck are onion, "fines herbes", apple, celery, macaroni, mashed potatoes, etc.) 2 cups of stuffing are sufficient for a duck and 1 to 1½ cups for a duckling.

When stuffed and trussed, lay on slices of salt pork or bacon as desired. Roast as in the case of a chicken, adding the orange juice to the water when basting; figure on about 12 to 15 minutes cooking per pound of duck. Serve with a gravy based on the juice from cooking.

FRUIT STUFFING

(for Ducks and Geese)

- 2 sour apples
- 2 tablespoons crushed soda crackers
- 2 tablespoons raisins
- ¼ lb. prunes
- 1 egg
- ½ teaspoon sugar
- salt, Familex pepper

Peel and slice apples, stone prunes, seed raisins. Mix chopped fruits, add crackers, beaten egg, sugar and season to taste.

VEAL AND HAM PIE

- ½ lb. veal (cut into pieces)
- ½ lb. cooked ham
- 2 hard boiled eggs
- 1 tablespoon Maple Leaf Flour
- 1 teaspoon grated lemon peel
- 1 tablespoon parsley
- 1 teaspoon salt
- 1 teaspoon Familex pepper
- 1 grated nutmeg
- 1 cup water

Boil veal till tender, put into a deep baking dish with ham, eggs cut into small bits. Mix flour, lemon peel, parsley and other seasonings. Make alternate layers of the meat and the seasonings and cover with juice in which veal was cooked. When thoroughly cooled cover with pastry and cook 30 minutes in a very hot oven. May be served hot or cold.

VEAL CUTLETS EN PAPILOTES

(Served on Mashed Potatoes)

- 3 or 4 lbs. veal cutlets
- 2 tablespoons grease or butter
- Maple Leaf Flour
- Salt, Familex pepper

Trim the veal; sprinkle with flour, brown quickly in hot grease, season; add a little water from time to time. Turn cutlets once or twice. When cooked, place cutlets, garnished with paper frills, around mashed potatoes made into a mound in the centre of a platter.

STUFFED HAM

- 2 large slices of ham
- 1 quart fresh milk, boil ham in milk for ½ hour
- 1 cup chopped ham
- ½ cup grated cheese
- ½ cup bread crumbs
- ½ cup celery chopped fine
- 1 apple peeled and chopped fine
- 2 beaten eggs
- 1 cup bouillon
- ¼ teaspoon Familex mixed spices
- Salt and Familex pepper to taste

Place this stuffing between the 2 slices of ham, sew up edges and put in oven for 1 hour and baste frequently with ham grease. Then garnish a platter with lettuce and parsley, place stuffed ham in centre and to make still more attractive, garnish also with stuffed olives and slices of hard boiled eggs. Serve hot.

CHINESE SAUSAGES

- ¾ lb. of fat fresh pork
- 1½ lb. chopped salt pork
- ½ lb. chopped beef
- 1 tin small yellow beans
- ½ teaspoon salt
- 1 tin tomato juice
- 1 medium sized cabbage
- 5 carrots diced
- ½ teaspoon Familex onion salt
- ½ teaspoon Familex pepper
- ½ teaspoon Familex allspice
- 1 or 2 handfuls of fine rice

Put the fat pork in slices in the bottom of a baking dish. Mix the salt pork, chopped beef and seasonings, form into oblong croquettes rolled in the uncooked rice, and wrap each croquette in a cabbage leaf which has been steamed and drained. Then place the croquettes, the carrots and the beans in alternate layers, pour over them the tomato juice to which has been added a cup of water. Cook in a slow oven for 2½ hours when it will be ready to serve.

VEGETABLES

CREAMED ASPARAGUS

- 1 tin asparagus
- 1 cup cream
- Familex seasoning
- 1 cup milk
- 3 tablespoons Maple Leaf Flour

Heat milk; mix flour with cream and pour into hot milk. Let it simmer from 10 to 15 minutes and season. Remove tough parts of asparagus and cook it. Place on slices of toast on a hot platter, cover with the sauce and serve piping hot.

CORN ON COB

The corn should be boiled as soon after plucking as possible—not longer than 3 hours to get best results. Plunge cobs into boiling water, and, if corn is young, boil briskly for 5 minutes. If the corn is old, it will need 10 minutes boiling. Do not overcook in salt water because this toughens the corn.

CORN DOUGHNUTS

- 1 tin of corn
- 1 cup Maple Leaf Flour
- 2 teaspoons salt
- 2 eggs, 1 teaspoon Familex baking powder

Drain corn. Add sifted flour, salt, baking powder, and well-beaten yolks of eggs. Whip whites to a froth and add. Cook in spoonfuls in deep fat.

BOILED CARROTS AU NATUREL

Scrape carrots and cook in boiling water for from 1 to 1½ hours. If little new carrots are used, serve them a bit undercooked. Boiled carrots are very tasty with drawn butter, herbs, à la Béchamel, etc.

HOUSEWIFE'S CABBAGE

- (a) 1 cabbage
- ½ turnip
- 2 or 3 carrots
- 1 cup small peas
- 1 cup butter beans
- boiling water, salt
- (b) 2 tablespoons fat or butter
- 4 tablespoons Maple Leaf Flour
- Familex Onion salt, Familex pepper
- grated bread crumbs
- 1 pint hot milk

Make little cubes of the carrots, cut turnips as you wish, blanch them separately, cook all vegetables in boiling salted water, if peas and beans are tinned, they need only be heated. While vegetables cook, prepare Béchamel sauce using ingredients (b).

Put cooked cabbage on platter, cover with sauce. Cover with bread crumbs and pieces of butter. Brown in oven. When out of oven, decorate as desired with other vegetables.

STUFFED CUCUMBERS

Cut cucumbers in two; scoop a hole in each half, fill with meat stuffing, preferably minced ham, together with the chopped cucumber which was scooped out of the hole. Sprinkle with buttered bread crumbs or cheese and brown in oven.

BOILED SPINACH

Wash spinach in hot water until all dirt and sand is removed. Cook without water until tender. Chop, season well, add 2 tablespoons butter to 4 cups cooked spinach. A pinch of nutmeg adds a fine flavour.

POTATOES BAKED IN THEIR SKINS

Wash with brush 6 large potatoes of equal size, dry, then butter them; prick skins with fork. Put in oven heated to 500° until tender or about 45 minutes.

PORK AND BEANS

- 1 quart beans
- 1 onion
 - salt, Familex pepper
- ½ lb. salt pork
- 1 teaspoon Familex mustard
- 2 tablespoons molasses

Soak beans in cold water overnight; next day, wash, put them in cold water, cook until skins come off; cool quickly. Put in bean pot, add pork and onion. Mix salt, pepper, mustard and molasses with boiling water; pour over beans. Water should more than cover beans. Cover, cook 8 to 10 hours in moderate oven.

MUSHROOMS SAUTÉ

- 1 lb. mushrooms
- ¼ cup butter
- 2 teaspoons chopped parsley
- 2 teaspoons lemon juice
- Maple Leaf Flour
- Salt, Familex pepper

Wash and drain the mushrooms quickly; cut in pieces, put lemon juice on them, then flour. Melt butter on stove, add mushrooms, salt, pepper. Cook 4 or 5 minutes. Cover with a little water, add parsley and cook a few minutes longer.

MACEDOINÉ OF VEGETABLES

- 1 cup cut up carrots
- 1 cup cut up turnips
- 1 cup small peas
- 1 cup butter beans
- 1 tablespoon fat from roast
- 1 cup good bouillon
- fresh parsley or dried herbs
- salt, Familex pepper

Cut vegetables in small squares or other shapes, cook separately in boiling water. When cooked, drain, brown fat in a pan, add cooked vegetables, stir carefully not to break them, add bouillon, herbs, season to taste and let simmer a few minutes. Serve hot.

CREAMED MASHED POTATOES

Cook six medium sized potatoes in salted boiling water until tender. Rice them, add ½ cup hot milk, 2 tablespoons butter or ½ cup cream and beat with fork until very light. Never let mashed potatoes get cold, as the flavour is never as good when heated.

CREAMED ONIONS

- 6 or 8 onions
- 1 cup cream
- salt, Familex pepper
- 1 cup milk
- 3 tablespoons Maple Leaf flour
- boiling water

Cook the onions in salted boiling water. Make a sauce as follows: heat the milk, mix the flour with the cream, add to hot milk. Simmer 10 to 15 minutes and season. Put onions in dish, cover with sauce and serve very hot.

TIMBALE OF CARROTS

- 2 cups mashed carrots
- 2 beaten eggs
- 1 cup white sauce
- salt, Familex pepper

Mix ingredients well and season; grease small timbale moulds, put a round of buttered paper in bottom. Fill mould ¾ full. Cook in oven in a pan of hot water ¾ to 1 hour. Turn out and serve with tomato or béchamel sauce, or surround with small peas.

ASPARAGUS AU GRATIN

- 1 tin asparagus
- 3 tablespoons butter or fat
- salt, Familex pepper
- 1 pint milk
- 6 tablespoons Maple Leaf Flour
- bread crumbs

Heat asparagus, after taking off tough parts; put on platter, pour over sauce made from other ingredients. Sprinkle bread crumbs on top, brown in oven 10 to 15 minutes.

CABBAGE AU GRATIN

1 medium cabbage
2 tablespoons fat or butter
1 onion
1 pint milk
6 tablespoons Maple Leaf Flour
Familex seasonings
(If desired, 4 to 6 tablespoons cheese
or bread crumbs)

Blanch cabbage in boiling water 10 minutes cool rapidly, then cook in salted boiling water. While cooking, prepare Béchamel sauce with the other ingredients. When cabbage is cooked, drain, put in dish, pour on sauce; sprinkle cheese or bread crumbs on top with bits of butter, brown in oven 10 to 15 minutes. Serve very hot.

CELERY AU GRATIN

Remove leaves and brown spots, wash well, split each stalk down centre, cook in boiling water, pressing down now and again so it will not darken. When cooked, put in buttered baking dish, put sauce on top, sprinkle with bread crumbs, dot with butter, then bake. Mushrooms may be added to the sauce.

FRIED CAULIFLOWER

Cook in salted boiling water, but do not let cook as long as when served with white sauce. Drain, divide into bouquets of 2 or 3 flowers. Marinate them with vinegar, salt and pepper while preparing a rather thick frying batter. Dip each separately in batter and plunge in hot deep fat. When quite yellow, pile them in pyramid, decorated with fried parsley.

SMALL GREEN PEAS IN BUTTER

1 tin peas
1 tablespoon butter, Familex seasonings

Heat butter, add peas, season, let simmer a few moments, then serve.

MEXICAN PUDDING

4 large sweet potatoes
1 tin yellow sweet corn
 $\frac{1}{2}$ lb. fresh mushrooms
1 pimento
1 teaspoon Familex onion salt
 $\frac{1}{2}$ or whole red pepper
10 olives stoned and cut up
1 egg
 $\frac{1}{4}$ cup fresh grated cheese
 $\frac{1}{4}$ teaspoon Familex white pepper

Boil sweet potatoes in cold salted water; when tender, cool. Peel and cut in slices. Cover bottom and sides of a baking dish with slices of potato keeping enough slices to make a top cover later. Cook sweet pepper (which should be finely diced first) in a little butter. Take out when cooked, then cook mushrooms in same butter (mushrooms should previously be cleaned, peeled and chopped). Mix corn, olives, cheese, onion salt, pepper and well beaten egg. Add mushrooms, pimento and sweet pepper. Put in center of baking dish and cover with rest of sweet potato slices. Cook in moderate oven $\frac{1}{2}$ to $\frac{3}{4}$ hour. Serve very hot.

SALADS

CHICKEN SALAD

- 2½ cups diced cooked chicken
- 2 cups diced celery
- Mayonnaise
- Lettuce leaves
- Olives, pimento
- Salt, Familex pepper

Mix together chicken, celery, mayonnaise and seasoning. Serve on lettuce leaves and decorate with olive rings and pimento.

MAYONNAISE

- 1 whole egg or 2 tablespoons evaporated milk
- 1 scant teaspoon Familex mustard
- 4 drops tabasco sauce
- 2 cups vegetable or Familex olive oil
- 1 scant teaspoon salt
- ½ teaspoon sugar
- 3 tablespoons vinegar

(a) Beat egg or milk until frothy, then begin to add oil, about a teaspoon at a time, until sauce is thick. Then add about ¼ cup at a time, beating all the time with Dover beater.

(b) When mixture is thick and all oil used, mix seasoning with vinegar or lemon juice and add to mayonnaise.

One can make mayonnaise easier to digest by adding 3 tablespoons corn starch cooked with 1 cup cold water until transparent. The corn starch mixture should be added to mayonnaise as soon as taken from fire. You can also use corn starch mixture to bring back mayonnaise which has curdled.

VEGETABLE SALAD

- 1 tin green peas
- 2 cooked potatoes
- ½ cup cooked beets
- ½ cup cooked turnips
- ½ cup cooked carrots
- Radishes
- Mayonnaise
- Lettuce leaves

Dice all vegetables, mix with mayonnaise, seasoning and peas. Serve on lettuce leaves, and decorate with radishes cut in fancy shapes.

FISH SALAD

- 2 cups cooked fish, salmon, cod, etc.
- 2 stalks celery
- Mayonnaise
- 1 white onion
- 2 hard boiled eggs
- parsley, salt, Familex pepper

Break up fish, add onion and chopped celery; season. Mix well and add as much mayonnaise as desired. Place on a salad dish and cover with mayonnaise. Decorate as desired with hard boiled eggs and parsley.

ASPARAGUS SALAD

- 1 tin asparagus
- lettuce, parsley
- 2 tablespoons red pimento
- French lemon sauce
- 2 tablespoons Gherkins
- 1 hard boiled egg

Marinate asparagus with French dressing; chill thoroughly. Drain, place 4 or 5 pieces asparagus on lettuce leaves on individual plates. Chop very fine separately, parsley, gherkins, pimento, white and egg yolk; put separately across asparagus to look like ribbon. Serve with French dressing.

TOMATO JELLY

- 2 cups tomato or ½ tin
- 3 cloves
- 1 bay leaf
- ¼ teaspoon Familex pepper
- ½ to ¾ oz. gelatine
- 1 slice onion
- ½ teaspoon salt
- ½ teaspoon thyme
- 1 teaspoon sugar
- ¼ cup cold water

Boil tomatoes and other ingredients 15 to 20 minutes, strain, add gelatine which has been soaked in cold water (2 tablespoons water to 1 tablespoon gelatine); put in mould which has been rinsed in cold water; chill thoroughly. This jelly can be served with chopped celery and mayonnaise or decorated with celery.

TOMATO AND CELERY SALAD

- 8 or 10 red tomatoes
- mayonnaise
- 2 cups chopped celery
- Lettuce and parsley

Choose firm tomatoes; cut slice from top; scoop out inside. Season celery with a little mayonnaise, and fill tomatoes with mixture. Cover with small teaspoon mayonnaise. Serve individually with lettuce and parsley.

RUSSIAN SALAD

- 1 cup carrots
- 1 cup peas
- 1 cup potato
- 1 cup butter beans
- mayonnaise
- 1 hard boiled egg
- 2 tablespoons Familex olive oil
- 2 tablespoons vinegar
- salt, Familex pepper
- lettuce

Cook vegetables, chop, season to taste, pour oil and vinegar over them, place on lettuce leaves; cover with a few spoonfuls mayonnaise, decorate with cut hard boiled egg and parsley.

VEGETABLE JELLY

- 1 tin tomatoes
- 1 tin green peas
- 1 tin wax or green beans
- 1 tin carrots
- 3 generous tablespoons gelatine (unsweetened)
- $\frac{1}{4}$ teaspoon Familex white pepper
- 1 tablespoon salt
- $\frac{3}{4}$ cup raw chopped celery
- 3 medium sized sections clove or garlic

Empty the tin of tomatoes into saucepan, then open all tins, add their liquids to tomatoes, keeping other vegetables separate on a dish; keep them cold. Add to tomatoes salt, pepper, celery salt with finely chopped garlic and boil these $\frac{1}{2}$ hour. While cooking, dice vegetables and soak gelatine in enough water to cover it. While still very hot, strain liquid from cooking tomatoes with other vegetables and pour onto soaked gelatine and stir till dissolved. Mix all the vegetables with the raw celery and add to this. Put in 1 large or several small moulds. Serve on a bed of lettuce or individually. This jelly is delicious with mayonnaise.

CUCUMBER PICKLES No. 1

- Cucumbers
- Vinegar
- Horseradish
- Familex powdered mustard
- Salt

Wash cucumbers and bottle with small bits of horseradish. Mix thoroughly. For each $\frac{1}{2}$ gallon of cucumber add $\frac{1}{2}$ tablespoon of Familex powdered mustard with enough cold vinegar to cover. Bottle tightly and they will be ready to serve in a few days.

CUCUMBER PICKLES No. 2

- 6 doz. large cucumbers
- 6 red pimentos
- 6 bunches horseradish
- 1 lb. brown sugar
- 1 cup celery seed
- 2 quarts small white onions
- $\frac{1}{4}$ lb. Familex powdered mustard
- $\frac{1}{4}$ lb. white mustard seed
- 1 gal. cider vinegar

Peel and slice onions and cucumbers and soak them separately overnight in salt water. Wash, dry and mix together, then scald them. Chop fine pimentos and horseradish and mix with cucumbers and onions. Add and mix thoroughly the mustard, mustard seed and brown sugar. Pour on the vinegar and add celery seed to taste. See that all are thoroughly blended, pour into bottles and seal airtight.

GREEN TOMATO PICKLE

- 24 large green tomatoes
- $\frac{1}{2}$ cup salt
- 4 green pimentos
- 4 cups brown sugar
- 2 tablespoons Familex ground ginger
- 18 medium size apples
- 1 red pepper
- 4 tablespoons Familex powdered mustard
- 6 large onions
- 4 cups vinegar

Cut up vegetables and fruit; mix with other ingredients and simmer for 1 hour.

CHEESE — EGGS — ALIMENTARY PASTES

MACARONI AU GRATIN

4 cups cooked macaroni
(about $\frac{1}{4}$ lb. uncooked)
Soda crackers
eggs
milk
grated cheese

(a) Put a layer of macaroni into baking dish and then cover with coarsely broken crackers and sprinkle generously with cheese.

(b) Alternate layers of macaroni, crackers and cheese until dish is full, letting last layer be cheese, then cover with seasoned milk, to which 1 egg is added for every cup of milk used.

(c) Cook in 375° oven for half an hour or in 350° oven for an hour. It should rise above the pan like a soufflé.

MACARONI WITH TOMATOES

$\frac{1}{2}$ lb. boiled macaroni
1 pint tomatoes
 $\frac{1}{3}$ cup butter
 $\frac{1}{2}$ cup cream, salt, Familex pepper

Heat macaroni with cream, salt and pepper. Let simmer a few moments; pour onto buttered platter and add tomatoes. Cover with breadcrumbs and brown in the oven.

ECONOMICAL OMELET

4 eggs, 1 tablespoon butter
 $1\frac{1}{2}$ cups milk, salt, Familex pepper

Beat eggs, add milk, salt and pepper. Melt butter in frying pan; pour in mixture. Cook in a slow oven until omelet is set.

SCRAMBLED EGGS WITH TOMATOES

3 tablespoons fat or butter
1 chopped up slice of onion
 $\frac{1}{8}$ teaspoon Familex pepper
 $\frac{1}{2}$ teaspoon salt
6 eggs, 1 cup tomatoes

Fry the onion in the fat or butter, and when well browned, remove onion, add tomatoes, salt and pepper. Beat eggs and add to heated tomatoes. Stir while cooking. Serve hot on a platter or on toast.

ECONOMICAL PANCAKES

4 cups Maple Leaf Flour
4 cups sour milk
2 teaspoons soda, 1 teaspoon salt
2 tablespoons sugar

Sift flour and salt. Dissolve soda and sugar in sour milk; mix with flour to a smooth paste. Cook on buttered griddle hot enough to make bubbles when you put on batter, using enough to cover griddle entirely. Cook one side then turn over. Serve with butter, sugar or syrup, etc.

When using sweet milk, replace soda by 4 teaspoons Familex baking powder. Add 2 or 3 beaten eggs, as desired.

CHEESE FONDUE

1 tablespoon butter
 $\frac{1}{2}$ cup cream or milk
2 teaspoons corn starch
 $\frac{1}{2}$ lb. cheese
 $\frac{1}{2}$ salt, red pepper
 $\frac{1}{2}$ teaspoon Familex mustard

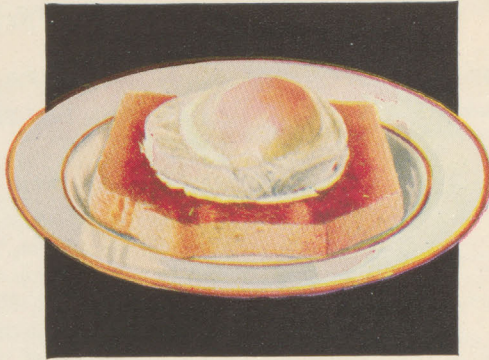
Melt butter, add cream or milk. When boiling, add diluted corn starch and grated cheese. Stir until melted; season to taste. Pour on toast or soda biscuits.

CHEESE STRAWS

1 cup Maple Leaf Flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon Familex baking powder
 $\frac{1}{8}$ cup butter
 $\frac{3}{4}$ to 1 cup grated cheese
1 or 2 tablespoons milk as needed

Sift flour, baking powder and salt, work in the butter and cheese until it crumbles, add milk as needed. Roll, then cut paste $\frac{1}{8}$ inch wide and 4 inches long, or in 1 inch squares; or part of the paste in rings and the rest in straws. Put on buttered baking sheet; cook in slow oven. Serve shapes or straws on individual plates or on a platter.

Put straws through rings; serve with soup or to decorate meat or fish.



"FINES HERBES" OMELET

Make a regular omelet, add parsley and chopped chives; cook usual way.

POACHED EGGS

6 to 8 eggs

1 tablespoon vinegar

Boiling water, salt, Familex pepper

2 tablespoons butter

Poached eggs should be strictly fresh, but, in case there is any doubt, use 1 tablespoon of vinegar per quart of boiling water. Break eggs close to water to prevent yolks separating, and drop them into water gently. When water comes back to boil, set on side of stove and poach for 2 or 3 minutes. Remove eggs carefully with a lifter and serve, with a dab of butter on each, on toast.

BAKED EGGS

Grease muffin pans or individual ramekins thoroughly. Slip egg carefully into each muffin pan. Dust with salt and Familex Pepper and sprinkle with buttered crumbs, or equal parts soft crumbs and grated cheese.

Bake in a moderate oven (350°F) until egg is just set and top lightly browned. Serve with cooked vegetables, rice, macaroni, etc., crisp bacon or crisp sausage cake.

OMELETTE SOUFFLÉE

6 eggs, $\frac{1}{3}$ teaspoon salt

5 tablespoons cold water

$1\frac{1}{2}$ tablespoons Maple Leaf Flour

3 tablespoons butter

Beat the yolks of eggs with salt till they are light, then add cold water and flour. Whip whites to a froth and blend lightly with yolks. Heat butter in a large pan, pour in the mixture and cook for 20 minutes in a moderate oven.

CHEESE PUDDING

1 pint bread broken up into small bits

$\frac{1}{2}$ lb. cheese

salt, Familex pepper, bread crumbs

$1\frac{1}{2}$ pints boiling milk

2 eggs

1 tablespoon butter

Pour boiling milk on bread, let stand 15 minutes; mix cheese (chopped or grated), salt, pepper, and beaten eggs. Put in a buttered shallow baking dish; sprinkle with bread crumbs and melted butter. Bake $\frac{1}{2}$ to $\frac{3}{4}$ hour in oven.

CREAMED EGGS

To 1 cup medium-thick white sauce, add 3 hard-cooked eggs, chopped, sliced or cut in eighths.

Re-heat over hot water until sauce and eggs are very hot.

Serve on crisp toast, between and over split and buttered hot biscuits, in bread cases, etc., garnish with crisp bacon.

LIST OF SAVORY SAUCES

(for Meat, Fish and Salads)

Drawn Butter—1 cup stock or water in which vegetables have been cooked, made like any of the WHITE sauces. An extra tablespoonful of butter may be added at the end to make it richer.

Cranberry—Cook 3 cups cranberries with $1\frac{1}{4}$ cups sugar and 1 cup boiling water together for 10 minutes. Skim and cool.

Mushroom—1 cup thick brown sauce mixed with $\frac{1}{2}$ cup chopped fried mushrooms and slightly seasoned with Sherry wine (about 1 teaspoon of wine).

Curry—4 tablespoons butter, 2 tablespoons minced onions, 4 tablespoons chopped ham, 4 tablespoons chopped green pepper, 4 tablespoons chopped celery, 4 tablespoons chopped leek or onions, $2\frac{1}{2}$ teaspoons curry powder, 1 tablespoon flour, 2 cups stock or milk, 2 egg yolks, 2 tablespoons cream. Cook vegetables in butter and finish like any sauce.

Tomato—Sauces made like white sauces only tomato puree is used instead of the milk. More complicated varieties of Tomato sauces are found under the titles "CREOLE" and "SPANISH."

Creole—1 cup thick tomato puree with 1 cup brown stock, made with 4 tablespoons bacon or ham fat, 4 tablespoons browned flour, 3 tablespoons chopped green pepper and 3 tablespoons chopped onion. The pepper and onion should be cooked in the fat. Season highly with salt and tabasco.

Spanish—1 cup rich brown sauce blended with $\frac{1}{2}$ thick tomato puree, and mixed with 2 tablespoons each of finely chopped raw ham, carrots, onions and celery cooked in butter. The butter used for cooking the vegetables should be blended with the flour to make the brown sauce.

Béchamel—White sauce made with equal parts of white stock and milk and highly seasoned. Sometimes cream is used instead of milk.

Brown—Sauce made with bacon or ham fat, browned flour and stock. Onions are often cooked in the fat before adding the flour and sherry is often used to flavor the sauce. A tablespoon chopped onions and 1 tablespoon sherry to a cup of brown sauce.

Maitre D'Hôtel—Like lemon sauce with the addition of a teaspoon of chopped parsley.

Lemon Sauce—4 tablespoons melted butter mixed with 1 tablespoon lemon juice, salt and tabasco to taste. Chill before using.

Mornay—1 cup medium white sauce mixed with $\frac{1}{2}$ cup grated cheese and stirred until smooth. Season with salt and tabasco.

Russian—1 cup mayonnaise, 1 cup whipped cream, 4 tablespoons Chili sauce, 4 tablespoons each of chopped shallots or mild onions, green pepper, capers, 1 tablespoon tarragon vinegar. Salt and tabasco to taste. Combine ingredients.

CHILI SAUCE

- $\frac{1}{2}$ gal. ripe tomatoes
- 2 onions, $\frac{1}{2}$ cup sugar
- 1 pint vinegar
- 1 teaspoon Familex cinnamon
- $\frac{1}{2}$ tablespoon mustard seed
- 1 teaspoon Familex Pickling Spices
- 2 red or green pimentos (sliced)
- 1 tablespoon coarse salt

Peel and cut up tomatoes after blanching. Cook together cut up vegetables salt and sugar till the mixture begins to thicken; add vinegar and the spices sewed in a muslin bag. Allow to simmer till it forms a thick sauce. Put in sterilized jars and seal airtight.

SWEET SIDE DISHES

PINEAPPLE SHERBET

- 2 pineapples
- Juice of 2 lemons
- 1 egg white
- 1 1/4 lbs. sugar
- 1 quart water
- 1 tablespoon powdered sugar

Grate pineapples; boil sugar in water 10 minutes. Take off fire, mix pineapples and lemon juice with it. Squeeze through a fine cloth to extract the juice. Freeze and add meringue.

ORANGE SHERBET

- 1 pint orange juice
- 1 tablespoon gelatine
- 1 white of egg
- 2 cups sugar
- 1 quart water
- 1 tablespoon powdered sugar

Soak gelatine in a little cold water then dissolve in double-boiler. Boil sugar and water 10 minutes, mix with dissolved gelatine and cool. When cold, add orange juice. Strain and freeze. When mixture is nearly frozen, take out dasher, add meringue made of beaten egg white to which powdered sugar has been added. Combine and freeze 2 or 3 hours before serving.

ORANGE JELLY

- 2 tablespoons gelatine
- 1 3/4 cups orange juice
- 1 cup sugar
- 1 3/4 cups boiling water
- 4 tablespoons cold water
- 4 tablespoons lemon juice

(a) Dissolve gelatine in cold water 5 minutes, then add to boiling water.

(b) Mix other ingredients, stirring while adding to hot mixture.

(c) Pour into moulds which have been lightly greased and let set. 4 tablespoons sherry can be added with advantage. Do not heat orange or lemon juice because heat changes the flavour.

You can replace orange juice by any other fruit juice.

LEMON SHERBET

- Juice of 4 lemons
- 1/4 lb. sugar
- 1 egg white
- rind of 2 lemons
- 1 quart water
- 1 tablespoon pulverized sugar

Boil sugar and water 10 minutes; add grated rind and boil for 5 minutes more. Let cool before adding lemon juice. Put all through a fine sieve or through a fine piece of muslin. Freeze like ice cream and add, before packing, meringue made of egg white and powdered sugar.

CARAMEL CREAM RENVERSÉE (Upside-down Caramel Cream)

- 1 tablespoon gelatine
- 1/2 cup sugar
- 1/4 cup hot water
- 1/4 cup cold milk
- 1 1/2 cups thin cream

Soak gelatine in cold milk. Caramel 1/4 cup sugar, add hot water; cook until syrup is quite clear. Heat the cream, rest of the sugar and stir until melted. Add gelatine, stir until melted; add caramel. Pour into individual shapes which have been rinsed in cold water. Let set, demould and decorate with whipped cream, or sprinkle with chopped almonds.

DATE AND CELERY SALAD

- 1/2 lb. dates
- 1/2 cup nuts
- Mayonnaise, lettuce
- 1 1/2 cups chopped celery

Stone the dates, and refill with nuts; cut them in halves, add chopped celery. Cover with mayonnaise and arrange on a bed of lettuce.



SANDWICH RECIPES

CHEESE SANDWICHES

- (a) Cream cheese and tomato catsup between very thin slices of brown bread.
 - (b) Pimento cheese between thin slices of nut and raisin bread.
 - (c) Cream cheese with fresh cream, combined with finely chopped nuts, between thin slices of orange bread.
 - (d) Gruyère cheese, sliced thin, between two slices of nut bread.
 - (e) Cream cheese between two slices of brown bread spread with orange or pineapple marmalade.
-

CHICKEN SANDWICHES

- (a) Sliced breast of chicken between very thin slices of buttered bread, with sprays of water cress.
- (b) Chicken salad between slices of well buttered bread.
- (c) Chicken mousse between very thin slices of brown bread.

- (d) Chicken à la King between two slices of brown bread.
 - (e) Sliced aspic of chicken between slices of buttered nut bread.
-

HAM SANDWICHES

Same recipes as for chicken sandwiches.

EGG SANDWICHES

- (a) Chopped hard boiled eggs between two very thin slices of rye bread spread with mayonnaise.
- (b) Hard boiled eggs between slices of wholewheat bread spread with bacon fat.
- (c) Salad of hard boiled eggs between slices of rye bread.
- (d) Chopped hard boiled eggs and ham in equal parts between slices of buttered bread.

SEASONINGS:

ONION SALT: 5½ oz. box, 25¢.

CELERY SALT: 5 oz. box, 25¢.

CELERY PEPPER: 3 oz. box, 25¢.



An excellent French **OLIVE OIL** of superfine flavor and guaranteed purity; 8 oz. bottle, 45¢—16 oz. bottle, 75¢.



PREPARED MUSTARD
10 oz. glass, 20¢—13 oz. jar, 25¢.

All Measurements True and Level

FOR consistent good results, accurate measurement is absolutely essential. This calls for the right utensils and right methods.

Utensils for Measuring:

Cup—Use a standard 8-ounce measuring cup, marked to show quarters, thirds and the half. If possible, have one which measures a full cup when levelled at the top, for dry ingredients; also a glass one which measures a full cup at a line marked **below** the level of the top, for wet ingredients.

Spatula or Straight-edged Knife—Use straight edge for levelling measures of dry ingredients.

Spoons—Use a set of standard measuring spoons, graded in size from $\frac{1}{4}$ teaspoon to 1 tablespoon.

3 level teaspoons = 1 level tablespoon

16 level tablespoons = 1 level cup

HOW TO MEASURE—IMPORTANT!

Flour—Sift once, then lift lightly by large spoonfuls into the standard measuring cup, heaping the measure; do not tap down, but level with the straight edge of a knife or spatula. Or measure sifted flour by level spoonfuls.

Liquids—Place cup on table, fill to required mark (as viewed at eye level.) Liquid fats or oils are included here.

Powdery Dry Substances—Stir up thoroughly, then measure the same as flour. (It is not necessary to sift any but flour, before measuring.)

Solid Fats—Pack firmly into spoon and level with knife or spatula. For larger amounts, measuring in water is convenient. To measure $\frac{1}{2}$ cup, for instance, fill the cup half full of cold water; then drop in pieces of solid fat until (with all fat under water) the water reaches the cupful mark. Drain off the water and dry the fat on absorbent paper. A true $\frac{1}{2}$ cup fat will remain. For $\frac{1}{3}$ cup fat, fill $\frac{2}{3}$ full with water; for $\frac{1}{4}$ cup, fill $\frac{3}{4}$ full of water, before dropping in fat. For 1 cup fat, repeat the $\frac{1}{2}$ cup measure.

OVEN TEMPERATURES

- Slow 250° to 325° F. (Hot enough to brown a spoonful of Maple Leaf Pastry Flour very delicately in five minutes.)
- Moderate . . . 350° to 375° F. (Hot enough to turn a spoonful of Maple Leaf Pastry Flour golden brown in five minutes.)
- Hot 400° to 450° F. (Hot enough to turn a spoonful of Maple Leaf Pastry Flour dark brown in five minutes.)
- Very Hot . . . 450° F. and above. (Hot enough to turn a spoonful of Maple Leaf Pastry Flour dark brown in three minutes or less).



PLAIN AND FANCY YEAST BREADS

There are several good methods of making bread—the most important ones are given in detail in this chapter, after general points have been covered.

The following hints apply to all yeast mixtures:

1. Use Maple Leaf Flour (made by the millers of Monarch Pastry Flour) for yeast breads—a true bread flour, milled from the finest hard wheat and to uniform standard.

2. Use a good brand of yeast, whether it is compressed, dry, or your own home-made yeast. If making yeast breads frequently, you may make your own liquid yeast, and keep it in a cool place, closely covered. Bread-making will then be a quick and easy matter.

3. Never at any time before the actual baking, allow the yeast, or mixture containing yeast, to rise above a lukewarm temperature.

4. When using milk in a yeast bread, scald milk before using to prevent rapid souring of finished loaf; be sure liquid is cooled to lukewarm before adding yeast.

5. Work in a warm room which is free from drafts when handling a yeast mixture.

6. In making a yeast mixture which is to be handled on a board, be careful to add no more than just enough flour to keep the dough from sticking.

7. Have a large bowl for the sponge and dough, which will fit conveniently into a large pan with a cover; the bowl containing the dough may then be put in a vessel of warm water, and placed in a **slightly warm** oven for the rising period—the temperature thus being kept very constant. Watch sponge or dough closely, to prevent over-rising at any point in the making. Prevent heavy crust formation on the dough by brushing it lightly with melted fat, then covering it closely for rising.

8. Bake yeast mixtures at the exact temperature given, placing them in the oven so that the loaves brown as evenly as possible.

9. Test bread for completion of baking by inverting on a wire rack; tap gently on the under side—the loaf gives out a hollow sound when baked. Cool yeast breads carefully before storing and do not entirely exclude air from the bread box.

WHITE BREAD

(Overnight Sponge and Dough Method, Using Dry Yeast)

Dissolve.....2 tablespoons sugar
in.....1 pint hot water or
potato water

Cool to lukewarm
(90° F.)

Add.....1 cake dry yeast

Let stand until the
yeast cake is very soft
(about 45 minutes).

Scald.....3 pints milk, water,
potato water, or a
mixture of these

with.....2 tablespoons butter
or shortening

and.....2 tablespoons salt

Let cool to lukewarm
(90° F.)

Sift, measure and
warm.....2 quarts Maple Leaf
Flour

Beat into liquid-shor-
tening-salt mixture
until very smooth,
then stir in the yeast
mixture. Put bowl of
sponge in a pan of
warm water, in a place
free from draft and
cover closely; let stand
until light (overnight
is required).

Stir in, little by little,
about.....3½ quarts sifted and
warmed Maple
Leaf Flour

Use just enough flour to make a dough which may be handled on a baking board or canvas, without sticking. (The last of the flour will require to be mixed in by hand).

Knead the dough on a very lightly floured board or canvas until very smooth and elastic to the touch. (The dough should show blisters on top, tiny even-sized cells or bubbles when cut through).

Place dough in a warm greased pan or bowl, being sure that the utensil is capable of holding over double the bulk of the dough. Grease lightly on top. Place in a pan of warm water, cover with a clean towel and then with the warmed cover of the outer container. Allow to rise in a place free from draft until doubled in bulk (2 to 3 hours).

Turn dough onto the canvas or board, knead lightly, then shape into loaves which will little more than half fill the bread pans. Place in the well-greased pans, brush with melted butter or shortening, cover and put in a warm place.

When doubled in bulk, bake bread in a moderately hot oven, 375° F. (Time required, about 50 minutes to 1 hour for an average-sized loaf).

This recipe makes 4 two-pound loaves.

Test bread for completion of baking as directed in general instructions.

WHITE BREAD

(Sponge and Dough Method, using Compressed Yeast)

Use exactly the same proportions and method as for White Bread using Dry Yeast—but replace dry yeast by compressed yeast. The yeast will dissolve in 15 to 25 minutes and the total time required to raise the bread will be about two-thirds of time required when dry yeast is used.

(If the bread is to be set in the morning, use 2 cakes of compressed yeast.)

QUICK METHOD FOR WHITE BREAD (Using Liquid Yeast)

To make two average-sized loaves of bread:
Sift, measure and
warm.....2 quarts Maple Leaf
Flour

Stir flour gradually
into.....1 quart liquid yeast

Use just enough flour to make a soft dough which may be handled on a very lightly-floured board or canvas, without sticking; mix thoroughly. Knead until dough is smooth and elastic to the touch. Place in a warm greased bowl that will hold more than double the quantity of dough; brush lightly with melted fat or butter and place in a pan of warm water. Cover with a clean towel, then with a warm cover. Let rise until doubled in bulk (about 1½ to 2 hours).

Turn dough out on board or canvas, knead slightly and shape into two loaves. Place in greased pans, brush lightly with melted butter or shortening. Cover and let rise in a warm place until doubled in bulk (about 1 hour).

Bake as directed for "White Bread using Dry Yeast".

To Make Liquid Yeast:

Soak.....2 cakes dry yeast
in.....½ cup lukewarm
water

Blend to a smooth
paste.....2 cups Maple Leaf
Flour

and some.....cold water
Stir gradually into....4 quarts boiling
water

Remove from heat and
add.....1 quart finely mash-
ed potatoes
½ cup salt
½ cup sugar

Combine well, then
cool to lukewarm
(90° F.)

After the yeast cakes have dissolved (about 45 minutes), stir yeast into the lukewarm flour-and-potato mixture; combine very thoroughly, in large container. Place in a pan of warm water, cover and let rise in a warm place, free from draft. If possible, allow to stand over night before using. Liquid yeast may be used, however, after 4 or 5 hours. This amount of liquid yeast makes 10 to 12 loaves of bread and will keep in a cool place for 2 weeks.

QUICK METHOD FOR WHITE BREAD (Using Compressed Yeast)

Dissolve.....2 teaspoons sugar
in.....½ cup boiling water

Cool to lukewarm
(90° F.)

Break and drop in....2 cakes compressed
yeast

Let stand until yeast
dissolves (15 to 25
minutes).

Scald.....1 cup milk
Add.....1 cup boiling water
2 teaspoons salt
2 teaspoons butter
or shortening

Cool to lukewarm
(90° F.)

Sift and warm.....Maple Leaf Flour

Stir enough flour into the milk mixture to make a batter which may be beaten without spattering. Add the yeast mixture and beat very thoroughly. The mixture must be very smooth and elastic when beaten.

Mix in enough warm flour with the hands to make a dough which will not stick to the fingers. Turn out on a lightly-floured board or canvas and knead until very smooth and elastic. Place in a warm greased bowl which

will hold more than double the amount of dough. Brush with melted butter or shortening and place in a pan of warm water. Cover with a clean towel, then with a warm cover. Put in a warm place, free from draft, to double its bulk (usually 2 to 3 hours). Knead down lightly from the sides of the bowl, cover, and again allow to double its bulk (usually 1 to 2 hours).

Knead lightly on a board or canvas, shape into loaves which will somewhat more than half fill the greased bread pans. Brush top lightly with melted butter or shortening, cover, and allow to double in bulk. Bake as directed for "White Bread using Dry Yeast". (This method is not as quick as that using liquid yeast).

WHOLE WHEAT BREAD

Prepare bread by any of preceding methods, but increase sugar and shortening as desired, and replace half the Maple Leaf Flour by Knighthood Brand Whole Wheat Flour.

GLAZING YEAST BREADS

1. Brush with sweet milk or buttermilk before baking.
2. Beat one egg and dilute with milk or water; use to brush bread before baking.
3. Dissolve a little white sugar in an equal measure of water. When bread begins to brown, brush with the sugar syrup.
4. Ice baked sweet breads, buns, etc., thinly with Confectioners' Frosting when almost cold.

RICH PECAN ROLL

Dissolve..... 1 cake compressed yeast
 in..... 1 cup lukewarm water
 Add..... 1 cup cooled mashed potatoes
 1 cup sugar

Beat together with rotary beater, very thoroughly.

Place in a bowl, in an outer container of warm water; cover and let rise until very frothy. (About 1 hour).

Melt and cool..... $\frac{3}{4}$ cup butter and shortening

Beat until very light. 4 eggs

Add butter, shortening and eggs to the first mixture with..... 1 teaspoon salt

Gradually beat in.... 5 to 6 cups sifted Maple Leaf Flour

Beat flour in at first with a rotary beater; then as mixture becomes heavy, use a wooden spoon or the hands. Add just enough flour to make a dough which may be handled on a very lightly floured canvas or board; keep quite soft.

Turn out and knead very, very lightly, then place in a greased bowl. Cover and let rise in warm place, free from draught, until doubled in bulk—about $1\frac{3}{4}$ hours. Turn onto a lightly floured board or canvas and roll lightly, without re-kneading, to about $\frac{1}{4}$ -inch thickness. Spread with a mixture of 1 cup butter, creamed with $2\frac{1}{2}$ cups brown sugar and 1 tablespoon Familex cinnamon. Sprinkle with washed and dried currants, then roll up like a jelly roll.

Cut the roll down in slices 1-inch thick.

Prepare a large pan by melting butter in it, (be generous), then sprinkling in 2 to 3 cups brown sugar and chopped or halved nutmeats to practically cover pan.

Place the rolls, cut-side down, in the prepared pan, cover and let rise until doubled in bulk. Bake in a moderately hot oven (375° to 390° F.), 40 to 45 minutes.

CLOVERLEAF ROLLS

(Made by Quick Method with Compressed Yeast)

Scald together..... $1\frac{1}{2}$ cups milk
 4 teaspoons sugar
 2 tablespoons butter

Cool to lukewarm, 90° F.

Break up and drop into milk..... 1 cake compressed yeast

and let stand until dissolved.

Sift, warm and measure..... 2 cups Maple Leaf Flour

Sift and mix flour into yeast mixture, beating until full of bubbles.

Beat until light and add..... 1 egg

and combine well, adding..... 1 teaspoon salt

Sift and mix in..... $1\frac{1}{2}$ cups (about) warmed Maple Leaf Flour

Use just enough flour to make a soft dough which will not stick to the fingers.

Turn dough onto slightly floured board or canvas, knead lightly until very smooth. Place in a greased bowl, brush with melted butter, cover, and let stand in a warm place (90° F.) until doubled in bulk.

Pinch off dough in pieces about the size of a walnut, and roll each piece lightly to a smooth ball. Arrange three balls together in each greased muffin pan. Brush with melted butter, cover lightly, and let rise until doubled in bulk. Bake in a hot oven, 400° F.

CHELSEA BUNS

Prepare same as Pecan Roll, using either Refrigerator Roll dough or Pecan Roll dough. Increase cinnamon used in butter-brown-sugar-and-cinnamon mixture which is to be spread over rolled-out dough. Add currants or raisins. Omit nuts and bake rolls in a pan which has been prepared only by greasing. Brown sugar may be sprinkled over the pan before placing the rolls if desired.

REFRIGERATOR ROLLS

Soak.....1 cake compressed yeast
 in..... $\frac{1}{2}$ cup lukewarm water
 To.....1 cup mashed potatoes
 add..... $\frac{2}{3}$ cup butter and shortening
 $\frac{1}{2}$ cup sugar
 1 teaspoon salt
 2 beaten eggs
 Scald.....1 cup milk
 and cool to lukewarm, 90° F. When the yeast has dissolved, add to the lukewarm milk. Mix yeast and milk very thoroughly into mashed potato mixture. Warm and sift, then measure.....7 cups (about) Maple Leaf Flour

Sift and mix the warm flour into yeast mixture to form a moderately stiff dough. (The dough should be thick enough to handle on the board without sticking). Knead dough on a very lightly floured board or canvas until smooth and elastic. Place in a greased bowl, brush the top lightly with melted fat, cover and let rise in a warm place until double in bulk. Knead dough again very lightly and only for a short time, flouring the board or canvas as little as possible.

Place dough in a greased bowl (filling only half full); brush top of dough with melted fat and cover very lightly. Place dough in refrigerator and keep deeply chilled until about 1½ hours before the rolls are required. Knead down occasionally in the bowl for the first few days to prevent from over-rising.

To bake the rolls, pinch off small pieces of dough and roll into neat balls. Place rolls 1 inch apart on a greased baking sheet; brush with melted butter, cover, and let stand in a warm place until double in bulk (about 1 hour). Then bake in a hot oven (400° F.) until golden brown. Time about 15 to 20 minutes for baking.

This dough is suitable not only for dinner rolls but also for coffee cake, pecan roll, etc.

This refrigerator dough will keep for about 10 days to 2 weeks.

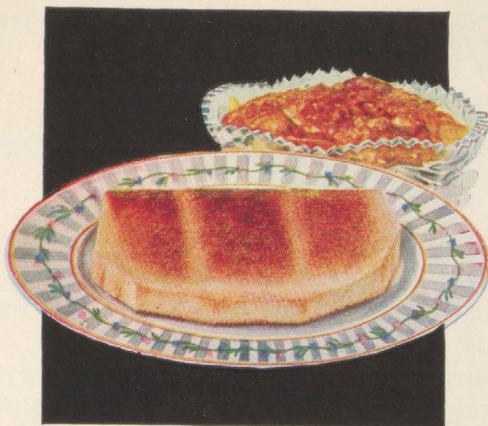
BRIOCHEs

Scald..... $\frac{2}{3}$ cup milk
 Cool to lukewarm (90° F.), then drop in...1 cake compressed yeast
 Let stand until the yeast dissolves.
 Warm, sift, then measure.....2 cups Maple Leaf Flour
 Re-sift with.....4 tablespoons fruit sugar
 Sift combined flour and sugar into yeast mixture and beat to combine thoroughly.
 Cover closely and let stand in a warm place (90° F.) until doubled in bulk (about 45 to 60 minutes).
 Warm, sift and measure.....2 cups Maple Leaf Flour
 Re-sift with..... $\frac{3}{4}$ teaspoon salt
 Cut in very finely...1 cup butter
 and mix in.....4 well-beaten eggs

Combine the yeast and egg mixtures. Mix very thoroughly, using the hands if too heavy for a wooden spoon.

(The mixture should break off easily, rather than be elastic). Place in a greased bowl, cover lightly and let rise in a warm place until doubled in bulk (about 2 hours).

Lift out spoonfuls of the risen dough very carefully and drop into greased muffin pans. Or place in the refrigerator until firm enough to handle (about 1 hour); then roll lightly on a very slightly floured board to desired thickness, cut out in desired shapes and place on a greased baking sheet. Brush with melted butter, cover lightly and let rise in a warm place until again doubled in bulk. Bake in a hot oven (400° F.) until golden brown (about 20 to 25 minutes).



RICH COFFEE BREAD

Roll dough for Pecan Roll
or Refrigerator Roll
dough

to about $\frac{1}{4}$ -inch thickness before the last rising.

Spread with softened butter
and sprinkle with . . . brown sugar
Over dough, spread alternate areas with . . . thick apricot jam
and almond paste

Fold up dough from both sides, enclosing jam and almond paste completely and sealing edges very carefully. The roll should be about 1 inch thick and 5 inches wide when finished.

Make a depression in the centre of the roll and fill with apricot jam. Brush exposed surface of dough with beaten diluted egg and sprinkle with chopped blanched almonds.

Cover bread and let rise in a warm place until double in bulk. Bake in a moderately hot oven (375°F.) until brown (about 30 to 35 minutes).

Another Coffee Bread: The recipe for Rich Pecan Roll makes a large amount of dough; half the amount may be used for a simple coffee bread.

Roll the dough to 1-inch thickness before the last rising, and place in a well-greased pan. Brush generously with melted butter, sprinkle with granulated sugar and Familex cinnamon and (if desired) with chopped nutmeats. Let rise until doubled in bulk, then bake at 375 to 400° F. Serve hot or cold.

MODERN TOASTS

Melba: Slice white or brown bread very thinly. Place slices between two wire cake coolers (which may be clipped together with spring clothes pins or tied). This will keep the thin toast from warping, while it is being thoroughly dried out and attractively browned in a slow oven, 325° F.

Pulled Bread: Cut a white loaf in half, lengthwise. Using two forks, tear the bread apart in sticks about $1\frac{1}{2}$ inches wide and the same thick. Brown and dry in a hot oven, 450° F. (The rough surfaces colour very attractively).

Bread Sticks: Cut close-grained white bread in slices about $\frac{1}{8}$ -inch thick. Cut each slice into strips about $\frac{1}{3}$ -inch wide. Bake in a hot oven, 450° F., until delicately browned on all sides.

Orange Toast: Blend grated orange rind, and a little juice, and fine sugar into butter to flavour well. Spread on thin, crisp, hot toast fingers.

Honey Toast: Blend butter and honey well and spread on fingers of thin, crisp, hot toast. Re-heat so that toast will absorb honey. Serve very hot.

Honey-Cinnamon Toast: Spread hot toast with butter, then with honey, and sprinkle with Familex cinnamon; return to oven to blend flavours. Serve immediately.

Cheese Toast: Cream grated cheese or soft yellow cheese with salad dressing or thick cream to moisten. Season highly with salt, mustard, Worcestershire sauce, etc., and spread on hot buttered toast. Place in hot oven or under broiler until cheese melts.

IMPORTANT!

THERE are essential differences between a pastry flour and a bread flour. A bread flour is made from Canadian Hard Wheat and a pastry flour from soft Ontario Winter Wheat.

A bread flour is rich in gluten—so necessary for bread making—but which is a handicap in the making of pastry and cakes.

A pastry flour is low in gluten and will make more tender delicate cakes and better pastry than a bread flour will do.

Many housewives are using a bread flour (Canadian Hard Wheat), without knowing it.

If you have been making the mistake of using a hard wheat flour for your cakes and pastry and want to use the same recipes, you will need to use a little more flour. For each cupful of bread flour required in your old recipes add $2\frac{1}{3}$ tablespoonfuls when you use pastry flour.

Do not be misled by the fact that this trifles more pastry flour is needed—remember that it costs less than bread flour and is more economical to use.

MONARCH Pastry Flour requires appreciably less shortening than bread flour, to give a paste of the desired richness—again proving its economy, since the shortening is one of the most expensive ingredients.

There are grades of pastry flour cheaper than MONARCH but quality in your pastry flour pays very, very well.

Maple Leaf Flour is used in our bread recipes, and in those for pastry, Monarch Flour, because we have learned, from experience, that these two flours are the very best and give, from all practical points of view, the most excellent results.

Use MONARCH Flour for every recipe not calling for yeast.

DUMPLINGS FOR MAIN COURSE ACCOMPANIMENT

Roll to $\frac{1}{8}$ -inch thickness **Monarch Flour biscuit dough**

Cut in 4-inch squares.

In centre of each square, place **a spoonful of drained chili sauce, currant jelly, mint jelly or an orange-stuffed stewed prune**

Fold dough, envelope-style, to enclose fruit, etc.; completely. Seal closely.

Steam over rapidly-boiling water in a closely-covered steamer, 30 to 40 minutes. Or drop onto solids of unthickened stew. Cover pot closely and boil without raising the lid for 25 minutes. Or bake in a hot oven 450°F. Time required, 15 to 20 minutes. Serve dumplings immediately they are cooked.

RICH SOUR CREAM SCONES

Sift, then measure.... **2 cups Monarch Pastry Flour**

Re-sift with **2 teaspoons Familex baking powder**
 $\frac{1}{4}$ cup sugar
 $\frac{1}{3}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt

Cut in finely..... **$\frac{1}{3}$ cup butter or butter and shortening**

Mix in..... **$\frac{1}{4}$ cup washed and dried currants**

Beat slightly..... **1 egg yolk**

Add..... **$\frac{5}{8}$ cup (about) thick sour cream**

Mix liquid lightly into dry ingredients to make a soft dough. Turn out onto a slightly floured board or canvas and knead lightly for about 10 seconds. Pat or roll to $\frac{1}{2}$ -inch thickness. Shape in rounds about 6 inches across. Score in quarters. Bake in a hot oven, (425° to 450°F.) for 15 to 18 minutes.

FAMILEX MUFFINS

Sift, then measure.... **2 cups Monarch Pastry Flour**

Re-sift with **$3\frac{1}{2}$ teaspoons Familex baking powder**
 $\frac{1}{2}$ teaspoon salt
3 tablespoons sugar

Beat until very light... **1 egg**

Add..... **$\frac{7}{8}$ cup milk**
3 tablespoons melted shortening

Make a well in the dry ingredients and pour in the wet, all at once. Combine with the fewest possible strokes. (It is better to leave the batter rough, than to mix until smooth.)

Fill greased muffin pans two-thirds full of batter. Bake in a moderately hot oven, (400°F.) for 20 to 25 minutes.

RICH WHITE MUFFINS

Sift, then measure.... **2 cups Monarch Pastry Flour**

Re-sift with **$\frac{1}{3}$ cup sugar**
 $\frac{1}{2}$ teaspoon salt
 $3\frac{1}{2}$ teaspoons Familex baking powder

Beat very light **1 egg**

Add..... **$\frac{2}{3}$ cup milk**

and..... **$\frac{1}{3}$ cup melted butter or shortening**

Make a well in the dry ingredients and pour in the wet, all at once; combine with the fewest possible strokes, adding..... **$\frac{1}{2}$ teaspoon Familex vanilla**

Fill greased muffin pans or fluted paper cups two-thirds full of batter. Bake in a moderately hot oven (375°F.) for 20 to 30 minutes, depending on the size of the pans.

(This mixture may be combined as directed for Butter Cakes. You will find the texture slightly different, and rather better if muffins are to be served cold.)

Variations

Fresh Fruit Muffins: Add $\frac{1}{2}$ cup washed and dried fresh raspberries, cherries or blueberries to the dry ingredients before adding the wet ingredients.

Fruit Muffins: Add $\frac{1}{2}$ cup washed and dried currants, or raisins, or chopped stoned dates or chopped figs to dry ingredients before adding wet ingredients.

Mixed Fruit Muffins: Add $\frac{1}{3}$ cup each washed, dried sultana raisins, chopped candied pineapple, chopped candied cherries and slivered blanched almonds to the dry ingredients before adding the wet ingredients.

Nut Muffins: Add $\frac{1}{2}$ cup chopped nutmeats (walnuts, almonds, pecans, filberts, Brazils) to the dry ingredients before adding the wet ingredients.

CORNMEAL MUFFINS

Sift, then measure... 1 cup Monarch Pastry Flour
Re-sift with... 3 $\frac{1}{2}$ teaspoons Familex baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup sugar
Mix in... 1 cup Bob-O-Link Cornmeal
Beat until very light... 2 eggs
Add... $\frac{7}{8}$ cup milk
and... $\frac{1}{4}$ cup melted butter or shortening

Make a well in the dry ingredients and pour in the wet ingredients all at once. Combine with the fewest possible strokes.

Fill greased muffin pans two-thirds full of the batter. Bake at once in a hot oven, (425° F.). Time, 20 to 25 minutes. serve hot.

This batter may be baked in a greased shallow pan at 400° F. for 25 to 30 minutes, and sliced for serving.

RICH BRAN MUFFINS

Sift, then measure... 2 cups Monarch Pastry Flour
Re-sift with... 3 $\frac{1}{2}$ teaspoons Familex baking powder
 $\frac{2}{3}$ teaspoon salt
Mix in... $\frac{3}{4}$ cup soft brown sugar
1 $\frac{1}{2}$ cups Maple Leaf Bran
Beat until light... 1 egg
and combine with... 3 tablespoons molasses
1 cup milk
 $\frac{1}{3}$ cup melted butter or shortening

Make a well in the dry ingredients and pour in the wet, all at once. Combine with the fewest possible strokes.

Fill greased and floured muffin pans two-thirds full of batter and bake in a hot oven, (400° F.) about 25 minutes.

These muffins are delicious also if $\frac{3}{4}$ cup chopped, stoned dates and $\frac{1}{2}$ cup broken walnut meats are added to the dry ingredients before stirring in the wet.

CHICKEN MUFFINS

Sift, then measure... 1 $\frac{3}{8}$ cups Monarch Pastry Flour
Re-sift with... 2 $\frac{1}{2}$ teaspoons Familex baking powder
Mix in... $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup diced cooked chicken
2 tablespoons chopped walnuts
2 tablespoons cooked bacon
Beat until light... 1 egg
and combine with... $\frac{2}{3}$ cup milk
3 tablespoons melted butter or shortening

Make a well in the dry ingredients, and pour in wet, all at once. Combine mixtures with the fewest possible strokes.

Fill greased muffin pans $\frac{2}{3}$ full of mixture. Bake in a hot oven, 425° F., about 20 to 25 minutes.

To serve, split hot muffins and butter generously.

JOHNNY CAKE

Cream until very soft... $\frac{1}{4}$ cup butter
Blend in gradually... 1 cup granulated sugar
Cream until light and fluffy.
Combine thoroughly with... 2 eggs, well beaten
Sift, then measure... 1 cup Monarch Pastry Flour
Re-sift with... 3 teaspoons Familex baking powder salt if required
Mix thoroughly with... 1 cup Bob-O-Link Cornmeal
Dissolve... 2 bouillon cubes or 2 teaspoons meat extract

in.....2 **tablespoons boiling water**
 Add.....1 **cup milk**

Add dry ingredients to butter-sugar-egg mixture alternately with the flavoured milk. Bake in a shallow, greased pan in a moderately hot oven (375° F.) 30 to 40 minutes.

Note—The use of meat extract or cubes is optional.

DATE BREAD

Cut finely.....1 **cup stoned dates**
 Sprinkle with.....1 **teaspoon baking soda**
 and pour in..... $\frac{3}{4}$ **cup boiling water**
 Cool slightly, then

add..... $\frac{2}{3}$ **cup brown sugar**
 1 **beaten egg**
 2 **tablespoons melted butter or shortening**

Sift, then measure....1 $\frac{1}{2}$ **cups Monarch Pastry Flour**

Re-sift with..... $\frac{3}{4}$ **teaspoon salt**
 $\frac{3}{4}$ **teaspoon Familix cinnamon**

Sift dry ingredients into first mixture, combining well.

Turn into a well greased and floured loaf pan and bake in a rather slow oven, (325° F.) about 1 hour.

Note— $\frac{3}{4}$ cup chopped walnuts may be added with the flour. One teaspoon vanilla may replace cinnamon, if desired.

WHOLE WHEAT ALMOND BREAD

Sift together.....4 **teaspoons Familix baking powder**
 $\frac{2}{3}$ **cup sugar**
 1 **teaspoon Familix cinnamon**
 1 **teaspoon salt**

mix well with.....3 **cups Knighthood Whole Wheat Flour**

Sauté until lightly browned.....1 **cup blanched almonds**

in..... $\frac{1}{2}$ **cup walnuts**
 2 **tablespoons butter**

Chop nuts coarsely, cool, add to the dry ingredients.

Beat until light.....1 **egg**

Add.....1 $\frac{1}{2}$ **cups milk**

and.....2 **tablespoons melted butter**

Make a well in the dry ingredients and pour in the wet, all at once. Combine the two mixtures with the fewest possible strokes.

Turn into a well-greased loaf pan and let stand for a half-hour. Then bake in a moderate oven, (350° F.) for 1 hour.

The browned nutmeats give this loaf a peculiarly interesting flavour and the loaf is, moreover, one which keeps remarkably well.

PINEAPPLE-WALNUT COFFEE BREAD

Sift, then measure....1 **cup Monarch Pastry Flour**

Re-sift with..... $\frac{1}{2}$ **teaspoon salt**
 3 $\frac{1}{2}$ **teaspoons Familix baking powder**

Mix in.....6 **tablespoons brown sugar**
 1 **cup Knighthood Whole Wheat Flour**

Beat until light.....1 **egg**

and combine with....1 **cup milk**
 $\frac{1}{4}$ **cup melted butter or shortening**

Make a well in the dry ingredients, and pour in wet, all at once. Combine to a smooth batter, then turn into a well-greased pan.

Drain.....1 **No. 2 can pineapple tidbits**

Arrange pineapple over surface of batter.

Mix..... $\frac{1}{3}$ **cup chopped walnuts**
 $\frac{1}{2}$ **cup brown sugar**
 1 **teaspoon Familix cinnamon**

and sprinkle over surface. Cut into pieces, and dot over top.... $\frac{1}{4}$ **cup butter**

Bake bread in pan about 8 x 13 inches in a moderately hot oven, 375° F., about 30 to 40 minutes.

A delicious variation of this coffee bread uses drained chopped peaches or chopped stewed apricots in combination with chopped almonds, to replace the pineapple and walnuts.

Serve pineapple, peach or apricot coffee bread hot-and-buttered for special breakfasts, afternoon tea, or as a simple dessert.

WHOLE WHEAT CRANBERRY BREAD

Sift, then measure.... $2\frac{1}{4}$ cups Monarch Pastry Flour
Re-sift with..... 5 teaspoons Familex baking powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{2}{5}$ cup sugar
Add, and mix in well.. 1 cup Knighthood WholeWheatFlour
 $1\frac{1}{2}$ cups chopped raw cranberries
 $\frac{1}{2}$ cup broken walnut meats
Beat until light..... 1 egg
and combine with.... $\frac{2}{3}$ cup water
 $\frac{1}{3}$ cup melted butter or shortening

Make a well in the dry ingredients, and pour in the wet, all at once. Combine the two mixtures to a smooth batter. Turn mixture into a well-greased loaf pan, and bake in a moderately hot oven, 375° F., for 50 minutes for pan about 6 x 9 inches.

Serve loaf either hot or cold.

GRAHAM MOLASSES NUT BREAD

Sift, then measure.... 1 cup Monarch Pastry Flour
Re-sift with..... 1 teaspoon Familex baking powder
 $\frac{2}{3}$ teaspoon salt
 $\frac{3}{4}$ teaspoon baking soda
Mix in..... 1 cup Knighthood WholeWheatFlour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup chopped nutmeats
 $\frac{1}{4}$ cup chopped raisins or dates
 $\frac{1}{4}$ cup chopped orange peel
Beat thoroughly..... 1 egg
and combine with.... $\frac{1}{4}$ cup molasses
 $\frac{1}{8}$ cup sour milk
3 tablespoons melted butter or shortening

Make a well in the dry ingredients and pour in wet, all at once, combining with least number of strokes possible. Turn into a greased loaf pan and let stand for 20 minutes.

Bake in a rather slow oven, 325° F. (about 40 minutes for 2 small loaves, longer for larger loaf).

FIG-NUT BREAD

Sprinkle..... 1 cup chopped figs
with..... 1 teaspoon baking soda
Add and mix in..... 2 tablespoons butter or shortening
and..... $\frac{3}{4}$ cup boiling water
Let stand until cool.
Into..... 2 beaten eggs
beat..... $\frac{3}{4}$ cup brown sugar
Add egg-and-sugar to cooled fig mixture and combine well.
Sift, then measure.... $1\frac{1}{2}$ cups Monarch Pastry Flour
Re-sift with..... $\frac{1}{2}$ teaspoon salt
Sift and mix flour into fig mixture, adding... $\frac{3}{4}$ cup chopped nuts

Turn into a well-greased loaf pan and bake in a moderate oven, 350° F., 45 minutes for two small loaves, longer for large loaf.

APRICOT-BRAN BREAD

Cover..... 1 cup dried apricots
with..... 1 cup boiling water
Let stand about 25 minutes, then drain and chop apricots.
Cream..... 3 tablespoons butter or shortening
and blend in..... $\frac{1}{3}$ cup sugar
then combine thoroughly with..... 1 egg (well beaten)
adding also..... cut-up apricots (prepared above)
Sift, then measure.... 2 cups Monarch Pastry Flour
Re-sift with..... $\frac{1}{2}$ teaspoon baking soda
3 teaspoons Familex baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon mace
Combine flour mixture thoroughly with..... 1 cup Maple Leaf Bran
 $\frac{1}{2}$ cup chopped nutmeats
Add dry ingredients to first mixture alternately with..... $1\frac{1}{8}$ cups thick sour milk
combining after each addition.

Turn into a well greased loaf pan, and bake in a moderate oven, 350° F., about 45 to 50 minutes.

PANCAKES

Sift, then measure... **2 cups Monarch Pastry Flour**
Re-sift with... **4 or 3½ teaspoons Familex baking powder**
½ teaspoon salt
Beat... **1 or 2 eggs**
Add... **1¾ cups milk (more if required)**
¼ cup melted butter or shortening

Make a well in the dry ingredients and gradually stir in the wet ingredients. Stir to a smooth batter, using enough of the liquids to make the mixture of pour consistency. (If only 1 egg is used additional milk will be required and the larger amount of baking powder should be used.)

Drop the mixture by spoonfuls on a hot griddle—greased, or of the greaseless type. Cook until tiny bubbles appear and break on the upper side; turn and brown on other side, greasing griddle again if necessary.

Serve hot for dessert with butter and honey, maple syrup, jam, jelly, marmalade, shaved maple sugar, lemon juice and sugar, etc. Or serve as main course with crisp sausages or bacon, creamed meat or fish, etc.

Note 1—Sour milk may replace sweet milk, in which case baking powder should be replaced by 1 teaspoon baking soda and milk increased to 2 cups. Tomato juice may replace either sweet or sour milk.

Note 2—If pancakes are for dessert, 2 tablespoons sugar may be sifted with dry ingredients.

YORKSHIRE PUDDING

Sift, then measure... **2 cups Monarch Pastry Flour**
Re-sift with... **½ teaspoon salt**
Beat until very light... **3 eggs**
and add... **2 cups milk**

Stir eggs and milk slowly into flour. Beat mixture with a rotary beater for 2 minutes.

Heat a generous amount of fat in a shallow pan and pour in the batter to about 1-inch thickness. Bake at once in a hot oven. Baste often with hot fat after the mixture has risen well, and cook until it is crusted and well browned. Cut in squares and serve at once with roast beef.

WAFFLES

Sift, then measure... **2 cups Monarch Pastry Flour**
Re-sift with... **2½ teaspoons Familex baking powder**
½ teaspoon salt
4 to 8 tablespoons sugar (when suitable)
Beat thoroughly... **3 egg yolks**
Add... **1 cup milk**
⅔ cup melted butter or shortening

Stir wet ingredients slowly into dry ingredients to make a smooth batter.

Beat until stiff but not dry... **3 egg whites**

Fold egg whites lightly but thoroughly into batter.

Place one spoonful of batter in each section of a heated waffle iron and one in the centre. (Grease iron for only the first waffle). Bake until brown and serve at once.

For main course serve unsweetened waffles with a savoury creamed mixture. For dessert serve sweet waffles with butter and maple syrup, honey, lemon juice and sugar, ice cream and caramel or chocolate sauce, etc.

POPOVERS

Sift, then measure... **1 cup Monarch Pastry Flour**
Re-sift with... **¼ teaspoon salt**
Beat slightly... **1 egg**
and add... **1 cup milk**
Stir egg-and-milk slowly into flour.
Add... **⅓ teaspoon Familex olive oil or melted shortening**

Beat mixture 2 minutes with a rotary beater. Turn at once into heated greased custard cups or heavy muffin pans; fill pans only half full.

Place in a hot oven (450°F.). After 20 minutes, lower heat to 375°F., moderately hot, and cook until popovers are light to lift (about 15 minutes longer).

Serve popovers hot, with butter and honey, maple syrup, jam, jelly or marmalade. Or split and fill with creamed meat, fish or vegetable.

PASTRIES AND FILLINGS FOR PIES AND TARTS

BAKING TEMPERATURES

Custard-Type Pies: Place in a hot oven, 425° to 450°F. After 10 to 12 minutes, lower heat to 325°F. (a rather slow oven). Bake until filling is set.

Deep Fruit Pies: Place in a hot oven, 450°F., to "set" crust (about 10 minutes). Lower heat to moderate, 350°F., and bake until fruit is tender. If browning too quickly, cover with heavy paper.

Fruit Pies (Filling Uncooked): Place pie in a hot oven, 425°F.; when crust browns, lower heat to 375°F. and bake until fruit is tender. Total time required about 40 minutes.

Fruit Pies (Filling Already Cooked): Same as meat pies.

Meat Pies (Filling Already Cooked): Place pie in a hot oven, 450°F., and bake until crust is brown. It is well to have the filling already hot when turning it into the dish.

Pie Shells: Place in a very hot oven, 475° to 500°F. As pastry browns, lower heat slightly.

QUICK PASTE

Sift, then measure... $3\frac{1}{4}$ cups Monarch Pastry Flour

Re-sift with... 1 teaspoon salt

Chill, if time permits.

Measure, and chill, if possible... 1 cup shortening, or shortening and butter

Cut half the fat into the flour very finely. Cut the second half of the fat into the flour mixture coarsely. Sprinkle the flour mixture with... cold water mixing it in very lightly, and using just enough to make the dough hold together. Chill, or use directly, as required.

(If desired the fat may be worked quickly into the flour with the chilled fingertips; this results in a paste which is less flaky, and rather closer of texture—yet very suitable for some purposes.)

NEVER-FAIL PIE PASTE

Sift, then measure... $3\frac{1}{4}$ cups Monarch Pastry Flour

Re-sift with... 1 teaspoon salt
and, if desired... $\frac{1}{2}$ teaspoon Familex baking powder

Chill.

Measure and chill... 1 cup shortening, or shortening and butter

Cut the fat into the flour until all is reduced to the size of small peas. Save out $\frac{1}{5}$ of the flour and fat mixture.

Into main portion mix lightly just sufficient... cold water to hold the paste together. Roll on a lightly floured board or canvas to $\frac{1}{4}$ -inch thickness. Sprinkle the rolled-out sheet of dough with half of the flour and fat mixture which was saved out. Fold to enclose as much air as possible. Re-roll to $\frac{1}{4}$ -inch thickness, sprinkle with remaining flour and fat and fold; chill, or use as required.

FLAKY PASTE

Sift, then measure... 3 cups Monarch Pastry Flour

Re-sift with... 1 teaspoon salt

Chill.

Measure... 1 cup shortening, or shortening and butter

Chill half the fat (if half butter is used, chill it). Cut remaining fat into the flour finely.

Sprinkle the flour mixture with... cold water and mix it in lightly, using just enough to make the dough cling together.

Roll dough out on a lightly floured board or canvas, to $\frac{1}{4}$ -inch thickness. Dot half the cold, hard fat (which was saved out) over the rolled-out sheet of paste, dust lightly with flour, and fold to enclose as much air as possible. Re-roll to $\frac{1}{4}$ -inch thickness, dot with remaining fat, dust with flour, and again fold. Wrap, and chill until required.



PUFF PASTE

- Weigh.....1 pound Monarch Pastry Flour (about $4\frac{1}{3}$ cups after sifting)
- Sift with..... $\frac{3}{4}$ teaspoon cream of tartar
- Cut in finely..... $\frac{1}{3}$ cup butter or shortening
- Beat.....1 egg
- and add..... $\frac{5}{6}$ cup water

Mix egg and water into flour and shortening to make a tough smooth elastic ball (more water may be added, if required). Cover bowl with wet cloth and chill 30 minutes

- Weigh..... $\frac{3}{4}$ pound butter or shortening

If butter is used, wash free of salt with cold water and drain on absorbent paper. Cream fat until very soft.

Roll paste to $\frac{1}{4}$ -inch thickness, 3 times as long as wide. Spread fat very evenly over $\frac{2}{3}$ of sheet. Fold bare part over half of fat-covered part; fold over again to give three layers of paste and two of shortening. Roll on a lightly-floured board or canvas to $\frac{1}{2}$ -inch thickness, having dough in rectangle $2\frac{1}{2}$ times as long as wide. Cover with a damp cloth and chill 30 minutes.

Roll to $\frac{1}{4}$ -inch thickness, fold again in three and chill one-half hour. Repeat this operation at half-hour intervals four more times. Wrap in damp cloth and chill until required.

To Bake Puff Paste: Roll paste about one-quarter as thick as required in the finished product. Shape with floured cutter and place on an ungreased baking sheet, chill again, then bake in a hot oven, (425° to 450° F.). If browning too quickly on the bottom, slip a heavy pan on the rack below.

For tart shells to be filled with cooked fruit, fit rolled-out paste into tart pans and fill with raw rice or dried beans before baking. Rice or beans may be removed after baking and will be unharmed for future use.

VOL AU VENT

Roll out puff paste to $\frac{1}{2}$ inch thickness. Mark the form of the vol au vent with a cutter about 3 or 4 inches in diameter, then with a sharp knife dipped in flour trim to the mark and form a rim $\frac{3}{4}$ inch wide, using paste left over from cutting out centre of the rim to form a pastry cover for the vol au vent. Place on a baking sheet either moistened or covered with brown paper and bake in a hot oven.

UNCOOKED CRUMB CRUST

Roll sufficient graham wafers or crisp ready-to-serve cereal, to give $1\frac{1}{2}$ cups crumbs. Mix thoroughly with $\frac{1}{2}$ cup brown sugar and $\frac{1}{2}$ to $\frac{1}{2}$ cup softened butter. Pat firmly into greased pie pan, lining bottom and sides. Chill well, when filling with any mixture which requires no cooking. (This crust may be baked long enough to brown a meringue on top of a filling, but should not be used for fruit fillings requiring long cooking).

CHOUX PASTE FOR CREAM PUFF SHELLS

Place together in a saucepan..... $\frac{1}{2}$ cup butter
1 cup boiling water

Bring to a rapid boil.

Sift, then measure and add, all at once..... 1 cup Monarch Pastry Flour

Stir and cook until the mixture leaves the sides of the sauce-pan. Cool, but do not chill.

Add, one by one..... 3 eggs (4 if small)

Beat after each egg is added until the mixture is perfectly smooth. When the last egg has been beaten in, cover the mixture, and chill thoroughly.

To bake the shells, drop in neat rounds on a greased baking sheet, or shape with a pastry tube. (The dough will double or triple its bulk—the larger piece of dough puffs more). Place in a hot oven, 425°F. and bake until puffed (about 20 minutes); then lower heat to moderate, 350° to 375°F., and cook until the puffs are very light, and dried out in the centre (about 20 to 25 minutes longer). Tiny puffs require about 15 minutes to puff and 15 minutes longer to dry out.

To serve, split and fill with whipped cream (sweetened and flavoured), a vanilla, coffee or chocolate custard (see fillings given for cakes and pies), or a bavarian or charlotte mixture; or fill with creamed meat, chicken, fish or vegetables, and serve as main course for luncheon or supper.

SWEET DOUGH

(For Tarts)

Sift, then measure..... $3\frac{3}{4}$ cups Monarch Pastry Flour

Re-sift with..... 1 cup fruit sugar
and..... $\frac{1}{2}$ teaspoon salt

Cut in finely..... $\frac{2}{3}$ cup butter or butter and shortening

Add, well beaten..... 3 eggs
and.....grated rind of
1 lemon

Mix all together to a smooth dough. Chill until firm enough to handle.

For small tarts, this dough may be rolled as thin as pie paste—though some prefer to have the dough at least $\frac{1}{6}$ -inch thick.

Bake when possible at 375° F.

RICH CRUMBLE CRUST

(For Fruit Pies)

Sift, then measure..... $1\frac{1}{2}$ cups Monarch Pastry Flour

Re-sift with..... $\frac{1}{4}$ cup white sugar or
mix with..... $\frac{1}{3}$ cup brown sugar

Work in with hand..... $\frac{3}{4}$ cup softened butter

Spread some of this mixture over the bottom of a greased deep dish. Fill with fruit (sweetened and flavoured as for ordinary pie) and cover with the crumble mixture. Or put the rich crumble over the top only.

Bake in a moderate oven, 375°F., until the fruit is tender and the crust browned.

MERINGUE FOR ANY PIE

Beat until stiff, but not dry..... 2 egg whites
with a.....few grains salt

Gradually beat in..... 2 to 4 tablespoons finely granulated or fruit sugar

Beat after each addition of sugar until the mixture stands up in peaks.

Flavour with.....few drops Familex vanilla

Pile meringue lightly onto pie, swirling to give deep crests and hollows. Brown in a very slow oven, (275° to 300°F.)

Use the smaller amount of sugar for a pie with very sweet filling, and the larger amount when the filling is not so sweet.

CUSTARD PIE

Beat slightly..... 3 eggs
with..... $\frac{1}{3}$ teaspoon salt
 $\frac{1}{3}$ cup sugar

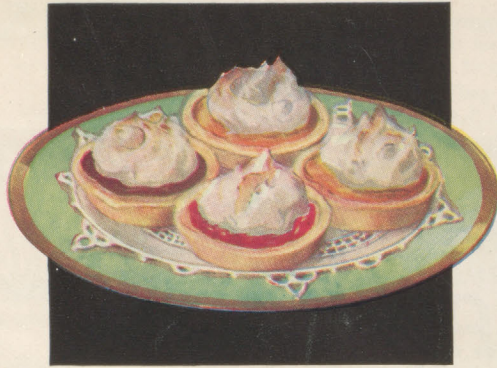
Stir in slowly..... $2\frac{1}{4}$ cups scalded milk

Flavour with..... $\frac{1}{3}$ teaspoon Familex vanilla or Familex spice to taste

Strain into.....an unbaked pie shell

Place in a hot oven, (425° to 450°F.). After paste has set and rim has browned slightly (10 to 12 minutes) lower heat sharply to 325°F. (rather slow oven). Bake until thoroughly set so that a knife, inserted in the centre, comes out clean. Remove from heat at once and chill to serve.

Note—If desired the empty shell may first be baked for 10 minutes at 500°F., then filled



and returned to a rather slow oven, 325°F., until filling is set.

Caramel Custard Pie: Use 1½ to 2 tablespoons caramel syrup and a few drops of Familex vanilla as flavouring.

Chocolate Custard Pie: Place 2 ounces unsweetened chocolate in top of double boiler with milk. Scald, then beat smooth. Proceed as usual, but use ½ cup sugar and flavour with ⅛ teaspoon Familex vanilla.

MAPLE-NUT CUSTARD PIE OR TARTS

Beat slightly..... 2 eggs
with..... ⅛ teaspoon salt
Stir in slowly..... 1¼ cups hot maple syrup

Add..... ½ cup chopped nutmeats (walnuts, brazils, pecans, almonds)

Turn mixture into unbaked pie or tart shells, filling two-thirds full. Place in a hot oven, 425° to 450°F., until paste is set (8 to 12 minutes). Lower heat sharply to 325°F. and bake until the filling is set so that a knife inserted in the centre comes out clean. Corn syrup may be used—in which case, the flavour is much improved by the addition of a little vinegar and vanilla.

This mixture makes 8 to 12 tarts or a small pie.

PUMPKIN PIE

Beat slightly..... 2 eggs
Mix and add..... ⅔ cup brown sugar
1 teaspoon powdered Familex ginger
1 teaspoon Familex cinnamon
⅓ teaspoon Familex allspice
½ teaspoon salt

Drain, then if necessary dry uncovered over hot water..... 1½ cups sieved cooked pumpkin

Combine with pumpkin..... 2 cups scalded milk

Stir pumpkin and milk slowly into egg mixture. Pour into..... an unbaked pie shell

Fill shell only two-thirds full. Place pie in hot oven, 425° to 450°F., until crust has set (10 to 12 minutes). Reduce heat sharply to 325°F. (rather slow oven) and bake until set so that a knife inserted in the centre will come out clean. This amount makes about 2 medium-sized pies.

Cocoanut Pumpkin Pie: Add 1 cup cocoanut shreds to filling.

Orange Pumpkin Pie: Add 2 teaspoons grated orange rind to filling.

Squash Pie: Replace pumpkin by drained, cooked and sieved squash. Increase spices if desired.

BUTTERSCOTCH PIE

Combine thoroughly. .4 tablespoons Monarch Pastry Flour
1 tablespoon cornstarch
1 cup brown sugar
½ teaspoon salt

Stir in slowly..... 2 cups scalded milk

Stir and cook until smoothly thickened.

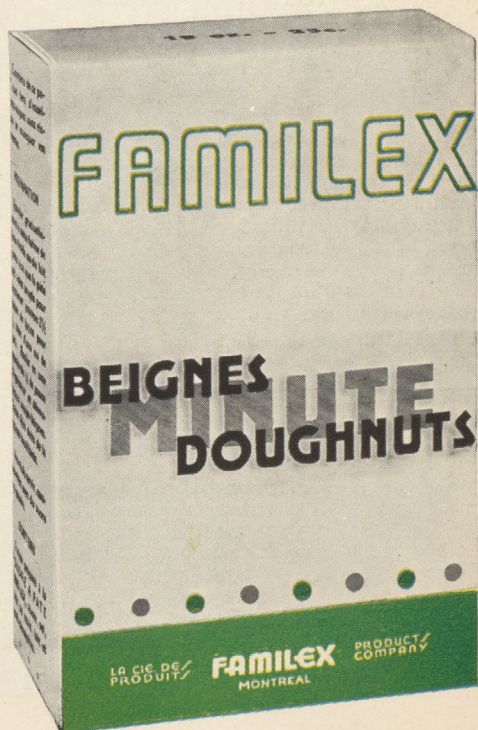
Cover and cook with occasional stirring until no raw starch flavour remains.



COCOA:— $\frac{1}{2}$ lb. box, .25—1 lb. box, .45.

PIE FILLERS:—Three flavours:—Cocoonut, Chocolate and Lemon. 1 lb. box at .50 makes 15 pies, or 60 individual desserts.

MINUTE DOUGHNUTS:—Nothing to add but water for a batch of about 45 doughnuts. 18 oz. box, .25.



Stir thickened mixture into.....3 egg yolks or 2 eggs (beaten)

Return to double boiler and stir and cook until egg thickens.

Remove from heat and add.....1 tablespoon caramel syrup
1/8 teaspoon Familix vanilla

Mix in bit by bit.....1/4 cup butter

Cool slightly, then turn into.....a baked pie shell

Cover when desired with.....meringue of 2 egg whites with 3 tablespoons sugar

Place pie in a slow oven, 300° F., until meringue is delicately browned. Cool and chill pie to serve.

Banana Butterscotch Pie: Slice peeled ripe banana over baked pie shell before adding filling.

Coconut Butterscotch Pie: Add 1/2 cup coconut shreds to filling. Sprinkle coconut over filling; or sprinkle coconut over meringue before browning.

Nut Butterscotch Pie: Add 1/2 cup chopped nutmeats (walnuts, pecans, browned almonds or Brazils, etc.) to filling. Sprinkle meringue, if used, with chopped nutmeats before browning.

SOUR CREAM DATE PIE

Beat slightly.....2 egg yolks or 1 egg
Combine and add....3/4 cup sugar

1 teaspoon Monarch Pastry Flour

1/4 teaspoon salt

Stir in.....1 cup thick sour cream

Add.....1 cup chopped stoned dates

1/4 cup chopped nutmeats

1/2 teaspoon Familix vanilla

Turn filling into.....an unbaked pie shell

Place in a hot oven, 425° to 450° F., until paste is set; lower to 325° F. (rather slow oven) and bake until a knife inserted in the centre comes out clean.

If yolks only are used in filling, cover baked filling with.....meringue of 2 egg whites with 3 tablespoons sugar

Return pie (if meringue is used) to a slow oven, 300° F., until meringue is delicately browned. Chill pie to serve.

Note 1.—This filling is particularly delicious for small tarts.

Note 2.—Raisins may replace dates if desired.

SHORTCUT CARAMEL FILLING

Into.....1 1/2 cups sweetened condensed milk (caramelized)

blend.....1/4 cup hot water

Beat smooth, then

add.....1/8 teaspoon salt
1/4 teaspoon Familix vanilla

Turn into baked pastry shell. Chill thoroughly to serve.

Note.—To caramelize sweetened condensed milk, boil unopened tins 3 hours, cool, and chill until required.

Variations

Caramel Filling with Whipped Cream: Top chilled filling with lightly sweetened whipped cream, at serving time. Any variation of this filling may be treated in the same way.

Coffee Caramel Pie: Replace hot water by hot strong coffee infusion. Reduce vanilla to a few drops.

CREAM PIE

Combine thoroughly...4 tablespoons Monarch Pastry Flour
1 tablespoon cornstarch

1/3 cup sugar

1/2 teaspoon salt

Gradually stir in....2 1/4 cups scalded milk

Stir and cook until mixture is smoothly thickened. Cover and cook with occasional stirring until no raw starch flavour remains. Stir thickened mixture slowly into.....1 egg or 2 yolks (beaten)

Return to double boiler and stir and cook until egg thickens.

Remove from heat and add.....2/3 tablespoon Familix flavouring extract.
1 tablespoon butter

Cool the filling slightly, then turn into.....baked pie shell

Cover if desired with... **meringue of 2 egg whites with 4 tablespoons sugar**

If meringue is used return pie to a slow oven, 300° F., until delicately browned. Chill pie to serve.

Banana Cream Pie: Slice ripe bananas into shell before adding filling.

Coconut Cream Pie: Add 1 cup coconut shreds to filling.

Date Cream Pie: Add ½ cup chopped stoned dates to filling.

Fresh Berry Cream Pie: Cover baked pie shell with sugared, fresh strawberries or raspberries before turning in filling.

BUTTER TARTS

Combine thoroughly... ½ cup brown sugar
¼ cup yellow corn syrup
3 tablespoons butter (softened)

Beat well and add... 1 egg
Add also... ½ teaspoon Fames vanilla
⅛ teaspoon salt
½ tablespoon vinegar
¼ cup washed and dried sultana raisins
2 tablespoons to ¼ cup chopped seeded raisins
¼ cup chopped walnuts

Line tart pans with flaky paste or sweet dough rolled about ⅛-inch thick. Fill shells about ¾-full with mixture.

For flaky paste, bake tarts at 425° F. for about 5 minutes, then lower heat to 350° F. (moderate) and continue baking until filling is set. For sweet dough, use a temperature of 375° F. throughout the baking period. Time depends on size of tarts.

If currants are preferred, use ⅓ cup washed and dried currants to replace the raisins.

CHOCOLATE PIE OR TARTS

Combine thoroughly... 6 tablespoons Monarch Pastry Flour
1 tablespoon cornstarch
⅓ teaspoon salt

Place in upper pan of double boiler... 2¼ cups milk
2 squares unsweetened chocolate

Scald; beat smooth with rotary beater. Stir chocolate and milk slowly into sugar mixture. Stir and cook until mixture thickens smoothly and no raw starch flavour remains.

Stir into... 3 beaten egg yolks
Stir and cook to thicken egg.

Remove from heat and add... ¼ teaspoon Fames vanilla

Cool filling slightly, then pour into... baked tart shells or a baked pie shell

Cover with... meringue of 3 egg whites and 5 to 6 tablespoons sugar

Place in a slow oven, 300° F., to brown meringue delicately. Chill to serve.

This filling may be varied in the same way as Butterscotch Pie.

LEMON PIE OR TARTS

Combine thoroughly... ¼ cup Monarch Pastry Flour
5 tablespoons cornstarch
1½ cups sugar
½ teaspoon salt

Stir in... 2¼ cups boiling water

Stir and cook until mixture thickens smoothly and until no raw starch flavour remains.

Stir into... 3 beaten egg yolks

Stir and cook over boiling water until egg thickens.

Remove from heat and add... ½ cup lemon juice
⅔ tablespoon grated lemon rind
1½ teaspoons butter

Cool mixture slightly, then turn into... a baked pie shell or tart shells

Cover with meringue of... 3 egg whites with 4 to 6 tablespoons fruit sugar

Brown meringue in a slow oven, 300° F. This amount makes 1 pie.

FAMILEX LEMON PIE FILLER

For one pie filling or 4 servings of dessert, cream.....2 heaping table-spoonfuls of this preparation
with..... $\frac{1}{2}$ cup cold water and mix thoroughly
Dissolve..... $\frac{1}{2}$ cup sugar
in.....1 cup water
and bring to a boil.

Pour the creamed filling into the boiling solution gradually, keep on a slow fire and stir until thick. Pour hot into baked pie shell or pudding dish.

One egg will make filling richer if so desired.

Meringue.—Beat whites of 2 eggs and 3 tablespoonfuls of sugar, spread on filling and set in oven to brown slightly.

SHORT-CUT CHOCOLATE FILLING

Melt over hot but not boiling water.....2 squares unsweetened chocolate
Stir in..... $1\frac{1}{8}$ cups sweetened condensed milk

Stir, this time over rapidly boiling water until the mixture has smoothly thickened (5 to 7 minutes).

Stir in..... $\frac{1}{2}$ cup boiling water
Add..... $\frac{1}{8}$ teaspoon salt
and if desired..... $\frac{1}{2}$ cup chopped nuts
and..... $\frac{1}{4}$ teaspoon Familex vanilla

Cool slightly then turn into baked pie shell. Chill very thoroughly and top at serving time with lightly sweetened whipped cream.

Variations

Marshmallow: Use hot water as liquid and add $\frac{1}{2}$ cup moist coconut shreds to the filling. Turn into baked shell, cover with halved marshmallows, then sprinkle with coconut. Place in a moderate oven (350° F.) until marshmallows are puffed and browned. Chill to serve.

Mocha Nut: Use strong hot coffee in place of the boiling water and omit the vanilla. Use toasted blanched almonds or Brazils or shelled pecans as nutmeats.

Orange Chocolate: Use $\frac{1}{2}$ cup orange juice in place of the boiling water and $\frac{1}{2}$ tablespoon grated orange rind in place of vanilla. Omit nuts. Arrange sections of orange over baked pastry shell before pouring in the chocolate filling. Omit whipped cream if desired.

Tarts: The simple Familex chocolate filling and any of the variations above, make quick, easy and attractive tarts. As an addition to the plate of fancy little cakes, make very tiny tarts, about $1\frac{1}{2}$ inches across.

ICE CREAM PIE

The same principle that makes possible the "Baked Alaska", is applied to this pie. Use a baked pie shell in place of the sponge cake. Cover the shell with drained crushed pineapple, or sliced peaches, etc., before filling with ice cream; spread meringue to completely cover ice cream. Brown quickly in oven, 450° F. until the Meringue is brown. Watch closely.

LEMON CREAM FILLING (UNCOOKED)

Into..... $1\frac{1}{8}$ cups sweetened condensed milk
stir..... $\frac{1}{2}$ cup lemon juice
with.....2 teaspoons grated yellow lemon rind
and..... $\frac{1}{8}$ teaspoon salt

Stir, without cooking, until mixture thickens. Turn into baked pastry shell, or uncooked cereal crumb crust (see recipes in pastry section). Chill thoroughly, for serving.

Variations

Banana Lemon Cream Pie: Slice ripe bananas over baked pie shell before turning in filling. Use this pie the same day it is made.

Coconut Lemon Cream Pie: Add $\frac{3}{4}$ cup coconut shreds to Lemon Cream Filling.

Cranberry Lemon Cream Pie: Reduce lemon juice to $\frac{1}{4}$ cup, omit lemon rind, and add 1 cup drained cranberry sauce to filling. If desired, 2 egg yolks may be added, and the whites used in a meringue to cover the top—in which case bake the pie in a slow oven until meringue is set and brown.

Fruited Lemon Cream Pie: Reduce lemon juice to $\frac{1}{4}$ cup, and lemon rind to 1 teaspoon. Add 1 cup well-drained diced fruit to filling. (Use pineapple, peach, halved fresh strawberries, raspberries, red or black cherries or cooked dried apricots or prunes, chopped stoned dates, etc.).

Lemon Pie with Whipped Cream: Top the above Lemon Cream Filling or any of its variations, with lightly sweetened whipped cream, at serving time. Sprinkle with slivered candied lemon peel or garnish with suitable fruit (whole or sectioned) if desired.

Richer Lemon Cream Filling with Meringue: Add 2 beaten egg yolks to the Lemon Cream Filling (or any of its variations). Make a meringue of the 2 egg whites with 3 tablespoons sugar. Spread over filling in shell, and brown in a very slow oven (275° F.). If desired, sprinkle with coconut shreds or chopped blanched nutmeats before browning.

Tarts: Use any of the above fillings in individual tart shells. Top as desired with meringue (in which case tarts must be returned to a slow oven) or with whipped cream.

APPLE PIE

Line slightly greased pie pan with.....pie paste

Fill with.....thinly-sliced apples heaping in the centre.

Sprinkle apples with ..sugar (Use 1 to $1\frac{1}{2}$ tablespoons sugar for each apple).

Sprinkle apples if desired with.....**Familex cinnamon or Familex nutmeg**

Dot with.....**2 tablespoons butter** which has been cut in small pieces.

Cover pie with.....**pie paste** in which slits have been cut to allow the escape of steam. Secure dampened edges well and crimp.

Place pie in a hot oven, 425° to 450° F. After crust browns, lower heat to 375° F. (moderately hot oven) and continue cooking until apples are tender. Total time required about 30 to 40 minutes.

Note.—If desired, butter and spice may be omitted and the apples covered with grated or sliced cheese before adjusting the upper crust to the pie.

RAISIN PIE

Add.....**1 cup boiling water**
to.....**2 cups seedless raisins**

Simmer together for 5 minutes.

Add..... **$\frac{3}{4}$ cup brown sugar**

Blend.....**4 tablespoons Monarch Pastry Flour**

to a smooth paste with.....**cold water**

Stir thinned-out flour into boiling raisin mixture; stir and cook thick.

Add..... **$\frac{1}{4}$ teaspoon salt**
2 tablespoons butter
1 tablespoon vinegar
1 teaspoon Familex vanilla

Turn into pastry-lined pie pan, cover with an upper crust in which gashes have been cut and seal edges well. Or arrange inch-wide strips of paste, lattice style, over the filling and secure a half-inch strip of paste to the rim. Crimp edges, then bake in a hot oven, 450° F., until the paste is browned and cooked.

MINCE PIE

Make Flaky Paste. Chill thoroughly. Line a shallow pie pan with the paste. Fill with your favourite mincemeat (see page 89)—homemade or commercially prepared. Taste the latter and perhaps make it more to your personal preference by adding a little of this or that spice. Arrange strips of paste about $\frac{3}{4}$ -inch wide, in criss-cross fashion over the pie—the strips may lie flat or be twisted; secure them to rim of paste by touching with cold water and pressing layers together. Or use a top crust with perforations cut in it before it is adjusted to the pie. Crimp border.

Bake in a hot oven, 450° F., until the pastry is "set," then lower heat to 400° F. to finish baking.

Mince Tarts: Line small, shallow patty-pans with any of the pie pastes given at the beginning of this chapter.

Fill with any good well-spiced mincemeat—adding, if desired, a few broken walnut meats.

Leave tarts open—or put a pastry cover over each or a lattice of pastry strips. Crimp edges. Bake same as Mince Pie.



CAKES

PROCEDURE FOR THE "BUTTER" TYPE CAKE

("Butter" cakes are all those which contain butter or shortening. They usually contain some leavening material other than egg.)

1. Prepare pans by greasing well, then covering with a thin film of flour. (For fruit cakes line with 3 layers of greased heavy paper).

2. Cream butter or shortening until very soft. (A wooden spoon is convenient for this purpose).

3. Add sugar to fat, little by little; cream thoroughly after each addition, so that sugar may dissolve as thoroughly as possible. Beat until very light.

4. Beat eggs until very thick and light. Add to creamed mixture, and combine thoroughly.

5. Measure the once-sifted flour; add the remaining dry ingredients, and sift several times. Monarch Pastry Flour has low, tender gluten content—splendid for cakes.

6. Sift about one-fifth of the dry ingredients into sugar mixture; incorporate well.

7. Add about one-quarter of the liquid, stirring until combined.

8. Make alternate additions of dry ingredients and liquid until all are used, the dry being added last. (Do not overbeat once the flour is added, as this develops the gluten and toughens the cake).

9. Stir in liquid flavouring, and any additional material such as floured fruit.

10. Fill pans only two-thirds full of cake mixture.

11. Raise all butter cakes which contain baking powder or soda and no solids (such as fruit or nuts) about one inch above table level and drop pan to the table, eight to ten times before baking. This knocks out large bubbles and improves texture.

12. Bake as directed.

13. Place when baked on a wire rack. Let stand for 3 minutes.

14. Loosen cake from sides of pan with a spatula or broad knife, invert on cake cooler.

15. As soon as cake is cold, fill and frost it if so required; or wrap and store at once in a cool place.

Notes:—

(a) If desired, the well-beaten egg yolks alone may be added to creamed butter or

shortening and sugar, and the stiffly beaten whites may then be folded in with the flavouring. If this is done, be sure whites are beaten only until stiff and not dry; also, that the whites are thoroughly, though lightly, folded in.

(b) For those who work slowly, it is wise to mix and sift the Familex baking powder or soda with the last measure of flour to be added rather than with the bulk of dry ingredients.

PROCEDURE FOR "SPONGE" TYPE CAKE

(Sponge cakes are those which contain no butter or shortening; the "true sponge" type contains no liquid or leavening material other than egg).

1. If pan has never been used for anything but sponge cakes, do not grease it; otherwise grease and flour pan.

2. Separate whites **completely** from yolks of eggs.

3. Add salt to egg whites and with a rotary beater beat the whites until stiff, but still glossy and not dry.

4. Take 2 tablespoons of sugar for each egg white from the full amount required, and beat, little by little, into the egg whites; beat after each addition until the mixture stands up in peaks.

5. Beat egg yolks until very thick and gradually beat in the remainder of the sugar. Beat until very light.

6. Add Familex flavouring to yolk mixture and fold lightly into the whites. Fold **only** until combined.

7. Measure the once-sifted flour, re-sift 5 times.

8. Sift flour, quarter at a time, over egg mixture. Fold in each addition lightly. (Cease folding motion as soon as all flour has disappeared).

9. Fill pan two-thirds full of mixture. Do not drop pan, as instructed for certain butter cakes.

10. Bake at once.

11. Remove from oven as soon as baked and invert over wire rack. Let hang suspended until cold.

12. Loosen from pan with broad-bladed knife or spatula, shake out gently.

13. Store or serve at once.

FANCY FROSTED CAKES

You may give a festive character to the simplest of cakes by decorating as suggested:

Sprinkle the batter before baking with halved or slivered walnuts, pecans, blanched almonds, blanched Brazils, etc.

Or spread the cake with frosting (tinted delicately, to suit any colour scheme) and decorate or sprinkle generously with:

Slivered, chopped or halved nutmeats—blanched and browned Brazils, almonds; blanched pistachios; walnuts, pecans, filberts, hazel nuts, hickory nuts, cashews.

Or coconut shreds (toasted, if desired).

Or chocolate shot, shaved sweet chocolate, melted bitter chocolate (quickly spread or streaked on).

Or coloured granulated sugar, silver dragées (round or elongated).

Or candied rose or violet leaves; slivered candied cherries, pineapple or peels; silver leaves; iced animal biscuits; gum drops; raisins; currants; flower-shaped bon-bons, etc. for special designs.

FOUNDATION BUTTER CAKE

Cream until very soft. $\frac{1}{3}$ cup butter
Blend in gradually. . . . $\frac{1}{8}$ cup granulated sugar

Beat until light and fluffy.

Beat until very light and add. 2 eggs

Combine mixture thoroughly.

Sift, then measure. . . . $1\frac{1}{2}$ cups Monarch Pastry Flour

Re-sift with. 2 teaspoons Familex baking powder
 $\frac{1}{4}$ teaspoon salt

Add dry ingredients to first mixture alternately with. $\frac{1}{2}$ cup milk

Add before the last measure of dry ingredients. $\frac{1}{2}$ teaspoon Familex flavouring extract

Bake in well-greased and floured pans—45 to 50 minutes for an 8-inch square pan at 350° F.; 25 to 30 minutes at 375° F. for layers. Fill and frost when cold.

FEATHER CAKE

Cream very thoroughly. $\frac{1}{2}$ cup butter
Blend in gradually. . . $1\frac{1}{4}$ cups granulated sugar

Cream until light and fluffy.

Beat until thick, then add. 3 egg yolks

Combine thoroughly.

Sift, then measure. . . $2\frac{1}{2}$ cups Monarch Pastry Flour
Re-sift with. 3 teaspoons Familex baking powder
 $\frac{1}{3}$ teaspoon salt

Sift dry ingredients into first mixture alternately with. $\frac{3}{4}$ cup milk

Add before the last measure of the dry ingredients. 1 teaspoon Familex flavouring extract

Beat until stiff but not dry. 3 egg whites

Fold egg whites very lightly into the cake batter; cease the folding motion when the last of the egg whites has disappeared.

Bake in three greased and floured layer cake pans, at 375° for 25 to 30 minutes.

MECHANICAL BEATER WHIP CAKE

Soften to the consistency of mayonnaise. $\frac{1}{2}$ cup butter
Sift and measure. . . . $1\frac{3}{4}$ cups Monarch Pastry Flour

Combine very thoroughly with. 1 cup sugar
 $\frac{1}{2}$ teaspoon salt

Sift the dry ingredients over the butter in the bowl of mechanical mixer. Beat at medium speed for about 1 minute or until very well mixed. (The mixture will be very crumbly). Scrape down well from sides of bowl. Add, unbeaten. 2 eggs
with. $\frac{1}{2}$ cup and 1 tablespoon milk
 $\frac{1}{2}$ teaspoon Familex vanilla

Beat at high speed for $1\frac{1}{2}$ minutes or until a smooth, light batter is obtained. Again scrape down bowl.

Sift over the batter. . . $2\frac{1}{2}$ teaspoons Familex baking powder

Beat at low speed for about 1 minute, being sure to get all the batter from the bottom of the bowl. Turn into greased and floured square or layer pans.

Bake at 350° F. for 45 to 50 minutes for a square cake—at 375° F. for 25 to 30 minutes for layers.

CRUMB CAKE

Sift and measure. $1\frac{1}{2}$ cups Monarch Pastry Flour
and sift again with. 1 teaspoon Familix cinnamon
 $\frac{1}{2}$ teaspoon Familix nutmeg
 $\frac{1}{4}$ teaspoon salt
Mix with. $1\frac{1}{2}$ cups brown sugar
Cut in finely. 6 tablespoons butter
Put aside $\frac{1}{2}$ cup of this mixture.

To. $\frac{1}{2}$ cup less 1 tablespoon sour milk
add. $\frac{1}{2}$ teaspoon soda
Beat and add. 2 eggs
Make a well in main portion of dry mixture, pour in liquids; mix and beat with rotary beater until smooth.

Turn batter into greased and floured pan, 10 x 6 inches, sprinkle surface with $\frac{1}{2}$ cup of "crumbs" held out for this purpose; bake in rather slow oven, 325° F., about 45 minutes.

MOCHA SPICE CAKE

Cream until very soft. $\frac{1}{2}$ cup butter or shortening
Mix then blend in. $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ cup finely granulated sugar

Cream until light and fluffy.
Beat well and add. 2 eggs
Sift, then measure. $1\frac{3}{4}$ cups Monarch Pastry Flour
Re-sift with. $2\frac{1}{2}$ teaspoons Familix baking powder
 $\frac{1}{4}$ teaspoon baking soda
1 teaspoon Familix cinnamon
 $\frac{1}{2}$ teaspoon Familix ground clove
 $\frac{1}{4}$ teaspoon Familix nutmeg

Dissolve. $\frac{1}{8}$ to $\frac{1}{2}$ teaspoon salt
1 teaspoon soluble coffee or coffee extract
in. $\frac{3}{4}$ cup sour milk
Add. 1 teaspoon lemon juice

Add the dry ingredients to the sugar mixture alternately with the wet ingredients, combining thoroughly after each addition. Turn into a well-greased and floured 8-inch square pan. Bake in a moderate oven (350° to 360° F.) for 45 to 50 minutes.

(If desired, $\frac{1}{2}$ cup chopped pecans or walnut meats coated with a little of the measured flour, may be added to the batter.)

SOUR MILK GINGERBREAD

Cream until very soft. $\frac{1}{4}$ cup butter or butter and shortening
Blend in gradually. $\frac{1}{2}$ cup brown sugar
Cream until light and fluffy.

Then add. $\frac{1}{2}$ cup molasses
Add, well-beaten. 1 egg
and combine well.

Sift, then measure. 2 cups Monarch Pastry Flour

Re-sift with. $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon soda
 $1\frac{1}{2}$ teaspoons Familix ginger
1 teaspoon Familix cinnamon

Add to first mixture alternately with. 1 cup sour milk

Turn into a well-greased and floured pan and bake in a rather slow oven, 325° F., about 1 hour.

This gingerbread is delicious as a dessert with whipped cream, Foamy Sauce, Fresh Fruit Sauce, etc.

CARAMEL LAYER CAKE

Cream until very soft. $\frac{1}{3}$ cup butter or butter and shortening
Blend in gradually. $\frac{7}{8}$ cup granulated sugar

Cream until very light and fluffy.
Beat until very light and add. 2 eggs
and combine well.

Sift, then measure. 2 cups Monarch Pastry Flour

Re-sift with. 3 teaspoons Familix baking powder
 $\frac{1}{2}$ teaspoon salt

Add to first mixture alternately with. $\frac{2}{3}$ cup milk
combining after each addition.

Flavour with. 3 tablespoons caramel syrup
 $\frac{1}{3}$ teaspoon Familix vanilla

Turn into greased and floured layer pans. Bake in a moderately hot oven, 375° F. for 25 to 30 minutes.

When cold, fill and frost with Brown 7-Minute Frosting. Sprinkle top generously with browned, slivered Brazils if desired.

CHOCOLATE LAYER CAKE

Cream until very soft. $\frac{1}{2}$ cup butter or butter and shortening

Blend in gradually. . . . 1 cup granulated sugar

Melt over hot but not boiling water and add. 2 ounces unsweetened chocolate

Beat until light and fluffy.

Beat well and add. . . . 1 egg

Combine thoroughly.

Sift, then measure. . . . 2 cups Monarch Pastry Flour

Re-sift with. 3 $\frac{1}{2}$ teaspoons Familex baking powder
 $\frac{1}{2}$ teaspoon salt

Add to first mixture alternately with. . . . $\frac{3}{4}$ cup milk

Combine after each addition.

Flavour with. 1 teaspoon Familex vanilla

Turn into greased and floured layer pans and bake in a moderate oven, 350° to 365°F. for 25 to 35 minutes.

When cold fill with a date paste or chocolate cream filling and cover with any desired icing.

ALMOND FUDGE CAKE

Blanch and strew in greased, floured pan. . . $\frac{1}{8}$ to $\frac{1}{2}$ cup almonds

Cream thoroughly. . . . $\frac{1}{2}$ cup shortening

Work in gradually. . . . $\frac{1}{2}$ cup brown sugar (packed)

Beat well and add. . . . 2 eggs

Work in a further. . . . 1 $\frac{1}{2}$ cups brown sugar

Melt over hot water. . . 3 squares chocolate and beat into mixture.

Sift and measure. . . . 2 $\frac{1}{2}$ cups Monarch Pastry Flour

and sift twice with. . . . 1 teaspoon soda
 $\frac{1}{2}$ teaspoon Familex cinnamon
 $\frac{1}{4}$ teaspoon mace
 $\frac{1}{2}$ teaspoon salt

Add alternately to mixture with. 1 cup hot water
 $\frac{1}{2}$ cup sour cream

combining after each addition.

This makes a thin batter. Turn into greased and floured pan, with or without almonds (makes a good 8 x 12 cake) and bake in a moderate oven, 350° F., for about 60 minutes. Cover with chocolate icing. Keeps well.

CHOCOLATE POTATO CAKE

Cream until very soft. $\frac{1}{2}$ cup butter

Blend in gradually. . . . 1 $\frac{3}{4}$ cups brown sugar

Cream until light and fluffy.

Beat until very light and add. 2 eggs

Add also. $\frac{2}{3}$ cup cold mashed potatoes

and combine very thoroughly.

Sift, then measure. . . . 1 cup Monarch Pastry Flour

Re-sift with. $\frac{2}{3}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup Familex cocoa
 $\frac{1}{2}$ teaspoon Familex cinnamon
 $\frac{1}{4}$ teaspoon mace

Add alternately to first mixture with. $\frac{1}{3}$ cup sour milk

Stir in finally. $\frac{1}{3}$ cup boiling water

Turn into a well-greased and floured 8-inch square pan. Bake in a moderate oven, 350°F., about 1 hour.

This is a close-textured, fudge-like, very moist and very tender cake which keeps remarkably well.

It is especially delicious if covered with a chocolate icing and sprinkled with chopped, browned nutmeats.

STRAWBERRY LAYER CAKE

Cream thoroughly. . . . $\frac{1}{2}$ cup butter or butter and shortening

Blend in gradually. . . . 1 $\frac{1}{3}$ cups dark brown sugar

Add, well beaten. . . . 3 egg yolks

Combine thoroughly.

Sift, then measure. . . . 2 cups Monarch Pastry Flour

Re-sift with. 2 $\frac{1}{2}$ teaspoons Familex baking powder
 $\frac{1}{3}$ teaspoon salt
 $\frac{1}{2}$ teaspoon Familex cinnamon
 $\frac{1}{4}$ teaspoon each mace and Familex nutmeg

Place in sifter. 1 cup broken walnuts
 $\frac{1}{2}$ cup washed and dried raisins

Put dry ingredients in sifter and sift through, thus coating fruits and nuts.

Combine..... $\frac{1}{2}$ cup thick strawberry jam
 $\frac{1}{2}$ cup milk

Add dry ingredients alternately to sugar mixture with the combined strawberry jam and milk.

Stir in floured fruit and nuts; beat until stiff but not dry.....3 egg whites

Fold egg whites lightly but thoroughly into the batter.

Turn into two greased and floured, 7-inch layer pans. Bake in a moderately hot oven (375° F.) for 25 to 30 minutes.

This cake is particularly delicious when filled and spread with a Brown Seven-Minute Frosting.

BANANA CAKE

Cream until very soft. $\frac{1}{2}$ cup butter
Blend in gradually....1 cup granulated sugar

Cream until light and fluffy.

Combine thoroughly with.....1 egg, well beaten
Add.....1 cup mashed bananas (about 3 medium sized)

Sift, then measure....2 cups Monarch Pastry Flour

Re-sift with.....1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon Familex clove
 $1\frac{1}{2}$ teaspoons Familex cinnamon
1 teaspoon Familex ginger
 $\frac{1}{2}$ teaspoon salt

Place in sifter.....1 cup broken walnuts

Sift dry ingredients through, thus coating the nuts.

Add dry ingredients to first mixture alternately with..... $\frac{1}{2}$ cup sour milk

Stir in before the last measure of dry ingredients.....2 teaspoons Familex vanilla

Mix in nuts.

Bake in a well greased and floured 8-inch square pan in a moderate oven, 350° F., for 1 hour.

Though this cake does not require a frosting, it is very delicious when covered with a Brown Seven-Minute Frosting or a Spice Frosting.

ORANGE DESSERT CAKE

Cream until very soft. $\frac{1}{4}$ cup butter

Blend in gradually....1 cup granulated sugar

Cream until light and fluffy.

Add unbeaten.....1 egg

Beat very thoroughly.

Sift, then measure....2 cups Monarch Pastry Flour

Re-sift with.....3 teaspoons Familex baking powder
 $\frac{1}{4}$ teaspoon salt

Add to dry ingredients in sifter..... $\frac{1}{2}$ cup chopped pitted dates

Sift the dry ingredients, thus coating the dates.

Add dry ingredients to first mixture, alternately with..... $\frac{3}{4}$ cup milk

Flavour with.....2 teaspoons grated orange rind

Stir in floured dates.

Turn into a greased and floured 8-inch square pan and bake in a moderate oven, 350° F., for about 50 to 60 minutes. Remove from pan and cool.

Combine..... $\frac{1}{2}$ cup orange juice
 $\frac{1}{2}$ cup sugar

Heat and stir until sugar melts, then add. $\frac{1}{8}$ teaspoon non-alcoholic rum flavouring

Pour the orange juice mixture over the cake, little by little, when it becomes cold.

This dessert is particularly delicious when served with whipped cream.

This cake remains moist and delicious for days—and is not made soggy by treating with sugar syrup.

Tutti Frutti Dessert Cake: Replace dates by $\frac{1}{2}$ cup sultana raisins, $\frac{1}{8}$ cup slivered blanched almonds and 3 tablespoons chopped candied ginger; omit orange rind.

For "glaze", stir and heat $\frac{1}{4}$ cup sugar with $\frac{3}{4}$ cup canned pineapple juice until sugar melts; add 2 teaspoons lemon juice, and use this syrup to replace orange mixture.

THREE-FRUIT CAKE

Put through food
chopper.....

1 orange ($\frac{1}{2}$ cupful)
1 banana ($\frac{1}{4}$ cupful)
1 cup seedless or sul-
tana raisins

Cream well..... $\frac{1}{2}$ cup and 1 table-
spoon butter or
butter and short-
ening.

Blend in.....1 cup sugar

Beat well and add.....2 eggs

Sift and measure.....2 cups Monarch
Pastry Flour

and sift again with..... $\frac{1}{8}$ teaspoon salt
 $\frac{3}{4}$ teaspoon baking
soda

Add $\frac{1}{5}$ flour mixture
to butter mixture.

Add the fruit.

Then add remainder

dry ingredients alter-
nately with..... $\frac{1}{2}$ cup sour milk
combining well after
each addition.

Beat in..... $\frac{1}{2}$ teaspoon Familix
vanilla

Turn into a greased and floured 8-inch
square cake pan, and bake in a moderate oven,
 350° F., about 1 hour. This cake is of rather
odd and interesting flavour, light and moist,
and keeps well for several days. May be
baked in two layers, at 375° F., about 35
minutes.

RASPBERRY CAKE

Cream well..... $\frac{1}{2}$ cup butter or
butter and short-
ening

Work in gradually..... $\frac{7}{8}$ to 1 cup sugar
and beat until light
and fluffy.

Beat well and add.....2 eggs

Sift, then measure.....2 cups Monarch
Pastry Flour

and re-sift with..... $\frac{1}{2}$ teaspoon baking
soda

1' teaspoon Familix
baking powder

$\frac{1}{3}$ teaspoon salt

1 teaspoon Familix
cinnamon

$\frac{1}{2}$ teaspoon Familix
ground cloves

Add dry ingredients to
first mixture alternately
with.....

1 cup preserved rasp-
berries and juice

stirring only until com-
bined after each addi-
tion.

Turn into greased and floured 8-inch square
pan. Bake in a moderate oven, 350° F.,
about 55 minutes. Or bake in 2 layer pans,
at 375° F., about 25 to 30 minutes.

Note 1. If raspberries are sweet, use the
smaller amount of sugar.

2. This cake may be made with 1 whole
egg and 2 yolks, leaving 2 whites for a boiled
or seven-minute icing.

APPLESAUCE CAKE

Cream together.....3 tablespoons butter
3 tablespoons short-
ening

Work in gradually.....1 cup sugar
and add.....1 cup cold canned or
fresh-cooked thick
applesauce

Sift, then measure....1 cup and 2 table-
spoons Monarch
Pastry Flour

Re-sift with..... $\frac{1}{2}$ teaspoon soda

$\frac{1}{3}$ teaspoon salt

1 teaspoon Familix
cloves

1 teaspoon Familix
cinnamon

Combine dry ingredi-
ents with first mixture
and add.....

1 cup day-old bread-
crumbs (fine)

$\frac{1}{2}$ cup chopped
raisins

$\frac{1}{2}$ cup chopped
walnuts

Bake in greased loaf pan, in a moderate
oven, 350° F., about 70 minutes.

POUND CAKE

Cream very
thoroughly..... $\frac{1}{2}$ pound butter
Work in gradually....1 cup finely granu-
lated sugar

Beat until very light.

Beat until thick and
lemon-coloured.....5 egg yolks

Add to mixture; beat
well for 4 minutes.

Beat until stiff but not
dry.....5 egg whites

and fold into mixture.

Sift and measure.....2 cups Monarch
Pastry Flour

Sift 4 times with..... $\frac{1}{4}$ teaspoon mace

Add gradually to first
mixture, folding in
well; beat 2 minutes.

Turn into greased and floured loaf pans—
will make two small loaves. (For variety,
floured fruits may be added to half the
mixture). Bake in a slow oven, 300° F.,
60 to 75 minutes.

LIGHT FRUIT CAKE

Cream until very soft. $\frac{1}{2}$ pound butter
Blend in gradually. 1 cup fruit sugar
Cream until light and fluffy.

Beat until very thick and add. 4 large eggs

Combine mixture thoroughly, then add. **juice and grated rind of $\frac{1}{2}$ lemon**
Sift, then measure. 2 $\frac{1}{2}$ cups Monarch Pastry Flour

Re-sift with. 1 teaspoon Familix baking powder

Cut very fine. $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ pound candied citron
 $\frac{1}{2}$ pound washed and dried candied cherries
 $\frac{1}{2}$ pound raisins
 $\frac{1}{4}$ pound blanched almonds

Place fruits and nuts in sifter and sift dry ingredients through, thus coating them.

Add the dry ingredients gradually to the butter-sugar-egg mixture, combining thoroughly after each addition. Fold in the floured fruits and nuts after the last addition of dry ingredients.

Turn into a large tube pan or into loaf pans, which have been lined with three layers of heavy greased paper. Bake in a rather slow oven, 325° F., about 1 hour and 50 minutes to 2 hours.

BALMORAL FRUIT CAKE

Cream until very soft. $\frac{3}{4}$ cup butter
Blend in gradually. 1 cup fruit sugar
Cream until light and fluffy.

Beat thoroughly and add. 3 eggs

Combine well.
Sift, then measure. 2 cups Monarch Pastry Flour

Place in sifter. 1 cup washed and dried sultana raisins
1 ounce finely shaved candied ginger
 $\frac{1}{2}$ cup slivered blanched almonds

Sift the flour through, thus coating fruit, etc. To the flour which is sifted through, add. $\frac{1}{2}$ teaspoon Familix baking powder

and sift again. $\frac{1}{4}$ teaspoon salt

Gradually beat the sifted, dry ingredients into the butter-sugar-egg mixture, and continue beating for 2 minutes after the last of the flour has been added. Add floured fruits and nuts and combine well.

Turn into a loaf pan which has been lined with a layer of heavy greased paper. Bake in a rather slow oven, (about 320° F.) from 50 to 70 minutes, depending upon the depth of the pan.

RICH DARK FRUIT CAKE

Wash, spread out on a flat pan, and dry in a very slow oven. 1 pound seedless raisins

1 pound sultana raisins

1 pound currants

Separate and add. 1 $\frac{1}{2}$ pounds seeded raisins

Cut into small pieces. $\frac{1}{4}$ pound green candied pineapple
 $\frac{1}{2}$ pound washed and dried candied cherries

$\frac{3}{4}$ pound dates
 $\frac{1}{2}$ pound table figs

Shave thinly. $\frac{1}{2}$ pound candied citron
 $\frac{1}{8}$ pound each candied lemon and orange peels

Cut in half. $\frac{1}{8}$ pound blanched almonds
 $\frac{1}{8}$ pound shelled filberts

and add. $\frac{1}{8}$ pound shelled pecans

Sift, then measure. 3 $\frac{1}{2}$ cups Monarch Pastry Flour

Re-sift with. $\frac{1}{2}$ teaspoon salt
2 teaspoons each ground Familix cinnamon and grated nutmeg
 $\frac{1}{2}$ teaspoon each ground Familix allspice, ginger and cloves

Sift all the dry ingredients together several times.

Cream until very soft. 1 pound butter
Blend in gradually. 2 cups finely granulated sugar

and cream until light and fluffy.

Beat in, one at a time **12 eggs**
beating after each
addition until very
light.

Add..... $\frac{1}{2}$ **cup fruit juice or
red currant jelly**
and.....**2 teaspoons Familex
vanilla**

Sift the dry ingredients over the combined
fruits and nuts; mix thoroughly to coat and
separate all the fruits completely.

Turn the wet ingredients into the flour and
fruit mixture, and combine very thoroughly.
Mix a large cake of this kind with the hands.

Turn the cake into pans which have been
lined with three layers of heavy greased paper,
filling only $\frac{3}{4}$ full.

Bake cakes in a slow oven, 275° F., for 3
to 4 hours for large cakes. Time depends on
size of pan.

Cool cakes when baked and store in closely-
covered crock or box.

If the flavour of fig is not liked, the half
pound figs may be replaced by dates or
raisins.

YELLOW SPONGE CAKE

Beat until stiff but not
dry.....**4 egg whites**
with..... $\frac{1}{4}$ **teaspoon salt**
Beat in gradually..... $\frac{1}{2}$ **cup granulated
sugar**

Beat after each addi-
tion until mixture
stands up in peaks.

Beat until very thick...**4 egg yolks**
and gradually beat in... $\frac{1}{2}$ **cup granulated
sugar**

Add..... $\frac{2}{3}$ **tablespoon lemon
juice**
in which is steeped.... $\frac{1}{2}$ **teaspoon grated
lemon rind**

Sift, then measure.... $\frac{2}{3}$ **cup Monarch
Pastry Flour**

Sift flour five times.

Fold egg yolks into white mixture only until
thoroughly combined.

Sift flour over mixture, one half at a time,
and fold in lightly. Cease the folding motion
as soon as the last of the flour has disappeared.
Turn into an ungreased tube or square pan.
Bake in slow oven, 275° F., for 50 to 60
minutes. (Temperature may be raised to
300° F. for the last quarter hour).

(If pan has been used for mixtures other
than sponge cake, grease and flour it before
turning in sponge cake batter).

Variations

Chocolate: Melt 1 square unsweetened
chocolate over hot, but not boiling, water and
stir into egg yolk mixture before folding into
the whites. Add $\frac{1}{2}$ teaspoon Familex vanilla
and omit juice and rind.

Filled: At serving time, split the sponge
cake and fill with any desired filling—lemon,
orange, Lady Baltimore, whipped cream, etc.
You may also use a Seven-Minute Frosting or
a Bavarian or Charlotte mixture if desired.

Spiced: With the Monarch Pastry Flour,
sift $\frac{2}{3}$ teaspoon Familex cinnamon, $\frac{1}{6}$ tea-
spoon each Familex ground clove and allspice
and $\frac{1}{2}$ teaspoon grated Familex nutmeg.
Omit the lemon juice and rind.

MODIFIED SPONGE CAKE

Sift, then measure....**1 cup Monarch
Pastry Flour**
Sift four times with...**1 $\frac{1}{2}$ teaspoons Fami-
lex baking powder**

Beat until stiff but not
dry.....**3 egg whites**
with..... $\frac{1}{4}$ **teaspoon salt**
Beat in gradually..... $\frac{1}{2}$ **cup granulated
sugar**

Beat after each addi-
tion until mixture
stands up in peaks.

Beat until thick and
lemon-coloured.....**3 egg yolks**
Beat in gradually..... $\frac{1}{2}$ **cup sugar**
and continue beating
until very thick.

Into egg yolk mixture,
stir.....**6 tablespoons water**
Fold egg yolk mixture
lightly but thoroughly
into the egg white mix-
ture.

Flavour with..... $\frac{1}{2}$ **teaspoon Familex
extract**

Sift dry ingredients over the egg mixture,
one-third at a time, folding in lightly after
each addition. Cease the folding motion as
soon as the last of the dry ingredients has
disappeared.

Turn into a greased and floured tube or
square pan and bake in a rather slow
oven, 325° F., for 45 to 50 minutes.

(This cake, like the Yellow Sponge Cake,
may be cooked in an ungreased pan if the pan
has been used for no other purpose before.)

Serve plain with ice cream or a Bavarian
or charlotte type of dessert. Or fill at serv-
ing time with a Bavarian or charlotte mixture
or with a whipped cream, Lady Baltimore,
lemon or other desired filling.

JELLY ROLL

Make the Modified Sponge Cake batter given above and bake in a large shallow pan which has been lined with greased paper. Have the batter about $\frac{1}{3}$ -inch thick before baking. Bake at 325° for 30 to 35 minutes.

When the cake is baked, turn onto a damp towel and tear off the greased paper. Trim off all crusty edges and quickly spread the sheet of cake with thick jam, marmalade, Seven-Minute or Boiled Frosting, or any desired custard-type of filling. Roll up quickly. Wrap closely in the damp towel or in waxed paper and let stand until cold. Cover if desired, with a Confectioners' Icing; or simply dust with fruit or icing sugar.

CHOCOLATE ROLL

Whip until stiff but not dry.....4 egg whites
with..... $\frac{1}{2}$ teaspoon salt
Beat in gradually..... $\frac{1}{2}$ cup granulated sugar

and beat after each addition until mixture stands in peaks.

Beat until very thick...4 egg yolks
Beat in slowly..... $\frac{1}{2}$ cup granulated sugar

then slowly stir in... $\frac{1}{4}$ cup hot water

Fold the egg yolk mixture very lightly into the egg whites.

Flavour with.....1 teaspoon Familex vanilla

Sift, then measure... $\frac{2}{8}$ cup Monarch Pastry Flour

Re-sift several times with..... $\frac{1}{8}$ cup Familex cocoa
1 teaspoon Familex baking powder

Sift dry ingredients, about one-third at a time, over the egg mixture. Fold in each addition of dry ingredients lightly; cease the folding motion as soon as all streakiness has disappeared.

Pour the batter into a large shallow pan which has been lined with heavy greased paper. Bake in a rather slow oven, 325° F., 30 to 35 minutes.

Turn the finished cake out on a damp towel; tear off the greased paper, quickly trim off the crusts and spread with a Seven-Minute or Boiled Frosting or with marshmallow paste.

Roll up quickly and wrap closely in the damp towel or in waxed paper. When cold, unwrap and spread with Chocolate Confectioners' Frosting, if desired; or dust with fruit sugar.

BOSTON CREAM PIE

Beat until stiff, but not dry.....2 egg whites
with..... $\frac{1}{8}$ teaspoon salt

Beat in gradually..... $\frac{1}{4}$ cup granulated sugar

Beat after each addition until mixture stands up in peaks.

Beat until very thick.2 egg yolks

Beat in gradually..... $\frac{1}{4}$ cup granulated sugar

Add.....1 teaspoon vinegar
2 teaspoons water

Fold the yolk mixture very lightly into the white mixture. Sift, then measure..... $\frac{1}{2}$ cup Monarch Pastry Flour

Re-sift several times with..... $\frac{1}{4}$ teaspoon Familex baking powder

Sift dry ingredients over egg mixture, half at a time, folding in lightly.

Turn into an ungreased, round pan, and bake in a rather slow oven, 325° F.

To serve, split and fill with a cream or lemon filling (see "Fillings"). Cover top of cake with stiffly whipped cream, lightly sweetened and flavoured.

ANGEL CAKE

Sift, then measure... $\frac{3}{4}$ cup Monarch Pastry Flour

Sift together five times.

Whip until frothy....1 cup egg whites
(8 or 9 eggs)
with..... $\frac{1}{4}$ teaspoon salt

Sift over the top of whites.....1 teaspoon cream of tartar

and continue beating until the whites are stiff but not dry.

Sift, then measure... $\frac{7}{8}$ cup fruit sugar

Sift fruit sugar over whites, about 2 tablespoons at a time and fold in lightly.

Sift flour and cornstarch over egg white mixture about 2 tablespoons at a time; fold

after each addition until flour disappears. Use fewest possible strokes to combine.

Flavour with..... **1 teaspoon Familex extract (vanilla with almond)**

Turn cake as soon as combined into a tube pan which has never been greased. Bake in a slow oven, 275° F., for one and a quarter hours. Temperature may be raised to 300° F. for the last quarter of baking.

Invert cake as soon as cooked and let hang suspended over wire rack until cold; then loosen edges carefully with a broad bladed spatula and shake cake out.

Variations

Fruited: Fold $\frac{1}{2}$ cup washed and dried currants, chopped candied cherries or chopped candied pineapple, cherries and nutmeats into mixture with last measure of flour.

Nut: Fold $\frac{1}{2}$ cup chopped walnuts, pecans, blanched almonds, Brazils or filberts into the mixture with last measure of flour.

Spiced: With the Monarch Pastry Flour sift $\frac{2}{3}$ teaspoon Familex cinnamon, $\frac{1}{6}$ teaspoon each Familex clove, allspice and ginger and $\frac{1}{2}$ teaspoon Familex nutmeg. Omit flavouring extract.

MAPLE NUT ANGEL CAKE

Bring to boil over moderate heat..... **1 cup yellow corn syrup**

Cook slowly to soft-ball stage (236° F.).

Meantime, sift, then measure..... **$\frac{1}{2}$ cup Monarch Pastry Flour**

Re-sift 4 times with... **2 tablespoons corn-starch**

Beat until frothy..... **$\frac{2}{3}$ cup egg whites (5 to 7 eggs)**

with..... **$\frac{1}{4}$ teaspoon salt**

Sift over egg whites... **$\frac{1}{2}$ teaspoon cream of tartar**

and continue beating until the egg whites are stiff but not dry.

Beat hot corn syrup gradually into egg whites, beating in after the last addition of syrup..... **$\frac{1}{4}$ cup fruit sugar**

Continue beating until the mixture is cool.

Sift dry ingredients about one quarter at a time over the egg white mixture.

Fold in after each addition only until all the flour has disappeared.

Fold in with last addition of dry ingredients. **$\frac{2}{3}$ teaspoon Familex maple extract**
 $\frac{1}{3}$ cup finely chopped nutmeats (optional)

Turn batter at once into an ungreased tube or loaf pan. Bake in a slow oven (300° F.) for 50 to 60 minutes.

CHOCOLATE ANGEL CAKE

Sift, then measure... **5 tablespoons Monarch Pastry Flour**

Re-sift 4 times with... **3 tablespoons Familex cocoa**
2 tablespoons corn-starch

Beat until frothy..... **$\frac{2}{3}$ cup egg whites (5 to 7 eggs)**

with..... **$\frac{1}{4}$ teaspoon salt**

Sift over egg whites... **$\frac{1}{2}$ teaspoon cream of tartar**

and continue beating until egg whites are stiff but not dry.

Sift and measure..... **$\frac{3}{4}$ cup finely granulated sugar**

Fold sugar gradually into egg whites, continuing folding after each addition only until the sugar is thoroughly combined.

Sift dry ingredients, about one quarter at a time, over egg white mixture. Fold after each addition only until all streakiness has disappeared.

Fold in with last addition of dry ingredients. **$\frac{1}{3}$ teaspoon Familex vanilla**

Turn batter into an ungreased tube or loaf pan and bake in a slow oven (300° F.) for about 50 to 60 minutes.

MARBLE ANGEL CAKE

Arrange alternate spoonfuls of dark and light angel cake mixture in an ungreased tube pan. Have light on dark, and dark on light when arranging second and third layers.

Bake in a slow oven, 300° F., about 1 to $\frac{1}{4}$ hours.



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WHITE FRUIT CAKE

- 2 cups butter (1 lb.)
- 2 cups sugar
- 4 cups Monarch Pastry Flour
- 8 eggs
- 1 grated cocoanut, or 2 cups of shredded cocoanut soaked for an hour in milk to cover
- 1 lb. candied pineapple, shredded
- 1 lb. candied cherries, halved
- 1 lb. blanched, burnt almonds, halved lengthwise
- ½ lb. of thinly shaved candied citron
- Rose Water
- 1 cup brandy or fruit juice

(a) Mix 3 tablespoonfuls of brandy with the nuts, and 2 tablespoonfuls of rose water with the fruit and let stand overnight.

(b) Wash the butter in rose water, cream it until as light as whipped cream and then add the sugar gradually, beating all the time.

(c) Add the well-beaten yolks and continue beating until very light; stir in the cocoanut.

(d) Put the well dried fruit and nuts in the flour and sift ⅓ of the flour into the batter. Add about ⅓ of the liquid and continue alternating flour and liquid until all is used.

(e) Add the stiffly beaten egg whites and beat until they have lost all their fluffiness.

(f) Half fill pans lined with heavy waxed or buttered paper and bake at 275° until the cake leaves the sides of the pan. It will take from 3 to 5 hours according to the thickness of the cake.

This amount will make four two-pound cakes, or two four-pound cakes. If covered with Almond Icing and sealed up with wax paper it will keep for a long time.

GINGER BREAD

- 2 tablespoons butter
- 2 tablespoons molasses
- 1 cup sour milk
- 2 teaspoons Familex ginger
- 2 cups Monarch pastry flour
- 1 cup brown sugar
- 1 teaspoon salt
- 1 teaspoon Familex cinnamon
- ½ teaspoon Familex cloves
- 1 teaspoon soda

Mix the molasses, sugar and melted butter and beat well. Alternately add the sour milk and flour sifted with dry ingredients. Half fill buttered and floured pans and bake in 350° oven. Let cool in pan. This makes an excellent pudding when cut into squares and served with whipped cream or a rich sauce.

FAMILEX SPECIAL DOUGHNUTS

Add sufficient water or milk to the specially prepared "Minute Doughnuts" flour (about 2½ cups of flour to ½ cup of water or milk) to form the required consistency. Roll out to ¼ inch thickness, cut with doughnut cutter and fry in boiling shortening. Before serving, sprinkle with powdered sugar.



COLORINGS composed of pure, approved vegetable dyes which may be blended to form other colors. Box of 3—1 oz. bottles, 35c.



RED COLORING, GREEN
COLORING, YELLOW
COLORING,
2 oz. bottle, 25c.



BAKING POWDER, 1 lb. box, 30c.



SMALL CAKES AND COOKIES

LITTLE FROSTED CAKES

Cream until very soft. $9\frac{1}{8}$ tablespoons butter or butter and shortening

Blend in gradually. . . . $\frac{7}{8}$ cup granulated sugar

Beat until very thick and light, and add. . . . 4 eggs

Combine well.

Sift, then measure. . . . $1\frac{1}{2}$ cups Monarch Pastry Flour

Re-sift with. $\frac{1}{2}$ teaspoon Familex baking powder
 $\frac{1}{4}$ teaspoon salt

Add alternately to first mixture with. . . . 2 tablespoons milk

Add just before the last measure of dry

ingredients. $\frac{1}{2}$ teaspoon Familex flavouring extract

Turn into a greased and floured shallow pan. Have batter no more than $\frac{1}{2}$ inch deep.

Bake in a moderate oven, 350° F., about 25 to 30 minutes.

When the cake is cold, cut in fancy shapes and frost and decorate as desired.

This mixture may be baked in small fluted paper cups for 25 minutes, then frosted and decorated in the cups when cold.

DATE ALMOND SQUARES

Cook together until

thick. 1 cup chopped dates
 $\frac{1}{2}$ cup water

Cream until soft. 6 tablespoons butter and blend in gradually. $\frac{1}{2}$ cup sugar

Beat well, and add. . . . 2 egg yolks

Add also. 1 teaspoon Familex vanilla

and combine well.

Sift, then measure. . . . $1\frac{1}{2}$ cups Monarch Pastry Flour

and re-sift with. 1 teaspoon Familex baking powder

Sift and mix dry ingredients gradually into butter - sugar - egg mixture, to make a stiff dough—it will be necessary to use the hand to work dough together well.

Press into greased pan, making layer about $\frac{1}{8}$ inch thick.

On the dough, spread date paste, made as above.

Beat stiff. 2 egg whites

Beat in gradually. . . . 1 cup brown sugar

Spread this meringue over dates, and sprinkle

thickly with. chopped almonds

Bake in moderate oven, 350° F., about 50 minutes.

STRAWBERRY-NUT SQUARES

Sift, then measure. . . . $\frac{3}{4}$ cup Monarch Pastry Flour

Re-sift with. $\frac{1}{8}$ teaspoon salt
1 tablespoon fruit sugar

Cut in finely. $\frac{1}{8}$ cup butter

and mix to a paste with. 1 tablespoon milk

Spread mixture thinly in a well-greased shallow pan. Bake in a moderate oven, 350° F., until lightly browned (12 to 15 minutes).

Beat very light. 1 egg
beating in slowly. . . . $\frac{1}{2}$ cup (packed) brown sugar

Sift, then measure. . . . 1 tablespoon Monarch Pastry Flour

Re-sift with. $\frac{1}{4}$ teaspoon Familex baking powder
few grains salt

Sift and mix flour and baking powder into brown sugar mixture.

Stir in. $\frac{3}{4}$ cup shelled almonds, walnuts or shredded cocoanut with broken walnuts

Flavour with. $\frac{1}{4}$ teaspoon Familex vanilla or almond extract

Spread baked crust thinly with drained strawberry jam, then with the nut or cocoanut mixture. Return to a moderate oven, 350° F., until set and lightly browned (about 25 to 30 minutes). If the top browns too quickly, cover with heavy paper.

Cool mixture, then cut in squares to serve.

NUT BROWNIES

Melt over hot but not boiling water.....2 squares unsweetened chocolate

Add and stir until melted..... $\frac{1}{3}$ cup butter

Beat until very light...2 eggs

Beat in gradually....1 cup sugar

Combine chocolate and egg mixture thoroughly, with a rotary beater.

Sift, then measure.... $\frac{1}{3}$ cup Monarch Pastry Flour

Re-sift with..... $\frac{1}{3}$ teaspoon salt
 $\frac{1}{2}$ teaspoon Familex baking powder

Combine thoroughly with first mixture, adding.....1 teaspoon Familex vanilla
 $\frac{1}{2}$ cup chopped walnuts

Spread mixture in a shallow greased pan to $\frac{1}{2}$ -inch depth. Bake in a moderate oven, 350° F., until firm (about 45 to 50 minutes). Cut in squares when cold.

DATE TORTE

Mix well.....1 pound whole pitted dates
and..... $\frac{1}{2}$ pound shelled walnut halves

Beat well and add....4 egg yolks

Sift, then measure....1 cup Monarch Pastry Flour

Re-sift with.....1 cup granulated sugar
1 teaspoon Familex cinnamon
1 teaspoon Familex baking powder
 $\frac{1}{2}$ teaspoon salt

Sift and mix dry ingredients gradually into date and nut mixture. Add.....1 teaspoon Familex vanilla

Beat until stiff but not dry.....4 egg whites

Fold egg whites lightly but thoroughly into first mixture. Turn into a well-greased shallow pan having mixture about $\frac{3}{4}$ -inch thick. Bake in a moderately slow oven, 325° F., 50 to 60 minutes.

When cold, cut the torte in fingers about 2 x $\frac{1}{2}$ inches. Or cut in squares while still warm and roll in fruit sugar. For a real "Chinese Chew", cut the fruit and nuts very small and roll hot squares of the baked torte into balls after baking; roll in powdered sugar.

UNUSUAL CHINESE CHEWS

Beat well.....2 eggs

Beat in gradually....1 cup fruit sugar

Add.....3 tablespoons melted butter

Combine and add....1 cup chopped stoned dates

$\frac{3}{4}$ cup blanched chopped almonds

$\frac{1}{4}$ cup chopped candied cherries

$\frac{1}{4}$ cup chopped candied pineapple

3 to 4 $\frac{1}{2}$ tablespoons finely-chopped candied ginger

Sift, then measure.... $\frac{3}{4}$ cup Monarch Pastry Flour

Re-sift with.....1 teaspoon Familex baking powder
 $\frac{2}{3}$ teaspoon salt

Sift the dry ingredients into first mixture and combine very thoroughly. Turn into a well-greased 8-inch square pan and bake in a moderate oven (350° F.) 45 to 50 minutes.

Cut in squares when cold; or if desired, cut in squares while still warm, roll lightly into balls between the palms of the hands and coat with fruit sugar.

These are remarkably delicious little cakes and ones which keep very well.

RAISIN FUDGE SQUARES

Cream until very soft. $\frac{1}{2}$ cup butter or butter and shortening

Blend in gradually.... $\frac{1}{2}$ cup granulated sugar

Melt and add.....2 squares unsweetened chocolate

Beat mixture until light and fluffy, then

add.....2 well-beaten eggs

Sift, then measure.... $\frac{1}{2}$ cup Monarch Pastry Flour

Beat into first mixture, combining very thoroughly. Add.....1 teaspoon Familex vanilla

$\frac{1}{3}$ cup seedless or sultana raisins

$\frac{3}{8}$ cup broken walnuts

Turn into a well-greased shallow pan (the layer should be about $\frac{1}{2}$ -inch thick). Bake in a moderate oven, 350° F., 30 to 35 minutes.

Cut in squares when cold.

DATE SQUARES

Sift, then measure.... 2 cups Monarch
Pastry Flour
Re-sift with..... ½ teaspoon salt
1 teaspoon Familex
baking powder
½ teaspoon baking
soda

Put through food
chopper and add.... 2½ cups rolled oats
Mix in..... ½ to ¾ cup brown
sugar

Cut in finely..... 1 cup butter or but-
ter and shortening

Make a date paste:

Cook together..... 1½ pounds pitted
dates
1½ cups boiling
water

When thickened, re-
move from heat, add... 1 teaspoon Familex
vanilla

Cover a greased shallow pan with half of
rolled oat mixture. Spread with cooled date
paste, then cover with remaining crumbly
mixture. Have finished layer no more than
¾-inch thick.

Brown lightly in a moderate oven, 350°F.
(time required, 45 to 60 minutes.) Cut in
squares while warm and cool before removing
from pan.

WALNUT SQUARES

Cream thoroughly.... ½ cup butter
Blend in well..... ½ cup sugar
Beat well and add.... 2 egg yolks
Sift and measure.... 2 cups Monarch
Pastry Flour

Sift several times and
fold into mixture.

Beat stiff but not dry. 2 egg whites
with..... ½ teaspoon salt
Beat in gradually.... 2 cups brown sugar
and beat well.

Add..... 1 teaspoon Familex
vanilla
and..... 1 cup chopped
walnuts

Grease and flour a shallow pan and press
the first mixture into it firmly. Over this
spread the egg-white mixture. Bake in a
slow oven, 275° F.

Cut in squares while still warm.

To Vary Walnut Squares:

1. Substitute chopped almonds, filberts,
Brazils, pecans, for walnuts.
2. Spread first mixture with tart jam
before spreading second mixture.
3. Add 1 cup coconut and ¼ cup chopped
red cherries, to second mixture before spread-
ing over first layer.

CREAM PUFFS AND ÉCLAIRS

The recipe for Choux Paste for cream puff
or éclair shells is given in the pastry section.
Shape and bake puff or éclair shells as
directed.

Fill with slightly sweetened and flavoured
whipped cream; or with whipped cream into
which fresh berries or cut-up peaches, etc.,
have been folded; or with a gelatine cream
filling; or with Familex lemon, coconut or
chocolate filling.

Éclairs may be frosted.

Note—Creamed chicken, veal, mushrooms,
fish, are used as filling for puff shells when a
savory dish is desired.

SWEET BOUCHÉES

Make the Choux Paste as given in Pastry
section; drop by spoonfuls, shaping pieces of
paste about size of a large walnut; bake as
directed for small puffs.

When cooked and cooled, split the little
puffs and fill with ice cream or sweetened
and flavoured whipped cream.

Note.—Savory Bouchées are just these
same little shells, filled with a finely-chopped
chicken or fish salad mixture; or with creamed
or à la king chicken or delicate fish; these are
served instead of sandwiches, hot biscuits, etc.

ALMOND OR COCOANUT STRIPS

Cut close-textured white bread into bars
about ¾ x ¾ x 2 inches. Dip into sweetened
condensed milk to moisten all surfaces, then
drain slightly and coat completely with
either shredded coconut or chopped blanched
almonds. Place on buttered baking sheet
and toast under broiler until golden brown on
all surfaces, turning as necessary.

UNCOOKED LITTLE CAKES

Cut small..... 1 cup marshmallows
Mix with..... ½ cup chopped dates
¼ cup chopped wal-
nuts
½ cup heavy cream

Allow to stand 1 hour.

Pick up the soft mix-
ture by spoonfuls and
drop into a small bowl
of.....

fine crumbs of
graham wafers or
crisp cornflakes

coating each little cake
completely. Chill until
firm.

MERINGUE SHELLS

Whip until frothy . . . **2 egg whites**
with **$\frac{1}{8}$ teaspoon salt**
Sift over the whites . . . **$\frac{1}{16}$ teaspoon cream of tartar**

and continue beating until stiff but not dry. Sift over and beat in gradually **$\frac{1}{2}$ cup fruit sugar**
Continue beating after each addition until mixture stands up in peaks. Flavour with . . **$\frac{1}{4}$ teaspoon Familix extract**

The mixture must be stiff enough to hold its shape.

Drop by spoonfuls or force through a pastry tube onto an ungreased baking sheet. (Some people prefer to cover the baking sheet with heavy white paper).

Bake in a slow oven (275° F.) until the meringue shell is set. If the meringues begin to brown, open the oven door. The meringues should have a crisp, almost colourless crust and should be soft in the centre.

For dessert use, make the meringues from 3 to 4 inches in diameter. When the top shell is crisp, remove the meringues from the pan and scoop out the soft centre from the under side; invert on the baking sheet and return to the oven to dry the inside. Fill with ice cream or whipped cream to serve.

Variations

Fold into meringue mixture before baking:
(a) $\frac{1}{4}$ cup finely chopped nutmeats (walnuts, pecans, blanched almonds, Brazils).

(b) $\frac{1}{4}$ cup chopped pitted dates and 2 tablespoons chopped nuts.

(c) $\frac{1}{3}$ cup combined chopped pitted dates, chopped raisins and finely sliced candied peel.

(d) $\frac{1}{3}$ cup combined chopped candied pineapple, candied cherries, finely shredded candied ginger and blanched almonds.

MIDGET DOUGHNUTS

Select **day-old close-textured white bread**

Cut into 1-inch cubes, removing crust.

Coat each bread cube with **sweetened condensed milk**

Fry coated bread cubes until a golden brown in **deep hot fat**

(The fat should be at 360° to 370° F., or hot enough to brown a plain bread cube in 60 seconds.)

Drain cooked doughnuts on crumpled absorbent paper.

Mix in a paper bag . . . **$\frac{1}{2}$ cup fruit sugar**
3 teaspoons Familix cinnamon
2 teaspoons Familix nutmeg

Place drained doughnuts, a few at a time, in the paper bag with the spiced sugar. Secure top of bag and shake to coat each doughnut completely.

These doughnuts are delicious either hot or cold.

See also Doughnuts on pages 70 and 86.

BRAN BUTTERSCOTCH COOKIES

Cream until very soft . . **$\frac{3}{4}$ cup butter or butter and shortening**

Blend in gradually . . . **1 cup brown sugar** and cream until light and fluffy.

Beat well and add . . . **1 egg**

Add also **$\frac{1}{2}$ cup Maple Leaf Bran**
 $\frac{1}{2}$ to 1 cup chopped nuts

and combine very thoroughly

Sift, then measure . . . **$1\frac{3}{4}$ to 2 cups Monarch Pastry Flour**

Re-sift with **$\frac{1}{3}$ teaspoon salt**
2 teaspoons Familix baking powder

Sift dry ingredients gradually into bran mixture, combining well after each addition. Use just enough Monarch Pastry Flour to make a soft dough.

Chill the dough, then form into a roll about 2 inches across and wrap in waxed paper. Or press, without chilling, into a small loaf pan which has been lined with waxed paper; cover. Chill thoroughly.

Slice chilled dough thinly with a sharp knife and bake on a greased sheet in a hot oven, 400°F., for 12 to 15 minutes.

The dough may be baked directly without chilling by breaking off pieces of dough about the size of a walnut, rolling to balls between the floured palms of the hands and dropping about 1 inch apart onto a greased baking sheet; press the dough out with the floured tines of a fork before baking as above.

SUGAR COOKIES

Cream until very soft. $\frac{1}{2}$ cup butter or butter and shortening

Blend in gradually... 1 cup sugar
Cream until light and fluffy.

Add, well beaten... 2 eggs
and beat well. Add also... 1 tablespoon milk

Sift, then measure... $2\frac{3}{4}$ cups Monarch Pastry Flour

Re-sift with... $\frac{1}{4}$ teaspoon salt
3 teaspoons Familex baking powder

Sift dry ingredients gradually into butter-sugar-egg mixture, combining after each addition.

As mixture thickens, flavour with... 1 teaspoon Familex vanilla (or other desired extract)

Use enough flour to make a dough which may be handled on a lightly floured canvas or board. Roll out to $\frac{1}{8}$ -inch thickness. Shape with a floured cutter and bake on a greased sheet in a moderately hot oven, 375° F., for 12 to 15 minutes.

(Washed and dried currants, chopped dates or raisins, shredded coconut or chopped nuts may be added. Use $\frac{1}{3}$ to $\frac{1}{2}$ cup of any of these ingredients).

Variations for Cookies

Layer: Divide dough into three portions. Tint one pink and add a few finely chopped candied cherries. To second portion, add $\frac{1}{2}$ square unsweetened chocolate, melted and cooled, and a few finely-chopped nuts. To third, add finely minced preserved ginger and a few drops of ginger syrup. Line a small loaf pan with waxed paper; press chocolate mixture into it. Cover with the ginger mixture, then with the pink portion. Chill until very firm, then cut down in slices and bake at 375° F.

Pinwheel: Divide the dough into three portions. Tint one pink, add $\frac{1}{2}$ square melted unsweetened chocolate to the second and leave the third plain. Roll each to $\frac{1}{8}$ -inch thickness; place the chocolate sheet on the white, and the pink on the chocolate. Roll up like a jelly roll, wrap closely in waxed paper and chill until very firm. Cut down in thin slices with a sharp knife and bake at 375° F.

OATMEAL COOKIES

Cream well... 6 tablespoons shortening

Work in thoroughly... $\frac{1}{2}$ cup white sugar
Put through chopper... 1 cup rolled oats

and add to first mixture alternately with... $\frac{1}{4}$ cup sour milk
Sift and measure... 1 cup and 3 tablespoons Monarch Pastry Flour

Sift twice with... $\frac{1}{3}$ teaspoon soda
1 teaspoon Familex baking powder
 $\frac{1}{4}$ teaspoon salt

and add gradually to mixture.

This is a soft dough and should be chilled overnight or for several hours. Roll to $\frac{1}{8}$ inch thickness, using as little flour as possible. Bake on a greased pan in a moderate oven, 350° F., 10 to 12 minutes.

These cookies may be used plain or put together in pairs, before or after baking, with thick cooked date filling between.

BUTTERSCOTCH ICEBOX COOKIES

Cream until very soft. 1 cup butter or shortening

Blend in gradually... $1\frac{1}{2}$ cups brown sugar
Continue beating until light and fluffy.

Add well beaten... 2 eggs

Combine well.

Sift, then measure... $3\frac{1}{2}$ cups Monarch Pastry Flour

Re-sift with... 3 teaspoons Familex baking powder
 $\frac{1}{3}$ teaspoon salt

Sift the dry ingredients gradually into butter-sugar-egg mixture, combining after each addition. Use just enough flour to make a soft dough.

Flavour with... 1 teaspoon Familex vanilla
or 1 teaspoon Familex maple flavouring

Add, if desired... $\frac{1}{2}$ cup finely chopped walnuts, pecans or filberts

Chill the dough until quite firm, then shape as a roll and wrap closely in waxed paper; or pack immediately into a small loaf pan which has been lined with waxed paper. Chill until very firm (at least overnight).

To bake the cookies, slice down very thinly and bake in a moderately hot oven, (375° F.) on a lightly-greased sheet for 12 to 15 minutes.

Work flour gradually into butter-cheese mixture, mixing to a moderately stiff dough. Chill until quite firm. Roll chilled dough to $\frac{1}{4}$ -inch or $\frac{1}{8}$ -inch thickness between layers of waxed paper. Remove upper sheet of waxed paper and shape dough with a floured cutter. Chill on lightly-greased baking sheet, then bake in a slow oven, 300° F., until delicately browned (about 25 minutes).

Serve these shortbreads plain with a fruit dessert—or put together in pairs with tart jam or marmalade between.

PARTY COOKIES

Cream thoroughly... **1 cup butter**
 Blend in gradually... **1 cup granulated sugar**
 Beat well and add... **1 egg yolk**
 and combine well.
 Fold in, stiffly beaten... **1 egg white**
 Sift and mix in... **Monarch Pastry Flour to make a soft dough**

Chill. Roll on lightly-floured board to $\frac{1}{8}$ -inch thickness. Shape with floured round cutter 2 inches across. Slit each circle almost to the centre, in four places, equal distances apart. Fold points to centre, to form a pin-wheel. Decorate with a slivered cherry. Bake in a rather slow oven, 325° F., until delicately browned.

"COCOROONS"

Beat until stiff but not dry... **2 egg whites**
 with... **$\frac{1}{8}$ teaspoon salt**
 Gradually beat in... **1 cup granulated sugar**
 beating after each addition until mixture stands in peaks.
 Fold in... **2 cups cornflakes**
1 cup shredded coconut
 $\frac{1}{4}$ cup chopped blanched almonds
 $\frac{1}{2}$ teaspoon Familex almond flavouring

Drop by teaspoonfuls onto a greased baking sheet. Bake in a moderate oven, 350° F., until lightly browned (12 to 15 minutes).

Remove from sheet when cold.

PEANUT BUTTER CUP-CAKES

Cream well... **3 tablespoons butter**
 with... **3 tablespoons peanut butter**
 Gradually blend in... **$\frac{2}{3}$ cup sugar**
 Beat very light and add... **2 eggs**
 and combine well.
 Sift and measure... **1 cup Monarch Pastry Flour**
 Sift several times with... **$\frac{1}{6}$ teaspoon salt**
 and... **1 teaspoon Familex baking powder**

Add dry ingredients to first mixture alternately with... **$\frac{1}{8}$ cup milk**
 Combine after each addition.

Bake in small fluted paper cups, or small greased muffin pans (filling only $\frac{2}{3}$ full) in a moderate oven, 350° F., about 30 minutes. These little cakes are rather more moist and tender on the second day. Quantity makes about one dozen.

Note.—Top of batter may be sprinkled with chopped peanuts before baking.

GOLDEN TEA CAKES

Mix... **2 tablespoons chopped candied ginger**
 $\frac{1}{4}$ cup chopped candied cherries
 $\frac{1}{4}$ cup currants
 (washed and dried)
 and coat with... **1 tablespoon Monarch Pastry Flour**
 Cream thoroughly... **$\frac{1}{4}$ cup butter**
 Blend in well... **$\frac{1}{2}$ cup sugar**
 Beat very well... **4 egg yolks**
 with... **1 egg white**
 and combine well with butter-sugar mixture.
 Sift and measure... **1 cup Monarch Pastry Flour**
 Sift 4 times with... **$\frac{2}{8}$ teaspoon Familex baking powder**
 $\frac{1}{8}$ teaspoon salt

Add dry ingredients to first mixture alternately with... **3 tablespoons milk**
 Combine after each addition.
 Stir floured fruits into batter.

Turn into fluted paper cups or greased small muffin pans, filling only $\frac{2}{3}$ full, and sprinkle top with chopped almonds or cherries. Bake in a moderate oven, 350° F., 25 to 30 minutes.

PUDDINGS

DARK STEAMED PUDDING

Cream until very soft .3 tablespoons butter
or shortening
Blend in gradually . . . $\frac{1}{4}$ cup brown sugar
Add 1 beaten egg
and combine thor-
oughly.
Sift, then measure . . . $1\frac{1}{2}$ cups Monarch
Pastry Flour
Re-sift with $2\frac{1}{2}$ teaspoons Familex
baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon Familex
cinnamon
 $\frac{1}{4}$ teaspoon each,
mace, Familex
clove, ginger and
allspice
Combine 2 tablespoons
molasses
6 tablespoons milk

Add dry ingredients to egg mixture alter-
nately with combined milk and molasses.
Stir until smooth after each addition.

Fill greased moulds (large or individual)
 $\frac{2}{3}$ full of batter. Cover or tie down with
greased paper or wet vegetable parchment.
Cook in closely-covered steamer over rapidly
boiling water (35 minutes individual, $1\frac{1}{2}$
hours large).

Serve hot pudding on heated plates with
suitable sauce.

Note.— $\frac{1}{8}$ cup floured currants, raisins,
chopped dates, figs, nuts, may be added to
batter.

EGGLESS CHRISTMAS PUDDING

Sift once, then
measure $\frac{1}{8}$ cup Monarch
Pastry Flour
Sift twice with $\frac{1}{2}$ teaspoon baking
soda
 $\frac{1}{2}$ teaspoon salt
1 teaspoon Familex
cinnamon
 $\frac{1}{2}$ teaspoon mace
 $\frac{1}{4}$ teaspoon each
Familex ground
cloves, allspice,
ginger
Add to mixture $\frac{1}{2}$ cup brown sugar
scant $\frac{1}{2}$ cup finely
minced suet
 $\frac{1}{2}$ cup washed and
dried currants
 $\frac{1}{8}$ cup sultanas
 $\frac{1}{8}$ cup seeded raisins
2 tablespoons shred-
ded candied citron

2 tablespoons shred-
ded mixed candied
peel
 $\frac{1}{3}$ cup blanched
almonds
 $\frac{1}{8}$ teaspoon grated
lemon rind
1 teaspoon lemon
juice
Add to mixture $\frac{1}{2}$ cup grated raw
carrot
 $\frac{1}{2}$ cup grated raw
potato
 $\frac{1}{2}$ cup grated raw
apple

Combine thoroughly. Turn into greased
pudding bowl, filling $\frac{2}{3}$ full, cover or tie down
with greased paper. Steam over rapidly
boiling water about 3 hours. Keep in cool
dry place.

Re-steam for serving.

LIGHT STEAMED PUDDING

Cream until very soft .3 tablespoons butter
Blend in gradually . . . $\frac{1}{4}$ cup sugar
Add 1 beaten egg
and combine thoroughly.
Sift, then measure . . . $1\frac{1}{2}$ cups Monarch
Pastry Flour
Re-sift with $2\frac{1}{2}$ teaspoons Familex
baking powder
 $\frac{1}{2}$ teaspoon salt

Add dry ingredients to
first mixture alternately
with $\frac{1}{2}$ cup (about) milk

Stir until smooth after each addition. The
batter should be of rather thin drop consis-
tency—use additional milk if necessary.

Fill greased moulds (large or individual)
 $\frac{2}{3}$ full of batter. Cover or tie down with
greased paper or wet cooking parchment.
Cook in a closely-covered steamer over
rapidly boiling water (35 minutes for indi-
vidual moulds; $1\frac{1}{2}$ hours for large).

Serve pudding hot on heated plates with
fresh or cooked fruits or suitable sauce.

Maple Nut Pudding: Replace milk by
maple syrup and add $\frac{1}{8}$ cup chopped nut-
meats to batter.

Fruited Pudding: Add $\frac{1}{8}$ cup floured
raisins, currants, chopped figs, dates, candied
cherries, candied pineapple or nutmeats—or
any combination of these—to the batter.

Fruit Puffs: Put a spoonful of jelly, jam
or sweetened fruit in bottom of mould before
pouring in batter (raw fruit should be sugared
and partially steamed before adding batter).



FRUIT BETTY

Roll enough crisp cereal to give.....1 cup coarse cereal crumbs or

crumble sufficient brown or white bread to give.....1 cup breadcrumbs

Mix bread or cereal crumbs with..... $\frac{1}{3}$ to $\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ teaspoon Familex cinnamon

$\frac{1}{6}$ teaspoon Familex nutmeg

$\frac{1}{3}$ teaspoon salt

Slice enough raw apples, peaches, pears or apricots (or any of the latter three, canned) to give.....2 to 2 $\frac{1}{2}$ cups fruit

Sprinkle a greased casserole with crumb mixture, cover with a layer of fruit then dot with..1 tablespoon butter

Cover with a second layer of crumbs, then with the remaining half of the fruit. Cover finally with the remaining crumb mixture.

Dot with.....1 tablespoon butter

Pour in..... $\frac{1}{2}$ cup fruit juice or water

Bake in a moderate oven, 350° F., until fruit is tender and the crumbs crisp and brown (about 30 minutes for cooked or canned fruit, 45 minutes for raw fruit).

Serve the pudding hot or cold with thick pouring cream or a chilled custard sauce.

BAKED CRUMB PUDDING

Grate enough stale (not dry) bread or cake to give.....1 cup fine crumbs

Add.....2 cups scalded milk and let stand until crumbs are very soft.

Beat slightly.....1 egg or 2 egg yolks

adding.....2 to 4 tablespoons sugar

$\frac{1}{4}$ teaspoon salt

Stir in egg-and-crumbs mixture, then add....1 $\frac{1}{2}$ tablespoons melted butter

Flavour with..... $\frac{3}{4}$ teaspoon Familex vanilla

Turn into greased baking dish (large or individual) and place in a pan of hot water; bake in a rather slow oven, 325° F., until firm. (30 minutes individual, 45 to 60 minutes large).

Serve same as bread-and-butter pudding.

Chocolate Bread Pudding: Scald 1 $\frac{1}{2}$ ounces (squares) unsweetened chocolate (cut-up) with the milk and beat smooth before adding to crumbs. Increase sugar to $\frac{1}{3}$ cup.

Cocoanut Bread Pudding: Replace $\frac{1}{3}$ cup crumbs by 6 tablespoons shredded cocoanut.

Queen's Pudding: Use egg yolks only, in pudding; spread when cooked with thick flavourful jam, then with egg whites beaten stiff with 3 tablespoons sugar. Return to slow oven, 300° F., to brown.

Lemon Bread Pudding: Replace vanilla by 1 tablespoon lemon juice with $\frac{1}{2}$ tablespoon grated lemon rind.

Spiced Bread Pudding: Replace vanilla by 2 teaspoons mixed ground spices. Mix spice with crumbs.



THREE DELICIOUS DESSERTS, quickly and easily prepared, they are truly cherished assets for the thrifty and practical housewife.

COCOANUT PUDDING, 14 oz. box, .25.

BURNT CREAM, 15 oz. box, .25.

CUSTARD, 14 oz. box, .25.

VARIETY DESSERTS

NUT SOUFFLÉ

- 2 $\frac{3}{4}$ cups sugar
- $\frac{3}{4}$ cup water
- 1 teaspoon Familex vanilla
- $\frac{2}{3}$ cup golden corn syrup
- 2 egg whites
- $\frac{2}{3}$ cup chopped nuts

Cook sugar and corn syrup until it threads, or until you can make a hard ball in cold water. Beat whites stiff, add syrup slowly beating all the time until it is thick; add vanilla and nuts. Pour onto buttered plate, cut when cold.

TROPICAL TREAT

- 1 envelope gelatine
- $\frac{1}{4}$ cup cold water
- 1 cup stoned dates
- 1 cup hot strong coffee
- $\frac{1}{4}$ cup cooked chopped prunes
- $\frac{1}{3}$ cup sugar
- $\frac{1}{2}$ cup whipped cream
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon Familex Vanilla
- 1 tablespoon Familex Cocoa

Pour water into a bowl and sprinkle gelatine into it; add sugar, salt, cocoa and hot coffee. Stir till dissolved. Cool. When it begins to set add dates and prunes, then whipped cream and vanilla. When firm remove from bowl (or mould) and serve with whipped cream.

FAMILEX BURNT CREAM

Mix two heaping tablespoons "Familex Burnt Cream" with a cup of sweet milk.

Boil and stir constantly till it thickens.

Note:—According to taste, use more or less powder and add sugar as desired.

FAMILEX COCOANUT PUDDING

Use 2 $\frac{1}{2}$ tablespoons "Familex Cocoanut Pudding" and 1 cup of milk.

Mix powder with a little milk, then boil the rest of the milk.

Add the mixture to the milk, stir thoroughly and cook for 10 minutes.

Pour into moulds to cool, or if preferred, brown in the oven.

Note:—According to taste use more or less powder and add sugar as desired.

MAPLE MOUSSE

- 2 tablespoons granulated gelatine
- $\frac{1}{2}$ cup cold water
- 1 cup boiling water
- 1 $\frac{1}{2}$ cups Maple Syrup
- 2 egg whites
- $\frac{1}{2}$ cup walnuts

Soak gelatine in cold water 5 minutes; dissolve in boiling water; put in bowl, add maple syrup and let cool. Beat until mixture is thick. Add stiffly beaten egg whites and walnuts chopped, or better still, crushed. Put in mould which has been rinsed with cold water. Let set and chill.

FAMILEX CUSTARD

Bring to a boil a pint of milk with 2 or 3 tablespoons sugar.

Add 2 or 3 heaping tablespoons of "Familex Custard" mixed in a little cold water.

Boil and stir constantly till it thickens.

Brown in the oven.

Serve hot or cold.

Note:—According to taste, use more or less "Familex Custard" and add sugar.

PLAIN CUSTARD

- 2 cups milk
- 6 tablespoons sugar
- 2 eggs or 4 yolks
- 1 teaspoon Familex flavoring

(a) Beat eggs or yolks and sugar until light with a Dover beater.

(b) Stir into milk, preferably hot, and flavor. Bake in buttered mould or steam until firm in the centre. If baked, pan should be set in oven in larger pan of hot water at 325°.

PERUVIAN CREAM

(to serve 12)

- 6 glasses milk
- $\frac{1}{4}$ lb. powdered sugar
- $\frac{1}{2}$ lb. chocolate or
- 6 tablespoons "Familex Cocoa"
- 2 teaspoons Familex Vanilla
- 3 whole eggs
- 9 yolks of eggs

Boil milk. When it boils, add vanilla and boil $\frac{1}{2}$ hour longer. Then keep it quite hot without allowing it to boil. In an earthenware pot that will fit in a double boiler, dis-

solve the chocolate in 2 large glasses of boiling milk in which vanilla was infused. Put the pot in the double boiler and stir till chocolate forms a smooth paste. In another small dish caramelize the sugar. Dilute the caramel with 2 or 3 tablespoons of actively boiling water and when quite smooth, mix with milk and add to it the melted chocolate.

In a salad bowl break the whole eggs, add the yolks, and then gradually the other prepared ingredients, pass through a fine sieve and pour into ramekins or baking dishes. Use a slow oven so that the surface of the cream will not harden while the interior remains liquid. Place dishes in oven in a tin containing a little water.

CHESTNUT PUDDING— PINEAPPLE FLAVOUR

- 3 cups milk
- 2 cups thin cream
- 5 yolks of eggs
- 1½ cups candied chestnuts
- 1½ cups granulated sugar
- ½ teaspoon salt
- 2 teaspoons Familex Pineapple essence

Cook the yolks of eggs beaten up with the sugar and hot milk in a double boiler till the mixture becomes thick as cream. Then add the thin cream, then the crushed chestnuts and the pineapple essence. Pour into a mould and freeze it as for ice cream.

To attain this, cover the mould carefully and plunge it into a pail full of chipped or cracked ice. Leave it there for about 2 hours, remove from mould and serve.

CHOCOLATE NOODLES

- 1 package of egg noodles
- ½ cup butter
- ½ cup sugar
- 3 fresh eggs
- 1½ cups milk
- 2 oz. chocolate
- ½ cup chopped walnuts
- 1 teaspoon Familex vanilla

Melt butter and sugar into a cream. Beat eggs. Add chocolate melted in advance, then the milk, chopped nuts and vanilla. Mix well and pour on the noodles cooked in advance in boiling water and chilled in cold water after cooking.

Cook in a moderate oven till thoroughly set. Decorate with whipped cream and cherries.

APPLE DOUGHNUTS

- 8 or 10 choice apples
- pulverized sugar
- orange peel

Remove cores from apples, peel them and cut into thin slices; sprinkle with sugar and grated orange peel, and let stand for 10 to 15 minutes. Wipe them, cover with batter and fry in deep fat. Drain and keep them hot.

After cooking, powder the doughnuts with pulverized sugar and serve with maple syrup or sugar sauce.

PASTRY FOR DEEP FRYING

- 2 eggs
- 1 tablespoon Familex olive oil
- 1 teaspoon sugar
- 1 cup Monarch Pastry Flour
- ¼ teaspoon salt
- juice of ½ lemon
- ½ cup cold water

Mix salt with yolks of eggs and add little by little the olive oil, sugar and lemon juice. When thoroughly mixed add flour and water. Beat for several minutes and let stand for at least 2 hours or even overnight. When ready to use add whites of eggs beaten to a froth. The pastry should be strong enough to cover completely whatever is to be fried in it. If it is too firm, soften by whipped white of egg.

CRACKNELS

- 6 eggs, 1 cup milk
- ½ cup butter
- 6 teaspoons Familex Baking Powder
- 2 cups sugar
- 6 cups Monarch Flour
- A little Familex nutmeg

Beat yolks of eggs and add a little at a time, the sugar, creamed butter, nutmeg and 1 or 2 tablespoons of milk to help dissolve the sugar. Whip the whites of eggs and add previously prepared mixture to them. Sift the flour and the baking powder 3 or 4 times; mix in alternately flour and milk. Knead the pastry lightly to avoid hardening it. Roll out till about ¼ inch thick; cut and cook in deep fat; do not let them blacken. Let freeze after perfectly cold only.

Sprinkle with powdered sugar before serving.

Their concentrated flavor which will not freeze nor bake out. Familex extracts are becoming more popular daily and are used constantly in Canadian kitchens.



VANILLA: 2 oz. bottle, .25,—4 oz. .45,—8 oz. .75.

MAPLE, 2 oz. bottle, .25,—4 oz. .45,—8 oz. .75.

LEMON, 2 oz. bottle, .35,—4 oz. .60.

BANANA, 2 oz. bottle, .25.

ALMOND, PINEAPPLE, STRAWBERRY, ORANGE, PEPPER-MINT, 2 oz. bottle, .35.

CHOCOLATE ECLAIRS

- 1 cup of milk
- 2 tablespoons butter
- 1 cup Monarch Flour
- 3 or 4 eggs
- 1 tablespoon sugar

Boil milk with butter and sugar, and at the same time add the flour. Beat for 2 minutes. Allow to cool, then add the eggs one at a time and beat for about 15 minutes. Lay the batter on a greased baking sheet using a paper horn to shape it into fingers 2 or 3 inches long and 1 inch thick or in moulds for making ladies' fingers. Cook in a hot oven. Fill the eclairs with cream custard or orange cream. While still warm cover with chocolate icing.

EGGS COOKED IN MAPLE SYRUP

Boiling Maple Syrup

Eggs

Break the eggs into the boiling Maple Syrup one at a time without letting them separate. Cook till firm and serve with the syrup they were cooked in.

SPICE CAKE

(described as unfailing)

- 1 cup sour milk
- 1 cup sugar
- 2 cups Monarch Flour
- 1 egg
- 1 cup raisins
- 1 tablespoon lard
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon Familex cloves
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon Familex cinnamon
- $\frac{1}{2}$ teaspoon Familex nutmeg

Beat the lard and sugar into a cream. Add the egg and milk. Mix the other ingredients and add to the mixture already made. Cook.

CHARLOTTE RUSSE

- 2 eggs
- $1\frac{1}{2}$ cups boiling milk
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup of sugar
- 1 teaspoon Familex essence
- $1\frac{1}{2}$ tablespoons gelatine
- $\frac{1}{2}$ cup cold water
- 1 cup whipping cream
- 1 teaspoon butter

(a) Soak the gelatine for 5 minutes in cold water and afterwards add to hot milk, stirring until it is dissolved with the butter.

(b) Beat the eggs with the sugar and cook with the hot milk in a double boiler till they thicken to a cream.

(c) Let the mixture cool but not set and add it to the whipped cream mixed with the whites of eggs beaten stiff.

(d) Add the essence and pour into a mould, then let it set in a cool place. Any flavour of fruit juice may be used instead of the milk.

COCOA BLANC MANGE

- 3 dessertspoons Cornstarch
- $1\frac{1}{2}$ dessertspoons Familex Cocoa
- 1 pint of milk (or $\frac{1}{2}$ milk, $\frac{1}{2}$ water)
- 1 pinch of salt
- Sugar and Familex Vanilla essence to taste

Mix cornstarch and cocoa thoroughly; add enough cold milk slowly to bind the mixture thoroughly and make it thick and creamy; heat the rest of the milk with the salt, sugar and vanilla until it boils and pour into the mixture.

Put in a casserole and boil for exactly 10 minutes (not less), stirring briskly during the cooking. Pour into a moistened mould and when cooled empty from mould and serve.

If preferred not so thick, a little more milk may be used when mixing the dry ingredients. The most attractive colour will result if the cornstarch and the cocoa are mixed first separately with the cold milk and afterwards mixed together.

ICE CREAM MADE IN ELECTRIC REFRIGERATOR

- 1 quart milk, 2 eggs
- 1 tablespoon Monarch Flour
- 1 cup whipped cream
- 1 tablespoon Familex essence to taste
- $1\frac{1}{2}$ to 2 cups sugar
- 2 tablespoons cornstarch

Boil milk and sugar. Mix flour and cornstarch in cold water. Add to boiling milk and beat. Mix thoroughly and allow it to cool. Beat eggs with cream and add to it the cooled mixture with the essence.

Put in the refrigerator for 1 hour then beat with an egg beater and put in the freezing chamber of the refrigerator and leave until frozen.

VANILLA ICE CREAM

- 3 cups cream
- 1 cup milk
- $\frac{3}{4}$ cup sugar, 2 eggs
- 1 tablespoon Familex vanilla

Beat the eggs thoroughly with the sugar, add the milk and cream. Flavour with vanilla and freeze.

MINCE-MEAT (for pies)

2 cups cooked beef chopped
2 cups brown stock
2 cups chopped raisins
2 cups light brown sugar
1 cup fruit juice
1 teaspoon Familex cinnamon
4 teaspoons grated lemon peel
4 tablespoons grated orange peel
6 tablespoons lemon juice
2 cups orange juice
2 cups sliced raw apples
2 cups dried currants
4 tablespoons candied orange peel
1 teaspoon ground Familex cloves
½ lb. finely chopped citron peel
4 cups cider

Combine all ingredients and simmer until apples are soft.

FRUIT MACÉDOINE

(Can be served as a side dish)

A macédoine of fruit is a mixture of many fruits; bananas, oranges, pears, apples, etc.

Slice or dice the fruit; put in dish a layer fruit then layer sugar; alternate until dish is full. Decorate with whipped cream.

ORANGE MOUSSE

Juice of 3 oranges and 1 lemon
1 tablespoon gelatine
1 cup sugar
½ cup water

Dissolve gelatine in water in double-boiler; put sugar in fruit juice. Add dissolved gelatine and beat until it forms a thick white cream. Put in mould which has been dipped in cold water. Chill, demould and decorate with orange sections or slices and whipped cream.

LADY FINGERS

3 egg whites
2 yolks
½ teaspoon Familex vanilla
½ cup powdered or fruit sugar
½ cup Monarch Pastry Flour
pinch of salt

(a) Beat the whites until stiff enough to hold up a tablespoon, then gradually beat in the sugar, 2 tablespoons at a time.

(b) Add the yolks beaten until thick and lemon-colored, then fold in the flour and add the flavoring.

(c) Form on unbuttered paper or half-fill unbuttered moulds and bake in 300° oven for about 10 minutes. They should be sprinkled with powdered sugar before being put into the oven.

ORANGE MARMALADE

12 oranges
3 lemons
15 cups cold water
16 cups sugar

Wash and peel fruit. Remove white from inside peel. Cover with cold water. Cut peel in fine strips.

Slice fruit and chop as fine as possible; add rest of cold water to peel and fruit; let soak 12 hours. Boil fruit and peel separately. After 1½ hours cooking, strain the white taken from inside of peel and add to fruit and rind strips; cook 1½ hours more. Add sugar and continue cooking ¾ hour more or until it jells. Let cool a little before pouring into hot sterilized glasses. Cover with paraffin.

Orange marmalade should cook without interruption on a quick fire; stir frequently to prevent burning, otherwise it will have a dark colour.

FRUIT MARMALADE

1 grapefruit
6 oranges
3 lemons

Peel grapefruit and lemons. Cut unpeeled oranges into thin slices and chop all finely. To each quart fruit add 1½ quarts water, let soak overnight. Next day cook until fruit is tender. Add same amount sugar as fruit and cook until jelly consistency (220° F.) Pour in glasses. Paraffin and store in cool place.

MAPLE MERINGUE

3 whites of eggs
1½ cups maple syrup
chopped almonds, if desired

Boil syrup till it threads. Whip whites to froth and add boiling syrup, whipping constantly till mixture thickens. Pour on a platter and sprinkle, if desired, with chopped almonds.

CANDIES

CHOCOLATE NUT CARAMELS

- 2 cups granulated sugar
- $\frac{1}{2}$ cup glucose (pure corn syrup)
- 2 cups cream
- 1 cup butter
- 3 squares unsweetened chocolate
- $1\frac{1}{2}$ cups nuts
- 2 teaspoons Familex vanilla

Put sugar, glucose, 1 cup cream and butter on stove; stir and cook until it forms threads. Then add, little by little, so it will not stop boiling, the other cup cream. Cook until 250° F., stirring gently. Take thermometer out so you can stir readily 4 or 5 minutes. If you have no thermometer, boil until it forms hard ball in cold water. Take off fire, add chocolate and nuts, beat until the chocolate is dissolved; add vanilla while beating, then pour in buttered pan to thickness of $\frac{3}{4}$ inch. When nearly cold, remove from pan and cut in squares.

RIBBON CARAMELS

Chocolate Layers

- $1\frac{1}{4}$ cups granulated sugar
- $1\frac{1}{2}$ cups glucose (small measure)
- $\frac{1}{4}$ cup butter
- $\frac{1}{16}$ teaspoon cream tartar
- $1\frac{1}{4}$ squares chocolate
- $1\frac{1}{4}$ cups rich milk
- 1 teaspoon Familex vanilla

White Layers

- $\frac{2}{3}$ cup granulated sugar
- $\frac{1}{4}$ cup water (small measure)
- 1 cup, less 1 tablespoon, glucose
- $\frac{1}{2}$ lb. dried grated cocoanut

To make chocolate layers, place sugar, glucose, butter, cream tartar and $\frac{1}{4}$ cup milk on fire; stir until it boils, then add gradually the rest of milk. Cook, stirring occasionally, until 248° F. or until it forms stiff ball in cold water, or on slab of marble. Add chocolate and vanilla, mix well, pour into 2 shallow buttered pans.

To make white layer, put sugar, water, glucose on stove, stir until it forms threads; add cocoanut, stirring in a little at a time until it will form a soft ball on cold marble. Put mixture on stove to dissolve sugar, but do not let it boil. When white mixture is ready, pour it on one chocolate layer, enough to make a layer about an inch thick. Cool the other chocolate layer by placing pan in cold water,

take out of pan and place on white layer. Leave until cold and firm, then cut in cubes, wrap each piece in wax paper.

CHOCOLATE FUDGE

- $\frac{1}{2}$ cup sugar
- 1 cup milk
- $\frac{1}{4}$ lb. unsweetened chocolate
- 2 cups brown sugar
- $\frac{1}{4}$ cup butter
- 1 pinch salt

(a) Mix all the ingredients and cook to 238°, stirring all the time.

(b) Let stand 5 minutes, then set saucepan in larger dish of cold water and beat until it thickens.

(c) Pour into buttered tins and cut into squares. Nuts or fruit may be added after the fudge has been removed from the fire.

MAPLE CREAM (Sucre à la crème)

- 2 cups or 1 lb. maple sugar
- 1 cup thick cream (sweet or sour)

(a) Cook all the ingredients together, stirring constantly over a hot fire to 238°.

(b) Remove from fire and let stand for 5 minutes and then place saucepan in a larger dish of cold water and beat until on the point of setting. Pour into buttered moulds. Nuts may be stirred in just before pouring. $\frac{3}{4}$ cup of cream may be used, but the result will not be so rich and creamy. Evaporated milk may be substituted for cream.

DIVINITY FUDGE

- 2 cups sugar
- $\frac{1}{2}$ cup water
- 1 pinch salt
- $\frac{1}{2}$ cup white corn syrup
- 2 teaspoons vinegar
- 2 egg whites

(a) Cook the sugar, water, corn syrup, vinegar and salt to 254°.

(b) Pour gradually in a thin stream on the beaten whites of eggs and continue beating until the fudge sets. 1 cup of walnuts may be added at the end.

(c) Drop by spoonfuls on waxed paper or pour into a buttered tin and cut into squares.

STUFFED DATES

- 1½ lbs. dates
- ½ cup maple sugar
- 1 cup granulated sugar
- ½ cup sweet cream

Melt sugar in a little water, boil a few minutes, add sweet cream. Cook until it forms a soft ball in cold water; take off the fire, beat a few minutes. Do not wait until it is firm to pour in buttered dish. Stone dates, fill cavities with sugar cream, roll in granulated or fruit sugar; arrange on candy dish.

You can also stuff dates with nuts or other preparations, as desired.

WHITE TAFFY

- 3 cups white sugar
- ¼ teaspoon cream tartar
- 2 tablespoons vinegar
- 1½ cups water, Familex vanilla

Put sugar, vinegar, cream tartar and water in sauce pan on stove; stir slowly to boiling point. Cook quickly until it threads or forms hard ball in cold water. Pour in buttered pan, adding vanilla. Cool without allowing it to harden; pull, cut and keep in a cool place.

MOLASSES TAFFY

- 2 cups light brown sugar
- 1 tablespoon butter
- 1 cup water
- 2 cups molasses
- 2 tablespoons vinegar
- ½ teaspoon soda

Boil sugar, molasses, water, vinegar and butter, until it becomes hard when tried in cold water. Sift and add soda, stir and pour into buttered dripping pan. Cool, pull and cut in pieces.

"SAINTE CATHERINE" TAFFY

- 1 cup molasses
- 1 cup white sugar
- 1 cup brown sugar
- ½ cup corn syrup
- 1 tablespoon butter
- 1 tablespoon vinegar
- ½ cup water
- 1 teaspoon baking soda

Put in a caldron all ingredients except soda; boil until it forms a ball in cold water, add sifted soda. Pour into a buttered dish; when taffy is cool enough, pull, then cut.

COCOANUT MACAROONS

- 2 whites of eggs
- 2½ cups shredded coconut
- 1 teaspoon Familex vanilla
- ½ cup sweet cream

Beat whites till stiff. Add cocoanut, sugar to taste, cream and vanilla. Mix thoroughly. Mould by hand into small firm balls and place on a lightly buttered baking sheet. Cook in a moderate oven (375° F.) for 15 minutes.

More cream or cocoanut may be added to suit taste.

AFTER DINNER MINTS

- 6 cups sugar
- 2 cups water
- ½ teaspoonful cream of tartar

Cook like fondant to 260°, then pour on buttered platter or marble slab and when cool enough pull until it loses its lustre, adding while pulling, 15 drops of oil of peppermint and 3 drops of oil of lemon. Use scissors to cut into cushions and roll in equal parts of cornstarch and confectioners' sugar. Let stand in a warm place for two hours then put into crock or jar covered with a damp cloth and let ripen until creamy. Any flavoring or coloring may be used to make a variety. Keep in air-tight jars.

General directions for making fondant:

- (a) Put the water and the sugar in a saucepan, stir well and then cook over a hot fire until it begins to boil.
- (b) Take off the grains of sugar around the edge of the pan with a cloth dipped into cold water.
- (c) Add all the other ingredients and cook with the cover on for 5 minutes.
- (d) Remove the cover of the saucepan, put in the sugar thermometer, and cook to the required degree.
- (e) Take off the fire immediately and pour on a large unbuttered slab or platter moistened with cold water.
- (f) When the fondant is cool enough to bear the imprint of the fingers, without sticking, (about fifteen minutes), work with a spatula or spoon until it sets.
- (g) Wrap the fondant in a cold wet cloth and let it stand for two hours. It is then ready for dipping or icing.

ICINGS AND FILLINGS

BUTTER ICING

Take about 4 tablespoons melted or cream-ed butter and while beating add to it enough confectioners' sugar to give required firmness. Many people like such an icing very rich in butter and they in consequence use little sugar in making it . . . the quantities are a matter of taste.

PINEAPPLE OR STRAWBERRY ICING

Merely add shredded pineapple or crushed strawberries to butter icing, being sure to add sufficient additional sugar as required.

BOILED ICING

(2 recipes)

(a) Boil 2 cups of sugar with 1 cup water at 240°. Pour gently onto the whites of 2 eggs beaten very stiff.

(b) Put 1 white of egg, 1 cup sugar, 3 tablespoons water and 2 teaspoons light corn syrup in upper part of double boiler. Beat for 7 minutes till it becomes stiff. The water in lower part of boiler must not be deep enough to touch upper part.

ORANGE OR LEMON ICING

Add shredded orange or lemon peel to either boiled or butter icing.

BUTTER FILLING

$\frac{2}{3}$ cup creamed washed butter
 $\frac{1}{2}$ cup sugar
3 yolks of eggs
4 tablespoons water
orange peel, lemon peel or
Familex vanilla to taste

(a) Cook sugar with water at 240° and pour the syrup gently on well-beaten yolks of eggs.

(b) When the mixture has cooled, add butter slowly and beat till it becomes smooth. Let it cool before icing.

If coffee is used instead of water, it will produce a mocha filling. The addition of one square of chocolate to syrup gives a chocolate filling.

4 tablespoons of Familex cocoa are needed for a cocoa filling.

CHOCOLATE FILLING

1 cup icing sugar
2 ounces chocolate
3 tablespoons milk
1 egg yolk or 1 tablespoon butter
 $\frac{1}{2}$ teaspoon Familex vanilla

(a) Put chocolate, sugar and milk in double boiler and when thoroughly melted add beaten egg yolk or butter and remove from fire.

(b) Beat until cold and add the vanilla.

LEMON FILLING

4 tablespoons lemon juice
1 cup cold water
3 tablespoons each Maple Leaf Flour
and corn starch
2 teaspoons butter
 $\frac{1}{4}$ teaspoon salt
2 yolks of eggs (if desired)

(a) Mix flour and corn starch with cold water and cook till firm.

(b) Add to it the beaten yolks, sugar, lemon juice and peel and lastly the butter, while beating. Cool before using.

BEVERAGES

FAMILEX COCOA

(for 1 cup)

1 teaspoon Familex cocoa
 $\frac{1}{2}$ cup hot milk
 $\frac{1}{2}$ cup hot water
sugar

Pour hot water on cocoa, beat and boil for 2 or 3 minutes. Heat milk to boiling point and add to cocoa, sweeten to taste.

ICED COCOA

Use same ingredients and method as for hot cocoa, but instead of serving in cups, pour cooled cocoa into tall glasses a quarter filled with cracked ice.

COFFEE

Au Lait:

(a) Mix $\frac{3}{4}$ cup of coffee with the same quantity of hot water and $\frac{1}{4}$ teaspoon salt.

(b) Add 1 well-beaten egg, then add a pint of boiling water and let settle on back of stove for 10 minutes.

(c) Add hot milk or cream (about 2 cups) to taste.

COFFEE WITH EGG

(a) Beat up 1 egg in $\frac{1}{2}$ cup of freshly ground coffee and moisten with $\frac{1}{2}$ cup cold water.

(b) Add $\frac{1}{8}$ teaspoon salt and 2 cups cold water.

(c) Bring slowly to a boil and boil for 3 minutes.

(d) Leave on back of stove for 5 minutes, then serve with cream.

TEA

(a) In a freshly scalded earthenware or porcelain teapot, put 1 teaspoon tea for each cup desired and one extra "for the pot".

(b) Pour into pot number of cups of boiling water as cups of tea are desired; let steep for 3 minutes. then serve immediately. Be sure always to use freshly-boiled water.

ICED TEA

Proceed as in making hot tea, and when steeped, pour directly into tall glasses of cracked ice, adding lemon juice and sugar to taste.

FAMILEX ROOT BEER

Into 5 gallons of lukewarm water, stir 4 to 5 pounds of sugar thoroughly mixed with the contents of a bottle of Familex Root Beer.

Dissolve separately 1 cake of fresh yeast in a cup of water; strain and add to the whole.

Bottle immediately (fastening corks).

Filled bottles should stay in a warm place for 2 or 3 days lying on their sides away from drafts. Afterward, keep and serve cold.

FAMILEX SPRUCE BEER

Mix together 2 $\frac{1}{2}$ gallons of water with one quart of molasses or 5 cups of sugar, half pint of yeast or one yeast cake and 1 $\frac{1}{2}$ table-spoons of Familex Spruce Beer essence. Put in well corked bottles and allow to ferment for one day or so.

EGG ORANGEADE

$\frac{1}{2}$ cup Sunkist Orange Juice
1 egg

To vary, add:

1 tablespoon Sunkist Lemon Juice

(a) Pour well beaten egg into a glass.

(b) Add orange juice, sugar to taste, and ice water to fill the glass.

Stir well.

FAMILEX ORANGEADE

This refreshing beverage is delightful when diluted 1 to 10 with cold water, or by adding 1 to 2 tablespoons to a glass of water according to taste.



GINGER WINE EXTRACT: To make one gallon of wine, 1-3 oz. bottle .50.—**ORANGEADE AND LEMONADE:** To make one gallon of delicious drink, 16 oz. bottle, .50.—**FINE LIQUEUR EXTRACTS:** Choice of: Chartro Verte, Cherry Brandy, Curaçao, Scotch, Anisette, Brandy, Gin, Creme de Menthe, Benedine, 1 oz. bottle, .30.

WINES AND FINE LIQUEURS

Important Note: Always use ripe, sound fruit and wooden or crockery containers; copper, zinc, lead or tin must never be used in making wine.

The method of drawing-off has a great effect on the appearance and quality of wine. The drawing-off is done either by tap or syphon. Bottling should be done in dry weather . . . never in stormy weather. Bottles and crocks in which wine is kept should be very clean and dry; use strong resilient corks which should be scalded in boiling water then dried with a clean cloth. Before using, the corks should be dipped in alcohol (optional) then pushed in firmly.

VESPETRO

- | | |
|-----------------------------|--------------------|
| 1 oz. coriander | 7 cups white sugar |
| 3 oz. good quality angelica | 2 sliced oranges |
| 1 oz. fennel | 2 lemons |
| 1 oz. anise | |

Soak in 1 gallon brandy or rye for 8 days. Pour off and bottle.

CHARTREUSE

- | | |
|---------------------------------|----------------------------|
| 3½ cups white sugar | 1 small bottle Carmelite's |
| 1 cup boiling water | water (can be bought at |
| 2 tablespoons saffron dissolved | druggist) |
| in 1 cup boiling water | "Eau de Carmes", about 2 |
| 1 pint alcohol | oz. |

Dissolve sugar slowly in boiling water. Mix well all ingredients with silver spoon. Strain all through a fine cloth and let stand 24 hours near the stove, (in a warm place). Bottle and cork.

DANDELION WINE

- | | |
|----------------------------|--------------------|
| 1 gallon dandelion flowers | 1 cake fresh yeast |
| 1 gallon boiling water | 4 lemons |
| 4 lbs. granulated sugar | 4 oranges |

Pour water on flowers and let stand until all the flowers have come to the surface—from 24 to 48 hours.

Filter into a glass or earthen jar, in which have been put 4 lemons and 4 oranges finely minced. Add sugar and yeast. Stir carefully and put in a cool place. Stir 5 or 6 times a day until fermentation ceases. Keep well covered.

After 2 weeks, filter and add a little bitter almond, Familex flavouring (½ teaspoon per gallon). Bottle, seal airtight and keep in a dark cool place.

Note:—The wine will be improved by leaving in the jar six weeks before bottling.

GRAPE JUICE PUNCH

$\frac{2}{3}$ cup Sunkist Lemon Juice
1 cup Sunkist Orange Juice
1 pint grape juice
1½ pints water
1 cup sugar

(a) Mix lemon juice, orange juice, grape juice and water.

(b) Add sugar to taste.

(c) Pour into pitcher, half filled with ice.

Quantity—2 quarts for 8 to 10 servings.

PINEAPPLE PUNCH

Juice of 6 oranges, 3 lemons
1 quart water
2 lbs. sugar
2 bottles "Lemon Vichy"
1 bottle pineapple syrup
1 tin grapefruit juice

Heat water and sugar till sugar is dissolved, then add other ingredients; let stand 2 hours. Strain through a fine cloth.

GRAPE PUNCH

3 cups orange juice
1 cup lemon juice
1 cup sugar, 1 quart water
1 cup grape juice

Mix all ingredients and stir until sugar is melted. Serve with ice.

This recipe makes about 3 quarts of liquid.

FRUIT PUNCH

(25 Glasses)

Rind and juice of 6 lemons
Rind and juice of 4 oranges
 $\frac{3}{4}$ cup grapefruit juice
1 cup strawberries, 1 sliced banana
2½ cups sugar
2 cups crushed pineapple
1 cup cut up grapefruit
2 teaspoons tea (Orange Pekoe)

Boil rinds in 5 cups water, 3 or 4 minutes, then strain; add sugar, boil 5 minutes; cool. Steep tea 3 minutes in 1 cup boiling water then strain; mix the fruit juices, syrup, tea and chopped fruit and stir. Chill again and add ice as needed.

RASPBERRY VINEGAR SYRUP No. 1

4 lbs. raspberries
3 cups vinegar
2 lbs. sugar to each pint juice

Let raspberries stand in vinegar 1 or 2 days. Strain through a bag as for jelly. Measure juice; add necessary quantity sugar; boil 5 or 10 minutes. Take off the stove and beat till cool, then bottle. Dilute to taste, serving with ice water.

RASPBERRY VINEGAR SYRUP No. 2

4½ pints raspberries
3 pints vinegar, sugar

Put 1½ pints raspberries in a stone crock, add vinegar and let stand for 24 hours. Strain juice through sieve; add another 1½ pints raspberries to the others; let stand another 24 hours, then repeat operation and let stand again until next day. After 24 hours strain juice through jelly bag, not squeezing too heavily. Measure liquid. Put 2 cups sugar to 1 pint juice. Stir to dissolve sugar. Bottle airtight.

BLUEBERRY WINE

2 quarts blueberries
4 cups granulated sugar
1 gallon luke warm water
4 tablespoons small seeded raisins
1 cake dry or fresh yeast

Put the blueberries in a sieve, pour cold water over them, drain. Crush them with a masher, then put them in a stone crock with raisins; pour warm water over them, in which sugar has been dissolved. Add yeast (using a little of the lukewarm water); stir mixture well. Cover with a piece of linen and a wooden cover to keep air out and carbonic acid gas from escaping. Put in a warm place of even kitchen temperature. Stir every day until the blueberries fall to the bottom (12 days). The duration of fermentation is 60 days; after fermentation pour off and squeeze. Put the wine back into the crock for 60 to 90 days more, before bottling. To keep it clear, draw off through a rubber tube.

DISHES FOR INVALIDS

The most careful attention must be paid to nourishment for invalids. Usually a sensible diet counts more than medicines. A sensible diet, careful preparation and an appetizing service at regular hours are essential.

Always consider the wishes of the sick person, but never ask for suggestions about meals. Vary the dishes to make them appetizing to the invalid.

First of all, see that the service is spotlessly clean. Have spotless linen and the most delicate dishes arranged as attractively as possible.

Serve hot foods on hot plates and cold dishes on cold plates.

ORANGE ALBUMIN

Strained juice of 2 oranges
 $\frac{3}{4}$ cup water
1 white of egg
2 teaspoons sugar

Boil water, add sugar, cool, then add white of egg to orange juice and add to water. Pour off and serve cold.

BEEF JUICE

2 lbs. thin round steak
salt
Familex pepper

Cut off all fat; brown meat for 4 minutes over a hot fire, turning frequently.

Cut into 1 inch cubes; beat each cube 2 or 3 times, then extract juice by putting through a meat press. Serve the juice hot in warmed cups, seasoned to taste.

CHICKEN BOUILLON

One 4 lb. chicken
Salt, Familex pepper
2 quarts water

Cut up chicken and remove skin and fat; break bones and place in a casserole, pouring water over it. Leave it to soak for 1 hour, then let it simmer for 3 hours. Drain off bouillon, cool, skin off fat and season to taste. Serve hot or cold.

PECTORAL BOUILLON

Half a thin chicken, handful of raisins and a handful of crushed almonds, 1 tablespoonful salep, 8 dates, chervil, jujubes and 1 quart of water.

CREAMED CHICKEN

$\frac{1}{2}$ cup stale bread crumbs
2 yolks of eggs
pinch of Familex celery salt
1 cup milk
2 tablespoons white meat of chicken
pinch of salt

Mix bread crumbs with chopped chicken. Beat yolks thoroughly; add salt, celery salt and milk. Add to other ingredients and mix all thoroughly. Put mixture in a bowl and place the bowl in a vessel filled with hot water and leave in a moderate oven until cooked. Serve hot.

ALBUMINOUS WATER

1 white of egg
1 glass cold water

Beat up egg with a silver fork, add sweetened water and flavour to taste. Mix thoroughly.

RICE WATER

2 tablespoons rice
4 cups boiling water
1 teaspoon salt
Familex flavouring as desired
sugar

Blanch rice, strain and add boiling water. Let simmer for $1\frac{1}{2}$ hours. Strain again and add salt. It may be sweetened or flavoured to taste.

Rice water may be mixed with milk or chicken bouillon.

BARLEY WATER

2 tablespoons Pearl of Barley
4 cups water

Put barley in cold water till it comes to a boil and cook for 5 minutes. Strain and wash the barley in cold water. Add 1 quart water and put on stove again. Bring to a boil and let simmer until reduced to half quantity. Sweeten and flavour to taste.

RICE JELLY

2 tablespoons rice flour
1½ cups boiling water

Mix rice flour with enough water to make a thin paste, then add boiling water. Sweeten to taste and boil until rice becomes transparent. If for someone who suffers from intestinal illness, add 1 stick of cinnamon. In cases of fever add a little lemon juice when cooked. Set in a mould.

OATMEAL GRUEL

½ cup oatmeal
6 cups boiling water
cream or milk
1 teaspoon salt
sugar

Add salt to boiling water; beat with oatmeal and cook in a double boiler for 2½ hours.

EGG NOG

1 egg
1 cup milk
1 teaspoon sugar

Add sugar to egg, beat until light and creamy. If desired, add a little Familex nutmeg. Add the milk last.

Cream instead of milk makes an extra rich egg nog. A tablespoon of wine or brandy adds to the flavour.

BONE BOUILLON

Bone bouillon is frequently used in hospitals because although it is not a food, it acts strongly on disordered stomachs. It should be taken only at infrequent intervals. This stock is made by steaming beef bones.

LINSEED LEMONADE

2 tablespoons linseed
4 cups boiling water
1 cup sugar
juice and grated rind of 3 lemons

Blanch the linseed. Put it in a saucepan with the boiling water, let simmer ¾ hour, then add sugar and grated lemon rind. Cool 15 minutes; add lemon juice. Serve hot or cold.

For a bad cold, take 1 teaspoon every ½ hour.

MILK-WINE

2 cups milk
1 cup sherry

Heat milk to boiling point, add sherry; again bring to boiling point; drain off through cheese cloth. When preparing gruel for invalids, take ½ cup gruel, mix with ½ cup thin cream and 2 tablespoons boiling water; sugar to taste.

A pinch of Familex nutmeg or cinnamon is often preferred. Other gruels are prepared in the same way.

MEATS FOR CONVALESCENTS

Red meats are best for anaemic patients; white meats for convalescents, who should avoid dark meats (liver, venison, wild duck, etc.) and all rich game.

ALMOND SOUP

½ lb. almonds
2 cups milk
2 cups hot milk
2 tablespoons sugar
½ teaspoon salt

Blanch the almonds, powder them, add 2 cups milk gradually. When well pounded, like a soft paste, and when all the milk has been used, strain through cheese cloth. Sugar and salt to taste, then add almonds to hot milk and bring to the boiling point. Serve hot.

VEGETABLES

CEREALS

STARCHES

The health value of vegetables is becoming so well recognized that vegetable diets tend more and more to replace meat diets. The frequency of stomach and intestinal disorders causes many families to refrain from serving meat at the evening meal. We should all be healthier if we ate more vegetables.

CLASSIFICATION

Vegetables may be divided into two classes:

(a) Starchy or farinaceous vegetables which are subdivided into dried, leaf and root vegetables.

(b) Green or herbaceous vegetables.

1. Starchy Vegetables	{	Dried or leguminous	{	Haricot Beans
		Roots or Tubers	{	Peas
			{	White Beans
			{	Lentils
			{	Potatoes
			{	Carrots
			{	Turnips
			{	Salsify
2. Herbaceous Vegetables	{	Asparagus	{	Chicory
		Mushrooms	{	Garlic
		Cabbage	{	Onion
		Sorrel	{	Leek
		Tomatoes	{	Radish
		Lettuce	{	Celery
		Spinach	{	Endive

Characteristics and Properties—Dried vegetables, beans, peas, and lentils are rich in nitrogen and carbohydrates. Pound for pound they have as much or even more albumen than meat. They are foods of prime value for the working man who uses up a great deal of energy. They provide the nitrogen needed to repair worn out tissues, and the carbohydrates to provide the necessary heat to the body. Their cellulose regulates the movement of the intestines. Cellulose cannot be assimilated by those with weak stomachs, and for them vegetables should be skinned and mashed. Vegetables cooked naturally are much better for those who can digest them than mashed vegetables.

Their mineral salts aid the growth of children, assist adult well-being and hasten the recovery of convalescents and those who are run down. Their mineral salts, alkalies and life-giving juices make them antitoxins. Such is their vital influence on health and strength, and thus we can realize their importance as foods. Vegetable mineral salts permit the body to get the full value of cereals, fats and sugars because they stimulate the cellular secretions which transform such foods into heat and strength. They neutralize and eliminate waste products.

Digestibility of vegetables. Dried vegetables are somewhat less digestible than meat and bread because of the cellulose which they contain and yet this same cellulose, as has been explained, plays a useful part as intestinal roughage. Skillful preparation in cooking can to a large extent ensure assimilation of a fair amount of cellulose, and, of course, one can serve vegetables without skins and thus avoid digestive difficulty caused by an over supply of cellulose. Herbaceous vegetables have definite hygienic values because their aromatic essences increase gastric secretions, and although they are somewhat hard to digest, their roughage content stimulates muscular action of the intestines.

CLASSIFICATION

QUALITIES

Root Vegetables

Potato	emollient and anti-scurvy
Beet	laxative and emollient
Carrot	tonic and mild laxative
Turnip	anti-scurvy
Salsify	tonic and promotes digestion
Onion and Garlic	laxative, emollient, diuretic
Shallot	vermifuge
Leek	diuretic
Scallions	aperitive

Herbaceous Vegetables

Asparagus	diuretic, sedative
Celery	stimulating, diuretic
Chicory	depurgative, aperitive
Endive	depurgative, aperitive
Spinach, sorrel	tonic, diuretic
Cress, cabbage	depurgative
Cauliflower	depurgative
Lettuce	laxative, emollient, soothing
Dandelion, chervil	diuretic
Parsley	diuretic aperitive
Tomato	nutritive, laxative
Cucumber	diuretic
Pumpkin	diuretic
Peas	Nutritive, laxative

VEGETABLE CANNING TABLE

Vegetable	Preparation	Hot Water Bath	10 lb. Steam Pressure
Asparagus.....	Scrape. Boil for 5 min. with tips out of water, then pack hot and cover with boiling salted water.....	120 m.	40 m.
Beets.....	Scrub well and cut stems to 2 inches above root. Boil until skins loosen, then cold-dip and slip off skins. Pack in boiling water ...	90 m.	40 m.
Carrots.....	Scrub well and boil until skins loosen, then cold-dip and skin. Pack hot and cover with boiling salted water.....	90 m.	40 m.
Corn (grated).....	Cut from cob and boil in water to cover for 1 m. Pack hot and cover with boiling salted water.....	180 m.	60 m.
Corn on the Cob.....	Boil for 1 m. on cob, then pack hot and cover with boiling salted water.....	180 m.	60 m.
Green Peppers.....	Wash and take out seeds. Boil 3 minutes then pack hot and cover with boiling salted water.....	45 m.	30 m.
Lima Beans.....	Shell and wash. Boil from 3 to 5 minutes according to size. Pack hot and cover with boiling salted water. Only small Lima Beans should be canned.....	180 m.	60 m.
Mushrooms.....	Wash and peel. Boil for 3 minutes, then pack hot and cover with boiling salted water.....	120 m.	40 m.
Peas.....	Shell and wash, using only young peas. Boil 1 minute, then pack hot and cover with boiling salted water.....	180 m.	60 m.
Pumpkins.....	Peel, remove all membrane and seeds and cut into pieces. Cook until tender in boiling salted water. Drain. Mash and pack hot. Cover with boiling salted water.....	180 m.	60 m.
Spinach and other Greens.....	Wash carefully in hot water, then steam in colander over hot water until wilted. Pack hot and cover with boiling salted water.....	180 m.	90 m.
String or Wax Beans..	Wash and Trim. Boil for 1 minute, then pack hot and cover with boiling salted water. Beans must not be picked more than six hours.....	120 m.	40 m.
Tomatoes.....	Scald in boiling water until skins crack, then cold-dip and peel. Pack and cover with boiling stewed tomatoes.....	25 m.	15 m.
Vegetable Soup Mixture.....	Prepare vegetables. Boil for 1 m., then hot pack in boiling salted water.....	180 m.	60 m.

FRUIT CANNING TABLE

Fruit	Preparation	Hot Water Bath	10 lb. Steam Pressure
Apples	Wash, pare and cut into pieces dropping the pieces into cold salted water (1 tablespoonful salt to a quart of water). Cold pack and cover with thin boiling syrup	20 m.	10 m.
Apple Sauce	Pack hot and sterilize	5 m.	5 m.
Apricots	Wipe, halve and pit without peeling. Pack cold, and cover with thin boiling syrup	20 m.	10 m.
Berries and Currants	Wash, stem and cold pack. Fill jar with boiling medium syrup	20 m.	10 m.
Cherries	Wash, pit and pack. Stem if desired. Pack cold and cover with boiling medium syrup	25 m.	10 m.
Fruit Juices	Crush and heat fruit gently. Strain and pour into jars	30 m. (180° F.)	10 m.
Gooseberries	Wash, stem and cold pack. Cover with thick boiling syrup	20 m.	10 m.
Peaches	Blanch until skins crack in boiling water, then cold dip and slip off skins. Pit and halve. Pack cold in jars and cover with medium boiling syrup	20 m.	10 m.
Pears	Peel, core and halve slightly under-ripe pears. Cook from 4 to 8 minutes in boiling medium syrup. Pack hot and fill jars with the same syrup	20 m.	10 m.
Pineapple	Pare and core, then cut up. Pack cold and cover with boiling thin syrup	30 m.	15 m.
Plums	Wash and prick surface with needle. Pack cold and cover with boiling medium syrup	20 m.	10 m.
Plum Jam	Cook in medium syrup and pack hot	5 m.	5 m.
Quinces	Pare, halve and core. Cook until tender in medium syrup. Pack hot and cover with medium boiling syrup	10 m.	10 m.
Rhubarb	Wash, cut into pieces, cover with water, and boil for 1 m. then cold-dip. Pack cold and cover with boiling medium syrup	16 m.	10 m.
Strawberries	Wash, stem. Cook gently for 15 m. in medium syrup, then let stand in same syrup for 3 or 4 hours. Reheat to boiling point and pack hot	16 m.	10 m.
Tomatoes (Whole)	Wash. Blanch until skins loosen, then cold-dip and slip off skins. Pack cold and cover with boiling stewed and strained tomatoes		

VITAMINS

The Vitamins in foods are essential to human growth and development, to maintain health and ward off certain ailments.

The spread is considerable between the number of vitamins needed to prevent illness and the number needed to assure a maximum growth and glowing health at all ages. Consequently diets should include a generous proportion of milk, fruits and vegetables. Although all vitamins play a vital part in maintaining our physical well-being in general, each plays a special role for our bodies.

Vitamin A—Aids growth, builds vitality and wards off certain diseases of the nose, throat and lungs. People of all ages need it, but it is particularly essential to expectant and nursing mothers. Lack of it causes eye troubles and some glandular diseases. It is commonest in the yellow and green foods. It will be destroyed progressively by the action of the air and high temperatures, but ordinary cooking does not affect it. Pasteurization of milk does not harm vitamin "A".

The chief sources of Vitamin A are:—

ANIMAL PRODUCTS

Familex Cod Liver Oil	Milk	Salmon
Liver, Butter, Cream	Yolks of eggs	Cheese (full milk)
		Kidneys

VEGETABLE PRODUCTS

Green and yellow vegetables:—

Spinach	Cabbage	Endive	Pimento	Brussels sprouts
Romaine	Water cress	Chard	Asparagus	Red and yellow
Lettuce	Turnip greens	Cabbage greens	Beet greens	tomatoes
Haricot Beans	Broccoli	Cabbage	Mustard	
Carrots	Potatoes	Vegetable marrow	Dandelion leaves	

FRUITS

Bananas	Musk Melon	Pawpaws
Apricots	Plantains	Oranges
Yellow peaches	Pineapples	Prunes
		Watermelon

Vitamin B is essential to growth and health. It increases appetite and stimulates intestinal digestion. It is particularly needed by expectant and nursing mothers as well as the nursed child. Lack of it causes paralysis of nerve origin. Vitamin B is not destroyed by the heat of cooking or preserving, except where bicarbonate of soda or other alkaline substances are used. It is not easily hurt by long keeping of foods nor by fine shredding. Since it is soluble, it can be lost if water in which vegetables are washed and cooked is discarded and not used.

Chief sources of vitamin "B" are:—

ANIMAL PRODUCTS

Milk	Kidneys	Yolk of egg	Brains
Liver	Hearts	Thin pork	Oysters

VEGETABLE PRODUCTS

Vegetables:	Haricot beans	Potatoes	Green pimentos
Broccoli	Romaine	Cabbage greens	Carrots
Asparagus	Turnip greens	Beet greens	Onions
Spinach	Mustard greens	Cauliflower	Parsnips
Tomatoes	Chard	Lettuce	Rutabaga
Peas	Celery	Gumbo	
Cabbage			

FRUITS

Grapefruit	Fresh or preserved Pineapple	Peaches	Prunes
Lemons	Bananas, Apples	Pears	Dates
Oranges		Grapes	Cherries

CEREALS

Whole wheat, rye, corn, rice, barley.

Nuts—almonds, walnuts, chestnuts, peanuts, pecans, pistachio.

Vegetable-cereals—All kinds of beans, lentils, dried peas, yeast.

Vitamin C is essential in daily diets to preserve good health. It increases power of resistance against infection and aids in healing wounds. Important to strengthen teeth and gums of adults as well as children. Lack of it is often indicated by rheumatic ills and scurvy. It is killed in cooking and also by bicarbonate of soda or any other alkali.

The chief sources of vitamin "C" are:

VEGETABLE PRODUCTS

Vegetables

Boiled cabbage
 Fresh and tinned tomatoes
 Fresh and tinned spinach
 Fresh and tinned peas
 Broccoli
 Rutabaga
 Cabbage greens
 Haricot beans

Endive
 Pimento
 Water cress
 Carrots
 Corn
 Turnips
 Turnip greens

Rhubarb
 Potatoes
 Cucumbers
 Cauliflower
 Onions
 Radishes
 Beets

FRUITS

Oranges
 Grapefruit
 Lemons
 Apples
 Strawberries

Cranberries
 Bananas
 Fresh and preserved peaches
 Fresh and preserved pineapple
 Raspberries

Watermelon
 Pawpaw
 Musk Melon
 Red Currants
 White Currants

Vitamin D is essential to the body to make use of calcium and phosphorus which build up the bones and teeth. This vitamin prevents children from having rickets and it is essential to them as well as to expectant and nursing mothers. Vitamin D is formed in the body by its exposure to sunlight or to artificial ultra-violet rays. It is not found in nearly so many foods as the other vitamins, but its presence in certain foods can be multiplied by ultra-violet ray treatment. It is not easily destroyed by heat. It is plentiful in Familex Cod Liver Oil.

The other foods which contain vitamin "D" are:—

Yolk of egg, Milk

Butter, Salmon

Oysters, Sardines

Foods are often irradiated by ultra-violet rays (or by the addition of substances previously irradiated) to increase their vitamin D content, typical cases being certain oils, bread, cereals and milk.

Vitamin E is essential to the reproductive process in animals. It is not yet recognized as essential to human beings. It is found in wheat, hay, corn, green leaves, and in minute quantities in so many other foods that there is little danger of our failing to obtain sufficient of it.

Vitamin G is essential to growth and good health of young and old. Lack of it causes pellagra. Like vitamin B, vitamin G dissolves readily in water. It is not easily destroyed by heat, except when in contact with bicarbonate of soda and other alkalies. It is found in small or medium quantities in many foods, such as:—

ANIMAL PRODUCTS

Entire Milk.....	{ fresh evaporated dry	Eggs Meats—beef and pork liver kidneys, spleen, heart thin beef, pork and lamb
Skim Milk.....	{ fresh dry	
Buttermilk		
Cheese	Salmon	
Vegetable Products:		
Greens of:—		
Mustard	Beets	Spinach
Turnip	Carrots	Broccoli
Cabbage		Water cress
Fruits	Germ of cereals	
Bananas	Wheat germ, Yeast	

Probably there are other vitamins, but the foregoing are the only ones which are definitely recognized and classified at present. Certain foods such as fruits, vegetables and milk contain many vitamins and consequently they should be used frequently.

CALORIES

All foods give off heat while they are being burnt up in our bodies. The "calorie" is the unit of measurement of such heat. Thus it is said that a certain food has a certain value in calories. The number of calories needed by each person varies with age, weight, height and amount of physical labour done. The requirements for young and middle-aged adults might well be from 14 to 27 calories per pound of weight of the body, according to the amount of exercise taken. Growing boys and girls from 13 to 17 years often need as many calories as adults.

FOOD REQUIREMENTS

MILK

Children—1 quart per day.
Adults—1 pint per day.

FRUITS

The whole family:—
Twice daily, if possible:—one acid fruit or fresh or tinned tomatoes; other fruits:—either fresh, dried or preserved.

VEGETABLES

The whole family:—
Potatoes once a day.
2 other vegetables, is possible, of which 1 should be served with its greens.

SALADS

The whole family:—
Raw: once a day.

CHEESE

When made with whole milk cheese has same nutritive value as milk. Serve it alone or with other foods.

SWEETS AND DESSERTS

Enough to make meals appetizing.

BREAD AND CEREALS

The whole family:—
Bread with each meal.
Cereal for breakfast (including all types of entire grains).

EGGS

Babies:—1 per day.
Adults:—1 per day.

MEATS—FISH

The whole family:—
Once per day.

MEAT SUBSTITUTES

The whole family:—
Dried peas, dried haricot beans, lentils, macaroni at noon or evening meal and at times to take the place of meat.

BUTTER AND FATS

The whole family:—
A certain amount every day and a medium quantity of other fats; salad oil, salt pork, lard or substitute.

FAMILEX COD LIVER OIL

Good for every one—specially necessary for babies.
Dose: 2 to 4 coffeespoons daily.

CLASSIFICATION OF FOODS according to their nutritive value

High	Medium	Low
Ham.....	Pork Chops.....	Chicken
Blood-Pudding.....	Lamp Chops.....	Rabbit
Lard.....	Fillet of beef.....	Mackerel
Salt pork.....	Fillet of pork.....	Salt codfish
Breast of lamb.....	Eggs.....	Pike
Fresh codfish.....	Dried onion.....	Potatoes
Butter.....	Tinned salmon.....	Peas
Olive Oil.....	Sardines in oil.....	Carrots
Canadian cheese.....	White bread.....	Spinach
Split peas.....	Brown bread.....	Asparagus
Dried Haricot beans.....	Prunes.....	Artichokes
Chocolate.....	Dates.....	Turnips
White sugar.....	Raisins.....	Bananas
Dried walnuts.....	Cream cheese.....	Pears
Spice bread.....	Rice.....	Oranges
Milk.....		Apples
Honey.....		

The above table shows the nutritive value of certain foods, showing under "High" those having over 200 calories per 100 grammes, under "Medium" those with from 150 to 200 calories and under "Low" those with 100 calories or less.

AVERAGE WEIGHT ACCORDING TO HEIGHT AND AGE

MEN
Weight in Pounds According to Age
(As ordinarily dressed)

WOMEN
Weight in Pounds According to Age
(As ordinarily dressed)

Height (with shoes on) Feet Inches		15 to	20 to	25 to	30 to	35 to	40 to	45 to	50 to	55 to	Height (with shoes on) Feet Inches		15 to	20 to	25 to	30 to	35 to	40 to	45 to	50 to	55 to
		19	24	29	34	39	44	49	54	59			19	24	29	34	39	44	49	54	59
5	0	110	119	124	127	129	132	134	135	136	4	11	107	113	116	119	122	126	129	131	132
5	1	113	121	126	129	131	134	136	137	138	5	0	109	115	118	121	124	128	131	133	134
5	2	116	124	128	131	133	136	138	139	140	5	1	112	117	120	123	126	130	133	135	137
5	3	120	127	131	134	136	139	141	142	143	5	2	115	120	122	125	129	133	136	138	140
5	4	124	131	134	137	140	142	144	145	146	5	3	118	123	125	128	132	136	139	141	143
5	5	128	135	138	141	144	146	148	149	150	5	4	121	126	129	132	136	139	142	144	146
5	6	132	139	142	145	148	150	152	153	154	5	5	124	129	132	136	140	143	146	148	150
5	7	136	142	146	149	152	154	156	157	158	5	6	128	133	136	140	144	147	151	152	153
5	8	140	146	150	154	157	159	161	162	163	5	7	132	137	140	144	148	151	155	157	158
5	9	144	150	154	158	162	164	166	167	168	5	8	136	141	144	148	152	155	159	162	163
5	10	148	154	158	163	167	169	171	172	173	5	9	140	145	148	152	156	159	163	166	167
5	11	153	158	163	168	172	175	177	178	179	5	10	144	149	152	155	159	162	166	170	173
6	0	158	163	169	174	178	181	183	184	185	5	11	148	153	155	158	162	166	170	174	177
6	1	163	168	175	180	184	187	190	191	192	6	0	152	157	159	162	165	169	173	177	182
6	2	168	173	181	186	191	194	197	198	199											

HINTS ON HOW TO SERVE A FORMAL DINNER

1. Lay the tablecloth smooth and straight over a felt or down table pad. Coloured table linen should never be used for formal dinners.

2. **Table decorations.** Use flowers of appropriate colours as a centre piece, or a low plant or an attractive bowl of fresh fruit.

Candlesticks with candles of appropriate colour may be placed symmetrically on the table, and plates of hors d'oeuvres, mint patties, salted nuts and candies may be placed on small serviettes.

3. A space of at least 2 feet is required for each guest. If a service plate is used, it should be at each place before guests are seated, and it is not removed till fish or meat is served.

If cocktails are served at table, they should be placed on small plates directly in front of each chair.

4. Table napkins, usually folded in triangles, are placed in the centre of each place if it be vacant, otherwise at the left side, the open edge beside the forks.

5. Silverware is placed about 1 inch from edge of table, in straight rows, the spoons beside and to the right of the knives, the forks at the left side (except forks that are used with the right hand only) in the order in which they will be used, starting from the outside in.

Points of forks and concaves of spoons are turned upwards. Edges of knives point to left.

More than 3 forks and 2 knives should not be set. If others are needed, they should be placed later when required.

6. Glasses are set at right at points of knives, in a group rather than in a line. Three will serve—one for water, one for sauterne and one for burgundy. Champagne and liqueur glasses are placed just before serving.

7. Salt and pepper within easy reach of the guests.

8. At formal banquets, with the foregoing exceptions, and unless wine is served in decanters, nothing is left on the table, such as water, bread, sugar, milk, cream or wine.

Constant anticipation of the guest's needs is essential.

9. Chairs should be placed so they just touch tablecloth.

ETIQUETTE FOR A FORMAL DINNER

1. As soon as guests are seated they unfold their table napkins below level of table and place them over their knees. At the end of dinner, napkins are replaced on the table unfolded.

2. Dishes are placed and served from the left side and removed from the right. For example:—remove a plate with the right hand from the right and put one in its place with the left hand from the left.

Beverages are served from the right, with the right hand. Glasses are not removed from table when being filled. If a glass is too far from edge for convenient pouring, it may be drawn nearer. Guests may anticipate this need by moving the glasses themselves.

3. Everything pertaining to each course is removed before serving the next course.

4. Cocktail glasses and their accompanying plates are removed together.

5. Only clear bouillons and thin cream soups are served at formal dinners—never serve thick heavy soups.

6. The second, or fish course, may be served hot or cold, either on individual plates or on a garnished platter from which the guests may serve themselves.
7. Entrees should be light and attractively garnished, served either hot or cold.
8. The meat for the principal course is carved in the kitchen and placed on a platter and offered in turn to each guest.
9. Vegetables, potatoes, sauces and gravies are offered to each guest in turn. Guests may select one or more vegetables as they desire.
10. If there is game, it is served in delicate portions after the roast.
11. Salad may be served either on individual plates previously arranged, or from a bowl from which guests may serve themselves.
12. When salad plates have been removed, clear crumbs from table with a folded napkin and remove salt and pepper shakers, etc.
13. If 2 desserts are served, the hot should precede the cold.
14. If a frozen dessert is served from a platter, it should be cut before it is passed.
15. Finger bowls are brought on dessert plates with a doily under them, and a fork at the left and a spoon at the right. The guest removes fork and spoon, placing them at his left and right, then removes fingerbowl and places it at left on the doily.
16. Glass dessert plates are always put on china plates with a spoon to the right and a fork to the left. The guest lifts fork and spoon from plate and places them on the table.
17. If the dessert is served in individual portions, it may be put in dessert glasses placed on a plate with a spoon and fork.
18. The spoon and fork need not be placed on the plate, but may be placed on either side of the guest, the spoon on the right and the fork on the left. It is bad form to reach in front of a guest in serving.
19. Next serve the cake, sliced beforehand if a whole one, with a knife to aid guests in serving themselves.
20. If coffee is served at the table, it is brought in the cup and placed at the right. Then the cream and sugar are passed on a tray to the left.
Coffee may be served in the drawingroom if preferred.

WHEN AND HOW TO SERVE WINES

Sauternes, cool.....	with oysters
Sherry, cool.....	with soup
Rhine wine, not too cold.....	with fish
Claret, cool.....	with entrees
Champagne, very cold.....	with fowl or meat
Burgundy or champagne.....	with salad
Burgundy, room temperature.....	with game
Port or Madeira, cellar temperature.....	with desserts
Cordials or Brandy.....	with coffee

WEDDING ANNIVERSARIES

First	Cotton Wedding
Second	Paper Wedding
Third	Leather Wedding
Fifth	Wooden Wedding
Seventh	Woollen Wedding
Tenth	Tin Wedding
Twelfth	Silk and Fine Linen Wedding
Fifteenth	Crystal Wedding
Twentieth	China Wedding
Twenty-fifth	Silver Wedding
Thirtieth	Pearl Wedding
Fortieth	Ruby Wedding
Fiftieth	Golden Wedding
Seventy-fifth	Diamond Wedding

BIRTH STONES

Month	Stone	Character
January	Garnet	Constancy
February	Amethyst	Sincerity
March	Bloodstone	Wisdom
April	Diamond	Innocence
May	Emerald	Love
June	Pearl	Riches
July	Ruby	Nobility of Character
August	Sardonyx	Married Happiness
September	Sapphire	Happiness
October	Opal	Hope
November	Topaz	Fidelity
December	Turquoise	Prosperity

FLOWERS OF THE MONTH

January	Carnation
February	Violet
March	Jonquil
April	Sweetpea
May	Peony
June	Rose
July	Delphinium
August	Iris
September	Marguerite
October	Gallardia
November	Chrysanthemum
December	Narcissus

PRACTICAL AND USEFUL SUGGESTIONS TO MAKE CUT FLOWERS LAST LONGER

Most flowers should be picked early in the morning while they are still wet with dew, or in the cool of the evening. Roses, peonies, dahlias and gladioli last longest if cut in the evening, and dahlias should be picked when open; iris, poppies and carnations when half open and peonies as soon as the colour is full. Whether fully or partly opened, when picked makes all the difference in the time they will last.

The method of picking makes a big difference also. Use a sharp knife and cut obliquely. Scissors bruise or kill the stalk and keep water from rising freely to the petals and leaves. Another reason for cutting obliquely is to ensure that the stalks will not press flat against the bottom of the vase, thus preventing the water from rising through them.

Immediately after cutting, soak for several hours in fresh water. This prolongs their life considerably. Flowers with wide leaves like stocks, snapdragons, zinnias and petunias should be soaked for 10 to 12 hours before arranging in vases. Lilacs, spirea, honeysuckle and other bush-grown flowers last longest when their stalks are split before soaking. The ends of their stalks may also be beaten or bruised. Some people advocate plunging cut flowers into boiling water, but this is not recommended as it is not always successful, although certain flowers, such as poppies, some kinds of roses, mignonette and dahlias often respond well to it.

Although every one knows that stalks should be cut once each day, it is not generally known that the cutting should be done under water to keep air bubbles from forming and blocking the flow of water up the stalks. The addition of $\frac{1}{2}$ teaspoon coal dust or potassium permanganate (which all druggists have in stock) checks the growth of bacteria on cut stalks, and the use of a few drops of creolin or a similar disinfectant aids in keeping flowers longer, but aspirin is quite useless.

Pansies and nasturtiums absorb water through their stalks with difficulty and so they keep better if given a deep bath in cold water up to their petals every 8 hours.

Warm drafts cause cut flowers to wither rapidly, particularly dahlias. Flower growers have found that cut flowers last longer in copper or brass vases than in any others.

A few drops of castor oil will revive dying ferns. Pour the drops on the roots and place the complete flower pot overnight in a tin of water.

When house plants do not respond to regular watering, try putting coffee grounds around the roots three times a week with a teaspoon of olive oil once a week. Never let the earth become dry and hard.

A little bit of camphor gum dropped in a vase of flowers will keep them fresh for a long while.

DO YOU KNOW THAT —

To keep eggs and fish from sticking to the pan and burning, you should sprinkle the pan with a little fine salt.

If you add a pinch of salt to the grease or butter when boiling hot in a pan, fish will not break up when turned during cooking.

The quickest and surest way to beat whites of eggs to a froth is to add a tiny pinch of salt to them.

Ordinary alum melted in an iron spoon and applied hot makes a fine waterproof cement to mend glassware, crockery and porcelain.

To clean utensils when food has stuck to them, heat salt and water in them till burnt food comes loose.

To peel or cut up onions without stinging the eyes, do the job under water.

To keep tin dishes from rusting, smear them with lard and put in the oven for $\frac{1}{2}$ hour.

To clean hair brushes add a teaspoon of borax to 2 pints of hot water and swish them about vigorously in the solution.

To stop hiccoughs, take a little sugar moistened with a few drops of vinegar.

To avoid the smoke and smell when pies overflow when cooking, sprinkle a little salt in the oven.

To bake apples without having the skin split, prick them first.

Glass stoppers will come out readily when a little salad oil is run around the rim. Place the jar near the fire and rap the stopper gently. The heat allows the oil to penetrate and loosen the stopper.

You won't be bothered by the smell of a newly-painted room if you place in it a dish of water in which are several slices of onion. One night will kill all odor.

To eliminate unpleasant odors, from cooking ham or cabbage, put a few drops of vinegar in the pot, or spray Familex Ozonicide.

To keep biscuits fresh and crisp for months even in a jar that cannot be sealed airtight, sprinkle a layer of white sugar in the bottom of jar.

When you have no sour milk and need it for cooking, the addition of a tablespoon of lemon juice to a glass will curdle it quickly.

To remove stains and polish copper vessels, rub them with pure ammonia.

To clean a white felt hat, remove trimming, brush thoroughly, then cover with dry flour and rub it in with a hard small brush. Cover the hat with a napkin and leave for a day sheltered from drafts. Then strike it briskly with gentle raps of the back of the hand until no trace of flour remains. Of course this must be done out-of-doors. If the felt is very dirty, repeating the operation will ensure success.

To remove odor of onions or garlic from the hands, add a few drops of javelle water to a basin of water and wash hands in it. After drying, rub in a little Familex Lilac Cologne Rub.

When soup is too salty, drop into it a few pieces of raw potato and cook awhile longer.

To keep moths out of linen cupboards, sprinkle cupboards with coal oil or Familex Ozonicide after giving them a thorough cleaning.

Gasoline or other coal-oil type of fire can be extinguished quickly with milk which forms an emulsion with the oil.

To peel and quarter oranges quickly and easily, pour boiling water over them and let them soak for a few moments.

If coffee has boiled too long, a dash of salt will kill the bitter taste.

A few drops of lemon juice in water used for poaching eggs will keep them from separating.

To keep the hands soft and white after washing dishes, while still wet, rub them with lemon juice or Familex Lemon Lotion.

Embroidery, fancywork and fine lingerie which have become yellow can be brought back to snow white by boiling in water with blue and the juice of 1 lemon.

To remove rust, fruit or ink stains, rub the stained area with lemon juice, cover it with salt and place in the sun. If the stains are stubborn, several treatments may be needed.

To clean the white keys of a piano, rub them with a paste made of white lead and lemon juice.

HOW TO MAKE SOAP

30 quarts water
10 lbs. resin

20 lbs. fat
5 lbs. caustic

5 lbs. coarse salt

Carefully pour the caustic into the boiling water; when it is melted, add the resin and stir it up with a wooden paddle; mix well and when it is melted, add the fat. When all is completely dissolved, let it boil about 40 to 45 minutes. Then add salt, little by little, which causes the soapy mixture to separate from the caustic liquid. Let boil 10 to 15 minutes more with less heat. Then put in a vessel to cool. Let harden; which takes about a day. Cut in squares and store in a warm place to dry out.

Note: You will know when the soap is thoroughly cooked when it sticks to the paddle and drops slowly off. When it is well done, the top is even and smooth. A thrifty house-keeper collects and keeps surplus fats and greases for soap making. They should be kept in a cool place and kept in good condition during the summer by coarse salt or a caustic solution.

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DRIVER G232,1

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brought in by boat, but durin
the winter months they have to
be flown in. It's a disadvantage
but the excellent trout fishing
is compensation enough, in the
opinion of Mrs. McElrea, an
ardent fisherwoman.

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White Vinegar When Pickling

Planning to make pickles? Remember that distilled white vinegar will not impart the brownish color associated with cider vinegar.

The latter gives good flavor, however, so you may use it where color isn't an important factor.

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SHAPED TO ORDER

Macaroni products are made from a paste of stiff wheat-flour dough and water which is shaped in special machines.

BREAKFAST CEREAL

Shredded wheat is made from a stiff mixture of cooked wheat which is forced from a machine in thread-like strands.

UR PATRONS
FACIAL
message

Womans
World

3352743



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MONTREAL