Favorite Recipes

BY

Cookshire Members

OF THE

Women's Institute

c1925-30
per Driver

PREFACE

That Cookery is a Science
Who can doubt?
Domestic bliss were
incomplete without!

Burton attests that
"Cookery is become an Art,
a noble Science"

Conscious of the truth and aptitude of this statement, we are offering to the public this little book of tested recipes, favorites in the homes of the ladies whose signatures appear.

The Womens' Institute is an active organisation in this Community and its aim in compiling this Cook Book is to provide further Funds towards its campaign for the Cookshire Cemetery.

Cookshire as it is To-day

Cookshire is now an incorporated Town, and is the Chef-lieu or County Seat of Compton County. Population 1000 mixed, (English & French). Area 2400 acres, altitude 700ft

It is excellently situated for transportation facilities, being a junction between C.P.R. and Maine Central Railroads. Distance 130 miles from Montreal on C.P.R. Main-line Montreal-Halifax, it has good connection East and West, and to New England States and Atlantic Ports.

It has a good water system; with purest water for drinking purposes. Good hunting and fishing in vicinity.

Fine opportunities and sites for industries to locate here. Customs Outport.

Power - Unlimited - Southern Canada Power Co.
Hotels - Two very fine
Banks - Two
Educational - One English (High School) One French School
Churches - Two Protestant, one Catholic
Labour - Good supply in immediate vicinity.
Roads - Good - On two Government roads to Quebec and Montreal.

For information write

Secretary Treasurer

Town of Cookshire.

SALMON LOAF OR MOULD

1½ tbsps Knox Gelatine 1 can peas
1 can of salmon 1 cup white sauce
3 hard boiled eggs 2 tbsps cold water

Remove salmon from can and pour over it cold water to remove the fat. Remove skin and bones and separate into flakes. There should be a cup full. Season with pepper, salt and lemon juice. Chop whites and yolks of 3 hard boiled eggs, reserving the center slices for garnishing.

Butter a quart mould and arrange slices of egg down the center. Have ready 1 cupful white stock (veal or chicken), or 1 cupful thin white sauce. Add the gelatine soaked in the cold water, with the salmon, chopped egg, 1 cup of peas and stock Put in the mould and set in the ice box. Serve on lettuce leaves with salad dressing, garnished with the remainder of the peas. If liked use 1 cup of diced cucumber instead of peas.

Gladys Hunt Roy

KNOX SPARKLING GELATINE improves

Soups and Gravies

SALMON LOAF OR MOULD

2 tbsps Knox Gelatine 1 can pink
1 can of salmon 1 cup white sauce
2 hard boiled eggs 2 tbsps cold water

Remove salmon from can and pour over it cold water to remove the fat. Remove skin and bones and separate into flakes. There should be a cup full. Season with pepper, salt and lemon juice. Chop whites and yolks of 3 hard boiled eggs, reserving the yolks slices for garnishing.

Butter a quart mould and arrange slices of egg down the center. Have ready 1 cupful white stock (veal or chicken), or 1 cupful thin white sauce. Add the gelatine soaked in the cold water, with the salmon, chopped egg, 1 cup of peas and stock. Put in the mould and set in the ice box. Serve on lettuce leaves with salad dressing, garnished with the remainder of the peas. If liked use 1 cup of diced cucumber instead of peas.

Gladys Hunt Joy

KNOX SPARKLING GELATINE improves

Soups and Gravies

A MEATLESS DINNER

1 can of corn — 2 eggs
1 pint milk — ½ cup butter
Salt, pepper and bread crumbs

Place in a baking dish a layer of corn then a few bread crumbs, salt, pepper and a few bits of butter. Repeat until the dish is full. Beat the eggs, add milk (warmed) pour over the corn mixture and bake in a moderate oven about one hour. Serve about ten minutes after removing from the oven. (A Favorite in my family)

Eudora Cook

OYSTER STEW

1 pt oyster — ½ pt water
1 quart milk — 2 tsps salt
3 tbsps butter — A little pepper
2 tbsps fine cracker crumbs

Place the oysters with their liquor, the water, salt, pepper, and the cracker crumbs over a moderate fire, Heat to boiling point or until edges begin to curl then add butter and milkalready heated (but not boiled). Stir gently with a fork during the cooking process to insure even cooking. Skim if necessary and serve at once.

E.P. Cook

SPANISH STEAK

3 lbs of top round steak
¼ cup flour Ogilvie's
1 tsp salt
1 large onion
Pepper
½ can tomatoes

Cut the steak in small pieces and pound in the flour, salt and pepper. Place alternately in a bean-pot a layer of meat a layer of sliced onion and a layer of tomatoes. Cover with water and bake slowly 2½ hrs.

H.L. MacKay

BAKED STEAK

1½ lbs round steak
1 pint milk
1 tsp salt
1 egg
½ cup flour
Pepper

Cut the meat in small pieces and pound. Beat lightly the egg and add ~~xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx~~ the milk, salt and pepper. Then add gradually the flour beating until smooth and light. Butter a deep dish; put the meat in the dish and pour over this the batter. Bake one hour.

H.L. MacKay

LUNCHEON SALAD

1 envelope KNOX Sparkling Gelatine
1 cup cold water ½ cup sugar
1½ cups boiling water
3 tart apples
½ cup pecan nut meats
½ cup lemon juice
1 cup celery, cut in small pieces

Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

KNOX GELATINE comes in two packages PLAIN and ACIDULATED

(Lemon Flavor)

PERFECTION SALAD

1 envelope KNOX Sparkling Gelatin
½ cup cold water 1 tsp salt
⅓ cup mild vinegar
2 tbsps lemon juice
1 cup cabbage, finely shredded
2 cups boiling water
½ cup sugar
2 cups celery, cut in small pieces
2 pimentoes, cut in small pieces
or ¼ cup sweet red or green pepper

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green pepper or turn into molds lined with canned pimentoes. A delicious accomapniment to cold sliced chicken or veal.

The KNOX ACIDULATED package

Contains Lemon Flavoring

A RECEIPT FOR SALAD

To make this condiment your poet beggs
The pounded yellow of two hard boiled eggs
Two boiled potatoes, passed through kitchen sieve
Smoothness and softness to the salad give;
Let onion atoms lurk within the bowl,
And, half suspected, animate the whole;
Of mordent mustard add a single spoon,
Distrust the condiment that bites so soon;
But deem it not, thou man of herbs, a fault
To add a double quantity of salt;
Four times the spoon with oil from Lucca crown,
And twice with vinegar, procured from town;
And lastly, o'er the flavored compound toss
A magic soupçon of anchovy sauce.
O green and glorious! O herbaceous treat!
T'would tempt the dying anchorite to eat;
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad-bowl;

Serenely full, the epicure would say,
"Fate cannot harm me, -I have dined to-day."

Sidney Smith, 1771-1845

Miss Ball

FRUIT SALAD

Cut up and combine any fruit desired or available. Canned peaches or pineapples, raw apples Oranges, bananas, grape fruits, dates, etc. Pour over the following dressing:

Three tbsps butter 2 tbsps flour. Mix smooth with juice of 1 lemon and 1 orange, add 1 cup sugar. Stir until thoroughly combined and cooked. When ready to serve, place whipped cream on each serving with a few cherries, strawberries, raisins, on top for a finish.

Mrs J.L. French

CHEESE STRAWS

Half cup grated cheese, one cup flour, pinch of salt, half cup of butter rubbed into the flour and cheese. Water enough to mix as for pie crust. Roll thin, cut in stripes, bake in a quick oven.

Muriel R. Halls

SALMON SOUFFLE

1 cup cooked salmon
1 cup mashed potatoes
½ cup milk
2 eggs
½ tsp salt
¼ tsp paprika

Mix salmon with the mashed potatoes and add the milk and seasonings. Add one egg beaten well without separating. Place mixture in a well buttered baking dish. Separate the yolk from the white of the remaining egg and beat separately.

Fold together as for foamy omelet. Pile over the fish and brown in a moderate oven.

Mrs S. Wright

CORNMEAL MUFFINS

1 cup cornmeal
2/3 cup flour
½ tsp soda
½ tsp salt
2½ tbsps sugar
1 cup sour milk
1 egg
2½ tbsps melted fat

METHOD: Mix and bake as plain muffins. This mixture may be cooked in shallow pan as Johnny Cake. More sugar may be added if desired.

M.E. Cromwell

DATE AND NUT LOAF

1 cup cut dates
1 tsp soda
Sprinkle over dates then pour over
1 cup boiling water and let cool
1 tbsp lard
1 egg (unbeaten)
¾ cup brown sugar
½ cup chopped nuts
1½ cups bread flour
¼ tsp salt

Cream sugar, lard, salt and eggs together. Add nuts, then dates, last sifted flour. Turn into bread pan and bake in slow oven one hour.

K.A. Pennoyer

NUT LOAF

4 even cups of Ogilvies Royal Household Flour
4 even teaspoons baking powder
1 tsp salt 1 cup brown sugar
1 egg well beaten
1½ cups sweet milk
1 cup chopped walnuts
1 cup dates cut in pieces

Place mixture in bread tins, allow to rise for twenty minutes before placing in moderate oven. Bake until done.

Mrs. E.J. Planche

GRAHAM BREAD

2½ cups sour milk ½ cup sugar
2 tbsps molasses 1 tsp soda
A little salt
4 cups Graham Flour

Let rise ¾ of an hour.
Bake ¾ of an hour.

M. Wilson

KNOX GELATINE makes Desserts, salads, candies, puddings, etc.

OATMEAL BREAD

2 cups Oatmeal 1 cup molasses
2 tsps shortening Salt
1 pint boiling water

Mix altogether. When luke warm, put yeast in. Mixxto stiff batter with white flour, let raise twice before putting it in the dishes. This makes two loaves.

Mrs A.H. Kenney

NUT BREAD

1 cup chopped walnuts 1 egg
1½ cups milk ½ tsp salt
4 cups sifted Ogilvies Flour
4 tsps baking powder
1 tsp brown sugar.

Mrs H.H. Pope

NUT BREAD

1 egg 1 cup milk
½ cup sugar 2½ cups flour
4 tsps baking powder (scant)
1 cup chopped Walnuts 1 tsp salt
Let rise for 30 minutes.

Mrs F.E. Kerridge

BRAN MUFFINS

1 cup sour milk
1 tbsp shortening
1/3 tsp salt
1 tsp soda
3 tbsps sugar
1 cup bran
1 Cup Ogilvies Royal Household Flour.

G.R.G. MacRae.

OATMEAL SCONES

¾ cup Brown sugar
3 cups oatmeal
¾ cup shortening (Butter & Lard)
2 cups Ogilvies Royal Household Flour.
Milk to make a stiff dough.
2 tsps baking Powder

Miss A. MacDonald

BROWN BREAD (with rolled oats)

Make a porridge of 2 cups rolled oats. (Let cool). Add ¾ cup molasses 1 cup cream and milk mixed with 1 small cup of yeast. Add salt and sufficient flour to make a stiff sponge. Let rise, add flour and knead as white bread. When light knead and let rise second time. Then put in tins, let rise and bake

NUT AND RAISIN BREAD

1½ cups Ogilvies Royal Household Flour
2 cups Graham flour ½ cup corn meal
½ cup brown sugar 1 tsp salt
4 tsps baking powder ¾ cup chopped nuts
2 cups milk
1 cup ground or chopped raisins
½ cup molasses ¼ tsp soda

Sift dry ingredients together. Add nuts and raisins; add milk and mix well, then add molasses and soda which have been mixed together. Bake in two small greased loaf pans in moderate oven about 40 minutes.

Edith A. Wright

DATE BREAD

2 eggs 2/3 cup sugar
1 cup sweet milk 1 cup cut up dates
2 ½ cups Ogilvies Royal Household
2½ tsps baking powder Flour
Salt

Bake in moderate oven.

Clara Osgood

RAISIN BREAD

3 cups Ogilvies Royal Household flour
4 tsps baking powder 1 tsp salt
¾ cup sugar 1 egg
1 cup Sun Maid Seeded raisins
1¼ cups milk ¼ cup chopped nuts

Soak raisins in boiling water for fifteen minutes, drain and dry. Sift flour, salt, baking powder and sugar together, add raisins and nuts, mix beaten egg with milk and add to flour stirring canstantly. Pour into greased bread pans let stand ten minutes and bake in moderate oven for 40 to 45 minutes. This makes two small loaves or one large loaf.

Agnes A. Hurd

NEVER FAIL FRUIT CAKE

12 eggs
1 lb brown sugar
1 lb Ogilvies Royal Household Flour
1 lb currants
1 lb butter
1 lb raisins
½ lb figs
½ lb dates
¾ lb citron peel
½ lb shelled almonds
¼ lb lemon peel
½ cup preserved fruit juice
½ cup cold coffee (scant)
1 lemon, juice and grated rind
3 tsps cinnamon
1 tsp mace
1 tsp allspice
2 nutmegs
½ tsp cloves.

Margaret Cromwell

DANISH CAKE

½ cup butter
1 cup white sugar
2 well beaten eggs
2 tbsps cocoa
1 cup sour milk
1 tsp soda in
1 tbsp vinegar
1 pinch salt
1½ cups Ogilvies Royal Household Flour
½ cup walnuts
½ cup chopped dates.

Trim with Mocha icing.

Mrs Arthur Drennan

BLUEBERRY CAKE

2 tbsps (rounded up) lard or butter
1 cup sugar (beat)
Add 1 egg (beat)
1 cup sour milk
1 cup blueberries or other fresh fruit. 2½ cups Ogilvies Royal Household Flour sifted three times. 1 tsp soda dissolved in a little milk, salt, cinnamon, and cloves or other spices to suit taste. Bake in moderate oven. Mix berries with flour. Sift spice with flour.

Mrs. J.L. French

CAKE

1 cup butter
2 cups sugar
5 eggs
¼ cup milk
3½ cups Ogilvies Royal Household Flour
1 tsp soda
2 tsps cream tartar
½ cup almonds
Flavor with lemon extract
Bake in long long cracker tin

Mrs F.E. Kerridge

SPONGE CAKE

Eight fresh eggs beat the yolks and whites separately for a few minutes. Add the weight of the eggs in white pounded sugar, beat this with the eggs for half an hour, then take the weight of four eggs of flour to be stirred gently in, the rind of one lemon finely chopped With the juices to be added just before putting the whole into the tins. Bake it in a moderately quick oven.

Woodside 1866 Mrs J.H. Taylor

This was the first Sponge Cake made in Cookshire by a lady from Montreal visiting at the home of Mrs J. French Taylor who was giving a party in her honer. The guests all thought it most excellent, it soon became the most famous Cake and took the place of the old time Plum Cake for all parties in the village.

SULTANA CAKE

½ lb butter
3 eggs
2 tsps baking pow.
½ lb Sultana Raisins
1½ cups sugar
3 cups Flour
¾ cup milk
Citron, lemon rind, grated and essence lemon.

Muriel R. Halls

ORANGE CUP CAKES

¼ cup butter ½ cup sugar
1 egg (well beaten) ¼ cup orange
juice and grated rind of juice
1 orange 1 tsp baking powder
1 scant cup of flour
Pinch of salt ½ tsp vanilla

Bake 15 to 20 minutes in moderate oven. When cool top with whipped cream and orange slices.

Gladys Hunt Roy

DATE CAKE

1½ cups sugar, ½ brown and ½ white
2 eggs 2/3 cup shortening
2 cups chopped dates
2 tsps ground nutmeg
1 tsp cinnamon ½ tsp cloves
Salt ½ cup sweet milk
2 tsps cream of tartar 1 tsp soda
2 cups Ogilvies Flour

METHOD: Place in bowl in order given and beat thoroughly. Bake in slow oven.

Mrs H.H. Pope

CHOCOLATE CAKE

Boil together ½ cup of milk, 1 square Baker's chocolate and yolk of 1 egg until smooth and creamy. Remove from fire add piece of butter size of egg, 1 cup sugar, ½ cup of milk, 1½ cups Ogilvies Royal Household flour, 1 tsp soda. Flavor with 1 tsp vanilla.

FROSTING

Make a syrup of ¾ cup sugar and a little water, boil until it treads then turn on the stiff beaten white of 1 egg to which has already been added a little sugar. Beat well and pour on cake.

Mabel E. Drennan

SPONGE CAKE

Yolks of 5 eggs 2 cups sugar
2/3 cup boiling water
2 cups Ogilvies Royal Household flo
2 tsps baking powder A little salt
Flavor to taste.

Mix the sugar and yolks of eggs well together then add boiling wate Mix baking powder, flour and salt together. Add to this whites of egg beaten stiff, mix lightly.

Mrs Arthur Drennan

EAGLE CAKE

1 cup brown sugar	1 egg
½ cup butter	1 tsp soda
1 cup sour milk	½ tsp nutmeg
2 cups Ogilvies Flour	1 tsp cinnam
1 cup chopped raisins	¼ tsp cloves

Cream the butter and sugar, add the beaten egg. Mix the soda with the sour milk and add with the flour and spices sifted together. Lastly add the chopped raisins. Bake 45 minutes in a moderate oven. I like to add a little baking powder to insure lightness, but not necessary.

Mrs S. Wright

CAKE TO USE THE YOLKS OF EGGS

½ cup butter	½ cup milk
1 cup sugar	½ cup Ogilvies Flou
Yolks of 4 eggs	1 tsp C.T.
½ tsp soda	Flavoring

Agnes A. Hurd

A KNOX GELATINE Dessert or Salad is Attractive and Appetizing

NEVER FAIL CAKE

2 eggs 1 cup sugar
½ cup milk 1 cup flour
1 tsp baking powder 1 tsp salt
1 tsp butter

Beat eggs, add sugar, 1 cup Ogilvies Royal House hold flour, 1 tsp baking powder. Heat to a boiling point, ½ cup milk, to which has been added one tsp butter.

This cake never fails.

Mrs John Planche

SPONGE CAKE

1 cup sugar 4 eggs
1½ tbsps corn starch, enough Ogilvies Royal Household flour to fill cup 3 tbsps cold water
1½ tsps baking powder, a little salt 1 tsp vanilla

Beat whites of eggs separately. Beat yolks of eggs and water together and add sugar gradually. Add flour and baking powder beating continually. When flour is all in, beat two minutes and fold in the whites last. Bake in moderate oven 35 minutes.

Mrs Chaddock

ROYAL FRUIT CAKE

This is a large recipe, making three large loaves, can be kept for a year or longer.

5 cups Ogilvies Royal Household Flour
1½ cups each of sugar and butter
½ cup of milk
1 cup molasses
1 tsp soda
2 tsps each of all-spice and cloves
2 tbsps cinamon
5 eggs
1 nutmeg
2 lbs raisins
3 lbs currants
1½ lbs citron

Bake about one hour or longer in a slow oven.

Mrs Hugh Wilson

CHOCOLATE CAKE

1 cup milk
1/3 cup cocoa or chocolate
1 egg yolk beaten
Cook in double boiler. When cool
Add
1 cup sugar
1/3 cup butter
1 tsp soda dissolved in 1 tbsp water
1 tsp vanilla
1 1/3 cups Ogilvies Flour
½ tsp salt
Put in beaten white of egg last.

A.S. Woolley

CHRISTMAS FRUIT CAKE

1 lb Ogilvies Flour
1 lb brown sugar
1 nutmeg
1 tsp allspice
1 tsp cinnamon
3 lbs raisins
1 lb peel
1 cup molasses
1 tsp lemon extract
1 lb butter
9 eggs
1 tsp soda (dissolved in hot water)
1 tsp cloves
3 lbs currants
1 cup almonds

Mrs F.E. Kerridge

LIGHTNING CAKE

Sift together one cupful of flour 1 cup sugar, 1 level tsp baking powder, and a little salt. Into a cup one third filled with melted butter, break two eggs and fill the cup with sweet milk. Mix, bake, and serve warm for lunch or supper.

Alice T. James

NUT AND RAISIN CAKE

½ cup butter
1 egg
1 tsp soda
1 cup raisins (chppped)
½ tsp cinnamon (or nutmeg if preferred)
1 cup brown sugar
1 cup sour milk
2 cups flour
½ cup walnuts
½ tsp cloves or

Bake 25 to 30 minutes.

Mrs E.L. Pratt

CHOCOLATE CAKE

2 eggs
½ cup shortening
3 or 4 tbsps cooca
2 cups flour
1½ cups sugar
1 cup sour milk
1 tsp soda

ICING:
2 cups sugar
1/3 tsp soda
¾ cup milk
Small piece soda

Mrs E.L. Pratt

MOCHA CAKES

½ cup butter
1 cup sugar
1 tsp vanilla
3 eggs
2 cups flour
2 tsps baking powder
Milk to the thickness of an ordinary cake say half cup. Bake in shallow tins. When cool, cut in small pieces.
FROSTING:
½ cup butter
2 cups frosting sugar
Mix well together, add
1 tsp vanilla
1 tsp milk
Spread on each piece of cake(all-over) and roll in 1 lb of almond nut meats which have been blanched, browned and rolled fine.

Mrs H.H. Pope

DOUGHNUTS

1 cup sugar
2 tbsps lard
1 cup sour milk
2 eggs
2 tbsps butter
1 tsp soda
2 tsps cream of tartar
½ tsp salt
Enough Ogilvies Royal Household flour to make soft dough.

Mrs A. Darker

EXTRA DOUGHNUTS

Beat ½ cup sugar with two level tbsps of butter and one large egg. Add ¼ tsp each of salt and ginger, 1 cup sweet milk, 2 level tsps cream of tartar and one of soda sifted with enough Ogilvies Royal Household Flour to make a soft dough. Turn on board and roll to about one third of an inch thick, cut out and fry in hot lard. This recipe makes about 24 doughnuts.

Edith Wright

BANBURY TARTS

1 cup of raisins chopped
1 cup white sugar
Rind and juice of 1 lemon
2 good sized crackers

Chop altogether fine. Make into small turnovers with pie crust.

Mrs Arthur Drennan

ROYAL FANS

Mix and sift two cups flour and ½ cup brown sugar. Wash ¾ cup butter and work into first mixture, using tips of fingers. Roll to one third inch in thickness, shape with a fluted round cutter five inches in diameter. Cut each piece in quarters and grease with the dull edge of a case knife to represent folds of a fan. Brush over with yolk of egg diluted with ¾ tsp water. Bake in a slow oven.

Gladys Hunt Roy

KNOX ACIDULATED GELATINE - no bother, no trouble, no squeezing Lemons

ORANGE NUT PUFFS

1/3 cup butter
2 egg yolks
1/8 tsp grated orange rind
¼ cup powdered sugar
3 tbsps baking powder
¼ tsp salt
¾ cup walnuts
¾ cup sugar
¼ cup orange juice
1¾ cup flour
¼ cup milk
2 egg whites
¼ cup finely ground walnuts

METHOD: Cream the butter, add sugar, then well beaten egg yolks AND ORANGE juice. Mix thoroughly. Sift the dry ingredients together and add alternately with the milk. Add the chopped nuts, fold in the egg whites stiffly beaten and pour into greased and floured cup-cake pans. Mix the powdered sugar and the finely ground nuts and sprinkle over tops of puffs. Bake in a moderate oven 20 minutes.

Mrs Burton

HERMITS

3 eggs
1 cup butter
Small tsp soda
1 tsp nutmeg
1½ cups sugar
1 cup chopped raisins
1 tsp cinnamon
Flour enough to roll and cut.

Muriel R. Halls

SCOTCH CAKE

Take twelve ounces of good butter
Take of sugar, half of that,
Then of flour, just take the double
What you weighed the butter at.

Rub the sugar and the butter
With your fingers on the board
Taking in the flour by stages
As you see it can afford.

Roll it out upon the table
Or else shape it on the block
It's so easy, when you know it

Then, you nick it round the edges
With your finger and your thumb
So be sure and have some ready
For my supper when I come.

Mrs Pratt

DATE BARS

3 eggs well beaten
1 cup of sugar
1 cup of chopped nuts
(English Walnuts prefered)
1 cup Ogilvies Royal Household Flour
2 tsps Baking Powder
1 tsp vanilla
1 package of dates
1 tbsp water 1/8 tsp salt

Bake in shallow pan in slow oven. Cut in strips and roll in powdered sugar.

Estelle Frasier

CREAM PUFFS

Melt ½ cup butter in 1 cup hot water and when boiling, stir in 1 cup Ogilvies Flour. Take off the stove and cool. When cold, stir in 3 eggs, one at a time, without beating. Then stir until thoroughly mixed. Drop on buttered tins a piece about the size of a small egg a few ins. apart. Bake in quick oven about twenty minutes.

Mrs F.E. Kerridge

Try the KNOX GELATINE Recipes found in this book

FRUIT COOKIES

1½ cup sugar ½ cup molasses
1 cup currants
1 cup butter worked to a cream
3 eggs well beaten
1 tsp soda dissolved in water
1 cup chopped raisins
1 tsp of all kinds of spice
Enough Ogilvies Royal Household Flour to roll. Bake in a moderate oven.

Ellen Cromwell

BROWNIES

½ cup butter ¾ cup sugar
(Beat well together)
2 eggs (whites and yolks beaten separately)
2 squares melted chocolate
1/3 cup Ogilvies Royal Household Flour to which has been added a pinch of soda.
½ cup walnuts (cut not too fine)

Bake in a shallow pan about 10 x 10 inches, in a moderate oven. Cut in squares when nearly cold.

Ethel Gillander

COOKIES

4 cups Ogilvies Royal Household Flour
1 cup of butter rubbed into the flour
2 eggs (well beaten)
1 cup sugar 2 tsps cream tartar
1 tsp soda dissolved in 1 tbsp of water, 1 pinch of salt and flavoring.

Roll thin, cut with a cookie cutter and bake in a hot oven.

A.M. Chaddock

COOKIES

1 cup sugar ½ cup butter
2 eggs (well beaten)
2 cups Ogilvies Royal Household Flour 1 tsp soda
2 tsps cream tartar
Flavor with vanilla or nutmeg

Sift cream tartar soda and flour together, then rub in the butter. Add sugar and eggs which have been well beaten together. Flavor. Do not use more flour than necessary when rolling out the dough. Bake in a moderate oven.

Mabel E. Drennan

COOKIES

1 cup sugar ½ cup butter
4 tbsps milk 2 eggs
2 tsps baking powder
2 cups Ogilvies Royal Household Flour.

E.M. Cork

OATMEAL COOKIES

1 cup sugar 1 egg
1 cup lard or butter
½ cup sweet milk 1 tsp soda
3 cups oatmeal, remainder in Royal Household Flour. Flavor to taste. A little salt.

M. Wilson

GINGER SNAPS

1 cup molasses 1 cup brown sugar
1 cup butter (1/3 lard)
(Boil twenty minutes)
1 egg (well beaten)
1 tsp soda 1 tbsp ginger
½ tsp salt

Enough Ogilvies Royal Household Flour to make very stiff. Cut thin.

M.L. Noble

WALNUT TEA COOKIES

1 cup butter 2 cups brown sugar
2 eggs 1 tsp soda
½ tsp salt 1 cup walnuts
3½ cups Ogilvies Royal Household Flour or (trifle more)

Cream the butter and sugar and add well beaten eggs. Sift flour, salt and soda together, add broken nuts to the mixture and then cut the dough in half and roll in two long rolls and let stand over night in a cool place. Slice as thin as possible with a sharp knife and bake in a hot oven.

Ethel Gillander

CHOCOLATE DROP COOKIES

1 cup sugar ½ cup butter
2 eggs well beaten
½ cup sweet milk
3 squares chocolate from ½ lb cake
1½ cups pastry flour ½ tsp vanilla
¾ cup nuts walnuts ¾ cup raisins
2 tsps baking powder ½ tsp salt

Cream butter, add sugar, add eggs and melted chocolate. Then milk, vanilla, nuts, raisins mix well; then add baking powder and flour. Drop by teaspoons on hot butter pan and bake in a medium oven. Makes about 25 cookies.

Gertrude Osgood

PEANUT COOKIES

2 tbsps butter 1 tsp B. Powder
¼ cup sugar ¼ tsp salt
1 egg 1 tsp milk
½ cup flour ½ cup chopped peanuts
½ tsp lemon juice

METHOD: Cream butter, add sugar, beaten egg, then mixed dry ingredients. Add milk, peanuts and lemon juice. Drop from teaspoon on baking sheet one inch apart and place half a peanut on top of each. Bake in slow oven 12 to 15 minutes.

M.E. Cromwell

PEACH COBBLER (Two portions)

1 cup flour
1 tsp B.Powder
1/8 tsp salt
1 tbsp butter
¼ cup milk
¼ cup water

3 good-sized peaches
1/3 cup sugar
¼ tsp vanilla
¼ cup sugar

Cut the butter into the dry ingredients (B.P., salt & flour) and add the milk. (The resulting dough should be of biscuit consistency.) Peel and slice the peaches, mix well with the sugar (1/3 cup) and place on the bottom of a baking dish.(not tin.) Place dough shaped to fit, on the top of the peaches. Make three holes to allow the steam to escape. Bake 30 minutes in a moderate oven. Boil the sugar and water four minutes. When the cobbler has cooked for 20 minutes, pour the syrup over it and allow to cook 10 minutes. Cream may be served with the cobbler if desired.

FRUIT PUDDING

One cup fruit juice (either from preserves or orange and lemon) three level tbsps cornstarch, one cup boiling water.

Cook mixture in double boiler until it thickens, then set to cool. When thoroughly cool, add stiffly beaten whites of two eggs and whip well.

CUSTARD TO SERVE IT WITH

Two egg yolks, a quarter cup sugar, one and a half cups milk. Thicken slightly.

Muriel R. Halls

SUET PUDDING

1 cup chopped suet
1 cup sour milk
1 cup chopped raisins
1 cup molasses
2 tsps soda
½ tsp each of cloves, cinnamon and nutmeg.
Enough flour to make a stiff batter.

Steam five or six hours.

Agnes A. Hurd

FRUIT PUDDING

One cup fruit juice (either from preserves or oranges and lemon) three level tbsps cornstarch, one cup boiling water.

Cook mixture in double boiler until it thickens, then set to cool. When thoroughly cool, add stiffly beaten whites of two eggs and whip well.

CUSTARD TO SERVE IT WITH

Two egg yolks, a quarter cup sugar, one and a half cups milk. Thicken slightly.

Muriel R. Hallis

SUET PUDDING

1 cup chopped suet 1 cup molasses
1 cup sour milk 2 tsps soda
1 cup chopped raisins ½ tsp each of cloves, cinnamon and nutmeg.
Enough flour to make a stiff batter.

Steam five or six hours.

Agnes A. Hurd

INNOX GELATINE is the one dessert

for all appetites

COFFEE SOUFFLE

½ envelope Knox Sparkling Gela.
½ cup milk 2/3 cup sugar
1½ cups strong boiled coffee
½ tsp salt 3 eggs
½ tsp vanilla

Soak gelatine in ½ cup cold coffee. Mix remaining coffee, milk and ½ of the sugar and heat in double boiler. Add remaining sugar, salt and yolks of eggs, slightly beaten. Cook until mixture thickens. Remove from range add softened gelatine, whites of eggs beaten until stiff, and vanilla. Mold, chill, and serve with milk or cream. If desired, line molds with stale cake before pouring in mixture.

Gladys Hunt Roy

TURKISH DELIGHT

Soak a package of Knox Gelatine ½ hour in ½ cup of cold water. Put 2 cups granulated sugar in a saucepan and add ½ cup water and bring to a boil. Add the soaked gelatine. Boil 20 minutes. Before taking from fire add the grated rind and juice of 1 lemon and 1 orange. Let boil up once then add ½ tsp of rose extract. Put in pans to set. Then cut and roll in fruit or frosting sugar. Should be allowed to set for several hours before cutting.

Mrs S. Wright

NUT FRAPPE

½ envelope KNOX Sparkling Gelatine
¼ cup cold water
1 cup cream
¾ cup milk
1 cup chopped nuts
½ cup sugar
White of 1 egg
1,cup cooked pineapple & strawberries

Soak the gelatine in cold water 5 minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and fold in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces. Serve ice cold in sherbet glasses and sprinkle with chopped nuts.

PINEAPPLE SPONGE

Take one half can of grated pineapple cooked up thick with two thirds of a cup of sugar. Two teaspoonful of KNOX Sparkling Gelatine mixed with a little cold water, then add ½ cup of hot water stirred into the gelatine and afterwards into the cooked pineapple, set it aside to cool. Whip ½ pint of cream and stir all thoroughly together, and turn into mold.

Mrs Burton

EMMERGENCY PUDDING

Heat to boiling a quart can of some kind of fruit, the pan should not be more than half full and if very thick add a little boiling water. Have ready some small cream of tartar biscuits, put on top of fruit and cook about 20 minutes covered. Drop a bit of butter on each and serve with some of the fruits.

Eudora Cook

DATE PUDDING

1 cup English Walnuts
1 cup sugar 1 cup dates
2 tbsps Ogilvies Flour
2 eggs 2 cups milk
1 tsp vanilla

Chop dates and nuts mix flour and baking powder. Beat yolks of eggs. Add sugar and milk, add whites of eggs stiffly beaten. Pour in pan and bake in moderate oven.

Mrs K.A. Pennoyer

CHOCOLATE PLUM PUDDING

1 envelope KNOX Sparkling Gelatine
1 pint milk
1 cup cold water
1 cup sugar
1½ squares chocolate
½ tsp vanilla
¾ cup dates
1 cup seed raisins
½ cup nuts
½ cup currants
3 egg whites
Salt

Soften gelatine in cold water ten minutes. Melt chocolate with part of the sugar; add a little milk, making a smooth paste. Put milk in double boiler. When hot add melted chocolate, sugar, salt, and soaked gelatine. Remove from fire; when mixture begins to thicken, add vanilla fruit and nut meats, chopped, and lastly fold in beaten egg whites. Turn into wet mold decorated wit h whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream sweetened and flavored with vanilla, or with aacurrant jelly sauce.

ROLY POLY

½ cup suet dissolved with boiling water
2 cups Ogilvies Royal Household Flour. 1 tsp salt
2 tsps Baking Powder

Mix with milk or water stiff enough to roll. Spread with any kind of preserves, roll up and steam half an hour. Serve with whipped cream or pudding sauce.

SNOW PUDDING

1 small cup sugar
3 tbsps corn-starch wet in a little cold water. One generous pint boiling water. When cooked add the whites of 3 beaten eggs to a stiff froth. Cook five minutes and then add the juice of 2 lemons. Serve with this sauce. Yolks of 3 eggs, ½ cup sugar, 2 cups of milk, cook in double boiler and flavor with vanilla to taste.

Mrs F.E. Kerridge

ORANGE CHARLOTTE

½ envelope KNOX Sparkling Gelatine
¼ cup cold water
½ cup boiling water
1 cup sugar
2 tbsps lemon juice
1 cup orange juice and pulp
Whites of three eggs
Lady fingers

Soak gelatine in cold water five minutes and dissolve in boilling water. Add sugar, and when dissolved add lemon juice. Strain, cool slightly and add orange juice and pulp. When mixture begins to stiffen beat and beat thoroughly. Turn into mold lined with lady fingers. One pint whipped cream may be used in place of whites of eggs.

All you add is water and sugar to

The KNOX ACIDULATED package

AUNT MARY'S PUDDING

1 cup suet
1 cup raisins
3 tbsps sugar
½ tsp salt
2 cups flour
1 cup water
2 tsps Baking Powder

Steam two hours. Serve with hard sauce or syrup.

F. Louisa French

DATE PUDDING

1 cup suet
1 cup walnuts
1 cup raisins
1 cup dates
1 cup molasses
1 cup figs
1 cup sweet milk
1 tsp soda
2½ cups Ogilvies Royal Household Flour.

Mix suet, molasses, add milk, chopped nuts, flour, etc. Steam two hours in baking powder cans. This recipe will fill four cans.

Estelle Frasier

KNOX GELATINE is measured ready for use-two envelopes in each pkg.

LEMON SPONGE OR SNOW PUDDING

½ envelope KNOX Sparkling Gelatine
¼ cup cold water
1 cup boiling water ¾ cup sugar
¼ cup lemon juice Whites of 2 eggs

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain, and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may by prepared by coloring half the mixture red.

Give KNOX GELATINE to Children -

Ask your Physician

FRUIT SHERBET

½ envelope KNOX Sparkling Gelatine (scant measure)
1½ cups sugar 3 cups rich milk
1 orange 1 lemon

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar. and fruit of any kind if desired. This makes a large allowance for five persons.

KNOX GELATINE is GUARANTEED TO

Please or money back

SPANISH CREAM

½ envelope KNOX Sparkling Gelatine
3 cups milk ½ cup sugar (scant)
3 eggs ¼ tsp salt
1 tsp vanilla

Soak the gelatine in the milk ten minutes. Place over hot water, and when gelatine is dissolved add sugar. Pour slowly on the yolks of eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff.

Turn into one large or individuals molds, first dipped in cold water, and place in ice box.

(This will separate and form a jelly on the bottom and custard on top.) If desired, serve with whipped cream, or slices of oranges or other fruit. A cup of orange juice may be substituted for one cup of milk, adding it after removing custard from the stove.

KNOX GELATINE

The Highest Quality for Health

PRUNE ORIENTAL CREAM

½ envelope KNOX Sparkling Gelatine
¼ cup cold water ½ pt heavy cream
¼ cup scalded milk 1/3 cup milk
½ cup sugar 1/3 cup chopped figs
Whites of two eggs
1/3 cup cooked prunes, cut in pieces

Soak gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs, beaten until stiff, heavy cream diluted with milk and beaten until stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla), forced through a pastry bag and tube, and chopped pistachio nuts

RASPBERRY CREAM PIE (1812)

Line a plate with paste as for a custard pie, raising the edge. Fill two thirds full with fresh raspberries, sprinkle well with sugar and place in the oven to bake Put 1½ cups of milk a pinch of salt butter the size of a walnut in double boiler to heat. Beat up two eggs with 3 tbsps sugar, 2 tbsps of flour (level). Stir into the milk, flavor with lemon or vanilla and pour over the berries as soon as you think the crust is baked. Finish with slow cooking until custard sets. This pie may be made more elaborate by saving out the whites of one egg for meringue and placing a few fresh raspberries on top.

Any fresh fruits may be used for this pie, also canned fruits but it will be necessary to keep out some of the syrup when fruits are very juicy.

E.P. Cook

SOUR CREAM PIE

Make shell as for custard pie and fill with following mixture:
1 cup sour cream 1 cup white sugar
1 cup raisins (chopped)
½ cup walnuts (chopped)
Yolks of 2 eggs 2 tsps vanilla
Pinch of salt

Bake in moderate oven until nearly done and cover with meringue made with whites of eggs and brown in oven.

Mrs Herbert Chaddock

ORANGE PIE

Two cups milk, juice and grated rind of two oranges, three eggs, one large cup sugar, two tbsps flour, one-fourth tsp salt. Cook flour and milk in double boiler, beat yolks, add sugar, pour cooked mixture over yolks and sugar, beating all twice. Add orange and rind. Cook ten minutes. Cover with meringue.

Mabel E. Drennan

Four Separate Desserts or Salads from one Package of KNOX GELATINE

BUTTERSCOTCH PIE

Brown a piece of butter and to this add a scant cup brown sugar, 4 tbsps of milk. Mix 1 tbsp of flour with a little milk. Add the beaten yolk of 1 egg. Stir into hot butter and milk. Cook until thick.
FLAVORING: Fill baked crust with mixture. Beat white of egg stiff spread over and brown in oven.

Mrs J.L. French

SOUR CREAM PIE

1½ cups sugar 2 eggs
1½ cups sour cream 2 cups raisins
Vanilla and pinch of salt

Mix all together and bake between two crusts.

DATE PIE

Put in a double boiler 1½ cups of dates, stoned and cut small, with 2 cups of milk, and cook for 20 minutes. Then rub through a sieve and add 2 beaten eggs, 1 cup sugar, and ¼ tsp salt. Bake in a botton crust.

Addie Drennan

CARAMEL PIE

1 cup maple sugar 1¼ cups milk
Heat together
Beat yolks of two eggs
2 tbsps melted butter
2 tbsps Ogilvies Royal Household Flour

Stir into first mixture gradually. Cook together for 20 minutes. Flavor with vanilla. Make meringue of well beaten whites of eggs, brown in a quick oven.

Georgie Coates

MAPLE SUGAR PIE

1¼ cups maple sugar melted (thick)

Custard--1 cup milk, 1 or 2 eggs, pinch salt, enough corn starch to thicken, teaspoon butter. While both are hot whip custard into thick syrup and whip well. Fold into crust and top with whipped cream.

Mrs Jas. Staples

RHUBARB JELLY

3 cups rhubarb cut in small pieces ½ cup water, 1 cup sugar, ¼ cup water, 2 tbsps Knox Sparkling Gelatine. Juice and grated rind of one lemon.

METHOD: Cook rhubarb slowly with ½ cup water and sugar until soft but not broken. Soak gelatine in ¼ cup of water 5 minutes. Add hot rhubarb mixture, lemon and rind. Pour into molds dipped in cold water. When firm, unmold and serve with cream.

Ethel M. Gillander

RHUBARB CONSERVE

Four large cups rhubarb, 2½ cups brown sugar, ½ tsp baking ~~powder~~ soda, 1 cup seedless raisins, juice and rind of one orange. Wash the rhubarb and cut in ½ inch pieces (do not peel it). Add sugar soda, raisins, grated orange rind and juice, and let it stand over night, stirring occasionally during the evening. Then boil slowly for 45 minutes, being careful not to break the rhubarb when stirring. Seal in jars. This is delicious either as a marmalade or as a relish with cold meat.

MARMALADE

3 bitter oranges 1 lemon
3 pints of water 3 lbs sugar
Juice of one sweet orange

Cut the oranges and lemon very thin, add the juice and water and let it stand overnight.

Boil three hours. Add the sugar and boil one hour.

Miss Ball

RHUBARB MARMALADE

1 lb Walnuts chopped fine
4 lbs Rhubarb cut fine
6 lbs sugar
5 lemon rinds

All makes four quarts.

Miss MacKay

GRAPE FRUIT MARMALADE

3 grapefruits 2 oranges
1 lemon

Cut all up as fine as possible, being sure to remove all pips. Pour over the fruits, eleven pints of water. Let it stand all night, in the morning boil hard 1½ hrs. Add 10 lbs of sugar and boil one hour or until it jellies when tried.

Margaret Cromwell

FILBERT MACAROONS

1 cup chopped filberts
1 cup brown sugar
4 small soda crackers rolled fine
2 unbeaten whites of eggs

Mix all together and bake for a few minutes.

Marguerite Husbands

KNOX ACIDULATED GELATINE - no bother no trouble - no squeezing lemons

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1 lemon

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Margaret Cromwell

WILBERT MACARONS

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1 cup brown sugar
4 small soda crackers rolled fine
2 unbeaten whites of eggs

Mix all together and bake for a few minutes.

Marguerite Hubbards

KNOX ACIDULATED GELATINE - no bother

no trouble - no squeezing lemons

GREEN TOMATO MINCE MEAT

Chop fine 1 peck green tomatoes, drain off juice, measure it and allow as much clear water as there was juice (throw the juice away). Bring to a boil, drain again and proceed as the first time, repeat three times. Do not add water the third time. Add 2 lbs sugar, 2 lbs raisins, 2 heaping cups suet, 2 tbsps salt. Boil until tender then add 1 cup vinegar. When cool add 2 tbsps cinnamon, 2 tbsps nutmeg and 2 tbsps of cloves.

A. Kirby

MINCE MEAT

1½ lbs lean beef cooked until tender, mince in a food chopper when cool. 4 cups chopped apples, 2 cups seeded raisins chopped, 2 cups currants, 1 cup chopped citron, mix together then add 2 tbsps salt, 2 cups brown sugar, 1 cup chopped beef suet 1 tbsp each ground cloves, cinnamon, and nutmeg. 1 cup strong coffee, 1 cup meat stock, mix ingredients altogether and simmer for 1 hour, stir occasionally. Pack while hot in sterilized jars and seal. This recipe makes five pints of Mince Meat.

Gladys Hunt Roy

PICKLES AND SAUCES

Pickles and Sauces must not be regarded as wholly ornamental, or as appetizers. In many cases they have a digestive and stimulating power, which is valuable in properly balanced meals. We should try, therefore, to use the right Pickles and Sauces in their right places.

Raw Oysters-Quarted Lemons, Horse Radish Sauce.
Baked Fish-Drawn Butter, Hollandaise Sauce.
Broiled Fish-Maitre d'Hotel Butter Sauce tartare.
Boiled Fish-Egg Sauce, drawn butter Hollandaise Sauce, Sauce piquante, Cream Sauce.
Fried Fish-Sauce tartare.
Roast Chicken-Bread Sauce, Green grape jelly, grape ketchup.
Roast Turkey-Cranberry jelly, Pickled Onions.
Roast Goose-Tart apple sauce, Barberry Jelly, grape ketchup
Fried Chicken-Cream gravy, grape ketchup.
Roast Duck-Orange sauce, currant jelly.
Roast Veal-Tomato sauce, Horse-Radish sauce, pickles.

PICKLES AND SAUCES (continued)

Roast Mutton--Currant jelly, Chow-chow or ketchup.
Roast Pork--Apple Sauce, Sour picki
Roast Lamb-Mint sauce, sweet pickle
Roast Beef-Brown gravy, Horse-radis pickles.
Roast Filet of Veal-Mushroom Sauce
Roast Venison-Barberry Jelly
Roast Quail-Currant Jelly, Celery Sauce.
Roast Canvasback Duck-Black Currant Jelly, Olive Sauce.
Boiled Mutton-Caper Sauce.
Boiled tongue-Sauce Tartare.
Corned Beef-Mustard Pickles.
Pork Sausage-Apple Sauce, Fried Apples rings.
Sweetbreads-Sauce Bechamel
Lobster Cutlets-Sauce tartare.
Broiled Steak-Maitre d'Hotel Sauce.
Roast Prairie Chicken-Black Currant Jelly.
Boiled Mackerel-Stewed Gooseberries
Any of these sauces may be made and then transfered to jars to be kept ready for use all the year round.

Pickles should be made in porcelain or graniteware, vessels; never in vessels of brass, copper or tin, as the acids often combine with these metals forming poisons.

Vinegar should be the best white wine, and must not be boiled more than a few minutes as longer boilin reduces its strength.

SWEET APPLE PICKLES

6 lbs sweet apples pared & cored
3 pints brown sugar
1 quart of vinegar
1 tsp of allspice mace, cinnamon.

Make a syrup of sugar vinegar and spices tied in a muslin bag. Cook the apples in this syrup sticking a clove in each peice a few at a time. Watch carefully that they do not cook too much. Remove from syrup to jars. Continue boiling juice a little longer, pour over apples and seal while hot. Very good.

Eudora Cook

A VERY GOOD DESSERT

Soak a pound of raisins in tepid water half an hour then cook slowly until tender, add two tablespoons sugar and a little lemon juice. Serve with small hot biscuits or rolls.

Eudora Cook

INDIAN SAUCE

12 ripe tomatoes
8 onions
12 apples
1 lb raisins

Boil then add:

1 oz ginger
2 lbs brown sugar
$\frac{3}{4}$ cup salt
$\frac{1}{4}$ lb mustard
$\frac{1}{2}$ gal. vinegar

Boil tomatoes, apples, onions and raisins chopped fine, one hour (or until well cooked) then put through colander, add other ingredients. Boil half an hour, and bottle. Good especially for cold meat.

Margaret Cromwell

SWEET PICKLES

4 cups vinegar 4 cups brown sugar
2 tbsps whole cloves, allspice, and cinnamon
7 lbs fruit, watermelon rinds, apples, ripe cucumbers, (seeded)

Boil fruit until it can be pierced with a straw, put in cans, boil other ingredients a few minutes, pour over fruit while hot and set away.

M. Wilson

CHILI SAUCE

20 large tomatoes
6 good sized onions
3 large green peppers
3 tbsps salt 3 tbsps ginger
6 tbsps brown sugar
2 small tsps cloves
6 cups vinegar

Mash the tomatoes, chop the onions and peppers, mix and boil until soft, cool and rub through colander. Cook to proper consistency and bottle for use. Seal with paraffin.

Eva H. Taylor

RHUBARB RELISH

2 quarts of rhubarb chopped fine
2 quarts of onions chopped fine
4 lbs of brown sugar
2 tsps cinnamon 2 tsps allspice
2 tsps cloves 2 tsps salt
Vinegar to taste

Cook rhubarb and onions in vinegar twenty minutes, before adding sugar and spice. Cook one hour after adding sugar nad spice.

Mrs Kenney

LISTS OF THE STUFFINGS, SAUCES, AND GARNISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

TURKEY AND CHICKEN

STUFFINGS

Plain
Giblet
Oyster
Celery
Raisin-and-Nut
Chestnut
Sausage
Potato
Apple-and-prune
Mushroom

SAUCES

Giblet Gravy
Brown Gravy
Mushroom Sauce
Chestnut Gravy
Cream Gravy
Bechamel Sauce

GARNISHES

Small Red Apples on Drumsticks
Chop Frills on Drumsticks
Necklace of Cranberries
String Cranberries on Toothpicks to use as Ornamental Skewers
Parsley
Celery Tips

LISTS OF THE VEGETABLES AND RELISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

TURKEY AND CHICKEN

VEGETABLES	RELISHES
Irish Potato	Cranberries
Sweet Potatoes	Spiced Grapes
Turnips	Spiced Peaches
Onions	Spiced Pears
Squash	Currant Jelly
Asparagus	
Celery	
Boiled Rice	

GOOSE

Irish Potato	Baked Apples
Cold Slaw	Cider Apple Butter
Turnips	
Brusseles Sprouts	
Cauliflower	
Squash	
Onions	

LISTS OF THE STUFFINGS, SAUCES, AND GARNISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

GOOSE

SAUCES

Giblet Gravy
Giblet & Mushroom
Brown Gravy

GARNISHES

Watercress
Glazed onions
Cranberries

STUFFINGS

Apple-and-raisin
Apple-and-prune
Potato
Potato-and-nut
Apple-and-celery
Sauerkraut
Mushroom-and-Chestnut

DUCK

STUFFINGS

Potato-and-Nut
Mushroom
Peanut-and-Cracker

GARNISHES

Parsley
Watercress
Sliced Lemon
Celery Fritters

LISTS OF SAUCES, VEGETABLES, AND RELISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

DUCK

SAUCES

Orange Sauce
Sour-Apple Marmalade added to Whipped Cream
Apple Sauce
Cherry Sauce
Green-Grape Sauce
Olive Sauce
Currant-Jelly Sauce

VEGETABLES

Potato
Fried Hominy Mush
Parsnips
Asparagus
Celery
Green Peas
Tomato-and-Celery Salad
Cucumber-and-Cress Salad
Hominy and Horse Radish

RELISHES

Baked Oranges Currant Jelly
Cider Apple Butter Hot Apple Sauce

EQUIVALENT WEIGHTS AND MEASURES

MEASURE	EQUIVALENT
1 saltspoon	$\frac{1}{4}$ teaspoon
4 teaspoon of liquid	1 tbsp
1 tbspx of liquid	$\frac{1}{2}$ ounce
1 tbsp (heaping) sugar or salt	1 ounce
2 tbsps butter	1 ounce
2 tbsps granulated sugar	1 ounce
2 tbsps (level) flour	$\frac{1}{2}$ ounce
3 tbsps (heaping)flour	1 cup
4 tbsps of liquid	$\frac{1}{4}$ cup or $\frac{1}{2}$ gill
4 tbsps coffee	1 ounce
$\frac{1}{2}$ gill	1 wineglass
4 gills	1 pint
2 pints	1 quart
4 quarts	1 gallon
1 pint milk or water	1 pound
1 pint butter	1 pound
1 pint granulated sugar	1 pound
1 pint brown sugar	13 ounces
1 pint chopped meats (tightly packed)	1 pound
1 pint liquid	2 cups
1/3 cup almonds blanched and chopped	1 ounce
$\frac{1}{2}$ cup butter, solid	$\frac{1}{4}$ pound
1 cup cornmeal	6 ounces
1 cup raisins	6 ounces

EQUIVALENTS WEIGHTS AND MEASURES

(continued)

1 cup currants .....6 ounces
1 cup suet (finely chopped)...4 ounces
1 cup bread crumbs ....2 ounces
1 cup bread crumbs, (tightly packed)..4 ounces
1 cup egg whites or yolks .....½ pound
1 cup .....½ pint
2 cups butter tightly packed .....1 pound
2 cups granulated sugar 1 pound
2 cups confectioners' sugar .....¾ pound
2 cups rice .....1 pound
2¾ cups oatmeal .....1 pound
3 cups cornmeal .....1 pound
4 cups flour .....1 pound
4 cups .....1 quart
4½ cups Graham flour ..1 pound
4¾ cups Rolled oats ...1 pound
8 eggs with shells ....1 pound
10 eggs without shells 1 pound

MARSHMALLOWS (Candy)

1 envelope Knox Sparkling Gelatine 1¼ cups water, 2 cups fine granulated sugar, few grains salt, 1 tsp vanilla.

Soak gelatine in half the water five minutes. Put remaining water and sugar in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar; having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. This recipe makes about one hundred marshmallows.

Nuts, chocolate, fruit juices in place of part of the water, or candled fruits chopped may be added or the plain ones rolled in grated coaoanut before being sugared. Dates stuffed with this confection are delicious.

Gladys Hunt Roy

FRENCH DAINTIES

4 level tbsps KNOX Acidulated Gelati
4 cups granulated sugar
1½ cups boiling water
1 cup cold water

Soak gelatine in the cold water 10 minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add ½ tsp of the Lemon Flavoring found in separat envelope and 2 tsps lemon extract. To the other part add ½ tsp Lemon Flavoring and 1 tsp extract of cinnamon, cloves or whatever flavor preferred. If perremint is desired use ½ tsp only. Any coloring desired may be added. Pour into bread tins, whic have been dipped in cold water, to the depth of ¾ inch, and let stand over night. Turn out, cut in squares and roll in powdered or fine granulated sugar.

NOTE--If the Plain Sparkling package is used add three tbsps of lemon juice to take the place of the Lemon Flavoring and lemon extract when making lemon dainties.

REMINISCENCES

of Early Cookshire

According to the records in the possession of descendents the Late John Cook Sr. left his home in Connecticut at the age of 21 years during the Fall of 1795 to make a home under the British Flag. He was accompanied by a friend 19 yrs of age who in later years returned to the United States.

They proceeded North with guns and packs walking most of the way to Northern Vermont. At the last Supply Station they replenished their packs with sea biscuit or hard-tack ammunition, axes and a few small implements.

They soon entered the virgin forest, where white man had never trod; somewhere near the present site of Canaan Vt., and made their path spotting the trees with axes (so as to return by the same route) as far as the Eaton River not far from its source, followed it down to

the present site of the present town of Cookshire. Just below the present town near the C.P.R. Station, he found a stretch of many acres covered with majectic pine and spruce, while the uplands were well watered with babbling springs and decided to camp on a rise not far from the present home of C.W. Cook.

Here he cleared land seeded and built a commodious dwelling, making a home to receive his wife the next Fall. He then prevailed upon twelve of his associates to join him, naming their little village Cooks-Shire which was changed after his death in 1819 to Cookshire.