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HOW WE COOK
IN
CANADA

THE LITTLE BLUE BOOKS
HOUSEHOLD SERIES

ISSUED BY
DEPARTMENT OF HEALTH CANADA
OTTAWA

“**W**hat an influence upon life is the home. You may teach your young men and your young women all the learning that their minds can hold and yet shrink and shrivel up the hearts within. But if to the learning that may be acquired at the universities you add the influence of character, of faith, and moderation—the influence of the home—you add the greatest treasure in life, a treasure far greater than intellect, the endowment of scientific knowledge and the appreciation of art, far greater than business success. It is a treasure that cannot be measured, and yet its force may mould character from generation to generation.”

Lord Shaw of Dunfermline.

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Canadian Government Motion Picture Bureau,
Ottawa.

DOMINION OF CANADA

DEPARTMENT OF HEALTH

HOW WE COOK
IN
CANADA

BY

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Chief of the Division of Child Welfare



THE LITTLE BLUE BOOKS
HOUSEHOLD SERIES

OTTAWA
F. A. ACLAND
PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
1925.

"Blessed is she who daily spreads a table for her household. Thrice blessed is she who performs homely tasks in the spirit of Him Who, when on earth, fed the hungry multitudes."

—*B.M.*



"To be a good cook means the economy of great-grandmothers and the science of modern chemists. It means English thoroughness, French art and Arabian hospitality. It means, in fine, that you are to see that everyone has something nice to eat."

—*Ruskin*



"To reform one's maxim is nothing; it is but to change the title of the book. To learn new habits is everything, for it is to reach the substance of life. Life is but a tissue of habits."

—*Amiel*



"There are two atmospheres in which you may work, the atmosphere of trust and the atmosphere of worry. The atmosphere of trust is a religious atmosphere and the atmosphere of worry is a worldly atmosphere."

—*George MacDonald*



"Happiness, satisfaction, and progress—all demand a new view of the home as a permanent human institution if the highest welfare of the individual, the family, and the nation is to be secured with its help. Neither men nor women should be content to cling to outworn industrial, educational, and social customs as a basis for the home. They should rather seek to find expression under changed and ever changing conditions, for those functions of the home which will outlast any industrial, educational, or social system."

—*Marion Talbot*

HOW WE COOK IN CANADA

COOKING in Canada is done, of course, by the same methods and on the same principles as in other countries, varying with the time of year, the climate, the food-supply, the kitchen equipment and the knowledge, resources, skill and interest of the mistress.

Nothing in the house is more important or more interesting than cooking. Mother never looks prettier than when she is presiding over the destinies of the family from her throne in the kitchen. Her hair is always so nice and she smiles her Mother's smile. You can hardly tell which dress she has on because her apron covers it. It is either a blue and white or a pink and white apron, with sleeves and two good pockets, in one of which is a "holder" to handle anything hot and in the other a pair of household gloves. She always washes her hands and puts on her apron before beginning to cook anything.

The Stove

Before she bought the stove, Mother asked the man who sold it to her if he would teach her how to use it, and she went more than once early in the morning to the store, to learn all about it.

You can have any kind of stove you like in Canada, for wood, coal, coal-oil, gas, gasoline, electricity. A Pressure Steam Cooker is a clever and economical invention. One Canadian Homemaker in Victoria, B.C., likes the Pressure Steam Cooker best of all, and she is a good judge. The first cost is high but it pays for itself in the end. It is adapted for the cooking of tough meats, many cereals, and vegetables of mild flavour.

Meat cooked in the oven of a coal stove may lose from 25 to 50 per cent. Weigh it before and after and see. Even a good cook who bastes her meat and does not let it roast too fast may lose 15 or 20 per cent. This loss is lessened in an electric stove.

A wood-stove is clean and cooks well. But wood is getting scarce and dear.

Whatever kind of stove you have, see that it is mounted high enough to allow you to sweep the floor underneath it. Have the oven the right height so that you do not waste your strength and make your back ache by bending or lifting.

Wood and Trees

Plant trees on your farm. There is the wood lot and many another place for you to make a little plantation. By the time the baby is ten



NIAGARA PEACHES ON THE TREE.

Canadian Government Motion
Picture Bureau, Ottawa.

years old, and that is pretty soon, a row of Manitoba maples will be big enough for firewood. Plant trees. Re-forest. Trees are lovely and valuable. They grow while you sleep. Plant trees every Spring and Fall. Then you will have them when you want them. When you cut a tree down, plant two. The Department of Agriculture will help you to plant trees.

Fuel and Fire

A wood fire burns away quickly and you cannot burn coal in a wood stove, but you can burn wood in a coal stove. If you buy a coal stove, get an up-to-date one, with hot-water attachment and all the conveniences. Be sure you find out the size and kind of coal which is right for your stove. Look at it twice before you buy it. It is your best and biggest "tool." Get one that you will like and don't forget a good scuttle, shovel, poker and lid-lifter. A coal-oil stove is very convenient and saves work. Some of the newer models are excellent, and will do the cooking for a small family.

Gas and Electricity

There are many parts of Canada where we have natural gas or manufactured gas and then a gas range has many advantages. There are

good combined-gas-and-coal ranges. An electric stove is a fine thing. Very clean, not even a burnt match to put away, cooks beautifully—and has very even heat. Buy a Canadian one of course and arrange about getting necessary repairs and renewals before you buy.

The "Fireless Cooker" is a good auxiliary to a range or stove. It economizes fuel and helps to keep the kitchen cool in summer. It saves time and trouble. It is most satisfactory for the tougher cuts of meat, cereals, certain vegetables and fruits. It is a great help when you are canning.

Have your kitchen chimney and your stove in the right place. Do not have the draft from the door blowing directly on your stove, for then the fire will not burn well, and the food gets cold.

To Light a Wood Fire

Take two newspapers, dry chips or kindling, and a little light small wood and some longer pieces of dry split wood. Open out the first newspaper, lay it on the front of the stove, place the other things on top of it.

Take off the stove lids—Clean the ashes out of the fire-box—Tear your second newspaper in half—Crumple up each half sheet into a loose

ball—Place these balls on the bars of the grate in the fire-box—Lay your chips and kindling loosely criss-cross—Lay your light wood loosely over—Put on the lids—Open the pipe damper and the back damper. Touch a lighted match to the paper through the bars of the fire-box below. In a minute or two lay the split wood on top of the fire and close the back damper in another minute or so, when the fire has a good start. Fold up your first newspaper and put it away for next time.

Coal

A coal fire is started in exactly the same way, only that after your split wood has begun to burn, you scatter on a few pieces of coal and when these have caught fire, sufficient coal is put on to make a good fire.

There are a few things about burning coal that one needs to learn. In the first place, there are two kinds of coal, hard and soft. And some kinds of soft coal are softer than others. It is not easy now to get as good coal in Canada as we got last century. Hard coal is much better for cooking, but perhaps we may soon be compelled to use soft coal, which is not so clean to handle, is usually in large lumps which have to be broken before putting them in the kitchen stove.

and burns away much faster. A fire of hard coal, if "damped down", will keep in all night. Soft coal will not keep in as long as that. Then the ashes must be removed from beneath the fire by "shaking" so that the draft will be good, and we must learn how to use the shaker.

The Draft

To have a good fire, we must have a good draft. This means that air must enter freely below the fire from the front damper, which is partly open, and if we are beginning a fire, or if it is too low and we want it to burn harder, then we open the damper at the back of the stove. The damper in the pipe of a coal stove is usually kept pretty well opened all the time.

Damp Down the Fire

When no cooking is going on, and at night, always damp the fire by closing down the dampers and packing in some fresh coal on top, without poking out the ashes much. This saves coal and prevents the kitchen being over-heated.

Always Learning

When Mother was first married, she did not know as much about stoves and cooking and coal and wood as she does now. But she loved learn-

ing and she learned something every day. Her neighbours helped her and gave her their recipes and she helped them. She is the same yet. She is thinking of getting an electric stove and an electric washer. The Rural Mail Delivery man brought her advertisements about both of them yesterday. She read them last night by her electric light in her Kitchen Rest Corner, while the kettle was coming to the boil. She was telephoning to one of her neighbours about them this morning. With a little money saved Mother can get things for the home that we all want her to have.

Good Cooking

Well—about cooking and baking. If you can bake bread, make porridge, cook eggs, fish, meat and vegetables and make good soup, tea and coffee you are “off to a good start.”

Perhaps we had better put in a pie, too. Pies please people—especially apple pies, and pleasing people helps to make home happy. So here is the A-B-C of Cooking in Canada, just so that you can see how you like it.

Your own way may be better. But Mother always likes to know how other people do things. If you tell her their way is wrong (and sometimes it really is wrong), then she just smiles and says “My dear, take warning.”

Good cooking makes food taste better, look better and digest better. Sight influences appetite. The secret of cooking is to do this and at the same time lose as little as possible of the nourishment or value of the food.

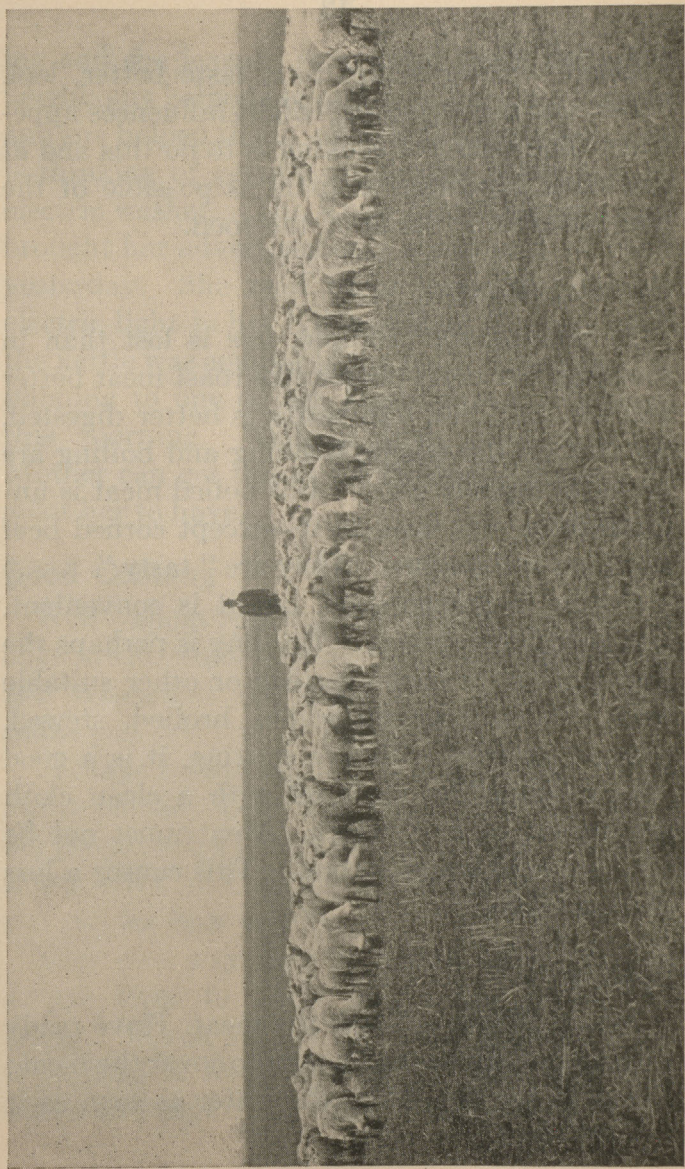
Cooking Meat

In boiling, for example, less is lost than in roasting, but most people like roast meat better and the food you like better is better digested. So that on the whole, roasting and boiling are probably equally good. But boiled meat is uninteresting—no taste to it—except corned beef and ham and tongue. They are “tasty.”

Frying is not so good, but it is convenient, and good for a change. Broiling is perhaps the best method of cooking steak or other suitable meat. Meat may be boiled, broiled, stewed, roasted, or fried. Before cooking, it is a good plan to wipe the meat off with a clean cloth wrung out of cold water. Meat must not be put into cold water to boil. This causes a loss of food value.

Boiling

FRESH MEAT.—Weigh the meat. Have ready a pot of boiling water, enough to cover the meat; put it in the pot; skim the water as soon as it



CANADIAN SHEEP.

Canadian Government Motion Picture Bureau,
Ottawa.

begins to boil again and then place the pot where it will slowly and constantly simmer, but not boil. Keep the meat well under the water, adding more boiling water as required. Allow 20 to 25 minutes to the pound for cooking. Tough meat cooks slowly. Add a little salt half an hour before the meat is done. If the salt is added sooner, it retards the cooking. Add carrots, turnips, cabbage or onions to give the meat some flavour.

Salt Meat, Corned Beef, Ham, Tongue

Begin your preparation the night before by wiping the meat off carefully with a clean wet cloth. Then place the meat in a pan or crock. Cover it with cold water and leave it to soak all night. This soaking is unnecessary if the beef is young and not very long corned.

In the morning, before putting the corned beef in the pot, tie it up tightly in a clean cloth. This not only keeps the corned beef from dropping apart and makes it easy to handle, but the fat sticks to the cloth, instead of to the meat, which is an advantage in handling the fat. Save all fat. It is valuable.

Place the meat in a pot, cover it with cold water, let it come to a boil, then let it simmer steadily from four to six hours, according to the

weight of the meat. Put a small cover on top of the meat, and then put a weight, such as a flat iron, on the cover. The meat will cook much better.

Let it remain in the water till cold if it is to be served cold, or if it is tough, let it remain in the water till next day and then bring it to the boiling point again just before serving.

The water may be used in making soup. Add rice or barley and some good vegetables, chopped fine, seasoning to taste.

The Fireless Cooker

Boil the meat for five or ten minutes or longer, according to directions, and then put in the fireless cooker for six to eight hours. Corned tongue takes about 20 minutes boiling.

Roasting and Baking

Place the meat in the dripping pan with bony side up, dust with flour, and set in a hot oven for fifteen minutes, afterwards reducing the oven to a moderate heat. Baste frequently and turn to prevent burning. Allow fifteen to twenty-five minutes to the pound according to whether you wish the meat to be rare or well done, and whether it is tender or not.

Frying

Frying really means cooking in a pan containing fat deep enough to cover the piece of meat or fish or other food you are cooking. This is the best way to cook fish. Have the pan very hot and the fat very hot. Then the bit of meat or fish or potato, or whatever you are cooking is at once seared on the outside and does not absorb the fat. But what is usually called "frying" is cooking with just enough fat to prevent the meat sticking to the pan and burning. This is a good way for a change. Small pieces of fish can be fried in three to five minutes; bacon and ham, about three to five minutes; breaded chops, five to eight minutes; raw potatoes, cut up small, four to eight minutes; and croquettes about one minute.

Broiling Steak

Have everything else ready for the table. Do the broiling last. We need a gridiron or wire broiler, also a warm platter and a sharp knife. Make the broiler very hot; trim the superfluous fat off the steak; if you think the steak may be tough, score it across with a sharp knife, marking it into small squares. This is better than pounding it. Grease the broiler with suet or butter, lay the steak on the broiler

and cook it over a hot fire. Sear the steak on the hot broiler first on one side and then on the other and keep on turning frequently.

It takes five to ten minutes to broil a steak. Use a broad knife to turn it as pricking with a fork lets out the juice. If the fat gets in the fire and blazes up, lift off your broiler a moment and sprinkle salt on the blaze to put it out.

As soon as the steak is cooked, a small piece of butter may be spread lightly over it to make it more tasty. Then add salt and pepper as desired and serve immediately.

Pot Roast

For cheaper, rather tough meat this is the best way. Cut the meat into pieces of a convenient size. Heat the frying pan hot, brown the meat on all surfaces, and then put the meat in a saucepan with a tight fitting cover. Put into the frying-pan one large onion, chopped fine, and mix with the gravy. Add a little water, and pour gravy and onion into the saucepan with enough additional water to make a depth of one inch. Turn the meat once or twice. Let it simmer gently for about three hours, keeping the saucepan closely covered all the time. The gravy may be thickened with a little flour. Tomato and carrots or small onions may be added if desired.

The pot roast may also be cooked without cutting into pieces. It may then be eaten hot or cold.

Casseroles

Use earthenware casseroles and fire-proof china when you can. Cooking and serving in the same dish keeps the food hotter and saves labour. Food cooked in earthenware dishes tastes better.

Canning Meat

A method of preparing and preserving meat which has been found very satisfactory is canning it in glass jars. Meat which has been in the "Winter Larder" may be thawed, and canned at once. A quarter of beef may be preserved in this way and will keep well for two years if the work is properly done. The same method may be used for ham, fowl and pork. The following method is contributed.*

If the meat is fresh killed, it should stand until the animal heat has been lost and then for about twelve hours longer.

Before handling, wash off the surface of the meat thoroughly with a clean damp towel.

*Mrs. C. Wallace Stewart.

Cut the meat into pieces of from three to four inches square, so that they will just go into the mouth of the jar. Pack meat into sterilized glass jars very tightly and add one level tea-spoon salt to every quart jar. Use a wooden spatula for pressing the meat into the jar, put a piece of fat in each jar, screw down top.

Put wash-boiler on stove and partly fill with luke-warm water. Place jars in water using wire canning-racks to hold jars, or if these are not at hand, then strips of wood placed between the jars will keep them from bumping together. Add more water until the jars are covered two inches over their tops. Let water come to boil before starting to time the cooking.

Then boil steadily for from three and a half to four hours depending on the tenderness of the meat.

When the process is finished, remove jars from water and tighten the tops quickly.

By this method where no water is added the juices from the meat fill the jar and form a solid jelly when cold.

Stewing and Soup-Making

Stewing is one of the best methods of cooking. A stew is cheap, nice to taste, wholesome to eat, and pleasant to look at. Stewing saves fuel,

lessens labour and prevents waste. You never need to make up a fire for a stew, it can take care of itself on the back of the stove. It lessens labour, for the water and stock extract the nourishment for us if we do not let the pot boil. It prevents waste, for we can put into our stock-pot or stock-jar every scrap of clean food except bread and milk.

The stock-pot may be a glazed earthenware pot which will stand the fire, or an enameled sauce pan or any other suitable pot or pan. Never let it boil. If the fire gets hot and you don't want to be bothered with the stock-pot, just put it into a larger pot, partly filled with water and it won't boil. Take it out when the fire goes down and put it on the back of the stove again.

Egg-shells, bacon-parings, trimmings of carrots and onions, and coarse parts of celery all belong to the stock-pot. The vegetables were washed before they were peeled. All bones and scraps belong to the stock-pot. Break the bones before putting them in. Chicken bones and meat bones are valuable. Every drop of gravy, or sauce, or scrap of food helps to make good stock and five or ten cents worth of bones (get the butcher to break them) will make a feast.

Soup

Excellent soup may be made from the water in which vegetables have been boiled by adding an equal quantity of milk, a small cube of butter, and salt and pepper to taste, and, for thickening, one tablespoonful of corn starch to every two quarts of liquid. Good soup may be made from the water in which beef has been cooked by adding rice and vegetables and letting it simmer or boil until the quantity of water is somewhat reduced.

Suppose you start your stock-jar on Monday. Then on Tuesday, before you make up the fire, remove all the fat from the top of the stock-pot while it is cold. Melt this fat, drop it into a pan of cold water while hot, to clarify it, and then keep it ready in a bowl for use in cooking. The stock-pot simmers quietly all day Tuesday and receives scraps after each of the three meals. On Wednesday, put the scraps away on a covered plate, for you want to strain the stock and finish your stew or soup for Wednesday's dinner. Then empty and thoroughly clean the stock-pot, and start it over again Thursday morning.

In winter the stock-jar can go on for three days, if you like, but not more than two days in summer.

Rapid Stewing

This makes the meat tender and soft and keeps all the nutriment and good taste in it. Cut the meat into suitable pieces, plunge it into water that is boiling hard, for a few minutes, then put it into the stew pan with about a tablespoonful of water and stew briskly till brown and sufficiently cooked. Add salt when it is nearly done.

The piece of meat known as "skirting" makes a cheap and delicious stew.

Fish

Fish may be boiled, baked, broiled or fried. When fish is properly fried it is delicious and easily digested. Fish should be fresh, thoroughly cooked and served with a sauce.

Porridge

For oatmeal and other cereals a double boiler is excellent. In the upper saucepan put four cups of boiling water; stir in gradually one cup of oatmeal. Add a saltspoonful of salt. Cook for three hours or more. While the water boils in the lower saucepan, the steam and heat cook the porridge. Make the porridge to-day and then cook again about half an hour before breakfast to-morrow.



A BRITISH COLUMBIA SALMON.

Canadian Government Motion
Picture Bureau, Ottawa.

The Canadian pioneers made just as good porridge as anybody in the New World—or the Old World—ever made or ever will make, without any double boiler. Their porridge pot was iron and do you remember how easy it was to scrape?

Tea

To make good tea, first empty out the teakettle. Put in fresh water. As soon as it boils, scald out the teapot, and put in a teaspoonful of tea for each person and "one for the pot." Pour on BOILING water. Carry the tea-pot to the table and pour out into the cups.

Don't put the teapot on the back of the stove and drink from it all day unless you want to drink Slow Poison. Turn out the tea leaves and keep them for sweeping-day if you like, rinsing them before sprinkling them on rug or carpet. Always empty the tea-pot and scald it out before putting it away.

Tea-Bags

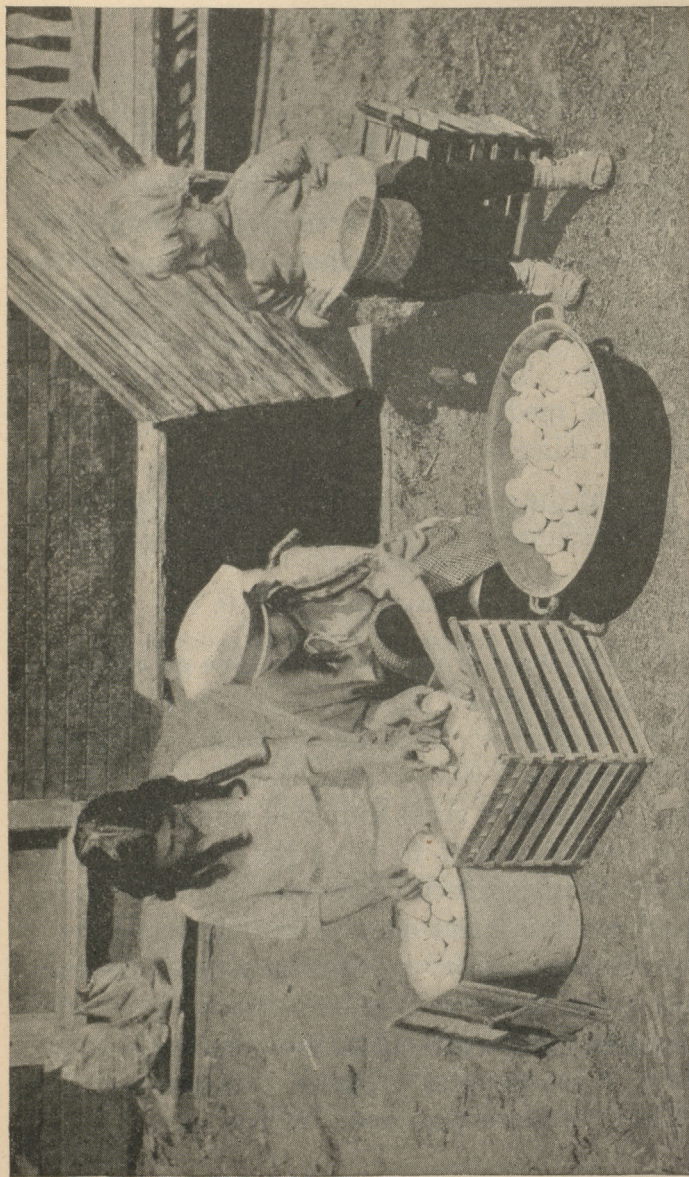
Some cooks make little bags of cheese cloth, put in the tea, tie up the bag, drop it into the hot tea-pot and pour on the boiling water. It is a good plan. Try it for coffee.

Coffee

TO MAKE COFFEE IN A PERCOLATOR.—Scald out the percolator with boiling water. Put in the percolator about two tablespoonfuls of coffee for each person and fill the percolator with boiling water. The coffee will “drip” through in about two minutes. Pour it into the cups. More boiling water may then be poured into the percolator and a “second cup” will be ready when wanted.

TO MAKE COFFEE WITHOUT A PERCOLATOR.—Put into a coffeepot one level tablespoonful of coffee for each person and to this add a crushed egg shell and about half a cup of cold water. Stir. When all the grains of coffee are wet, pour over them sufficient boiling water, put the coffeepot on the fire and let it come to a boil—and boil about three minutes. Remove from the fire, add two or three tablespoonfuls of cold water to settle the coffee, let it stand 3 or 4 minutes and serve.

Keep the milk-jug and coffee-pot hot by standing them in a pan of hot water on the stove. Always have hot milk, and make your coffee “half and half” milk and coffee. Put a drop of cream into each cup if desired.



PACKING THE EGGS.

Canadian Government Motion Picture Bureau,
Ottawa.

Eggs

1. Put the eggs in a saucepan; cover with cold water and put on the stove. When the water comes to a boil the eggs are "soft-cooked."

2. Put the eggs into a tin pail or saucepan, pour on a quart and a half of boiling water for every six eggs. Cover with a tight-fitting lid and set at the back of the stove or on the table. The eggs will be cooked soft in five minutes, medium in nine minutes and hard in sixteen minutes.

3. Put the eggs into boiling water. Boil from 3 to 3½ minutes for "soft-cooked" or "medium."

Vegetables

Do you want your family to have good health and rosy cheeks? Don't forget to give them green vegetables, fresh out of your own garden in season—and well-stored for use later. Green vegetables are a great source of vitamins. You can hardly expect to have the best of health unless you eat green vegetables, fruit and dairy products, and meat once a day. Try to have a salad at one meal every day if you can. Lettuce will grow, under a little glass frame, in winter. Uncooked green cabbage makes a splendid salad. Even a teaspoonful of green cabbage contains all the vitamins you need for the day.

The Ontario Women's Institutes in Circular No. 32 give these Rules for Cooking vegetables:

1. *Strong-flavoured vegetables* like onions, turnips, cabbage, cauliflower:—

Cook in large quantity of boiling water.

Change water two or three times.

Cook uncovered and add salt to last water.

2. *Delicate-flavoured vegetables* like corn, carrots, celery, and peas:—

Cook in sufficient quantity of boiling water.

Keep covered while cooking.

Add salt at the beginning of cooking, and save the cooking water for sauce or soups.

3. *Vegetables which may be cooked in their own juice or in very little water*; Tomatoes, squash, spinach, vegetable marrow.

4. *Dried vegetables* like beans and peas:—

Soak overnight in softened water so that less cooking is necessary. This dissolves out the bitter flavour.

Drain, add fresh cold water and simmer until tender.

TIME TABLE FOR COOKING VEGETABLES

| | | |
|----------------------------|----------|------------|
| Potatoes | 20 to 30 | minutes |
| Potatoes, sweet | 15 to 25 | " |
| Asparagus | 20 to 30 | " |
| Green peas | 20 to 60 | " |
| Green beans | 1 to 2½ | hours |
| Shell beans | 1 to 1½ | " |
| Beets, young | | 45 minutes |
| Beets, old | 3 to 4 | hours |
| Cabbage | 35 to 60 | minutes |
| Turnips | 30 to 45 | " |
| Onions | 45 to 60 | " |
| Spinach | 25 to 30 | " |
| Green corn | 12 to 20 | " |
| Cauliflower | 20 to 25 | " |
| Brussels sprouts | 15 to 20 | " |
| Tomatoes, stewed | 15 to 20 | " |
| Rice | 20 to 25 | " |

Steaming in a steamer is a good way to cook vegetables.

Of course all vegetables should be properly prepared for cooking by washing and cleaning, using two or three waters, trimming and peeling. Paring vegetables thin is not only a real economy, but it saves the most nutritious part of the vegetable. Head vegetables, such as cabbage, cauliflower and Brussels sprouts, should

be soaked, heads turned down, in cold water to which a little salt and vinegar has been added. Cook and serve vegetables simply. Boiling the water into vegetables such as carrots makes them taste better. So use as little water as possible. If you have a garden and can gather the vegetables just when wanted, you are indeed fortunate. Soak vegetables which are not quite fresh in very cold water or wrap in a clean damp towel and put on the ice till they regain their crisp freshness. A cloth or a hard brush is convenient to scrub off potatoes and other vegetables.

Bread—The Staff of Life

To make good bread is a fine accomplishment. We are well off if we have good homemade bread and butter in the house. Bread-making is interesting work. Most twelve-year-old Canadian girls (if they are taught) can make good bread. Didn't your mother teach you?

There are only two things to learn—

1st—How to make the Yeast. Here are three ways. Take your choice.

2nd—How to make the Sponge and the Bread. Here are three ways, and three for rolls or buns. Take your choice.

The Yeast

The Day before Baking Day

3 p.m. Take three-quarters of a cup of luke-warm water. Add a pinch of salt and a pinch of sugar (a pinch is about as much as you can put on a five-cent piece), and put one yeast cake (dried yeast cakes keep for weeks) to soak in the cup. Cover up with saucer and set on kitchen table.

7 p.m. Take a small saucepan, place in the bottom two tablespoonfuls of sifted flour, add half a teaspoonful of salt. Stir, and add enough boiling water to make a paste. Stir well. Then add the contents of the cup with the yeast, stirring all the time. Then cover the saucepan, put it in a warm place, and leave it till the contents rise well, about two hours or more.

9.30 p.m. Peel, slice and boil a medium sized potato in about enough water to cover it, when it is cooked thoroughly mash it with the potato masher, and stir it up in the water in which it was boiled.

The Sponge

Take about two and a half quarts of twice sifted flour. Warm it. Place it in the bread pan or bowl. Make a "well" in the centre, and empty into this "well" the yeast and flour

mixture from the saucepan, stirring it thoroughly. Then stir in gradually the potato and warm water. Now stir in enough luke-warm water to make about a quart, adding a tablespoonful of salt. Stir in as much flour as you can and cover the sponge over the top with the flour. Cover your pan or bowl with three covers.

1st. Thick brown paper or a sheet or a newspaper.

2nd. A blanket.

3rd. Another blanket or kitchen quilt.

Place on the kitchen table for the night. If the weather is very cold, move the table near the stove. A big covered saucepan of boiling water may be put next the breadpan under the same covers to help to keep the sponge warm, which is most important. The Sponge is now made.

10 p.m. Go to bed.

Baking Day

6.30 a.m. The sponge will now have risen and be beautifully light. Knead it well and thoroughly, adding a little more flour if necessary. This takes about fifteen minutes. Cover it as before and put it in a warm place to rise.

8.15 a.m. The bread will have risen again. Knead it. Empty it out on the baking board and knead it again. Cut it into eight or more pieces and knead each of these separately, in the meantime putting the others back in the pan by the stove to keep warm. Have ready four or more pans, warmed and greased. Put two loaves in each pan. If you have a large box into which you can put your pans in two tiers, it is an excellent plan. But cover them warmly and put the box, or whatever you have your loaves in, on a chair beside the stove for about one to one and one-half hours to keep warm until the loaves have risen well, the centre of the loaf being well above the pan, but the sides being even with the pan. Do not leave the loaves too long or they will run over. Then put them into an oven with a good steady heat. It takes about 40 minutes to 60 minutes before the loaf is the golden brown colour that shows it is perfectly baked.

Buns

You might keep one loaf back and knead it again, add a little sugar and butter, and perhaps a few currants and make it into home made buns. Brush over the top of the buns with a little butter and sugar, so that they will shine. The children like them so much.

Hop Yeast

Some Canadians who make beautiful bread prefer Hop Yeast.

It is made as follows:—

Boil four large potatoes. When cooked mash them and mix them well with the following:—

- 2 tablespoonfuls sugar,
- 1 tablespoon salt,
- 1 cup flour,
- 1 teaspoonful ginger.

Put one-half cup of pressed hops into one quart of warm water, and then stir in gradually the above mixture into the water. Set in a warm place overnight. Bottle. This yeast will be good for about one month, if kept in a cool place.

Then make the sponge and bread as above.

Half a cup of this yeast is equal to about one and one-half yeast cakes.

ANOTHER WAY

Liquid Yeast

Take 2 tablespoonfuls of flour,

2 " " salt,

2 " " white sugar.

Mix with a little cold water stirring all together thoroughly until smooth. Add six or

eight potatoes, finely mashed, and about four quarts of boiling water. Stir all thoroughly.

Take one and one-half cakes of yeast. Soak for a few minutes in warm water. Add this to the first mixture as soon as it is luke-warm. Stir again. Cover well, and put in a warm place to rise. Be sure to use a jar, basin or crock, which will allow the yeast room to rise.

This yeast will be good to use for two weeks if set away in a moderately cool place and properly covered.

The quantity of liquid yeast made as above will be enough for eight or ten loaves of bread. It may be used for baking four or five hours after it is made, but it is better to let it stand about twelve hours before using it for making bread.

Bread

If your yeast was made yesterday, you can set your bread in the morning and get it baked by noon. One pint of liquid yeast and one quart of flour will make a good big loaf. In working it, if the dough sticks to the bake-board or the pans, your bread is too moist, and you should add a little more flour. If your dough is too dry, and hard to work, then add a little more yeast.

Two Loaves of Bread

Take a convenient basin or bowl, sift two quarts of flour, warm it, make a "well" in the centre, pour the liquid yeast into the "well," mix the yeast and the flour thoroughly, then turn it out on your bake-board, and knead or work it until it feels smooth, even and elastic. Cover it well and set it away in a warm, comfortable place away from drafts until it has risen to about twice or two and one-half times the original size. If your liquid yeast was made yesterday your sponge will have risen and be light and good in about an hour and a half or two hours. Then knead it and work it again as before on the bake-board. Divide it into two loaves, make them a good shape, heat and grease the pans, put the loaves in the pans, cover them well and set in a warm comfortable place till they have again risen to double their original size. Then put in the oven. A good baker always scrapes every trace of flour out of the basin or bowl and works it into the dough, wasting not a grain.

Beware of a new bake-board. One famous Canadian cook has a marble-topped kitchen table on which she bakes wonderful bread, pies, and everything else. Marble is far better used for this purpose than for another purpose it is

more commonly used for. But you can do without marble. A good well-seasoned pine bake-board is excellent. But you would require to season it very well before you use it for baking, or the family will not want to eat that bread. Have the board strong and sound and free from any imperfections, for your bake-board is a great thing. A good one lasts a life-time.

Bread in the Oven

Have the oven hot before you put the bread in, and keep it hot for fifteen or twenty minutes after putting bread in, then allow to cool a little. About one hour will bake a loaf well. A well-baked loaf is a beautiful brown. If you think it is getting burned a little on the top, protect the top with a bit of paper. If it is not baking evenly, turn the pan end for end.

As soon as the bread is baked, take it out of the pan. Stand it up on the kitchen table, end up, bottom out, top leaning against the wall. Cover it with a clean towel and an old blanket until it cools. Do not put warm bread away in a box or tin. Wait till it cools. If you wish the crust to be hard, do not cover it up. If you wish the crust to be soft, rub it with milk or melted butter.

Hot Rolls

Bring a pint of milk to scalding point and set it aside to cool. Dissolve a cake of dry yeast in warm water. When the milk is luke-warm add one-quarter cup of butter or lard, one-half teaspoonful of salt, three teaspoonfuls of granulated sugar and the yeast. Beat in well three cups of flour and set aside in a warm place to rise until it has doubled in bulk which will take from one to two hours. Add more flour, and knead to a moderately stiff dough, and set aside again, as before, for one to two hours until it has doubled in bulk. Then roll it out with rolling pin, until it is about one-quarter of an inch thick. Cut in "rounds" using the top of a circular tin or a biscuit cutter. Brush with melted butter. Crease down centre with a knife and fold over. Place in pans, brush tops of rolls with butter and set aside till light, that is, till they double in bulk again. Bake in a hot oven till well browned—from twelve to fifteen minutes.

Milk

Milk adds to the food value of bread and it may be used instead of water in any of the above methods.

BREAD

The Third Way.*

Quantities named are sufficient for four loaves:—

2 quarts of potato water.

1 yeast cake dissolved in one-half cup of lukewarm water.

Ore-quarter cup sugar.

Ore-quarter cup flour.

PREPARATION.—Drain water from potatoes at noon, let cool until lukewarm, add sugar, flour and yeast. Leave this in a warm place to rise until next morning, then add one tablespoon of salt and enough of flour to make a dough just stiff enough not to stick to hands or board, knead a few minutes on board, let rise in greased pan until two and one-half times its size, then put in pans and let rise again two and one-half times its size and bake in a moderate oven. Knead down once or twice if desired before putting into pans.

If double the amount or three times the amount is required, keep the potato water for two days, add twice the amount of sugar and yeast. If there is not sufficient potato water

*Mrs. Jear Archibald.

add plain water to make up the amount, but all must be added at noon the day before baking. Use two potatoes to each quart of plain water.

Buns or Rolls with Potato Water

Prepare potato water same as for bread. In the morning put in a mixing dish one tablespoon salt, one-quarter cup lard and butter, one-quarter cup sugar, one-half cup boiling water. Pour in potato water, then proceed the same as for bread; when light, shape into buns or rolls let rise in pans until light and bake forty-five minutes in a moderate oven.

Quality, Cost, Labour

Home-made bread has a delicious taste and quality that cannot be surpassed. It is also cheaper to make your bread than to buy it, unless you have too much to do. If the family is large a bread-mixer and other labour-saving devices should be considered. The Department of Agriculture or the Agricultural College will help you about this.

As to cost, the Home Economics Department of the United States Department of Agriculture, published in May 1922 the following figures:—

Cost of Baker's Bread, 8 cents per loaf.

Cost of Home made Bread, $4\frac{1}{4}$ cents per loaf, or 4 cents for ingredients and $\frac{1}{4}$ cent for fuel.

Note that nothing is counted for labour in the $4\frac{1}{4}$ cents.

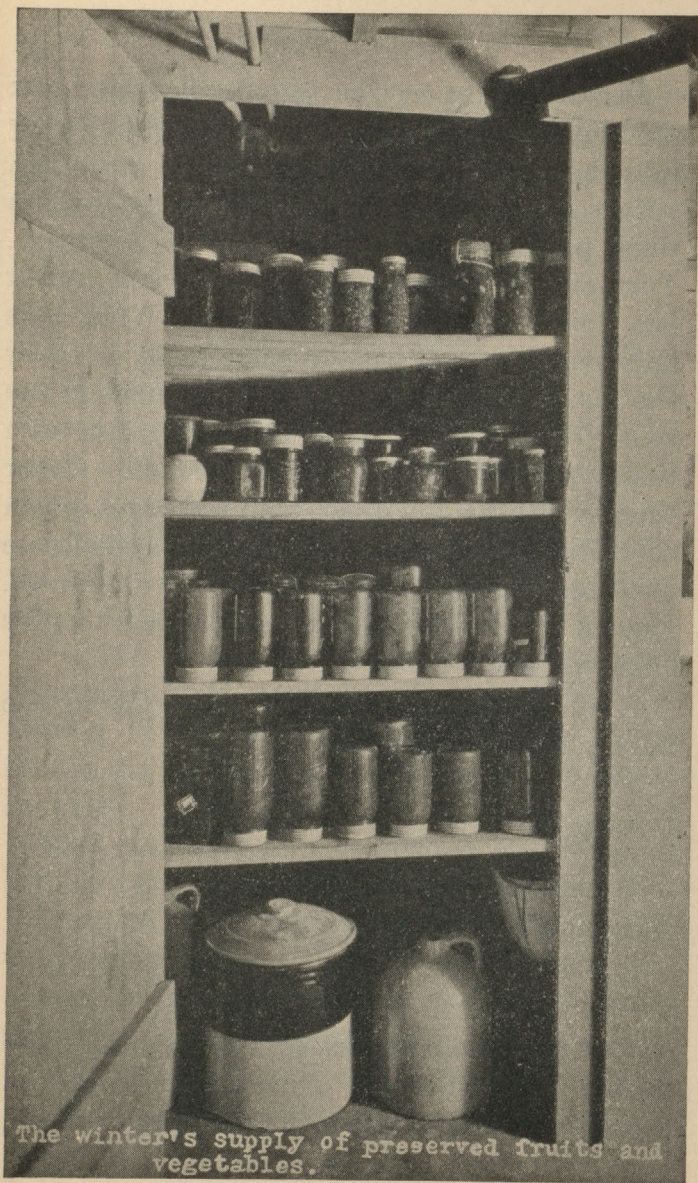
Valuable publications on bread and bread making have been published by the Provincial Departments of Agriculture and the Agricultural Colleges, among which may be mentioned "The Handbook for Homemakers", by the College of Agriculture of the University of Saskatchewan, Homemakers' Department, Miss A. DeLury, Director, and "Flour and Bread Making" by Professor R. Harcourt and Miss M. A. Purdy of the Ontario Agricultural College, Guelph.

PIES AND TARTS

Deep Apple Pie

Peel, core and cut into quarters and eighths two or three good apples and put them on to cook with a little cold water and about one-quarter of a cup of sugar in a greased saucepan.

Have the pie dish ready greased—either an enamel or an earthenware dish. Take one and one half cups of sifted flour, one-quarter cup butter and one-quarter cup lard, one-half teaspoonful of baking powder. This makes paste for one pie and a few tarts.



The winter's supply of preserved fruits and vegetables.

Canadian Government Motion
Picture Bureau, Ottawa.

Stir the baking powder into the flour and mix thoroughly. Rub the shortening thoroughly into the flour mixture, and when it is smooth stir in gradually enough cold water to make a thick paste, adding a little flour if necessary. Turn out the paste on the baking-board, roll it out, double up and roll out again. When it is light and firm, roll out the paste ready to cover the pie, and place an egg cup or funnel in the centre of your dish. Next fill the pie dish with the apples which are partly cooked. Cover the pie with the top crust, trim the edges, pinch them into a curled edge and bake in a moderate oven for about twenty to twenty-five minutes. Have a bit of pie crust over and make a tart for John and one for Mary.

If there are more than five people in the family, make a bigger pie.

Potato Pie

- 1 pound meat.
- 3 pounds potatoes.
- $\frac{1}{4}$ pound onion.
- Pepper and salt to taste.

First pare the potatoes, cut in slices and place thickly in the pie dish. Next add the meat cut in small pieces, and the onions chopped or sliced,

with salt and pepper to taste. Add enough gravy from the stock stew-jar to almost fill the dish. Cover with paste made as for deep apple pie. Cook in the oven for about two hours.

HINTS

Don't use the frying pan every day. There are better ways of cooking.

Save every scrap of fat that comes with the meat and "render it." Save every drop of liquid fat. Do you make your own soap?

A pod of red pepper in the water will prevent the odour of boiling meat or vegetables from filling the house.

To thaw frozen meat, place in a warm room over night. If cooked before it is entirely thawed it will be tough. Meat once frozen should not be allowed to thaw until just before cooking.

Beef suet will remain good a long time, if kept in a cool place (but do not let it freeze) or if buried deep in the flour barrel so as entirely to exclude the air.

Don't use too much white flour. You know why your husband always gives the stock some "roughage"? Rolled oats, whole wheat flour, brown bread—oat-cakes—these are our "roughage."

When properly cooked one pound of oat-meal has a nutrient value equal to two dozen eggs or one and three-quarter pounds of beef.

One pound of beans contains food elements equal to one and one-half pounds of beef.

Three pounds of potatoes and one pound of cheese are equivalent to three and one-quarter pounds of beef.

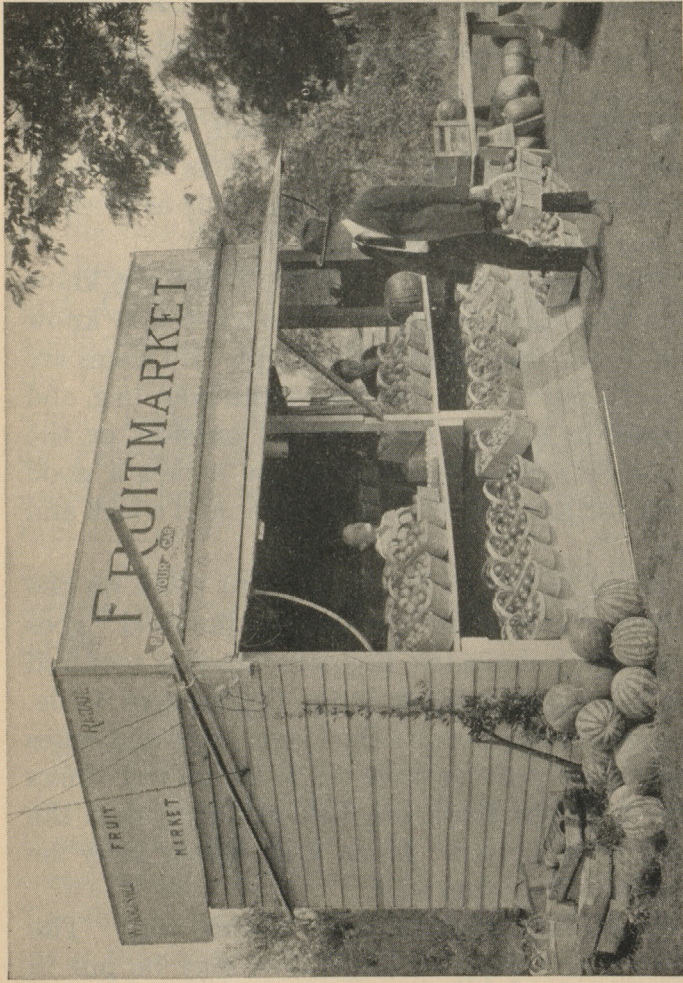
HAVE A RESERVE SHELF. Surprises at the table are usually successes. Keep a cook's notebook and diary to see what you had last year. We sometimes forget to use our favorite recipes and foods. A Card Index will help you.

TO RENDER FAT TO USE FOR COOKING

The fat should be finely chopped, heated over water, and strained. If done in this way there is no danger of burning, and a white fat is obtained. If the fat has a strong odour, soaking it in salted water before rendering, and adding a pinch of soda during rendering will remove the odour.

A GOOD YEAST CAKE

A good yeast cake has an even surface, is not discoloured round the edge and floats when dropped into water. Do not use old yeast cakes.



A WAYSIDE MARKET.

Canadian Government Motion Picture Bureau,
Ottawa.

THE CANADIAN WINTER LARDER

One advantage of steady cold weather is that you can freeze your baking and keep it frozen and fresh. Freshly-baked bread, pies, cakes and doughnuts, may be kept weeks or months in this way, and brought to the table as fresh as if just taken out of the oven.

The family all say: "Why, I did not know that you baked to-day." Even when they know the secret, they forget. Bread, pie and cakes are usually put into an ordinary clean flour bag, and locked in a large chest placed outside, or the Children's Summer Play-House makes a good "Winter Larder" if it has shelves and a lock and key.

Bring in only what you are to place on the table for immediate use (or else the food "goes crumbly") about two hours before it is required for the meal and set it on the kitchen table. Some housekeepers let the loaves, pies and cakes cool before putting them out to freeze and others prefer to put them out hot, thinking that the flavour is better. Meat and butter may be frozen in the same way.

Iced cakes may be kept in this way. The Christmas turkey or other fowl may be put in the "Winter Larder" after dinner and kept there for two or three days or a week, and then

brought in again to serve cold. A couple of hours on the kitchen table will thaw it.

Part of a cake may be put out again and frozen a second time. Do not thaw frozen bread or cakes in the oven as that will make them "crumbly." Set them on the kitchen table or on the very back of the stove.

This is a splendid plan for pies. One of our best Canadian Home-Makers made twenty apple pies and ten mince pies three weeks before the Christmas of 1920, and put them in the winter larder. I helped to eat one of the pies on February 19, 1921. It was delicious. It could not have tasted better if it had been made that afternoon. The "Winter Larder" saves a good deal of time and gives the homemaker a feeling of security. She has something in her larder.

USE MILK IN COOKING

No other food is as good as milk. Soups, sauces, puddings, coffee, cocoa are largely milk. If any little boy or girl does not like milk, then cocoa, soups, and milk puddings will do instead. Try to understand why milk is disliked and remove the cause. Set a good example yourself. Remember milk is really a solid food. Sip it slowly. Do not drink it down.

Use FRESH COW'S MILK—not condensed milk, nor dried milk nor evaporated milk nor any other kind. Be sure the cows have some green food every day.

In cities and towns, milk should be pasteurized, and bottled. Even when great care is taken to keep milk clean it is safer to have it pasteurized. Pasteurizing means heating milk to 140 degrees Fahrenheit, and keeping it at that temperature for about twenty minutes and then cooling it down at once to 40 degrees Fahrenheit.

REAL FOOD REFORM

Here are the three most important new scientific ideas about our food.

1. Salads should be eaten every day. This will give you some raw fruit, raw cabbage, tomatoes, lettuce, etc. to eat.

2. A liberal helping should be eaten every day of some food which you might call pot-herbs or greens. This gives you some leafy vegetable to eat, generally cooked.

3. Each day a quart of milk or its equivalent in the form of other dairy products should be taken.

Then of course you should have meat or fish once a day. And do not forget oatmeal and

other good cereals, and bread and butter, and eggs and potatoes and other good foods, and three drinks of water every day, taken between meals.

Variety

Variety is said to be the spice of life. Variety in meals and foods is a great deal more than that. It is health and life that we are in danger of losing if we do not have proper variety in our food and at our meals.

Tales have come to us lately from reliable observers about the terrible monotony of the meals in some of our homes. No vegetables served in August but canned peas! . . . No oatmeal or any other cereal for breakfast! . . . Only potatoes, meat and pickles, and possibly pie, at every meal! That is what they say.

Isn't it sad? And isn't it a sin?

What are we going to do?

The Remedy

The remedy is a garden of your own. Mother always used to feel so happy if she could only coax and help her next neighbour to have a garden. And she was so glad and pleased when after a while the neighbour would grow some

vegetables or flowers better than mother herself did.

If everything else fails, help the teacher to have a School Garden big enough to give a little plot to every two scholars. And see that the children of your neighbour who has no garden, are the first to get a chance in the School Garden.

But you will likely succeed with your neighbour. First of all, have a good garden yourself. Send over some of your early peas to her for the Sunday dinner. Tell her that you think the soil on the south side of her house is really better garden soil than yours, if that is true.

Or make some other friendly remark that is true, just to break the ice. Offer her seeds and slips for next spring. Say that you will come over to help her and her husband to lay the garden out this Autumn. Tell her about the prizes that are open to our District for gardens and vegetables.

Do it now.

If you are a Canadian you ought to be kind. Life is short. Opportunities pass.

There are thieves on the road from Jerusalem to Jericho, and poor food is one of the thieves.

“Which now of these three, thinkest thou, was neighbour to ?”

* 7X 23
10336
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"Pasteur was appointed Professor of Chemistry at the University of Strasbourg in January, 1849, within a fortnight he had fallen in love with the daughter of the rector, M. Laurent, and they were married on May 28th of the same year. She, during the whole of their married life, appreciated that she had become the help-mate of a great genius. When he was working on a problem he became oblivious to the outside world. He once forgot that he had promised to take her out to an important festivity; she waited hours, he did not come, but there was no reproach from her. On occasions she had either to send or to fetch him home from the laboratory to his meals; if not he worked on for hours forgetful of time; she shielded him from all domestic worries. She was never jealous of his devotion to science; in the evening she took down notes of the day's work from his dictation and helped him to state things clearly by asking him for explanations; not only was she an incomparable companion but his best co-laborator. That he would have given less to humanity had he married a different wife must be true. The world owed much to Pasteur's wife."

Sir William Hale-White

—President of the Royal Society of Medicine.

¶ ¶

"Sir Humphry Rolleston, in moving a vote of thanks, said that there was one note in the President's address which must have found a response among many in that audience—namely, the President's estimate of the great extent to which Pasteur owed his success to the devotion and self-forgetfulness of his wife. Many of them, although much smaller men than Pasteur, would be more than ready to make the same acknowledgement."

—At the Pasteur Centenary Celebration in London, 1923

—From The British Medical Journal.

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