

OGILVIE'S BOOK FOR A COOK



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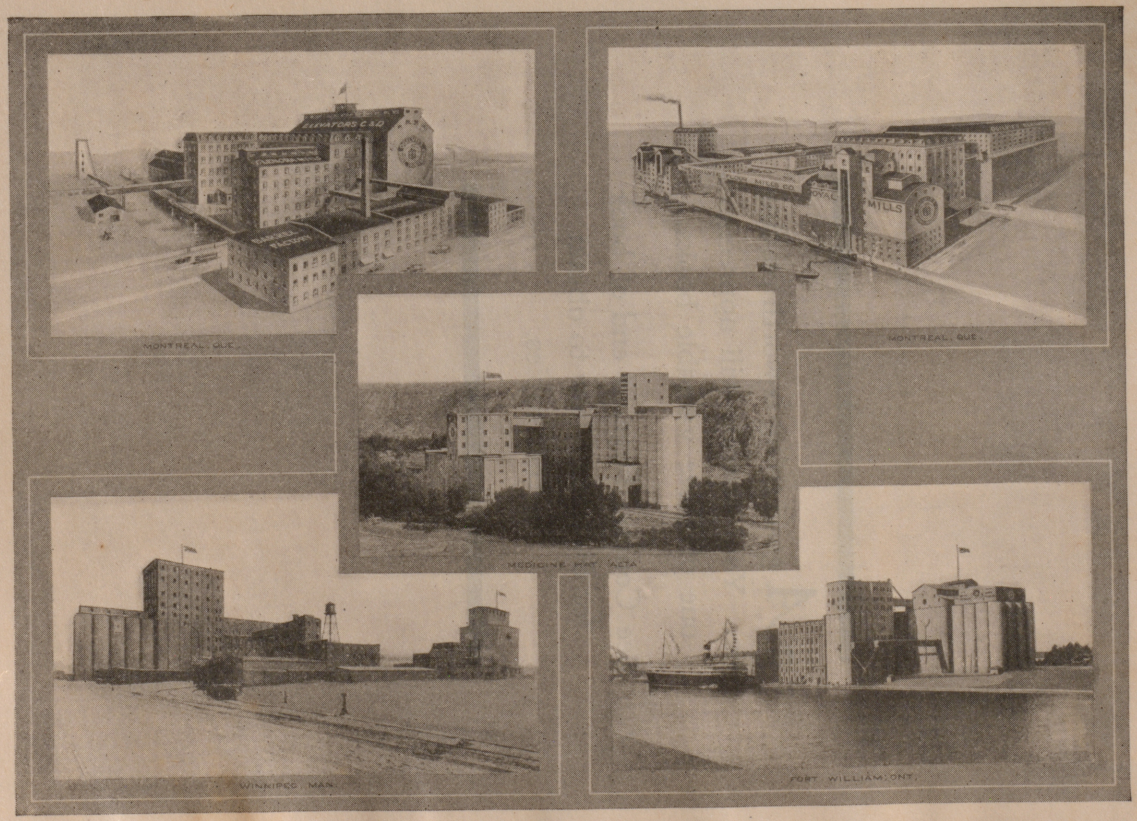

THE OGILVIE MILLS

OGILVIE'S BOOK for a COOK

BY APPOINTMENT TO HIS MAJESTY THE KING

A NEW, THOROUGHLY REVISED AND ENLARGED EDITION. THIS BOOK CONTAINS A SELECTION OF WELL TESTED RECIPES, TOGETHER WITH A LARGE NUMBER OF COOKING POINTERS OF VALUE AND SERVICE TO ALL HOUSEKEEPERS

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THE OGILVIE FLOUR MILLS CO.
LIMITED

Head Office, MONTREAL, QUE., CANADA

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MEDICINE HAT, ALTA.

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INTRODUCTION

THE OGILVIE FLOUR MILLS CO. LTD., after a careful study of the needs of the home-bakers, decided to make a flour particularly suited to their requirements. The result was *"ROYAL HOUSEHOLD,"* so named because it is used by the Royal Family.

The flour is carefully milled from the very choicest wheat grown in Canada.

The mills of the Ogilvie Flour Mills Co. Ltd., are maintained in a thoroughly modern condition and equipped with the latest and finest types of machinery available.

The process of milling is under the constant supervision of a staff of experienced millers trained to exact the utmost degree of regularity in the produce of these mills.

At a later stage the products of each mill are again subjected to a searching examination by fully qualified analytical chemists, who apply the finer tests to verify the excellence of quality, as well as to confirm the conclusions drawn from careful examinations of the wheat prior to milling.

Concurrently with these enquiries, several samples of the flour of each day's milling are placed under the care of an experienced commercial baker, who further tests its qualities in the making of bread, etc., by the several processes or methods most generally in use in various parts of the Dominion.

Every pound of *"Royal Household"* Flour is guaranteed and is especially adapted for either bread or pastry.

The recipes herein presented have been TRIED, TESTED and PROVED. They are not offered as a general cook book, nor as a guide to experts, but simply as a help to the average housekeeper, in the hope that they will make easier her search after a variety of good things without calling too much upon her means.

OUR MOTTO

Highest quality, consistent with strict uniformity.



CORRESPONDENCE



FAILURE and disappointment often confront the young and inexperienced housekeeper (and sometimes the experienced one as well) through the misunderstanding or omission of some little detail in preparation. While the following recipes have been thoroughly tested, and wherever possible the exact amount of ingredients to be used is given, yet to any user of this book who has failed to obtain satisfactory results, or who is in need of still more explicit directions, we will gladly furnish the services of an expert as a correspondent, who will answer all questions and give any suggestions possible.

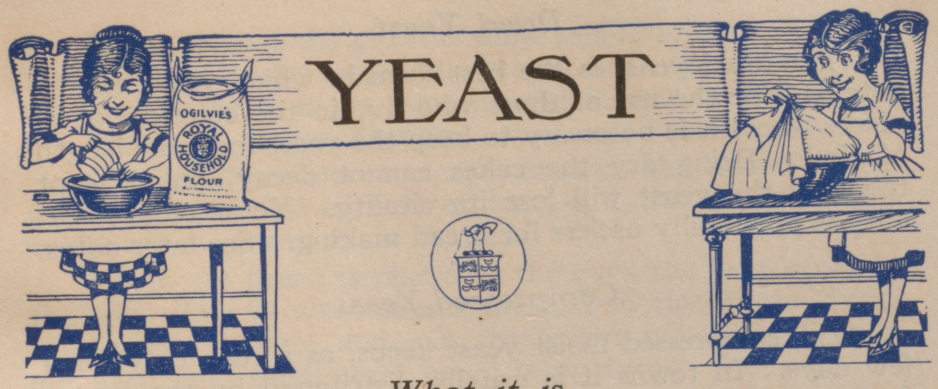
In writing, please note carefully the following directions:

1.—Do not forget to give Name and Post Office Address.

2.—Address all communications to The Ogilvie Flour Mills Co., Ltd., Baking Dept., Montreal, P.Q.

3.—Name the recipe or recipes for which you wish help and tell fully the character of the result you obtained.

NOTE.—We cannot be responsible for recipes if flour other than *"Ogilvie's Royal Household"* is used.



YEAST

What it is

Yeast is a microscopic cellular plant—a vitalized organic substance. Botanically it is classed with the fungus growths, mildew and moulds. It is known as *Saccharomyces cerevisiæ*—a sugar fermenter. It is an organism so small that it cannot be seen by the unaided human eye, unless it occurs in a mass composed of many millions of separate cells.

Its Growth

Reproduction occurs as a natural result of its vitality. It takes place by "budding." A bud, or swelling, is formed on the cell sac, or envelope; when the bud attains a definite maturity it becomes detached, thus forming a separate cell, which again becomes the parent of other cells.

Its growth, or reproduction, occurs with wonderful rapidity. Under suitable conditions a few cells will in a few hours multiply into millions. As yeast obtains its nutriment only by absorption through the cell wall, it will be apparent that its food supply must be in solution before it can become available.

Its Care

While these little yeast cells are tenacious of life they are killed by exposure to extremes of either heat or cold, such as boiling water, or frost, but will keep for many days in a dry, cool place. The best collection of yeast cells massed together in dormant state is the ordinary yeast cake, either dry or compressed.

Dried Yeast

The dried yeast is the best form in which yeast can be obtained for the use of those who live in the country, or in places where it is necessary to keep the yeast for some length of time. Being dry the cakes cannot decay, but if kept too long the yeast will lose its vitality. Yeast of low vitality is practically useless for bread making. See later notes.

Compressed Yeast

The compressed moist yeast keeps, as a rule, only for a few days. In towns it is usually distributed by the manufacturers every two or three days. When fresh it should have a pleasant wine-like smell and crisp feeling. If dark and mouldy it is old. If it breaks like putty it is weak.

Its Relation to Bread Making

The rate, or speed, of the growth of yeast cells, which is more frequently spoken of as "fermentation," is influenced by the amount and nature of the soluble food supply, and also to a very marked extent by the degree of temperature. The most healthy temperature is between 70 and 80 degrees Fahrenheit. It then functions steadily and reproduces very vigorous young cells.

Between 80 and 90 degrees Fahrenheit the activity is increased, it ferments more rapidly, and between 90 and 100 degrees Fahrenheit, still more rapidly. At the latter high temperatures it is not the healthy growth of that around 80 degrees—it is much too vigorous, and when worked at such high temperatures the time of the process should be very short.

Between 110 and 120 degrees Fahrenheit it works with feverish activity, but quickly becomes weakened. It has no staying power.

Temperatures below 70 degrees Fahrenheit have the reverse effect upon the rate of fermentation. It becomes slower and slower as the temperature is reduced, and at 40 degrees it is almost stopped.

Sugar hastens the growth while salt retards it. During its growth it changes some of the starch of the flour into sugar, on which it feeds, at the same time giving off alcohol and a gas known as carbon dioxide.

This, in its efforts to escape, expands the elastic gluten (which is a large constituent of flour) and lifts up the dough, or in other words it is "raised."

When the bread is placed in the oven the heat expands the gas. This is what causes the loaf to rise in the oven. Finally, the alcohol and gas are driven off, the cell-walls are fixed, and then sweet bread is produced.

In the process of bread making the control of the fermentation is usually the part of the operation least understood. It is owing to mistakes in its treatment that the greater number of failures in bread making are due. This is particularly the case in the matter of the use of dried yeast cakes.

No manipulation of the flour or dough will properly compensate for weak or badly prepared yeast.

Use less Yeast in Summer than in Winter.

NOTES ON DRIED YEAST CAKES

Dried yeast is prepared from ordinary fresh yeast by mixing it with a proportion of starchy meal, such as corn meal, to make a somewhat porous mass and thus facilitate the drying.

When in good condition it should be distinctly dry and brittle and free from any tendency to crumble or fall apart when handled. It should have the natural odour of yeast, and be free from sourness or mustiness.

These good qualities, however, are not a satisfactory guarantee of the full vital activity of the yeast.

Owing in part to the method of manufacture—but mainly as a result of the comparatively small and very irregular consumption of this product—it is, unfortunately, very apt to become old and stale before being brought into use.

When of good quality one cake of dry yeast is equal to a half cake of compressed yeast; when aged and stale the fermentative activity will be correspondingly reduced, even to the extent, under extreme conditions of age, of requiring as many as eight cakes to produce the same rate of fermentation as should be given by a single cake in good condition.

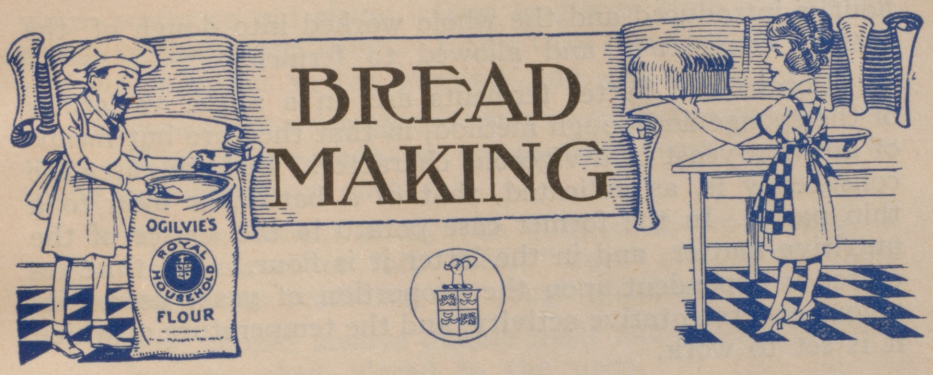
This matter is of vital importance to the making of good palatable bread and yet is frequently passed over as negligible. It cannot, however, be neglected without courting failure.

Dried yeast, as a result of the method of its manufacture, is never one-hundred per cent yeast. Consequently it cannot be as strong as the pure fresh product. It is misleading to believe that it can be used the same as any other yeast. It requires to be re-invigorated. The directions issued by the manufacturer must be followed to ensure success.

Speaking generally the re-invigorating of dried yeast is accomplished by re-growing it in a batter of flour, sugar, water and a little salt, the whole being kept at a warm heat (about 80 degrees Fahrenheit).

It is very important to allow the batter to rise until it is at least double its original size. This will occur at different periods of time, dependent upon the strength of the yeast and the warmth of the batter.

If in successive tests the batters be maintained at the same temperature, the time they take to double their size admits of a check being made upon the activity or strength of the yeast as purchased. If whilst in the batter stage the mass should fail to rise to double its size in the time usual to this operation (approximately three hours), do not proceed with the baking process until it attains that size. On the other hand, if for one reason or another it should expand considerably more than twice its original size and show strong signs of losing its frothy condition, or, maybe, drop and return to a more or less separated condition of the flour as a sediment and a watery layer above it, do not use it at all. Make a fresh start and endeavour to be ready to make use of it when it is risen just sufficiently.



BREAD MAKING

Preliminary Notes

Bread, the "STAFF OF LIFE," the most used, the most nutritious and the cheapest of our foodstuffs fully justifies all the care and intelligence we can bestow upon its preparation.

The following Notes are offered as reminders, or aids, in the making of better bread.

METHODS—There are four main types of bread making methods, viz., 1, Straight dough; 2, Sponge and dough; 3, Potato ferment; 4, Batter ferment.

Speaking generally, straight dough implies that all the flour, water and other ingredients are mixed into a single dough, which then forms a finished product requiring only to be fermented and baked.

In the case of a sponge and dough, the sponge stage refers to a preliminary quantity of flour, water and yeast, with or without a very small quantity of salt, set to ferment until it rises to its full extent and then recedes or drops a little. The consistency of a sponge is slightly less stiff than the average bread dough, but it is much stiffer than a batter. The sponge stage is a means of re-invigorating the yeast and growing a further quantity in amount sufficient to ensure the quick fermentation of the second, or dough, stage of the bread-making process. When the sponge is ready the rest of the water, or milk and water, salt and sugar, are added and thoroughly intermixed; then the remainder of the

flour is introduced and the whole worked into dough of the desired consistency and allowed to ferment.

Potato and batter ferments are, in a sense, variations of the sponge and dough method, in that they are but means of growing yeast of a vigorous character. In both cases the consistency is, as indicated, that of a batter, or akin to a thin paste. In the former case potato is the source of the nutritive matter and in the latter it is flour. The time required is dependent upon the proportion of yeast used, its vigour or fermentative activity, and the temperature at which it is set to work.

REQUIREMENTS.—For the making of the best bread there are six requirements, viz.—

1. *"Ogilvie's Royal Household,"* (Canada's Best) flour.
2. Warm well aerated flour.
3. Yeast of good quality—See section entitled "Yeast."
4. Suitable consistency of dough.
5. Dough maintained at the temperature to suit the time of fermentation.—See section entitled "Yeast."
6. Watchfulness respecting the rising of the dough or sponge.

Preparing the Flour.

Never fail to warm the flour for bread making. It should register about 80 degrees Fahrenheit.

In cold weather it is very essential to warm the flour. In warm weather it is also advisable; particularly so if the flour is stored in bulk and in a cool place.

The effect of warming flour is twofold: the temperature is raised and the flour is well aerated.

Good aeration of the flour before use is of great benefit to the later stages of bread making.

It is better to use a pail to mix bread in than the ordinary bread pan, as there is less surface exposed, it is easier to wrap up and can readily be placed in a dish of

warm water to aid rising. Best length of time for sponge to rise is nine or ten hours. If you take it early in the morning, set it earlier in the evening, and vice versa.

Always make a sponge or batter when dry yeast cakes are used. With home-made or compressed yeast it may be made into dough at once.

A sponge should always be allowed to work until it begins to contract or fall. This "drop" affords the best indication of its readiness for dough making.

Dough should always double itself and should increase twice its size when placed in the pans.

Do not knead sponge too much as it is better to underwork than to overwork it.

Do not let the dough rise too much or it will be slow in pans.

Do not have oven too hot as bread should not brown the first ten minutes, and only gradually after that.

Do not cover when taken out of oven, but allow to cool slowly.

Do not make loaves too large.

Have water and milk of same temperature.

If milk is used it should be scalded and allowed to cool.

Make small loaves and bake well.

As the making of good bread is an art, for the mastery of which practice is required, it is very helpful to be acquainted with the causes of faulty results, as by this means only can the defects be guarded against in later bakings.

Salt is used chiefly for flavor and also to some extent to control the rate of fermentation.

Too little salt will give the bread a flat taste.

Too much salt will slow down the fermentation and give bread of somewhat bitter flavor.

Shortening is used to add to the velvety softness of the bread, to give a rich flavor and to aid in keeping the bread moist.

The best bread should combine the following features:—

1. *Shape.*—The shape must be well balanced and of good proportions. Not too broad, nor too long.

The crown or top nicely balanced and not inclining to one side more than another.

2. *Crust.*—About one-eighth inch deep, crisp and fairly tender. Color, golden brown.

3. *Crumb.*—Color, creamy white, and of fine even grain; texture should be soft and velvety and it should cut clean without crumbling.

4. *Flavor.*—Nutty and sweet, without any indication of either sourness or bitterness.

TYPES AND CAUSES OF FAULTY BREAD ARE:—

Soggy, or Heavy Bread:—

1. Poor yeast. 2. Insufficient yeast. 3. Dough insufficiently mixed. 4. Over-mixed. 5. Partially baked bread. 6. Not raised enough before baking. 7. Dough that drops of its own accord, instead of being punched down, usually is weakened and produces soggy bread. 8. Too much salt yields heavy bread. 9. If the dough becomes too light in pans and is then placed in a hot oven it is apt to fall to a heavy and more or less soggy mass. 10. Dough too soft. 11. Moulding dough either before it is sufficiently fermented, or when it is much overworked.

Coarse and Crumbly Bread:—

1. Cool oven, resulting in the bread continuing to rise to an excessive size, when the grain becomes coarse and the bread dries out quickly and crumbles readily. 2. Allowing loaves to rise too much before baking. 3. Dough too much fermented before moulding into loaves. 4. Dough over or under-mixed. 5. Dough made too warm, thereby weakening the flour.

Sour Bread:—

1. Over-fermentation. If it is inconvenient properly to attend to the dough at the right time give it another

punch down. This will delay the ripening and frequently prevent sourness.

Tasteless and Dry Bread:—

1. Letting the dough stand too long. 2. Oven being either too hot or too cold.

Dry Bread

1. Making the dough too stiff or too soft—in this case the texture will be open and more or less coarse. 2. Keeping the bread too long in the oven. 3. Oven being too hot.

Sticky Bread:—

Almost always due to bad yeast.

HOUSEHOLD WHITE BREAD

With Compressed Yeast.

3 quarts (more or less) sifted *"Ogilvie's Royal Household"* flour.
2 cups (1 pint) milk
2 cups (1 pint) water } or 4 cups water if milk is not used.
1 tablespoon butter or lard. 1 tablespoon salt.
3 tablespoons sugar. 2 cakes compressed yeast.

Scald the milk and water and, while scalding hot pour the liquid over the butter, sugar and salt. Dissolve the yeast in $\frac{1}{4}$ cup lukewarm water. When the milk and water have cooled to lukewarm, beat into five cups of sifted *"Royal Household"* flour with a wooden spoon; add the dissolved yeast and beat well for two or three minutes. Then stir and knead in flour until the dough is sufficiently stiff to be turned from the mixing bowl to the moulding board in a mass. The quantity of flour to be added may be more or less than the five cups, depending on the temperature and dryness of the flour. Knead the dough until it becomes smooth and elastic and ceases to stick to the fingers or moulding board, adding if necessary a little flour from time to time. Then put in a well greased earthen bowl, brush lightly with butter, cover with a bread towel and set to rise in a moderately warm place until light, or increased twice its size. This will require about two hours. As soon as bread is light, punch down and set for another rising until light, which will require

about one hour. As soon as it is light, form gently into loaves or rolls, place in greased bread pan, brush with melted butter and let stand for one and a half hours, or until very light; then bake in a moderate oven for, depending on size of loaf, forty to sixty minutes. This quantity makes five small loaves.

NOTE—Be careful not to use too much flour. Make the dough as soft as can be handled.

Alternative Method

Scald milk and add water until likewarm. Sift flour, sugar and salt together into a deep mixing bowl or crock (large enough for the dough to rise in). With the tips of the fingers rub lard or butter thoroughly into the flour.

Dissolve yeast in ¼ cup lukewarm water and add to liquid. Add this to the flour and beat all light. Cover with a bread towel and set to rise in moderately warm place for 2 or 3 hours (or until increased twice its size). When light, cut with a knife—do not chop, but cut from bottom upwards until dough is well re-mixed. Cover and let rise until light (about 1 to 1½ hr.). Remove to moulding board, form into loaves, using dusting flour as lightly as possible. Brush with melted butter, put in well greased pans. Cover and let rise about double original size. Bake in moderate oven for 40 to 60 minutes, depending on size of loaf.

This recipe also makes good rolls, which can be made and baked the same day.

N.B.—Ogilvie's "Meota" (whole wheat) flour makes excellent bread with this recipe. Use one quart "Meota" and 2 quarts *"Royal Household"* flour with ½ cup molasses.

FIVE-HOUR METHOD FOR THREE LOAVES.

"Ogilvie's Royal Household" flour.

1 tablespoon sugar.
1 quart lukewarm water.
2 potatoes.
1 tablespoon salt.
1 cake compressed yeast, or 3 cakes Dry Yeast.

Dissolve compressed yeast cake in ¼ cup of lukewarm water, or prepare Dry Yeast as directed under Notes on Yeast. Boil cleaned and peeled potatoes; mash and add to quart of water; strain; add sugar and salt, then flour enough to make

a thick batter. Add yeast; beat thoroughly for a minute or two; then add flour gradually until the dough ceases to be sticky; then add a little more flour to make dough slightly stiffer; knead well. Let rise a little more than double its size; punch down; allow to rise double its size again; mould into loaves; place in pans and let rise again until about double its size. Bake in moderately hot oven.

NOTE.—One pound of mashed potatoes contains about $1\frac{1}{4}$ cups of water and starch and other substances about equivalent in bread making to 1 cup of wheat flour; or 3 cups mashed potatoes are equivalent to 2 cups water and $1\frac{1}{2}$ cups wheat flour.

WHOLE OR ENTIRE WHEAT BREAD

4 cups "*Ogilvie's Meota*" (whole wheat) flour or 4 cups "*Ogilvie's Graham*" (wheat) flour
2 cups milk
$\frac{1}{4}$ cup molasses
1 cake compressed yeast
1 teaspoon salt
3 tablespoons lukewarm water.

Scald milk; add molasses and salt. Let cool until lukewarm. Add dissolved yeast cake in lukewarm water. Add flour and beat well. Put in bread pan. Let rise and bake like white bread. Makes 2 small loaves or 1 large loaf. This requires no second rising; is delicious and quickly made for dinner. "Meota" flour gives bread of a lighter color than Graham flour.

STEAM BAKED BROWN BREAD

4 cups "*Ogilvie's Meota*" flour.
4 cups "*Ogilvie's Royal Household*" flour.
3 cups water.
2 tablespoons butter, or lard
$1\frac{1}{2}$ Cakes Compressed Yeast, or 4 Cakes Dry Yeast.
2 tablespoons sugar.
2 teaspoons salt.

Mix 4 cups "Meota" flour with 2 cups water at 155 degrees Fahrenheit in summer time, or 170 degrees Fahrenheit in winter. Let stand overnight in warm place, during which time it will undergo a natural fermentation, or pre-digestion.

In the morning, if using Dry Yeast Cakes, soak the same for 2 hours in the remaining 1 cup water at 90 degrees Fahrenheit, to which a little white flour and sugar have been added; then mix with the "Meota" dough; add the remaining ingredients; cover and keep warm for 2 hours, or until it

has doubled its original size; then lightly knead the dough and let stand 1 hour; mould into loaves and invert, or place the baking pans upside down on a flat sheet of iron, such as an oven-shelf, or a shallow baking pan. Allow to rise 30 minutes for compressed yeast, or 40 minutes for Dry Yeast Cakes. Bake in a moderate oven 40 to 60 minutes, depending upon the size of the loaves.

The loaves are best made of small size and the bread pans should entirely cover the same throughout the period of baking.

RAISIN BROWN BREAD

1 cup *"Ogilvie's Royal Household"* flour.
1 cup *"Ogilvie's Meota"* flour.
1 cup (scant) *"Ogilvie's Golden Cornmeal"*.
1 cup (scant) *"Ogilvie's Standard Oatmeal"*.
½ cup white sugar (or one cup brown sugar).
1 cup raisins
4 heaping teaspoons baking powder.
1 teaspoon salt.
1 egg (beaten).
2 cups sweet milk.

Mix first eight ingredients together. Stir egg and milk and add to the above; put into loaf tins and let rise ¾ hour.
Do not have dough too stiff.
Bake one hour in hot oven.
This makes two loaves of medium size.

POTATO YEAST No. 1

4 tablespoons *"Ogilvie's Royal Household"* flour.
8 large potatoes.
4 tablespoons granulated sugar.
4 tablespoons salt.
4 cups (1 quart) boiling water.
16 cups (4 quarts) cold water.
2 cakes of dry yeast or 1 cake of compressed.

Peel and boil the potatoes; mash in water boiled in; while boiling, pour this over the flour, salt and sugar. To this add the boiling water; mix well, then add the cold water. Dissolve the yeast in ½ cup lukewarm water and mix with the above. Let this mixture remain in a warm place about eighteen hours, when it is ready for use. Keep in a cool place and use as required.

NOTE—1 dry yeast cake and ¼ cup of sugar dissolved in three cups potato water make an excellent yeast. Pour the water off the boiling potatoes at noon; cool until lukewarm; add the yeast and sugar and let stand until next morning.

POTATO BREAD No. 1

3 quarts (more or less) *"Ogilvie's Royal Household"* flour.
4 cups (1 quart) potato yeast. 1 tablespoon brown sugar.
1 tablespoon salt. 1 tablespoon butter.

Immerse vessel of yeast liquid in water maintained on the stove at about 100 deg. until yeast liquid is raised to blood heat (98 degrees Fahrenheit); then add the salt, sugar and butter and mix in sufficient of the flour (previously warmed) to make a batter. This will require three to four cups. Cover and set to rise. When light and frothy add the balance of the flour, or until the dough ceases to stick to the hands or moulding board, kneading only until smooth and elastic. This makes five small loaves.

Let rise again till double the original size of dough, when it may be moulded gently into loaves, placed in greased bread pans and brushed with melted butter. Let stand in a warm place covered with a clean cloth until dough has again doubled its bulk; then bake in a moderate oven for about sixty minutes.

N.B.—*"Ogilvie's Meota"* (whole wheat) flour makes excellent bread with this recipe.

POTATO YEAST No. 2

6 large potatoes. 2 tablespoons salt.
½ cup sugar. 1 cup lukewarm water.
1 cake compressed or two cakes dried yeast.

Peel and grate the potatoes into a porcelain or earthen dish, containing the sugar and salt. Pour on boiling water until it becomes thick, then let cool until lukewarm. Dissolve the yeast in the lukewarm water and add to the above. Let stand in a warm place for 24 hours; when it is ready for use.

POTATO BREAD No. 2

8 cups (sifted) *"Ogilvie's Royal Household"* flour.
2 cups water (or 4 cups if milk is left out).
2 cups milk. 1 tablespoon salt.
1 tablespoon sugar. 1 tablespoon butter or lard.
1 cup of Potato Yeast No. 2.

Scald the milk and water; when cooled to lukewarm add the yeast, salt, sugar and butter and follow the directions given under Potato Bread No. 1.

NOTE.—4 cups of No. 1 or 1 cup of No. 2 Potato yeast equals 2 cakes compressed.

PLAIN BREAD

3 quarts (more or less) *"Ogilvie's Royal Household"* flour.
1 tablespoon salt. 4 cups lukewarm water.
1 dry yeast cake.

Let yeast cake dissolve in ½ cup lukewarm water for about 30 minutes. Put salt into mixing pan. Add water and enough flour to make a stiff batter (about the consistency of pancake mixture). Add yeast and beat two or three minutes; put in warm place to rise over night; in the morning sponge should be twice its size. Add enough flour to make a dough stiff enough not to stick to hands or board; after flour is all mixed in, turn mass out on bread board and knead two or three minutes; let rise again about twice its size, then mould lightly into pans, cover well and let rise twice its size. Bake in a moderate oven until loaf is nicely browned and feels light when taken out of pan.

ROLLED OAT BREAD

1 cup *"Ogilvie's Rolled Oats."*
4½ cups *"Ogilvie's Royal Household" Flour.*
2 cups boiling water. 1 teaspoon salt.
1 compressed yeast cake. 1 tablespoon butter or lard.
½ cup lukewarm water. ½ cup molasses.

Pour boiling water over rolled oats and butter or lard. Let stand 1 hour. Add yeast cake dissolved in lukewarm water, then add molasses, salt and butter; stir in thoroughly the sifted flour. Let rise for 2 or 3 hours, or until light. Beat thoroughly again and make into loaves, using as little dusting flour as possible. Put loaves into well greased pans.

Let rise until light, and bake (about 1 hour) in hot oven.

Rolled Oats now are more generally used than oatmeal, though the latter may still be purchased. Oatmeal requires long cooking to make it edible, so is not adapted for use in bread making. Rolled Oats, however, are partially cooked by steam in the process of manufacture and it has been found that, when ground through a good chopper or a small hand mill, they may be used successfully in bread and cake making, substituting $1\frac{1}{8}$ cups of the ground rolled oats for 1 cup of wheat flour.

CORN BREAD

1 cup *"Ogilvie's Royal Household"* flour.
1 cup *"Ogilvie's Golden Cornmeal."*

3 teaspoons baking powder.
$\frac{1}{4}$ cup sugar.
$\frac{1}{2}$ teaspoon salt.
1 cup milk.
1 egg.
1 tablespoon butter.

Mix all the dry ingredients in a bowl, sifting the flour and baking powder together. Beat the egg till very light; add it and the milk to the dry ingredients and lastly the butter which has been melted in the baking pan. Bake from 20 to 30 minutes in a moderate oven.

N.B.—Sour milk may be used instead of sweet (1 cup) with $\frac{1}{2}$ teaspoon soda, omitting the baking powder. The egg may be omitted if desired, substituting $\frac{1}{4}$ cup of milk and adding a little more butter.

BOSTON BROWN BREAD

1 cup *"Ogilvie's Royal Household"* flour.
2 cups *"Ogilvie's Cornmeal."*
2 cups *"Ogilvie's Graham"* flour.

2 cups boiling water.
$1\frac{1}{2}$ teaspoons soda.
1 teaspoon salt.
1 cup sour milk.
1 cup molasses.

Pour boiling water over meal, *"Ogilvie's Royal Household"* flour (sifted) and *"Graham"* flour. Add molasses, sour milk, soda and salt. Beat all well and steam 4 hours. This is the genuine Boston Brown Bread generally served with baked beans, but is nice with Roast Pork served with brown gravy.

1 cup (floured) raisins may be added to Brown Bread if liked.

FOR STEAMING

Pour mixture in pail with tight cover, filling little over half full. Set pail in kettle with water $\frac{1}{3}$ up on pail. Keep boiling all the time.

PARKER HOUSE ROLLS

$1\frac{1}{2}$ quarts (more or less) *"Ogilvie's Royal Household"* flour.
2 cups milk.
1 tablespoon sugar.
1 tablespoon salt.
3 tablespoons butter.
2 cakes compressed yeast.
$\frac{1}{2}$ cup lukewarm water.

Scald milk and let cool until lukewarm. Sift flour, sugar and salt together, then rub in lard with tips of fingers. Dissolve yeast in lukewarm water by letting it stand about 5 minutes. Add yeast to milk; beat into the flour until smooth and light. Be careful to avoid having a stiff mixture. Let rise in warm place until double in bulk. Cut with knife (as directed under bread, page 11). Let rise 1 hour. Cut and make into rolls. Use as little flour as possible. Roll back and forth to make oblong. Dent in centre with small roller or knife handle; brush over with butter and fold together. Place in greased shallow pans about 1 inch apart. Let rise until very light. Bake in hot oven 20 minutes.

The rolls may be rolled oblong, or cut round, brushed with butter and baked plain. This makes from $1\frac{1}{2}$ to 2 dozen rolls, according to size.

BAKING POWDER BISCUIT

2 cups *"Ogilvie's Royal Household"* flour.
2 teaspoons baking powder.
1 teaspoon salt.
1 tablespoon butter, or lard.
$\frac{1}{2}$ to $\frac{3}{4}$ cup water, or milk.

Sift flour, salt and baking powder together. Rub in shortening with the tips of the fingers. Add the liquid, mixing with a knife until a very soft dough is obtained. Do not knead the dough, but roll it out lightly and quickly about $\frac{1}{2}$ inch thick, using as little flour as possible for dusting. Cut out, brush with melted butter and bake in a hot oven for 15 minutes.

The liquid may be all water, or all milk, or half milk and half water. The shortening may be all butter, or all lard, or a mixture of both.

CINNAMON OR FRUIT ROLLS

Use same materials and prepare as for Baking Powder Biscuit. Roll the sheet of dough into a square. Spread lightly with melted butter. Sprinkle with cinnamon and sugar, or with jelly, or fresh fruit. Roll up like a jelly roll; cut off slices about ¾ inch thick and bake.

NOTE.—This also makes a nice dessert served with syrup or pudding sauce.

NUT BREAD No. 1 or WALNUT GRAHAM BREAD

2 cups *"Ogilvie's Royal Household"* flour.
2 cups *"Ogilvie's Meota"* (whole wheat) flour or 2 cups *"Ogilvie's Graham"* (wheat) flour.
1 cup walnuts, finely chopped.
½ cup molasses or brown sugar.
½ cup granulated sugar.
1 egg.
¼ teaspoon salt.
1 teaspoon cream of tartar.
1 teaspoon soda.
1½ cups sweet milk.

Mix all the dry ingredients in mixing bowl, sifting the flour, cream of tartar and soda together. Beat egg until very light; add it and the milk to the dry ingredients, then add molasses, salt and nuts. Beat well. Put in deep bread pan and let rise in warm place 20 minutes. Bake slowly, about 1 hour.

NOTE.—4 teaspoons baking powder may be used in place of cream of tartar and soda. Granulated sugar may be omitted if too sweet for taste.

NUT BREAD No. 2

3 cups *"Ogilvie's Royal Household"* flour.
1 cup granulated sugar.
½ teaspoon salt.
4 teaspoons baking powder.
1 egg.
1½ cups sweet milk.
1 cup chopped walnuts.

Sift the flour, baking powder, sugar and salt together; add walnuts and mix. Beat egg and milk and add to above. Let rise in warm place 20 to 30 minutes. Bake 40 to 60 minutes, according to size of loaves and oven heat.

1 cup sultana raisins may be added if desired.



BREAD MUFFINS

½ cup *"Ogilvie's Royal Household"* flour.
1½ cups dry bread crumbs.
1 cup milk.
½ teaspoon salt.
2 teaspoons baking powder.
1 egg.
1 tablespoon butter.
2 tablespoons syrup.

Scald the milk; add the crumbs; allow to stand 15 minutes; then mash and beat to a paste. Add the salt, syrup, beaten egg yolk, melted shortening; flour and baking powder sifted together. Finally fold in the beaten egg white. Pour into gem pans until half filled, then bake about 20 minutes in a moderately hot oven.

OATMEAL MUFFINS

1 cup *"Ogilvie's Royal Household"* flour.
2 cups *"Ogilvie's Rolled Oats"* or granulated oatmeal
1 egg.
1½ cups sour milk.
1 heaping teaspoon soda.
2 tablespoons sugar.
1 tablespoon butter.
¼ teaspoon salt.

Soak rolled oats, or oatmeal, overnight in sour milk. Then add well beaten egg, butter (melted), sugar, salt and flour. Dissolve soda in little hot water; add last and beat all until light. Bake in greased gem pans in moderately hot oven.

Muffins may be made by this recipe without eggs, in

which case about ¼ cup more flour should be used.

If milk is not very sour use 1 teaspoon cream of tartar and 1 teaspoon soda.

OATMEAL BETTY

2 cups *"Ogilvie's Oatmeal,"* cooked.
4 apples cut into small pieces.
½ cup raisins.
½ cup sugar.
¼ teaspoon cinnamon.

Mix and put in mould. Bake one half hour. Serve hot, or cold, with raisin or other sauce.

NOTE.—This is a good means of using left-over cooked oatmeal.

POPOVERS

1 cup *"Ogilvie's Royal Household"* flour.
1 egg. 1 cup milk. ¼ to ½ teaspoon salt.

Add salt to egg and beat with egg beater until very light. Add milk and flour alternately and beat into smooth foam. Put iron gem pans in oven, with small piece of butter in each place; when very hot, half-fill the pans with ingredients and bake in hot oven about twenty minutes. Cool for 10 minutes to set.

ENTIRE CORN-MEAL OR WHEAT-MEAL GEMS

2 cups *"Ogilvie's Golden Corn Meal"*
or Graham Flour.

1 egg.
¼ teaspoon salt.
2 teaspoons baking powder.
1 tablespoon melted butter.
2 tablespoons syrup.
1 to 1½ cups milk, or water.

Sift together the meal, salt and baking powder twice, returning the bran, which has been retained on the sifter, to the mixture and blending it thoroughly. To this mixture of dry ingredients add the beaten egg, the melted shortening, syrup and milk (or water) enough to make a batter of medium consistency. Drop by spoonfuls into greased muffin or gem pans. These should be about half full. Bake 18 to 20 minutes in a fairly hot oven.

CORN MUFFINS WITH DATES

1 cup *"Ogilvie's Royal Household"* flour.
1 cup *"Ogilvie's Golden Cornmeal."*

1 cup sweet milk.
1 egg.
2 tablespoons melted butter.
2 teaspoons baking powder.
1 tablespoon brown sugar.
1 cup chopped dates.
½ teaspoon salt.

Beat egg until light. Mix and sift cornmeal, flour, salt, sugar and baking powder. Then add egg, milk, melted butter. Beat well. Flour dates and add last of all. Stir in lightly. Bake in muffin pans in hot oven for 20 to 30 minutes.

GRAHAM CAKE, OR MUFFINS

1 cup *"Ogilvie's Royal Household"* flour.
1 cup *"Ogilvie's Meota"* flour.

1 egg.
1 cup sweet milk.
1½ tablespoons melted butter.
1½ teaspoons soda.
3 teaspoons cream of tartar.
¼ teaspoon salt.
⅓ cup of sugar.

Beat egg until light. Add sugar and milk. Sift in the flour, cream of tartar and soda. Add *"Meota"* flour and melted butter. Beat all until light.

Bake in well buttered cake pan in moderate oven, or in muffin pans in hot oven, for 20 to 30 minutes.

MUFFINS (1 EGG)

2 cups *"Ogilvie's Royal Household"* flour.

1 egg.
½ teaspoon salt.
2 tablespoons sugar.
About 1 cup milk.
2 tablespoons melted butter.
3½ teaspoons baking powder (level)

Beat the egg until very light. Add the sugar, salt and milk. Sift in the flour and baking powder and beat well. Then add the melted butter. Grease the gem pans well. Pour in the batter and bake in a hot oven about 20 minutes. If preferred, 2 teaspoons of cream of tartar and 1 teaspoon of soda may be substituted for the baking powder.

HOT CROSS BUNS

3 cups *"Ogilvie's Royal Household"* flour.
1 cup liquid (½ milk and ½ water).
¾ cup sugar.
1 egg.
¼ pound mixed fruit (such as sultana raisins, lemon and orange peel, currants and dried cherries).
1 drop essence of spice.
1 tablespoon butter.
½ teaspoon salt.
½ cake compressed yeast, or 1½ cakes dried yeast.

Dissolve yeast in the liquid, to which add ¼ cup sugar and a little of the flour. Let stand to ferment in a warm place for 3 to 4 hours.

Rub the flour and butter until evenly mixed; add the well beaten egg and the remainder of the sugar and mix the whole with the previously fermented portion. When nearly mixed, add the fruit and flavoring and mix to form a soft dough. Let stand in warm place to ferment until double in bulk. Knead lightly and divide into pieces of the required size. Mould each bun with a tightly stretched skin surrounding it and place in a greased pan about one inch apart; cover and let stand in a warm moist place; when about half risen, cross them with the stamp for that purpose, or with a sharp knife lightly slit top at right angles and allow them to complete the rising. Bake about 20 minutes in a hot oven.

When baked, and while hot, wash over with a sweetened mixture of well beaten egg and milk. Use a soft brush and apply very lightly, or the buns will be knocked down and become heavy. An alternative method of glazing is to brush over with well beaten egg just before placing the buns in the oven; when nearly baked, dredge the buns with granulated sugar and complete the baking.

RASPBERRY BUNS

4 cups *"Ogilvie's Royal Household"* flour
$\frac{1}{3}$ cup white sugar. 1 egg.
$\frac{1}{4}$ cup butter. 1 teaspoon baking powder.
Milk to mix.

Make into soft dough; roll round pieces of about 2 ozs each; put a spot of raspberry jam on top; pinch the dough up around it to enclose the jam; wash over top; dip in pulverized sugar; bake in hot oven.

GRIDDLE CAKES No. 1

2 cups *"Ogilvie's Royal Household"* flour.
$\frac{1}{2}$ teaspoon salt. $1\frac{3}{4}$ cups sour milk or buttermilk.
1 teaspoon soda (level). 1 tablespoon melted butter.
1 tablespoon sugar.

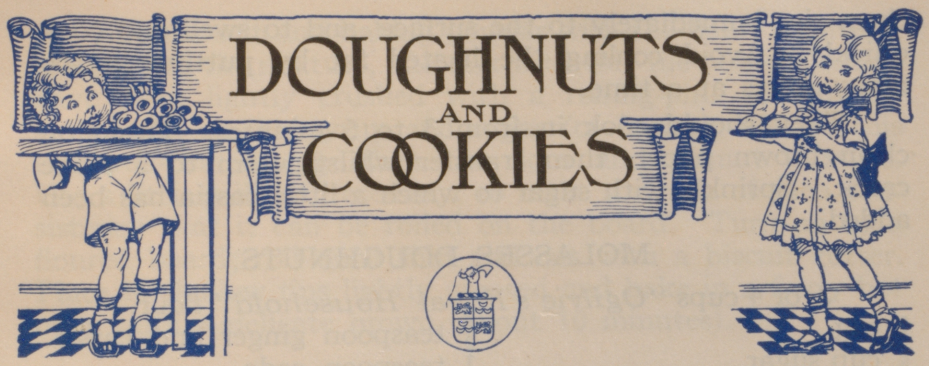
Sift the flour, salt and soda together. Add the milk slowly and beat until smooth. Then add the melted butter and fry on a slightly greased hot griddle. If desired, a well-beaten egg may be added at the last, when it will be necessary to use a little more flour. The cakes will be more tender without the egg. These cakes may be made with sweet milk, substituting 4 level teaspoons of baking powder for the soda. This quantity will serve four or five people.

GRIDDLE CAKES No. 2

2 cups sifted *"Ogilvie's Royal Household"* flour.
4 cups of milk or buttermilk. 2 eggs.
1 teaspoon salt. $1\frac{1}{2}$ teaspoons soda.

Beat eggs and salt together, then add milk. Mix the flour and add the soda dissolved in hot water. Beat the whole mixture thoroughly.

The dough can be placed by spoonfuls in the hot pan and, when well browned, turn quickly with a knife.



SUGAR DOUGHNUTS

4 cups, sifted, *"Ogilvie's Royal Household"* flour.

1 teaspoon soda.
1¼ cups sugar.
1 egg.
2 teaspoons cream of tartar.
⅓ teaspoon salt.
1 teaspoon grated nutmeg.

1 cup (whole) milk

With or without ¼ teaspoon grated ginger.

Put sugar and egg in mixing bowl. Beat well. Add milk, spice and salt, stirring lightly. Sift flour, cream of tartar and soda together. Add 3½ cups flour mixture. Stir until light. Turn out on bread board and knead in the remainder of flour, if necessary. The dough should be just as soft as can be handled. At this stage it may well be left for 1 or 2 hours in a cold place.

Roll to medium thickness, cut with doughnut cutter and fry in hot lard. Turn two or three times to ensure even rising. This will make several dozen according to size of cutter.

NOTES.—

If skimmed milk is used, add 3 teaspoons melted butter. If sour milk is used, add one teaspoon cream of tartar and one of soda.

Care should be taken to avoid making the mixture too stiff. For this reason it is well to reserve a portion of the flour to be kneaded in when on the bread board.

The fat should be heated slowly and must be ready when the doughnuts are cut. It must be hot enough to make

them rise immediately to the surface and to swell and cook quickly. Avoid cooling the heated fat by putting in too many cakes at a time.

They should cook in from 3 to 5 minutes. Drain on clean brown paper, then transfer whilst warm to a stone crock. Sprinkle with sugar to which a little cassia has been added.

MOLASSES DOUGHNUTS

3 or 4 cups *"Ogilvie's Royal Household"* flour.

1 egg.
½ cup sugar.
1 cup molasses.
½ teaspoon ginger and cassia.
1 teaspoon soda.
¼ teaspoon salt.
2 tablespoons hot lard.

Beat egg lightly, add sugar and molasses. Stir well. Add salt and spice. Put soda in sour milk and add. Sift flour and add 3 cups. Beat until light. Add hot lard from frying pan. Turn on cake board and knead in more flour, if required. Roll out. Cut in strips 7 or 8 inches long and twist together. Fry like sugar doughnuts. These are much better twisted than cut like ordinary doughnuts and make a nice change.

CRUMPETS

1½ cups *"Ogilvie's Royal Household"* flour.

1 cup brown sugar.
½ cup butter.
1 egg.
½ teaspoon soda.
2 tablespoons sour milk.
1 cup chopped raisins.
½ (small) teaspoon all kinds spice.

Mix sugar, butter and egg together; then the flour, raisins and spices; add to the above, with the soda dissolved in the sour milk. Make rather a stiff dough; drop with a teaspoon on a buttered tin and bake in a hot oven.

PEANUT WAFERS

2 cups *"Ogilvie's Graham" or "Meota"* flour.

1½ cups crushed peanut meats.
1 teaspoon salt.
2 teaspoons baking powder.
2 tablespoons butter.
1 egg.
¾ cup syrup with 2 tablespoons sugar (or ¾ cup honey).

Sift the salt and baking powder with the flour, returning the bran to the mixture, and mix with this the peanuts which have been lightly crushed with a rolling-pin. Cream together the butter, syrup and sugar (or honey); add to this the well-beaten egg; then the flour and peanut mixture. Use a little milk, if necessary, to make a dough of such consistency that it can be rolled on the board. Turn on to a floured board; roll until thin and cut with a biscuit cutter. Place in shallow tins lightly greased and bake in a fairly hot oven until a delicate brown (about 10 minutes).

MOLASSES COOKIES

4 cups (more or less) *"Ogilvie's Royal Household"* flour.
1 cup melted butter.
1 cup sugar.
1 egg.
½ cup milk.
1 cup molasses.
2 teaspoons soda.
4 teaspoons ground ginger.

Stir together the butter, sugar, egg, and molasses; dissolve soda in the milk and add with the flour and ginger mixed together. Make moderately stiff dough; roll out not too thin and bake in a moderate oven.

N.B.—The shortening may be half lard.

CHOCOLATE COOKIES

2½ cups (more or less) *"Ogilvie's Royal Household"* flour.
½ cup butter.
¼ teaspoon salt.
1 teaspoon cinnamon.
2 ounces unsweetened chocolate (melted).
2 (level) teaspoons baking powder.
1 cup sugar.
1 egg.
2 tablespoons milk.

Cream the butter and sugar; add the salt, cinnamon and chocolate; then add the well-beaten egg and the soda dissolved in the milk. Stir in enough flour to make a soft dough; cut in round cakes and bake in rather a quick oven.

The secret of making good cookies is in the use of as little flour as will suffice.

SUGAR COOKIES

3½ cups *"Ogilvie's Royal Household"* flour.
1 cup sugar.
1 egg.
½ cup sweet milk.
½ cup melted butter.
2 teaspoons soda.
1 teaspoon vanilla.
1 teaspoon lemon.
4 teaspoons cream of tartar.

Beat egg. Add sugar and butter (just melted). Doubly sift cream of tartar, soda and flour. Add and stir until light. Add salt and flavoring. Let stand in a cold place to chill as much as possible. Take to cake board. Roll thin. Bake in rather hot oven. Care is required at this point, as, being thin, cookies are easily burnt if the oven is overheated.

NOTE.—Variations may be introduced by the use of chopped dates, raisins or walnuts, well floured before mixing.

FILLED COOKIES

Use same recipe as for Sugar Cookies.

Filling

1 tablespoon *"Ogilvie's Royal Household"* flour.
½ cup sugar.
¼ teaspoon salt.
½ cup water.
1 cup chopped raisins.
Flavor, as required.

Roll cookies very thin and put them in pan.

Mix ingredients for filling and cook until thick, being very careful, as the mixture will burn easily. When quite cold, place teaspoon filling on each cookie; but don't let it spread to the edge. Put another cookie gently on top of filling.

OATMEAL FRUIT DROP COOKIES

2½ cups *"Ogilvie's Rolled Oats"*, ground.
½ cup sugar.
1 tablespoon butter.
¼ cup corn syrup.
½ teaspoon salt.
2 eggs beaten until light.
½ cup dates or raisins cut in small pieces.
1 teaspoon vanilla.

Mix in order given. Drop by the spoonful on greased baking sheet and bake.

CREAM PUFFS

1 cup *"Ogilvie's Royal Household"* flour.
½ cup butter.
1 cup boiling water.
¼ teaspoon salt.
4 eggs.
Pinch of soda.

Boil water and butter together. When boiling hard, add the flour all at once and stir vigorously till it leaves the sides of the saucepan and forms a smooth ball. Add the salt and soda. When cool add the unbeaten eggs one at a time, beating till thoroughly mixed. Drop on buttered pans pieces the size of a walnut, three inches apart.

Bake in a moderate oven about 30 minutes, having the oven rather hot at first and then reducing the heat. When baked, dry out in the oven with the door open for about 10 minutes. This will prevent falling. When thoroughly cold, cut open with scissors and fill with whipped cream, or mock cream. This makes 1½ dozen.

HERMIT DROP COOKIES

3 cups *"Ogilvie's Royal Household"* flour.
3 eggs.
1½ cups sugar.
½ cup milk.
½ cup butter (melted).
2 teaspoons cream tartar.
1 small teaspoon nutmeg.
1 teaspoon soda.
½ cup currants.
1 cup raisins (chopped).
1 small teaspoon cloves.
1 small teaspoon cinnamon.

Beat eggs and sugar together; add the milk and melted butter; mix other ingredients into the flour and add to the above, making a stiff dough. This may require slightly more or less than the three cups of flour.

Drop on buttered tin in spoonfuls and bake in a hot oven. Three level teaspoons of baking powder may be used instead of the cream of tartar and soda.

DATE DROP COOKIES

3 cups *"Ogilvie's Royal Household"* flour.

2 eggs.
1½ cups sugar.
1½ cups sour milk.
1½ cups melted butter.
1 heaping teaspoon soda.
½ teaspoon salt.
2 pkges. dates, stoned.
½ teaspoon each, cassia, cloves and nutmeg.

Cream butter and sugar together. Add beaten egg. Dissolve soda in milk; add it and sifted flour, salt, spice and flavoring. Beat until light. Chop dates up finely and flour well. Fold in last of all. Drop in teaspoonfuls 3 inches apart on well greased shallow pan. Bake in hot oven 15 or 20 minutes.

NOTE.—Chopped raisins and walnuts may be used instead of dates. Flavour with lemon and vanilla.

BRAMBLES

1 egg.
1 lemon (grated rind in juice)
1 cup sugar.
1 cup raisins (chopped finely).
1 heaping teaspoon butter.
1½ soda biscuits, finely powdered

Mix all together, but don't cook. Take rich pie crust and roll as for pies. Cut with 5 inch cutter. Put spoonful of above mixture on each side. Moisten edge and fold like turn-over. Press edges down, brush over with white of egg. Cut little slits for escape of air. Bake in shallow pan.

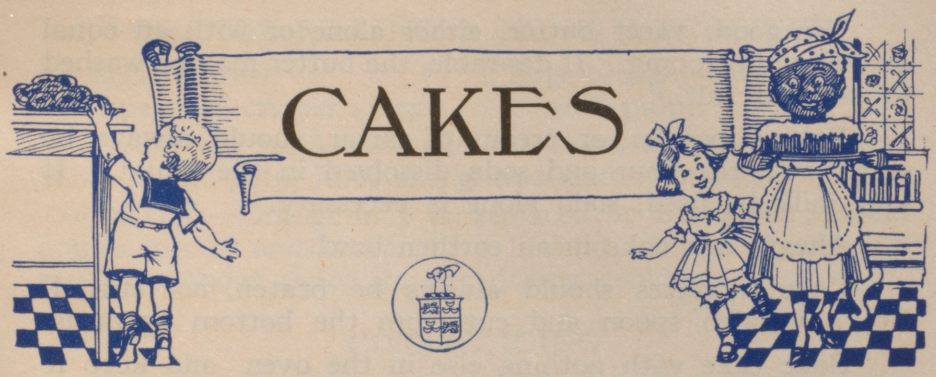
These are nice for luncheon if made with jelly or jam.

BROWNIES

¾ cup *"Ogilvie's Royal Household"* flour.

2 beaten eggs.
2 squares melted chocolate.
1 teaspoon vanilla.
1 cup chopped walnuts.
½ cup butter.
1 cup sugar.

Cream butter and sugar; add beaten egg; melt chocolate and add; add flour, nuts and flavoring. Bake in moderate oven 20 minutes.



CAKES

The best recipes fail at the hands of a careless cook.

Cake making requires more judgment than any other department of cooking. Nevertheless it is one of the most frequently tried by the beginner.

The old adage "Practice makes perfect" was never more true than in its application to cake making.

Fortunately there are a few simple rules which, if carefully observed, will enable the inexperienced to meet with success; at any rate after a few trials.

Speaking generally, too little attention is given to the *preparation* for cake making, which consists in having the table free from everything not required in the operation, all the ingredients at hand, tins lined with greased paper and the oven just sufficiently heated.

It is very necessary to maintain an uniform heat. If the oven is heated by a coal fire the temperature may be controlled by adjusting the draft and occasionally placing a stick of wood upon the fire.

When necessary to turn a cake it should be done very cautiously and without exposure to the cold air, as either a sudden jar or change of temperature will cause the cake to fall and become heavy.

When thought to be done, probe with a knitting-needle, to which no cake will adhere when sufficiently baked; the cake will also be found to be loosened from the sides of the pan.

Use good, sweet butter, either alone or with an equal quantity of dripping. If desirable, the butter may be washed to remove salt.

Baking powder, or cream of tartar, should always be sifted with the flour and soda dissolved in the liquid. If sour milk be used, soda alone is necessary.

Always mix cake in an earthen bowl.

Cake mixtures should always be beaten, not stirred. Use a wooden spoon and cut from the bottom upwards

Bake cake with nothing else in the oven and keep it as near the oven centre as possible. Do not open oven door, nor disturb cake during the first ten minutes. At all times be careful to close the door very gently. Avoid any work likely to shake the oven, as shaking reacts upon cake and causes it to fall, or be heavy.

Rich, heavy cakes require slow cooking; the lighter kinds require a quicker oven.

The baking of cake requires more care than the mixing. Divide the baking time into quarters: during the first, it should begin to rise; the second, it should finish rising and begin to brown; the third, it should continue to brown; the fourth and last, it should finish browning and leave the sides of the pan.

Remove the cake from the tin as soon as it leaves the oven and place it on a sieve or a napkin-covered board.

BOILED ICING

2 cups sugar.
$\frac{2}{3}$ cup water.
Stiffly beaten whites of two eggs.
Flavoring to taste.
Pinch of salt.

Boil the sugar and water without stirring until it threads when dropped from spoon; while boiling pour it slowly into the beaten eggs, beating the mixture rapidly all the time, until of right consistency to spread. Then add the flavoring and spread on the cake.

Brown sugar is nice for above purpose. A good addition is $\frac{1}{4}$ teaspoon cream of tartar added after beating awhile.

ORANGE FILLING & ICING (UNCOOKED).

2 eggs (whites).
1½ cups confectioner's sugar.
1 large orange (juice, rind and soft pulp).

Whip egg until stiff; add the sugar a little at a time. Whip in the pulp, juice and grated rind of orange.

NOTE.—Orange may be replaced by 2 large or 3 small apples, grated and beaten in a little at a time. Apple pulp swells to about twice its size during cooking.

COFFEE ICING

2 cups pulverized sugar, pinch of salt, moistened with coffee and melted butter added. Mix until smooth.

MAPLE ICING

2 cups pulverized sugar, pinch of salt, mixed with enough maple syrup to soften it. Spread roughly on cake. May add nuts if desired.

PLAIN FROSTING

1 egg (white).
1 teaspoon lemon.
1 cup pulverized sugar.
¼ teaspoon salt.

Mix and beat with a fork for five minutes, when it is ready for use.

MOCHA FROSTING

¼ cup butter.
1 large cup confectioner's sugar.
2 tablespoons very strong coffee (hot).
2 tablespoons cocoa.
1 teaspoon vanilla.

Mix all together and beat until smooth. Spread on cake when cold.

CHOCOLATE FROSTING

1 cup sugar.
½ cup milk.
2 tablespoons butter.
¼ teaspoon cream of tartar.
1 ounce unsweetened chocolate.
1 teaspoon vanilla.

Boil the sugar, milk and cream of tartar continuously for six minutes. Remove from stove and stir in the butter, chocolate and vanilla. Beat well; let cool and beat again. The total time of beating should be about an hour.

This frosting can be put away until required for use, when it may be set in a dish of hot water to soften.

NEVER FAIL FROSTING

3 tablespoons cold water.
1 cup granulated sugar.
1 teaspoon vanilla.
1 egg.
With, or without, 12 marshmallows.

Put water, sugar and egg (not beaten) in double boiler. Have water underneath boiling hard all the time. Beat with egg beater 7 minutes. Remove from fire; add marshmallows, if desired; beat with spoon for 2 minutes.

NOTE.—May be spread on cake hot or cold.

It may be varied in several ways; as for instance:—

(1) Use brown sugar and $\frac{1}{4}$ teaspoon cream of tartar in place of white sugar.

(2) Add chopped maraschino cherries and chopped walnuts, $\frac{1}{2}$ cup each for nut cake.

(3) Filling for Layer Cake. $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup walnuts finely chopped.

This recipe does away with the old method of boiling and never fails.

CHOCOLATE CARAMEL FROSTING

1 cup sugar,
$\frac{1}{3}$ cup milk,
1 heaping teaspoon butter,
vanilla to taste.

Boil 10 minutes. Beat until cooled a little. Whilst warm, spread over cake. Melt chocolate in a saucer over hot water. Spread chocolate over above frosting.

LEMON FILLING

1 tablespoon *"Ogilvie's Royal Household"* flour.
2 eggs.
$\frac{1}{2}$ cup water.
1 lemon (juice and grated rind).
1 cup sugar.
1 teaspoon butter.
Pinch of salt.

Separate eggs, saving whites for icing. Mix flour in a little water; add beaten yolks. Make separate mixture of

water, lemon, sugar, butter and salt in double boiler. Stir into above. Cook until thick.

Pour in centre of cake and let spread to edge. Place layer of cake on top and ice with whites of eggs, 1½ cups confectioner's sugar and lemon flavoring.

COCOANUT FILLING

1 tablespoon *"Ogilvie's Royal Household"* flour.
1 cup milk.
1 or 2 eggs.
½ cup sugar (white).
1 teaspoon butter.
1 cup shredded cocoanut.
1 teaspoon each, vanilla and lemon.

Heat milk in top of double boiler. Beat together yolks of eggs and sugar, until light. Add butter, salt and the flour stirred smoothly in a little cold milk. Stir this into the boiling milk and cook until it thickens. Add cocoanut and flavouring. When cool put between layer cake.

Beat whites of eggs until dry; add a tablespoon of sugar and a pinch of salt. Pile on top of cake. Sprinkle on cocoanut and brown lightly.

FIG FILLING

¾ lb. figs. ¾ cup sugar. ½ cup boiling water.

Chop figs finely; add sugar and boiling water; cook on stove until a smooth paste; if too stiff, add more water; when cold spread between cakes.

FILLING FOR CHOCOLATE CAKE

1 cup sugar.
4 tablespoons water.
Pinch cream of tartar.
1 egg (white).
2 ounces unsweetened chocolate.
¼ teaspoon salt.

Mix sugar, cream of tartar and water; boil until it threads; beat the white of an egg very stiff; stir syrup in slowly and beat until thick, then spread on cake. Make another frosting like first; add the two squares of chocolate to it. Cover the white frosting with the chocolate frosting and lift one part of cake on the other; press together.

SOFT GINGER BREAD

3 cups *"Ogilvie's Royal Household"* flour and 1 cup *"Ogilvie's Granulated Oatmeal."*
½ cup butter.
1 cup brown sugar.
¾ cup molasses.
3 eggs.
1 teaspoon soda.
1 cup sour milk.
} or 2 teaspoons baking powder.
1 tablespoon ginger.
1 teaspoon cinnamon,

Cream the butter and sugar; add molasses, then the eggs, one at a time; beat thoroughly. Mix the soda in the sour milk; sift the flour and spices; add to the other mixture, alternating with the milk; beat well. Bake either in gem pans or in a ginger cake tin.

GRAHAM SHORTCAKE

2 cups *"Ogilvie's Graham" or "Meota"* flour.
1 teaspoon salt.
3 teaspoons baking powder.
Milk to mix.
3 tablespoons butter.
1 or 2 tablespoons Golden Syrup.

Sift together the "Graham" flour, salt and baking powder, returning the bran to this mixture. Blend with this the cold butter. Mix with milk (in which has been dissolved the syrup) to form a soft dough. Roll on board in two sheets, or spread in two tins. When baked, spread with butter and cover with fruit which has been well sweetened.

ANGEL CAKE

1 cup *"Ogilvie's Royal Household"* flour.
1¼ cups sugar.
10 eggs, (whites only).
1 teaspoon cream of tartar.
Pinch of salt.
1 teaspoon vanilla.

Sift flour, cream of tartar, sugar and salt together 5 times. Beat egg whites to a stiff froth. Then commence to stir from bottom upwards, adding the flour gradually and stirring the same way until well mixed. Add vanilla; turn into ungreased angel cake tin with a central tube. Bake 45 minutes. Be careful not to jar or disturb cake while baking —particularly during first 15 minutes.

Remove from oven and turn upside down. Let stand until cake falls out.

NOTE.—Two cans of water on each side of oven with cake tin on top help to bake this cake slowly. Canners' empty fruit tins may be used to hold the water.

COFFEE FRUIT CAKE

2 cups *"Ogilvie's Royal Household"* flour.

½ cup molasses.
½ cup sugar.
½ cup strong coffee.
½ cup each, currants, chopped citron and raisins.
1 egg.
½ cup butter.
1 teaspoon cassia.
½ teaspoon cloves and nutmeg.

Cream butter, sugar and molasses. Add beaten egg and soda, then flour. Beat all until light and add spice, floured raisins, currants and citron. Bake in loaf form.

Will keep a long time moist.

STRAWBERRY SHORTCAKE

2 cups *"Ogilvie's Royal Household"* flour.

4 teaspoons baking powder.
½ teaspoon salt.
2 tablespoons sugar for cake.
¼ cup butter.
⅞ cup milk.
4 cups strawberries.
1 cup sugar for berries.

Sift the flour, baking powder and salt together. Add sugar and mix well. Work in butter with fingers. Add milk gradually. Put on board, divide in two parts and roll out to fit the cake tin, using the least possible flour to roll. Put one part on tin, spread lightly with melted butter, then place the other part on top. Bake 20 minutes in hot oven. When baked the two parts will separate easily without cutting. Mash berries slightly, sweeten and place between cakes. The whole may be covered with whipped cream and a dozen or more whole berries placed on top for decoration.

NOTE.—Water may be used in place of milk, if desired, or an egg may be added, using a little more flour.

WALNUT CAKE

3 cups *"Ogilvie's Royal Household"* flour.

½ cup butter.
1½ cups sugar.
1 cups milk.
2 teaspoons cream of tartar.
1 teaspoon soda.
1 cup walnuts (chopped).
3 eggs (whites).

Cream the butter and sugar thoroughly and add the milk gradually. Sift the flour, cream of tartar and soda together twice and add to the above, mixing well. Add the chopped walnuts and, lastly, the stiffly beaten whites, folding them in lightly.

Bake in a moderate oven 40 minutes or more.

Cover with "Never Fail" Frosting.

NOTE.—When folding in flour or whites of eggs do not stir, but dip from the bottom up through the mixture, working slowly and lightly until flour or eggs are mixed.

DELICIOUS CAKE

1 cup *"Ogilvie's Royal Household"* flour.
1 cup sugar.
½ cup sweet milk.
½ cup butter.
½ cup corn starch.
3 eggs (whites only).
1 teaspoon baking powder.
½ teaspoon lemon.

Cream sugar and butter together; add milk. Sift flour, cornstarch and baking powder together three times. Add whites of eggs (beaten stiff) and flavoring. Beat all together and bake in cake pan 20 to 30 minutes.

SPONGE CAKE

	1	2	3
"Ogilvie's Royal Household" flour.	1 cup	4 cups	2 cups
Eggs	2	6	11 yolks
Sugar	1 cup	3 cups	2 cups
Cream of tartar		2 teaspoons	2 teaspoons
Soda		1 teaspoon	1 teaspoon
Cold water		1 cup	½ cup (about)
Flavouring	1 teaspoon each, vanilla and lemon.	to taste	2 teaspoons vanilla
Baking powder	3 teaspoons		
Boiling milk	½ cup		
Salt	¼ teaspoon		

No. 1

Sift flour, sugar, baking powder, and salt together three times. Add this to the eggs, beaten until light. Stir lightly; pour the boiling milk over all and beat. Add flavoring. Bake in a moderate oven about 30 minutes. (For a larger cake, double the amount).

No. 2

Beat eggs until very light; add sugar and beat again. Sift the flour and cream of tartar together three times. Dissolve soda in the water and add to the eggs and sugar, mixing in the flour at once. Flavor to taste and bake in a moderate oven for 30 minutes or more.

No. 3

Beat the yolks of eggs 5 minutes; add sugar and beat 7 minutes. Sift the flour, cream tartar and soda three times. Add it alternately with the water, beating all the time until all is used. When thoroughly mixed and light grained, add flavouring. Bake 40 minutes.

COMBINATION OR LAYER CAKE

2 cups *"Ogilvie's Royal Household"* flour.

1 egg.
1 cup sugar.
3 tablespoons melted butter.
2 teaspoons baking powder.
$\frac{1}{4}$ teaspoon salt.
1 teaspoon vanilla
$\frac{3}{4}$ cup sweet milk (more or less).

Into a mixing bowl sift, 3 or 4 times, the flour, sugar, baking powder and salt. Break egg in a cup; add butter and fill the cup with milk. Pour this over the dry ingredients and beat for 5 minutes. Add flavoring. Bake in a cake pan in a moderate oven 25 to 30 minutes.

Cream of tartar and soda may be used instead of baking powder—2 teaspoons cream of tartar and 1 teaspoon soda.

FOR LAYER CAKE

Divide and bake in two layer cake tins in a hot oven 15 to 20 minutes. For fillings, see recipes for the same.

FOR SPICE CAKE

Add ½ teaspoon each of cassia, nutmeg, cloves, and 1 cup of chopped raisins. (Roll raisins in flour, so they will not settle at bottom of cake).

FOR CHOCOLATE CAKE

Add 3 tablespoons of cocoa, melted in ⅓ cup of boiling water; 1 teaspoon vanilla.

FOR WHIPPED CREAM CAKE

Bake as plain cup cakes. Cut out centre and fill with whipped cream. Set centre back on top of cream.

This cake never fails and can be made in as large quantities as desired.

GOLD CAKE

2 cups *"Ogilvie's Royal Household"* flour.

1 cup sugar.
½ cup butter.
4 eggs (Yolks only).
½ cup milk.
1 teaspoon cream of tartar.
½ teaspoon soda.
¾ teaspoon vanilla, or grated rind of orange.

Cream butter; beat in sugar; add eggs well beaten, milk, flour, cream of tartar and soda sifted twice. Add vanilla. Beat all until light. Bake in seven or eight inch cake tin in moderately hot oven.

N.B.—This makes nice orange cake by grating in the outer yellow part only of rind of 1 large orange. If baked in layer tins an orange filling may be used.

PRINCESS CAKE

1 cup *"Ogilvie's Royal Household"* flour.

4 eggs.
1 cup sugar.
2 tablespoons cold water.
2 tablespoons lemon juice.
⅛ teaspoon salt.

Separate the whites of the eggs from the yolks. Add salt to whites and beat until dry. Beat the yolks 5 minutes; add sugar and beat until sugar is dissolved (about 7 minutes). To the whites of the eggs add lemon juice and water. Put the two mixtures together; beat well. Fold the flour in

lightly. Bake in angel cake tin about 30 to 40 minutes in moderately hot oven.

PLAIN POUND CAKE

1 lb. (4 cups) *"Ogilvie's Royal Household"* flour.
1 lb. (2 cups) granulated sugar.
1 lb. (2 cups) softened butter.
9 eggs.
Lemon flavoring.

Cream butter and sugar, adding the sugar gradually. Then add the well-beaten eggs and lastly the flour and flavoring. Beat thoroughly as each ingredient is added, as upon this depends the quality of the cake. Bake for 30 minutes or more in a moderate oven.

ONE-EGG CAKE

1 cup (more or less) *"Ogilvie's Royal Household"* flour.
1 egg.
1 cup sugar.
1 cup milk.
2 teaspoons baking powder.
2 tablespoons melted butter.
Flavoring.

Beat egg until light; add to the sugar; stir until dissolved; add milk. Sift flour and baking powder twice. Mix well with above; lastly add melted butter. Flavor to taste. Bake in a flat pan.

DOMINION CAKE

2 cups *"Ogilvie's Royal Household"* flour.
1½ cups sugar.
½ cup butter.
½ cup sweet milk.
1 teaspoon cream of tartar.
½ teaspoon soda.
4 eggs (whites).
1 teaspoon each, vanilla and lemon.

Cream butter and sugar together until light. Add half the milk and the flour sifted with cream of tartar and soda. Stir lightly, then add the remainder of the milk. Beat until very light and add flavoring. Beat the whites of eggs until stiff and fold in lightly. Bake in a moderately hot oven for about 30 minutes.

(Keep dish of water in oven for moisture).

TWELFTH-NIGHT CAKE

2½ cups *"Ogilvie's Royal Household"* flour.
½ cup butter.
Yolks 2 eggs.
3½ teaspoons baking powder.
1 teaspoon vanilla.
1¼ cups brown sugar.
⅔ cup milk.
1 teaspoon orange extract.
Whites 2 eggs.
½ cup raisins, seeded and cut in pieces.
½ cup walnut meats, cut in pieces.
⅓ cup currants.
2 tablespoons candied orange peel, finely cut.

Measure dry ingredients; mix and sift baking powder with the flour. Separate yolks from whites of eggs. Measure butter, then liquid.

Put butter in bowl and cream by working until soft; add sugar gradually and continue beating. Add yolks of eggs, beaten until light; add liquid and flour, mixed with baking powder; or liquid and flour may be added alternately. Egg whites are added last.

A cake can be made fine-grained only by long beating, although light and delicate with a small amount of beating. Fruit is usually floured to prevent it settling to the bottom, but this is not necessary if it is added directly after the sugar.

Bake in a buttered and floured angel-cake pan in a slow oven 1¼ hours. Cover with ornamental frosting.

CHOCOLATE CAKE

2 cups *"Ogilvie's Royal Household"* flour.
1½ cups sugar.
2 eggs.
½ cup butter.
½ cup cocoa.
½ cup boiling water.
½ cup sour milk.
2 rounded teaspoons soda.
2 teaspoons vanilla.

Cream butter; beat in sugar; add eggs, well beaten Add soda to sour milk. Stir in. Add vanilla. Pour boiling.

water over cocoa and stir until smooth. Beat into cake. Bake for 30 minutes (or until done) in moderate oven at first, increasing heat later. When cool, cover with "Never Fail" Frosting.

CHOCOLATE COFFEE CAKE

2 cups (more or less) *"Ogilvie's Royal Household"* flour.
1 cup sugar.
4 tablespoons butter.
1 egg.
¼ cup milk,
½ cup liquid coffee.
¼ cup grated chocolate.
3 teaspoons baking powder.

Mix butter and sugar together; add egg, stirring slightly; add milk and chocolate, which has been dissolved in coffee; add flour and baking powder last. Stir mixture thoroughly; bake in a loaf or flat pan.

JELLY ROLL

1 cup *"Ogilvie's Royal Household"* flour.
3 eggs.
¾ cup sugar.
1 teaspoon cream of tartar.
½ teaspoon soda.
1 tablespoon hot water.
Pinch of salt.

Beat the eggs until light; add the sugar and salt and stir until dissolved. Sift the flour and cream of tartar together twice; add to the above and beat until light; then add the soda, dissolved in hot water; put in a flat pan; bake 10 or 15 minutes.

Take out on a napkin; spread the under side with jelly and roll up.

MOLASSES SPONGE CAKE

2½ cups *"Ogilvie's Royal Household"* flour.
1 cup molasses.
½ cup sugar.
¼ cup butter or lard.
1 egg.
1 cup boiling water.
2 teaspoons soda.
1 teaspoon salt.
1 teaspoon cassia.
½ teaspoon each, cloves and nutmeg.

Beat together the molasses, sugar, butter and egg. Sift soda in flour and add. Next put in spices. Beat all well. Lastly, add boiling water; stir in quickly and bake in cake pan in moderate oven 20 to 30 minutes.

This also makes a nice pudding if served warm with whipped cream.

CHEAP FRUIT CAKE

2 cups (more or less) *"Ogilvie's Royal Household"* flour.

½ cup butter.
1 cup sugar.
1 cup sour milk.
1 teaspoon soda.
½ teaspoon salt.
½ teaspoon mixed spices.
1 cup raisins.

Cream the butter and sugar; add the sour milk, with soda and salt dissolved in it; then the flour, mixed with spices, currants and raisins. Mix thoroughly and bake.

MARY'S WHITE CAKE

1½ cups *"Ogilvie's Royal Household"* flour.

1 cup sugar.
1 rounding teaspoon baking powder.
2 eggs, whites only.
1 teaspoon vanilla.
Butter and milk.

Sift flour and baking powder in mixing bowl five times. Put the egg whites (not beaten) in measuring cup. Fill cup ½ full of butter; then fill cup with milk. Next put this over dry ingredients and beat hard for five minutes. Add flavoring. Bake in eight inch square cake pan in a moderate oven at first and increase heat. Cook from 20 to 25 minutes.

CHRISTMAS CAKE RECIPES

"Ogilvie's Royal Household" flour	1 1 pound	2 ½ pound	3 1¼ pounds
Butter	1 pound	½ pound	1¼ pounds
Sugar (brown)	1 pound	½ pound	1½ pounds
Currants	3 pounds	1 pound	2 pounds
Raisins, seeded and finely chopped	2 pounds	1 pound	2 pounds
Almonds, blanched and shredded	½ pound		1 pound
Citron, thinly sliced in strips	1 pound	½ pound	½ pound
Eggs	9	2	10
Mace	2 teaspoons		
Cinnamon	2 teaspoons	1 teaspoon	3 teaspoons
Baking Soda	1 teaspoon	1 teaspoon	1 teaspoon
Strong (liquid) coffee		½ cup	
Milk	2 tablespoons		
Nut meats, broken		1 cup	
Juice of		1 lemon	
Grated rind of		1 lemon	½ lemon
" "		1 orange	
Molasses		1 cup	
Nutmeg		1 teaspoon	
Cloves		½ teaspoon	¾ teaspoon
Salt	½ teaspoon	½ teaspoon	½ teaspoon

For No. 1.

Cream the butter; add sugar gradually and beat thoroughly. Separate yolks from whites of eggs; beat yolks until thick and lemon coloured, whites until stiff and dry; add to first mixture. Then add milk, fruit, nuts, and flour mixed and sifted with mace, cinnamon and soda.

Put in buttered deep pans; cover with buttered paper; steam 3 hours and bake 1½ hours in a slow oven, or bake 4 hours in a very slow oven.

Rich fruit cake is always more satisfactory when the cooking is accomplished by steaming.

For No. 2

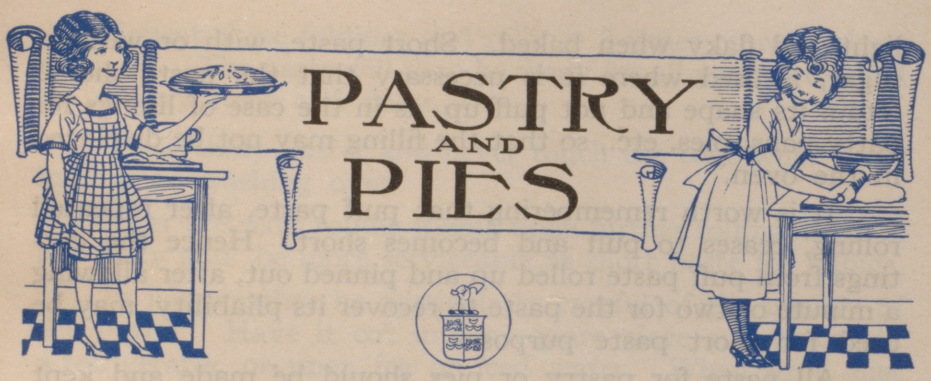
Mix ingredients together and let stand over-night. In morning butter and line pans with paper. Put cake in pans and bake at low heat for about 2 or $2\frac{1}{2}$ hours.

For No. 3

Cream sugar and butter; add well beaten eggs and milk. Mix flour with other ingredients and add to the above. Mix thoroughly. Flavour with almond or vanilla. Steam 2 hours in a tightly covered tin; leave cover on and brown in moderate oven, as in the case of No. 1 recipe.

NOTE.—Remember that whilst thorough mixing is important, the success of a cake depends more upon the baking than the mixing.

Also remember to avoid any excessive vibration of the oven, particularly during the early, or rising, stage of baking.



PASTRY AND PIES

The digestibility of pies has been called into question, but, when properly made, pies are as easily digested as anything else.

Until quite recently it has been taken for granted by the majority of people that it was impossible to make good pastry out of Manitoba wheat flour without using a large amount of shortening.

They have thought it necessary to keep two kinds of flour; one for bread, and the other for pastry. This idea is erroneous.

"*Ogilvie's Royal Household*" flour makes the most delicious pastry when the same amount of shortening is used as with ordinary pastry flour. Try it with the following recipes.

Paste for pies should be rolled quite thin and a little larger than the baking tin to be used, in order to allow for shrinkage. Allow more paste for the upper than the under crust and be sure to perforate the former. Always brush around the edge of the undercrust with cold water and press the upper one down on it. When baking a juicy fruit pie make an incision in the centre and place a small funnel-shaped piece of paper into it. This will keep the juice from escaping at the sides of the pie.

Never grease a pie tin. Properly made pastry will grease its own tin.

There are two kinds of paste, viz., puff and short paste. Puff paste should, of course, puff up and become extremely

light and flaky when baked. Short paste, with or without sugar, is used where it is necessary that the paste should retain its shape and not puff up, as in the case of linings for patty-pans, pies, etc., so that the filling may not be displaced in the oven.

It is worth remembering that puff paste, after repeated rolling, ceases to puff and becomes short. Hence the cuttings from puff paste rolled up and pinned out, after allowing a minute or two for the paste to recover its pliability, may be used for short paste purposes.

All paste for pastry or pies should be made and kept as cold as possible.

It is a good plan to make the paste in bulk and put it away in a cool place for several hours, or even days, before it is to be pinned out.

A good method is to take about one eighth part of the butter and rub it into the whole of the flour, using enough cold water, with a pinch of cream of tartar in it, to make this into a soft dough. Press out, dust with flour and fold it up several times until it is tough and springy. Let stand 2 or 3 minutes to become pliable, then roll out to about $\frac{1}{4}$ inch thick, keeping sides and ends as straight and square as possible; then roll remainder of butter in a square flat piece about $\frac{2}{3}$ size of the paste, lightly dust it with flour and lay it upon the dough. Fold uncovered part of dough over the butter. Now dust the board with flour, lay paste upon it and lightly roll with rolling pin in a forward direction only, until paste is about $\frac{1}{4}$ inch thick, or thin enough to fold up easily without breaking the outer skin of the dough. Press rolling pin evenly upon paste and be careful not to jerk, drag or pull the paste, or allow the butter to break through and stick to the board or pin.

When rolled enough, bring the two opposite ends over to meet each other upon the top and in the middle of the paste; lightly dust and roll out and fold again in the same manner. Dust with flour, cover with a cloth and put away in a cold place for an hour to allow butter to become firm and the dough pliable. Then flour the board, roll out and fold again; this will make the third folding.

Repeat these foldings and rollings 3 times more, making six in all. The paste will then be ready for all pastry required to be very light and flaky.

Use a sharp cutter and never touch the edge when picking up or washing over.

After the sixth rolling it will, upon further rolling, become less flaky and be more serviceable as short paste for fillings.

In hot weather be particularly careful of the quality of the butter. Have it cut into a square piece and placed in a refrigerator, or upon ice or iced water. When firm, dust with flour; put upon board and flatten it out to the size required to be covered by paste; put it away again upon a board until it is firm.

If there are signs of the butter coming through the dough, fold and roll only one fold at a time and put the paste away near ice for a few minutes each time, until the 6 foldings are completed. When butter is soft and weak ice should always be used; but if firm, and weather cold, it will not be necessary.

Tough, flinty pastry is the result of insufficient rolling. The butter, if firm and hard, will, unless well rolled in, remain in layers, and when paste is in the oven the layers will lift the paste and cause it to be flaky; but the butter, being imperfectly mixed, will be liberated by the heat. This will cause the paste to be flinty, and although flaky while hot, it will, when cold and exposed to the air, become tough.

In hot weather the opposite is the case. The butter easily blends with the flour and the resulting pastry is short and rich. When the butter is soft, great care is required, as if used in a soft condition good pastry cannot be made.

In hot weather the butter should be prepared, if possible, the day before using.

In cold weather the butter may be very hard and if put upon the paste in that condition it will easily break through. The remedy is obvious—work it down slightly, but do not make it too soft. If the butter is salt, work it down in water and wash it well. Then make it into the size required and put away for an hour or so.

When pastry is to be washed, avoid washing the edge, as it spoils the appearance and the proper rising.

Be careful not to make paste too stiff. Just so it can be handled without sticking is the proper consistency. Use more ice cold water if necessary.

Light paste requires a moderately quick oven. If too hot the pastry will be highly coloured, or appear to be done before it is sufficiently baked and upon coming from the oven it will not retain its puffed-up appearance, but will sink and become flat. A cool oven will not allow it to rise properly. Pastry that is iced, or washed with egg and powdered sugar dredged over it and then sprinkled with water, should have a cooler oven than pastry that is not iced, because if too hot the icing will be scorched.

Pastry when sufficiently baked can be handled or lifted from the pans without breaking.

PLAIN PASTRY

4 cups (sifted) *Ogilvie's Royal Household"* flour.
1 cup ice cold water.
¾ cup butter.
¾ cup lard.
1 teaspoon salt.

Mix salt with flour. With two knives cut in shortening, or rub in well with fingers. Add water little by little, stirring it in with a knife. Keep all materials and utensils as cold as possible during the whole process and work quickly. This is important. Roll out and fold from the ends towards the centre, making three layers. This may be used at once, but is improved by putting in a cold place for several hours, or over night, and may be kept for three or four days. Do not let it freeze.

PUFF PASTE

4 cups (1 pound) *"Ogilvie's Royal Household"* flour.
2 cups (1 pound) butter.
1 cup ice cold water.

Wash the butter thoroughly, or until free from salt. Put both flour and butter in a cold place. Keep all utensils ice cold while working the dough. This is important. Mix about one-fourth of the butter into the flour, adding enough ice cold water to make a nice paste. Roll out about one-fourth inch thick. Instead of rolling out the remainder of the butter

it may be dotted in small pieces of equal size placed about 3 inches apart on the dough. Fold $\frac{1}{3}$ over to centre and the other third over to meet the first fold. Roll firmly but lightly from the front to the back of the board. Don't roll back and forth and crossways. Put in pan and set on ice for 20 to 30 minutes. Repeat this 6 times, always rolling in the same direction, viz., front to back of board.

If desired, equal parts of lard and butter may be used after blending together before putting on the paste. Lard makes a more tender pastry, but it has not the flavoring quality of butter. If outside temperature is not sufficiently cold, fold paste in a towel, put in a small pan and place between two other pans of crushed ice. If paste is to be kept for several days, wrap in a napkin, put in tin pail and cover tightly, then put in a cold place. If in ice box, do not allow pail to come in direct contact with ice.

BEGINNERS' PIE CRUST

3 cups *"Ogilvie's Royal Household"* flour.
1 teaspoon sugar.
$\frac{1}{2}$ teaspoon salt.
1 cup pure lard or half lard and butter.
1 level teaspoon baking powder.
$\frac{1}{2}$ cup cold water (ice water).

Sift flour, sugar, salt and baking powder together three times. Cut or rub in the lard until throughly mixed. Stir in water and roll out. Handle as little as possible. This makes three small pies or two large ones.

GRAHAM OR WHOLE WHEAT PIE CRUST

(2 crusts)

$1\frac{1}{2}$ cups *"Ogilvie's Graham" or "Meota"* flour.
$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ teaspoon baking powder.
$2\frac{1}{2}$ tablespoons lard.
Cold water to mix. (1 teaspoon of Golden Syrup is an improvement).

Sift together dry ingredients; blend lard with the same. Mix to dough of proper consistency with cold water, in which has been dissolved the syrup, or other sweetening. Roll, cut and bake as usual.

LEMON PIE

2 tablespoons *"Ogilvie's Royal Household"* flour
3 eggs.
1 cup sugar.
1 large or 2 small lemons
¼ teaspoon salt.
1 tablespoon butter.
1¾ cups boiling water.

Put water in upper pan of double boiler. Squeeze out juice of lemons; grate the rind; add sugar, salt and butter, slightly melted. Dissolve flour in cold water to make smooth. Add to lemon mixture. Beat yolks of eggs till light and add to above. Beat until light; then stir into boiling water and cook until it thickens, stirring all the time. Pour the preparation into baked crusts. Beat whites of eggs and one tablespoon of sugar and a pinch of salt into stiff froth. Pile irregularly on top of pie and brown in quite warm oven.

PINEAPPLE PIE

1 tablespoon *"Ogilvie's Royal Household"* flour.
1 cup shredded pineapple
⅔ cup sugar.
2 eggs.
¼ teaspoon salt.
½ cup water.

Put the pineapple, water, sugar and salt in top of double boiler. Cream flour in a little cold water. Add to yolk of eggs, beaten until stiff. Stir into sugar, etc., and cook until it thickens. Turn into baked crust. Cover with whites of eggs, beaten until stiff, after adding tablespoon of sugar and a pinch of salt.

NOTE.—Fillings for pies must not be stiff when hot. They thicken as they cool. Sogginess is usually the result of using too much flour.

MERINGUE FOR PIES

2 or 3 eggs (whites)
1 tablespoon sugar.
Pinch of salt.

Add salt to whites of eggs and beat until nearly stiff. Add sugar and beat until stiff.

Heap irregularly on top of pie. A piping bag is useful for this purpose. Brown in moderate oven. A little sugar, lightly dredged over top before browning, makes a gloss.

MEAT AND TOMATO PIE

This dish presents an excellent way of using up small quantities of either cold beef or cold mutton. If fresh tomatoes are used, peel and slice them; if canned, drain off the liquid. Place a layer of tomato in a baking dish, then a layer of sliced meat, and over the two dredge flour, pepper, and salt; repeat until the dish is nearly full; then put in an extra layer of tomato and cover the whole with a layer of pastry, or of bread, or cracker crumbs. When the quantity of meat is small, it may be "helped-out" by boiled potatoes or other suitable vegetables. A few oysters, or mushrooms, improve the flavor, especially when beef is used. The pie will need to be baked from half an hour to an hour, according to its size and the heat of the oven.

MEAT AND PASTRY ROLLS

Small quantities of cold ham, chicken, or other meat, may be utilized for these. The meat should be finely chopped, well seasoned, mixed with enough savory fat or butter to make it "shape," and formed into rolls about the size of a finger. A short dough (made, say, of a pint of flour, 2 tablespoonfuls of lard, 1 teaspoonful of baking powder, salt and milk enough to mix) should be rolled until thin, cut into strips, and folded about the meat rolls, care being taken to keep the shape regular. The rolls should be baked in a quick oven until they are a delicate brown color and served hot.

MEAT TURNOVERS

Almost any kind of chopped meat may be used in these and, if the quantity on hand is small, may be mixed with potato or cooked rice. This filling should be seasoned to taste with salt and pepper, onion, or whatever is relished, and laid on pieces of short biscuit dough, rolled until thin and cut into circles about the size of an ordinary saucer. The edges of the dough should be moistened with white of egg, the dough then folded over the meat and its edges pinched closely together. If desired, the tops of the turnovers may be brushed over with yolk of egg before they are placed in the oven. About half an hour's baking in a hot oven is required. Serving with a brown sauce increases the flavor and moistens the crust.

APPLE PIE

4 large apples.
1 cup sugar.
½ nutmeg (grated).
¼ teaspoon salt.
1 teaspoon butter.
Pie paste.

Line a deep pie plate with paste. Select large tart apples; pare and slice; put an even layer of these slices in the prepared plate; sprinkle with sugar and salt; dot with butter; dust with nutmeg; repeat till dish is filled. Cover with paste; press closely around edges; bake in a moderate oven for 45 minutes.

CUSTARD PIE

5 eggs.
1 teaspoon nutmeg.
1½ pints milk.
1 scant teaspoon salt.
5 tablespoons sugar.

Line deep pie plate with pie crust and leave enough over edge to pull up and so make pie a little deeper. Beat eggs, sugar, salt and nutmeg together. Scald milk and pour over. Mix well. Put in crusts not cooked. This makes 1 large pie or 2 quite small pies and needs a good oven so as not to cook too long and cause separation of whey. (To test when cooked, put small end of teaspoon in centre of custard; if none adheres it is done). Don't over cook.

N.B.—Cocoanut custard pie can be made the same way by adding ¾ cup shredded cocoanut after the pie begins to bake a little. Sprinkle it over the top before the custard sets.

BANANA PIE

2 tablespoons *"Ogilvie's Royal Household"* flour.
2 scant cups milk.
2 eggs.
¾ cup sugar.
2 or 3 bananas.
¼ teaspoon salt.
½ teaspoon each banana and vanilla flavourings.

Put milk, sugar and salt in top of double boiler. When boiling hot, add yolks of eggs well beaten and flour dissolved in a little cold milk. Stir until it thickens well. When cool, add flavorings and spread over the sliced bananas

placed over the cooked pie crust. Beat whites of eggs; add one tablespoon sugar; beat until stiff and pour on top of above mixture. Brown in moderately hot oven.

NOTE. This makes one large pie.

A nice cocoanut pie may be made on the same lines by adding 1 cup cocoanut when the mixture is hot, and again sprinkling cocoanut over the top of the meringue before browning.

BLUEBERRY PIE

"Ogilvie's Royal Household" flour.

2½ cups berries. ⅛ teaspoon salt. ½ cup sugar.

Line a deep plate with plain paste; fill with berries slightly dredged with flour; sprinkle with sugar and salt; cover and bake 45 to 50 minutes in a moderate oven. For sweetening, if preferred, use one-third molasses and two-thirds sugar. Six green grapes (from which seeds have been removed) cut in small pieces, much improve the flavor, particularly where huckleberries are used in place of blueberries.

MOCK CHERRY PIE

2 teaspoons *"Ogilvie's Royal Household"* flour.

1 cup chopped cranberries ½ cup cold water.
½ cup chopped raisins. ½ teaspoon vanilla.
1 cup sugar. 1 teaspoon butter.

Mix all together; put in uncooked paste; cover with upper crust and bake.

STRAWBERRY PIE

2 tablespoons *"Ogilvie's Royal Household"* flour.

1 quart strawberries. ¼ teaspoon salt.
1 to 1½ cups sugar.

Line a plate with rich pie crust and bake. Mash strawberries, salt and sugar together. Put on stove and bring to boil. Add flour dissolved in cold water and stir until it thickens. Pour on to crust. Let stand until cold, then add a meringue or whipped cream. If canned strawberries are used, a little more flour will be required.

PUMPKIN PIE

1 tablespoon *"Ogilvie's Royal Household"* flour.

1 heaping cup pumpkin.
1 pint milk.
½ teaspoon salt.
½ teaspoon nutmeg.
½ teaspoon ginger.
½ teaspoon cassia.
¾ cup sugar.
2 eggs.

Thoroughly mix sugar and sifted flour. Add salt and spice and stir into pumpkin. Beat eggs until light and stir into the mixture. Add milk, stir well and pour into unbaked crust. Bake 1½ hours. Oven should be hot at first, to set crust, then cool and bake slowly. This makes one large pie.

MINCE PIE

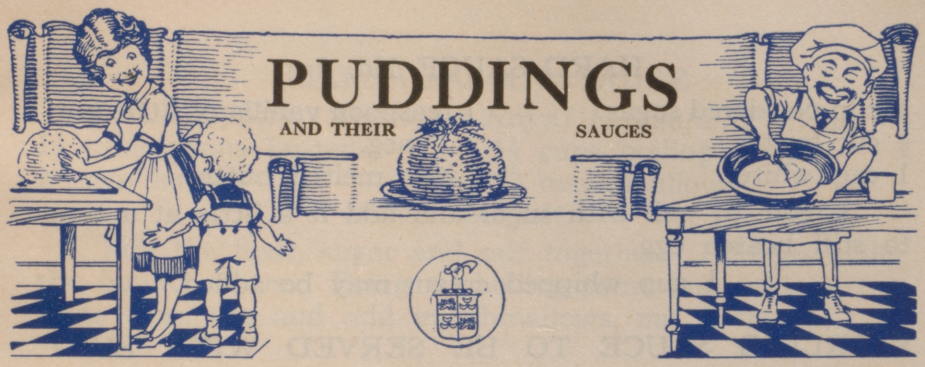
4 lbs. beef tenderloin.
2 lbs. suet.
3 lbs. brown sugar.
3 lbs. seeded raisins.
15 large apples, finely chopped.
1 tablespoon salt.
1 quart brandy.
3 lbs. currants.
2 lbs. citron, sliced.
1 oz. mace.
1 oz. nutmeg.
1 oz. cinnamon.
1 oz. cloves.
1 pint Madeira wine.
Grated rind and juice of 4 lemons and 4 oranges.

Boil the beef until well done; when cold, chop it up finely. Chop suet and apples and add to the beef. Mix the sugar and spices and add to them the wine, brandy, lemon and orange juice.

Mix the raisins, currants, citron, lemon and orange rinds.

Now combine gradually the three sets of ingredients, after having added the salt to the liquid part, using a small portion of each until all are used.

Pack in stone jars; cover closely and keep in a dry cool closet. This will keep a long time.



CREAMY SAUCE

½ cup butter.
½ cup sugar.
2 eggs.
½ teaspoon vanilla.
¼ cup boiling water.

Cream butter; add sugar. Beat for 15 minutes. Add the eggs and beat to a froth. Add vanilla. Just before serving add hot water. Beat to a foam.

LEMON SAUCE

1 cup sugar.
1 cup boiling water.
1 tablespoon cornstarch.
1 tablespoon butter.
1½ tablespoons lemon juice.
⅛ teaspoon salt.

Mix sugar, salt, cornstarch. Add water gradually. Stir constantly. Boil 5 minutes. Remove to back of stove. Add butter and lemon. This is nice for cottage pudding, served with thin slices of lemon on each piece of cake.

FOAMY SAUCE

1 egg.
1 cup sugar (powdered).
¼ cup milk (hot).
Vanilla flavoring.
Pinch of salt.

Beat the egg; add sugar slowly; add salt. Just before serving add hot milk and flavoring.

HARD SAUCE No. 1.

½ cup butter. 1 cup sugar (powdered). 1 teaspoon vanilla.

Cream sugar and butter together; add vanilla. Set on ice until wanted.

HARD SAUCE No. 2

1 cup powdered sugar.
½ cup butter.
1 egg (white).
1 teaspoon vanilla or little nutmeg.
Little melted butter.

Cream in well with sugar and add it a little at a time to stiff beaten egg.

½ cup whipped cream may be added.

STERLING SAUCE TO BE SERVED WITH SUET PUDDING

½ cup butter.
1 cup brown sugar.
4 tablespoons cream or milk.
1 teaspoon vanilla, or
2 tablespoons wine.

Cream the butter; add sugar gradually; then milk and flavoring, drop by drop, to prevent separation.

BRANDY SAUCE

¼ cup butter.
1 cup powdered sugar.
2 tablespoons brandy.
Yolks 2 eggs.
Whites 2 eggs.
½ cup milk or cream.

Cream the butter; add sugar gradually; then brandy, very slowly; then well beaten yolks and milk, or cream. Cook over hot water until sauce thickens like a custard. Pour on to beaten whites.

WHITE SAUCE

The same recipe as for lemon sauce, but just before serving add ½ cup whipped cream. Omit lemon, or not, as preferred.

CHOCOLATE SAUCE

1 cup corn syrup.
1½ squares chocolate.
Pinch of salt.
⅓ cup water.
¼ teaspoon vanilla.

Melt chocolate over hot water and pour in gradually the hot syrup, prepared by adding a little water to syrup and boiling 3 minutes. Cool slightly and flavor with vanilla. One half cup of chopped walnuts may be added, if liked. Serve with ice cream or puddings.

MARSHMALLOW SAUCE

3 tablespoons *"Ogilvie's Royal Household"* flour.
1½ tablespoons butter.
1 cup sugar.
1½ cups boiling water.
12 marshmallows.
Pinch of salt.

Mix the flour, sugar and salt together. Add gradually the boiling water. Bring to boiling-point and add butter. Take from fire and add marshmallows, cut in halves.

MOLASSES SAUCE

2 tablespoons *"Ogilvie's Royal Household"* flour.
1 tablespoon butter.
1½ cups molasses.
½ cup sugar.
¼ cup vinegar (if not too sour).
¼ teaspoon cloves.
1 cup water.
Pinch of salt.

Put all ingredients, except flour, in a saucepan. Boil; then add the flour, mixed in a little cold water. Cook until it thickens.

1 cup of finely chopped raisins may be added, if desired.

SAUCE FOR QUEEN OF PUDDINGS

Grated rind of 1 lemon and yolks of 3 eggs. Spread raspberry jam over the top of pudding. Beat the whites of eggs to a stiff froth; add a tablespoon of powdered sugar and the juice of the lemon. Spread this meringue on top of the jam and place in the oven until a delicate brown. Serve cold.

SPICE FLAVORING

½ teaspoon nutmeg.
1 teaspoon cassia.
¼ teaspoon cloves.
1 cup chopped raisins.

ORANGE BAVARIAN CREAM

1 package gelatine.
½ cup cold water.
4 sour oranges.
Boiling water.
Sugar.
Cracked ice.
2 cups cream.

Soak the gelatine in cold water for half an hour. Take the juice of the oranges and add half the grated peel of one; add sufficient boiling water to make two cups; sweeten to taste and, while hot, add the gelatine. When thoroughly dissolved set in a pan of cracked ice to cool, stirring from time to time. Whip the cream until very stiff and when jelly begins to thicken add it by degrees to the cream, stirring briskly until well mixed; then mould.

APPLE DUMPLINGS SYRUP

4 cups water. 1 cup sugar. 1 teaspoon butter (heaping).

Put all together in a baking tin; set on the stove and let come to a boil; then drop in the dumplings and bake in a hot oven. Serve warm with sugar and cream.

FROSTING

2 eggs (whites). 1 lemon (juice). ½ cup sugar.

Beat whites of egg until stiff; add sugar; then lemon juice with a little grated rind. Whip until light.

PAN-DOWDY

Pie paste.
Tart apples, peeled and sliced.
2 teaspoons butter.
1 cup molasses (more or less to taste).
Nutmeg, or any preferred spice.

Line with paste a pan about ten inches square and four deep. Fill with the apples and distribute the butter in small pieces over the top. Spice to taste and pour the molasses over the apples. Cover with puff paste and bake slowly for 2 hours. To be eaten hot with cream.

NOTE.—Recipes for pastry given elsewhere.

YORKSHIRE PUDDING

3 eggs. 1 cup flour.
1 pint milk. 1 teaspoon salt.

Beat the eggs until very light; then add the milk. Pour the mixture over the flour; add the salt and beat well. Bake

in hissing hot gem pans, or in an ordinary baking pan, for 20 minutes and baste with drippings from the beef. If gem pans are used, they should be placed on a dripping pan to protect the shelf of the oven from the fat. Many cooks prefer to bake Yorkshire pudding in the pan with the meat; in this case the roast should be placed on a rack and the pudding batter poured on the pan under it.

QUEEN OF PUDDINGS

4 cups bread crumbs.
4 cups milk.
4 eggs (yolks).
1 cup sugar.
½ teaspoon salt.
1 teaspoon butter.
1 lemon (grated rind only).

Soak bread crumbs in milk until soft. Beat the eggs, sugar and salt together; add to the bread and milk with the butter and lemon. Mix thoroughly and bake about 1 hour in a moderate oven. After it is cooked, spread with jelly and add "Frosting" if desired.

PLUM PUDDING

1 cup milk.
½ lb. bread crumbs.
½ lb. suet, chopped.
½ lb. sugar.
4 eggs.
½ lb. seeded raisins.
½ lb. currants.
½ lb. figs, chopped.
½ lb. citron, sliced.
½ cup brandy.
1 teaspoon nutmeg.
½ teaspoon cinnamon.
½ teaspoon cloves.
¼ teaspoon mace.
1 teaspoon salt.

Scald the milk and pour it over the crumbs. Cream the suet; add the sugar and the well beaten yolks of the eggs. When milk and crumbs are cool, combine them with the other mixture; then add the raisins, figs, currants, citron, salt and spices.

Add the brandy and lastly the stiffly beaten whites of the eggs. Pour into a buttered mould and steam 5 hours. Serve with hard sauce.

"MEOTA" PUDDING

1½ cups *"Ogilvie's Meota"* flour.
¼ cup butter.
½ cup molasses.
½ cup milk.
1 egg.
½ teaspoon soda.
1 teaspoon salt.
1 cup raisins (stoned and chopped).

Melt butter; add molasses, milk, egg (well beaten), dry ingredients (mixed and sifted) and raisins. Steam in a buttered mould 2½ hours. Figs may be used instead of raisins. Serve with any hot pudding sauce.

SUET PUDDING

3 cups *"Ogilvie's Royal Household"* flour.
2 eggs.
½ cup sugar.
1 cup suet.
1 cup molasses.
1 cup milk (sour or sweet).
1 teaspoon soda.
1 cup raisins (chopped).
½ teaspoon salt.
½ teaspoon grated nutmeg.
1 teaspoon ginger.
2 teaspoons cloves.

Beat the eggs; add the sugar; then the suet, very finely chopped; then the molasses, and after it the flour. Dissolve the soda in the milk and add it to the mixture; lastly add the spices and raisins.

Pour into a buttered mould and steam 3 hours. Serve with Foamy or Sterling Sauce.

BREAD PUDDING

1 pint stale bread crumbs.
1 quart milk.
⅔ cup sugar.
¼ teaspoon spice or extract flavoring.
1 or 2 eggs.
2 tablespoons butter.
½ teaspoon salt.

Place the bread in the milk and let soak until soft. Beat the egg until light; add the sugar, salt and flavoring and when well mixed, stir this into the bread and milk. Pour the whole into an earthern ware or pyrex baking dish and bake in a rather slow oven about 1½ hours.

ROYAL PUDDING

2½ cups *"Ogilvie's Royal Household"* flour.
1 cup molasses.
6 dates.
6 figs.
1 cup chopped raisins.
1 egg.
1 teaspoon soda.
1 cup chopped suet or ⅔ cup lard and butter.
1 cup sugar.
1 teaspoon salt.
1 teaspoon nutmeg.
1 teaspoon cassia.
½ teaspoon cloves.
1 cup coffee.

Beat egg until light; add sugar, molasses, coffee and shortening. Add the flour sifted with soda; mix well; then add fruit dredged with ½ cup of the sifted flour. Add spice and salt. Steam 3 hours.

HUNTERS' PUDDING

2 tablespoons *"Ogilvie's Royal Household"* flour.
1 cup finely chopped suet.
1 cup molasses.
1 cup milk.
3 cups flour.
1 teaspoon soda.
1½ teaspoons salt.
½ teaspoon clove.
½ teaspoon mace.
½ teaspoon allspice.
1 teaspoon cinnamon.
1½ cup raisins.

Mix same as Suet Pudding. Stone, cut and flour raisins; add to mixture; then steam. Serve with Brandy Sauce.

GOLDEN CORNMEAL PUDDING

⅓ cup *"Ogilvie's Royal Household"* flour.
¾ cup *"Ogilvie's Golden Cornmeal"*.
2 quarts milk.
1 teaspoon salt.
1 cup molasses.
Ginger and cinnamon to taste.

Scald the milk; pour it on the Cornmeal and mix well; add the salt, spices and molasses. Bake 4 or 5 hours in a slow oven, having the pudding dish in a pan of hot water. Serve hot or cold with cream.

COTTAGE PUDDING

2 cups *"Ogilvie's Royal Household"* flour.
2 tablespoons butter (melted).
1 cup sugar.
1 egg.
¼ teaspoon salt.
½ cup milk.
2 teaspoons baking powder.

Cream the butter and sugar. Add the unbeaten egg and beat for 2 or 3 minutes. Add the milk and the flour, then the baking powder and salt sifted together. Beat well. Bake in a moderate oven about 25 minutes.

MACAROON PUDDING

½ lb. macaroons.
Sherry wine.
2 eggs.
5 tablespoons sugar.
¼ teaspoon salt.
1 cup milk.
1 cup cream.
¼ teaspoon almond extract.
2 tablespoons almonds blanched and chopped.

Soak a dozen macaroons 10 minutes in sherry wine and then remove them. Beat two eggs slightly; add the sugar, salt, milk and cream; then the chopped almonds, the almond extract and four finely powdered macaroons. Turn this mixture into a pudding dish; arrange soaked macaroons on top; cover and bake about 30 minutes in a moderate oven.

BAKED APPLE DUMPLINGS

4 cups *"Ogilvie's Royal Household"* flour.
3 teaspoons baking powder.
⅔ cup butter.
1½ cups milk.
Apples.
Nutmeg.
¼ teaspoon salt.

Pare, quarter and core the apples. Sift flour and baking powder together twice; mix in the butter and add sufficient milk to make quite a stiff paste. (This may require slightly more or less than 1½ cups). Roll out about ¼ inch thick; cut in large round pieces. Put several pieces of apples in each and fold into a ball. Bake in "Apple Dumplings Syrup".

CUP PUDDING

2 cups *"Ogilvie's Royal Household"* flour.
½ teaspoon salt.
4 level teaspoons baking powder.
¾ cup milk.
Some jam.

Lightly grease small cups. Sift the flour, salt and baking powder into a bowl. Stir in the milk, mixing it evenly as quickly as possible. Put a little butter into each cup, spreading it up on the sides to make a well. Put a large teaspoonful of jam in the well and cover over with the batter. Steam 35 minutes; turn out; serve hot with cream and sugar, or any nice pudding sauce.

BOILED APPLE DUMPLINGS

Roll a short pie crust to ¼ inch thick and cut into squares just large enough to cover an apple. Select apples of uniform size; pare, core and fill cavity with sugar, butter, a little ground cinnamon and nutmeg. Place an apple in the centre of each square of crust. Moisten the edge of the crust with white of egg and fold with the four corners meeting on top. Have ready a pan of boiling water. Drop in the dumplings and keep in water boiling rapidly for 1 hour. Serve with hard or sweet sauce.

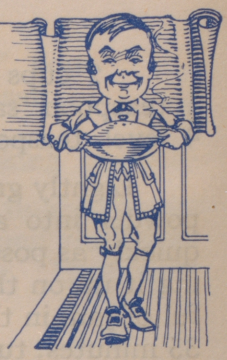
BLUEBERRY PUFFS

2 cups *"Ogilvie's Royal Household"* flour.
1 teaspoon butter.
¼ teaspoon salt.
1 teaspoon baking powder.
Milk, about 1 cup.

Sift flour, baking powder and salt together; add milk and melted butter in quantity sufficient to make a mixture that will drop from a spoon. Put a spoonful of batter in well greased cups; then a layer of berries with a little sugar and a pinch of salt and cover with another spoonful of batter. Steam ½ to 1 hour, or until done. Raspberries, peaches or any soft fruit will do equally well. Serve with plain cream and sugar, or any sweet sauce.



SOUPS



Soups are of two classes. Soups made with "stock" and soups without.

To the former class belong bouillon, brown stock, white stock, consommé and lambstock, or mutton-broth.

Soups without stocks are classed as cream soups, purées and bisques.

Soup bones should be chopped thoroughly, and boiled until the meat drops off; then set in a cool place till the fat rises to the surface and hardens sufficiently to admit of it being removed. When the fat is skimmed off, vegetables and seasoning are added and the whole boiled until the vegetables are all soft and broken up. If desired, the soup may be strained before being served. Scraps of uncooked meats remaining from that provided for the regular meals, together with the odds and ends of vegetables, make good soup and prevent waste. Naturally, corned or smoked meat should not be used for soup stock.

Variations in soup are mainly due to the different vegetables, herbs, etc., used as seasoning.

Soups are made clear by the coagulation of albumen during the process of cooking. If very clear soups are especially desired, the necessary quantity of albumen must be supplied. Either the whites of eggs, or finely chopped lean beef, may be used; eggs being easier of measurement are more generally used.

The fat is removed from the stock and the quantity to be cleared placed in a stew-pan, together with the crushed shell and slightly beaten white of one egg to each quart of stock. The pan is then placed on the stove and the contents stirred until the boiling-point is reached; then allowed to simmer for about 20 minutes. This allows the finely coagulated particles of albumen to flocculate into coarse masses and absorb all matter tending to cloud or destroy the clarity of the stock. The greater part of the scum may be skimmed off; following which the stock is strained through a double thickness of cheesecloth placed within a fine strainer.

It may be remarked that the albumen removed in clearing soup stock is really a very nutritious ingredient: hence the nutritive value is proportionately reduced. However, inasmuch as the dietetic value of clear soup is based upon its action as a stimulant, rather than upon its nutrient quality, the removal of the albumen is not of great importance.

BROWN STOCK

5 lbs. shin beef.
8 cups water.
5 peppercorns.
5 cloves.
1 bay leaf.
1 tablespoon salt.
2 sprigs parsley.
$\frac{1}{3}$ cup tomato.
$\frac{1}{3}$ cup turnip.
$\frac{1}{3}$ cup onion.
$\frac{1}{3}$ cup carrot.
$\frac{1}{3}$ cup celery, coarsely chopped.

Cut the lean meat into small pieces and brown it in a hot frying pan, using the marrow from the bone. Put the bone and fat in the kettle. Add the cold water and let it stand 20 minutes.

Put over the fire and bring to the boiling point. Remove the scum as it rises and add the browned meat. Cover the kettle. Reduce heat and cook at the boiling point for 5 hours. Add the prepared vegetables and seasoning and cook for 2 hours. Strain immediately.

WHITE STOCK

4 lbs. knuckle veal.
1 lb. lean beef.
10 cups cold water.
8 pepper corns.
1 small onion.
2 stalks celery.
1 bay leaf.
1 tablespoon salt.

Remove the meat from the bone and cut in small pieces. Put meat and bone into a kettle; add the water and prepared vegetables. Bring slowly to a boil and skim carefully. Simmer for 5 hours. Strain twice through several thicknesses of cheesecloth and the stock will be clear. White stock can also be made from the water in which a fowl or chicken is cooked.

CREAM OF TOMATO SOUP

1 tablespoon *"Ogilvie's Royal Household"* flour.
2 cups milk.
½ tablespoon butter.
1 cup tomatoes.
½ salt spoon soda.
½ teaspoon sugar.
½ teaspoon salt and pepper.

Put milk in double boiler; mix the flour and butter together; add to the milk when boiling.

Cook tomatoes 20 minutes; then strain and add soda, sugar, salt and pepper. Add to the milk and serve immediately.

ORANGE SOUP

2 cups orange juice.
2 cups water.
4 tablespoons sugar.
1 tablespoon arrowroot.

Bring the orange juice and water to the boiling point. Add the arrowroot wet with a little cold water. Cook 1 minute and strain. Add the sugar and put away to cool. When ready to serve, put a tablespoon of cracked ice in a lemonade glass and pour in the orange soup.

Currant, raspberry and blackberry soups may be made the same way. Excellent for summer luncheon.

SPLIT PEA SOUP

2 tablespoons *"Ogilvie's Royal Household"* flour.
1 cup dried split peas.
8 cups cold water.
2 cups milk.
1 small onion.
2 tablespoons butter.
1 teaspoon salt.
½ teaspoon white pepper.
2 inch cube salt pork.

Soak the peas over-night; drain and add water, pork and onion sliced. Simmer until the peas are very soft, then rub through a sieve. Cream butter and flour together and

add to the peas. Then add salt, pepper and milk. Reheat and serve hot.

OXTAIL SOUP

1 oxtail cut in small pieces.
5 cups brown stock.
Carrot cut in dice.
Celery cut in dice.
Onion cut in dice.
Turnip cut in dice.
1 teaspoon salt.
¼ teaspoon pepper.
½ cup Madeira wine.
1 teaspoon Worcestershire sauce.
Juice of half lemon.
Butter.

Dredge the oxtail in flour and fry in butter until nicely browned. Add it to the stock and simmer 2 hours. Parboil the vegetables 10 minutes; drain and add them to the stock. Cook until the vegetables are tender; then add salt, pepper, wine, sauce and lemon juice. Let it cook 10 minutes and serve. Wine may be omitted, or replaced by a little more sauce.

OYSTER COCKTAILS

½ oz. small oysters with liquor.
1 teaspoon Worcestershire sauce.
1 teaspoon lemon juice.
3 drops Tabasco sauce.
2 teaspoons tomato sauce.

Strain liquor; put all together in a glass; stir well and serve very cold.

BOUILLON

3 lbs. lean beef.
2 lbs. lean veal.
1 lb. marrowbone.
8 cups cold water.
7 pepper corns.
1 tablespoon salt.
⅓ cup celery.
⅓ cup onion.
⅓ cup turnip.

Put the meat, marrowbone and water into the soup kettle and let it stand covered for 1 hour. Heat slowly to the boiling point. Remove the scum and cook for 4 hours. Add the vegetables, finely chopped, and seasoning. Cook 2 hours. Strain and allow it to get cold; then remove the fat. Serve in cups.

POTATO SOUP

1 tablespoon *"Ogilvie's Royal Household"* flour.
3 potatoes.
4 cups milk.
1 onion.
2 stalks celery.
1 teaspoon salt.
¼ teaspoon pepper.
2 tablespoons butter.

Cook the potatoes in salted water with the onion. When soft, mash smooth and rub through a fine sieve. Scald the milk with the celery. Remove the celery; add the butter and flour, creamed together. Then add the prepared potatoes to the milk and season with salt and pepper. Let come to a boil and serve at once.

GREEN PEA SOUP

3 tablespoons *"Ogilvie's Royal Household"* flour.
2 cans peas.
1 onion.
1 saltspoon pepper.
1 tablespoon salt.
1 teaspoon sugar.
1 cup cream.
1 bay leaf.
1 sprig parsley.
2 cups chicken stock.
Small amount mace.
2 cups hot milk

Set aside one cup of peas; put remainder in a stew-pan with the onion, pepper, salt, sugar and seasoning. Let simmer for ½ hour; remove herbs; mash the peas and add the stock. Let it come to a boil; then add the butter and flour cooked together. Simmer 10 minutes and strain through a sieve. Return to stove; add the cup of whole peas and the hot milk and cream. Serve hot.

CELERY SOUP

Same as for Vegetable Soup, only replace potatoes by 4 large stalks of celery cut in ½ inch pieces and either omit, or use not more than one slice, onion.

Serve with crackers or pulled bread.

TOMATO SOUP

½ can tomatoes.
1 quart milk.
1 tablespoon butter.
¼ teaspoon soda.
Salt and pepper.

Cook tomatoes 15 minutes; add soda, salt and pepper to taste. Scald milk and add to tomatoes. Serve hot with soda crackers.

LOBSTER BISQUE

1 large lobster (or 1 can).
1 quart milk.
1 teaspoon butter.
Salt and pepper.

Scald milk. Cut lobster in small pieces; add it to the milk and season to taste. Let cook slowly about 20 minutes. Lastly, add butter and serve with Oyster Crackers and cucumber pickles.

OYSTER STEW

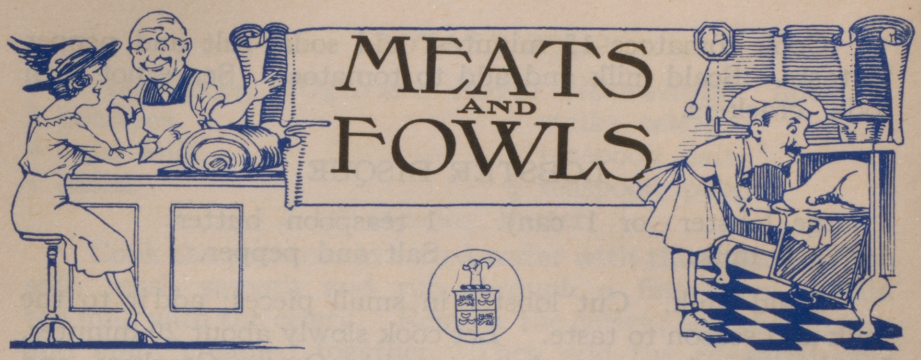
½ pint oysters.
1 quart milk.

Put milk to scald in top part of double boiler. Drain oysters and wash in colander. Add to hot milk and cook until oysters begin to crinkle on edges. Add pepper, salt and butter to taste. Serve with oyster crackers.

VEGETABLE SOUP

4 medium potatoes.
2 medium carrots.
½ turnip (if large).
1 large onion.
1 cup cabbage, finely chopped.
2 teaspoons salt.
¼ teaspoon pepper.

Peel and put through the grinder the uncooked vegetables. Cover with water and cook slowly for 3 hours. Then add 2 or 3 cups of soup stock. Add more salt and water if needed. Meat gravy, or liquor from boiled tongues, may be used instead of soup stock.



MEATS AND FOWLS

Next to bread, meat forms the principal food on our tables.

The use of the flesh of animals as food has suffered lengthy discussion; yet, despite the arguments of vegetarians, it still retains its popular position as an article of undoubted dietetic value.

In many cases the intuition of the majority is a more reliable guide than the reasonings of the few, who base their arguments upon theoretical considerations.

One feature of the case seems to be very obvious and well proven; namely, that the race would benefit by greater moderation in the use of meat and a more liberal indulgence in the use of fruits, vegetables and cereal products.

Always remember that the cheaper parts of a first-class animal may be prepared to furnish far better dishes than the high priced portions of an inferior animal; in other words, a stew from the forequarter of a first-class animal will be better than a roast from the loin of an inferior animal, and it will be cheaper.

If meat is tough, soak in vinegar and water for six or seven hours in proportion of one and one-half pints of vinegar to six quarts of water.

Always cut across the grain of the muscle.

Never wash fresh meat before roasting. Scrape if necessary to clean it. If it has been wet, wipe thoroughly dry before cooking.

Do not put meat directly on ice, but place in a vessel.

ROAST BEEF

For roasting, the best cuts are top or middle of sirloin, back of rump, or first three ribs.

Scrape and wipe clean. Rub over with mustard and a little pepper and flour. Put on a rack in dripping pan, skin side down, in a very hot oven, and do not put any water in the pan until meat begins to brown, which should be immediately.

Season meat with salt, dredge meat and pan with flour and return it to the oven. When flour in pan is browned, reduce oven heat and baste every 10 minutes with the fat in the pan.

When about half cooked, turn meat over and dredge with flour for final browning. If desired, a small quantity of water may be added at this stage.

The cooking periods are 15 minutes to the pound for rare meat, 20 minutes for medium and 30 minutes for well done.

ROAST BEEF WITH YORKSHIRE PUDDING

The beef is roasted as usual and the pudding made as directed.

ROAST PORK

Wipe pork; sprinkle with salt, pepper and a little sage; place in dripping pan and dredge meat and pan with flour. Bake in hot oven until nicely browned; then add a little water; lower the oven heat and baste every 15 minutes with the fat in the pan. Cook well. Time, 30 minutes to the pound.

ROAST VEAL

The fillet is especially good for roasting. Remove the bones; season highly with salt, pepper and a little mustard, or with poultry seasoning. Tie carefully in shape; dredge with flour and lay slices of pork on top. Dredge bottom of pan with flour and cook in moderate oven until flour is browned. Then add a little water and baste often. Place a buttered paper over fillet when it is sufficiently browned. Baking period, 30 minutes to the pound.

Veal must be well cooked to be wholesome.

ROAST LEG OF LAMB

Wipe meat with damp cloth; sprinkle with salt and pepper and place in baking pan, dredging meat and bottom of pan with flour. Cook at medium heat and, when flour in pan is browned, baste every 15 minutes with the fat in the pan, adding water if necessary.

Cooking period 20 to 25 minutes to the pound. Serve with brown gravy and mint sauce.

A leg of lamb may be boned and stuffed with poultry stuffing.

If fresh mint is used, carefully remove all stems or stalks; chop leaves finely; add sugar, salt and pepper to taste. Add warm water to cover and allow to stand awhile. Before serving, add an equal quantity of vinegar.

BEEFSTEAK PIE

1 heaping tablespoon *"Ogilvie's Royal Household"* flour.
2 lbs. round steak ½ inch thick.
2 medium potatoes sliced thin.
1 teaspoon salt.
1 onion sliced.
2 tablespoons butter.
½ teaspoon pepper.

Cut the steak into strips 1½ inches long and 1 inch wide; place in a saucepan; cover with boiling water; add the sliced onion and simmer until the meat is tender. Remove the meat; discard onion; add potatoes to the liquid and parboil 6 minutes; then remove the potatoes. Measure the liquor and add enough boiling water to make one pint; then add the seasonings. Cream the butter and flour together; add to the liquor and cook 5 minutes. In the bottom of a pudding dish place a layer of one-half the potatoes and on top of this arrange the meat, placing the other half of the potatoes on top of it. Pour over this sufficient gravy to entirely cover the contents of the baking dish. When cool, cover with a crust and bake in a hot oven.

The crust is made as follows:

1 cup *"Ogilvie's Royal Household"* flour.
1 rounding tablespoon butter. 1 rounding tablespoon lard.
2 level teaspoons baking powder. ½ teaspoon salt.
Milk.

Sift flour, baking powder and salt. Cream butter and lard together and combine them with the dry ingredients, mixing thoroughly with finger tips. Add enough milk to make a soft dough; roll out about ¼ inch thick and cover the pudding dish.

BEEFSTEAK AND KIDNEY PIE

Same as above, with the addition of one or two beef kidneys.

SHEPHERDS' PIE

Left over meats. Mashed potatoes.
Salt and pepper. 1 onion.

As this is a made-over dish, judgment goes a long way in the making. Almost any kind of meat can be used (except ham or corned beef), but it should have some good gravy left from cold meats. Cut meat in cubes of moderate size; put in a pan; cut up onion sufficient to flavor; add salt and pepper. Pour over gravy to almost cover the meat; add hot water if gravy insufficient. Set on stove to simmer ½ hour. Have sufficient mashed potatoes to cover about an inch thick and add ½ teaspoon baking powder to potatoes to make light. Spread over meat. Dot with butter and put in oven to brown. Serve hot. No other meat or potatoes need be served with this dish. The meaty part of one can of tomatoes may be laid over meat before adding potatoes. The left-over meat may be put through a grinder if preferred.

BEEF LOAF

3 lbs. lean beef. 1 teaspoon salt.
½ lb. raw ham. 1 teaspoon pepper.
3 eggs, well beaten. 3 tablespoons cream.
3 soda crackers, finely rolled. 6 hard boiled eggs.

Chop the beef and ham very finely; add salt and pepper, cracker crumbs, the well beaten eggs and cream. Mix all together thoroughly. Grease a bread pan and press half the mixture into it firmly. Trim each end of the hard boiled eggs so as to make a flat surface, then put on top of the mixture in the bread pan, placing them in a row end to end. Now pack on to the balance of the meat, pressing it down well. Cover and bake in a moderate oven for 1 hour. Uncover and bake ½ hour longer.

Serve either hot or cold.

FARMER STEW

Pound *"Ogilvie's Royal Household"* flour into both sides of a round steak, using as much as the meat will take up. This may be done with a meat pounder, or with the edge of a heavy plate. Fry in dripping, butter, or other fat, in a Scotch bowl, or, if more convenient, in an ordinary iron kettle, or a frying pan; then add water enough to cover it. Cover the dish very tightly, so that the steam cannot escape, and allow the meat to simmer for 2 hours, or until it is tender. One advantage of this dish is that ordinarily it is ready to serve when the meat is done, as the gravy is already thickened. However, if a large amount of fat is used in the frying, the gravy may not be thick enough and must be blended with flour.

VEAL LOAF

3 lbs. lean veal.
¼ lb. salt pork.
2 eggs, well beaten.
3 soda crackers, finely rolled.
1 teaspoon salt.
1 teaspoon pepper.
3 tablespoons cream.
2 tablespoons boiling water.

Chop the veal and pork very finely; add the salt, pepper, cracker crumbs, well beaten eggs, cream and hot water. Mix all together very thoroughly; grease an earthenware pan and pack the mixture into it, pressing it down firmly. Cover and bake in a moderate oven 1 hour. Uncover and bake ½ hour longer. Serve either hot or cold in slices.

CORN BEEF HASH

1 pint chopped cold corned beef.
½ teaspoon salt.
1 pint cold chopped potatoes.
¼ cup cream.
½ teaspoon pepper
1 tablespoon butter.
Onion.

Rub inside of the frying pan with a cut onion. Put in the butter and let it get hot; add the meat, potatoes, salt and pepper, having them well mixed. Moisten the whole with the cream, spread evenly, and place the pan so that the hash can brown slowly and evenly underneath. When done, fold over and turn out on the platter.

The browning can be done in the oven if preferred.

HAMBURG STEAK

½ cup *"Ogilvie's Royal Household"* flour.
2 lbs. round steak.
1 teaspoon salt.
½ teaspoon pepper.
½ cup boiling water.
1 teaspoon onion juice.
1 egg.
½ cup dripping.

Chop meat very finely; add the seasonings. Beat the egg and mix it with the meat. Divide into four equal portions and shape in round cakes, about one inch thick. Dredge these on both sides with flour and fry in the dripping, turning them so as to brown both sides. When nicely browned add half cup of boiling water. Cover closely and simmer for 45 minutes.

POT ROAST BEEF

1 tablespoon *"Ogilvie's Royal Household"* flour.
5 lbs. beef.
½ lb. suet.
6 cloves.
2 bay leaves.
2 slices onion.
1 carrot, finely chopped.
1 pint boiling water.
Salt and pepper.

Put the suet in a kettle; add the onion, bay leaves, cloves and chopped carrot; let cook 5 minutes and get very hot. Put in the meat, well seasoned with salt and pepper, and brown it on both sides. Add the water; cover closely and simmer until very tender. Remove from the pot and thicken the liquor with the flour. Strain and serve in a sauceboat.

NOTE.—As the roast cooks, add boiling water to keep the quantity the same as at first.

BEAN-POT ROAST

3 lbs. mutton (shoulder)
or
3 pounds round, or chuck steak.
1 cup potatoes cut into small pieces.
¼ cup sliced onion.
1 cup carrots cut into small pieces.

Cover the meat with boiling water. Place the cover on the bean pot and let the meat cook in a moderate oven for 2 hours; then add the vegetables, cut in half-inch cubes, with 2 teaspoonfuls salt; cook until the vegetables are tender, which will require about 1 hour; then serve, pouring a sauce over the meat, made from 1 cup of the liquid in which the meat was cooked, thickened with 2 tablespoonfuls of flour.

BROILED STEAK

1 porterhouse steak.
2 tablespoons butter.
1 teaspoon salt.
1 teaspoon pepper.

Before broiling, beat the steak with a rolling pin sufficiently to soften fibre. Have the pan very hot at first; turn constantly to prevent burning; broil from 7 to 10 minutes. Place on a very hot platter; put the butter in pieces over the top; press it in with the point of a knife; sprinkle over the pepper and salt; serve in its own gravy.

HAMBURG LOAF

"Ogilvie's Royal Household" flour.
1½ pounds Hamburg Steak.
1 level teaspoon salt.
¼ teaspoon pepper.
3 medium onions.
½ cup water.
½ lb. fat salt pork.

Put steak on board and sprinkle with salt and pepper. Sift on flour enough to knead it and bind the steak together. Put thin slices of salt pork on bottom of baking tin. Add the meat, rolled into loaf form; put 3 or 4 slices of pork on top and sliced onions over this. Add water and bake 1 hour, basting once or twice. A small can of tomatoes may

be added, if liked. Remove meat when done and thicken the gravy with flour, dissolved in cold water. Onions may be omitted.

BAKED HAM

Soak the ham in cold water for 24 to 36 hours, according to size. Small picnic hams should be given the shorter period and those weighing over 10 pounds a proportionately longer time.

Cover the ham with fresh cold water and simmer gently just long enough to allow of the skin being pulled off. Time, about 2 or 3 hours.

When the skin is removed, put the ham in a dripping pan in the oven; pour over it a teacup of vinegar and one of hot water, in which dissolve a teaspoon of English mustard; bake slowly, basting with the liquid, for 2 to 3 hours according to size. An excellent variant of the above is to take the ham at about 1 hour before it is cooked, cover it all over to the depth of one inch with coarse brown sugar, press it down firmly, and do not baste again until the sugar is cooked to a thick crust. Let it remain a full hour after covering with sugar, when it will become a rich golden brown colour.

When done, drain from the liquor in the pan and put on a dish to cool.

MEAT CROQUETTES

2 cups ground cooked meat.
1 cup mashed potatoes.
¾ cup meat gravy.
½ cup bread crumbs.
1 onion (ground).
Salt and pepper to taste.

Mix all together and shape into oblong rolls or round cakes. Roll each in cracker crumbs and fry. To fry, put tablespoon dripping in frying pan; when hot, put in the croquettes; cook quickly to a rich brown on each side. Take out and place on white paper to drain.

MOCK DUCK

Mock duck is made by placing on a round steak a stuffing of bread crumbs, well seasoned with chopped onions, butter, chopped suet or dripping, salt, pepper and a little sage,

if the flavor is relished. The steak is then rolled around the stuffing and tied with a string in several places. If the steak seems tough, the roll is steamed, or stewed, until tender, before roasting in the oven until brown. Or it may be cooked in a casserole, or other covered dish, in which case a cupful or more of water, or soup-stock, should be poured around the meat. Mock duck is excellent served with currant, or other acid, jelly.

CHICKEN PIE

1 or 2 chickens 1 cup cream Salt and pepper

Dress, wash and cut up 1 or 2 chickens, each weighing about 3 pounds. Add salt and boil in water until tender. When done, and while hot, strip meat from bones and cut into cubes.

Line a deep pie dish, or round pan, with rich pie crust, rolled somewhat thicker than for ordinary use. Lay in the chicken; thicken and season the stock, boiling it down if there is too much, and add one cup of thin cream; pour over the chicken and cover with top crust, about $\frac{1}{4}$ inch thick. Cut airholes in crust to allow steam to escape and bake at moderate heat for 2 hours or more. Serve hot or cold.

There should be sufficient of the seasoned stock or gravy to cover the meat.

Pie crust recipe is given in the pastry section of this book. A short biscuit dough may be used instead of a rich pie crust.

Veal pie may be made in the same way.

FRIED SPRING CHICKEN

$\frac{1}{2}$ cup *"Ogilvie's Royal Household"* flour.
1 chicken. Pepper and salt. 1 cup lard.

Select a large plump spring chicken. Draw and cut into the natural joints. Put into ice water for 5 minutes. Drain and place on a platter in the ice box for 2 hours. Dredge thickly with flour and sprinkle with salt and pepper. Place the lard in a frying pan and, when it is hot, sauté the

chicken in it, taking care to turn it often, so it will not brown; cook thoroughly; serve with cream gravy.

Some prefer frying bacon enough with the chicken to make the required amount of fat. If you do so, serve some of the bacon with the chicken.

CREAMED CHICKEN

4 tablespoons *"Ogilvie's Royal Household"* flour.
1 chicken (ordinary size).
1 can mushrooms.
2 cups cream.
1 cup milk.
2 tablespoons butter.
1 onion (grated).
Nutmeg, black and red pepper.

Boil chicken and when cold cut as for salad. Put cream and milk in a saucepan; let it come to a boil. In another pan put the butter and, when melted, add the flour. Pour the boiling milk and cream over the butter and flour; flavor with the onion and a little grated nutmeg. Season very highly with black and red pepper. Mix chicken, mushrooms and sauce together and put in a baking dish; cover with grated bread-crumbs and small pieces of butter. Bake about 20 minutes, or until brown.

ROAST GOOSE

1 large goose
6 strips salt pork.
1 cup water.
Salt.
Pepper
Stuffing.
Apple sauce
Watercress.

Draw, singe and scrub the goose with hot water and soap; then wash thoroughly in cold water; wipe dry. Stuff, truss, sprinkle with salt and pepper, and cover the entire breast with the strips of salt pork. Place on the rack in dripping pan; pour the water into the latter under the goose. Bake in a hot oven for 2½ hours, basting every 10 minutes. Remove the pork the last ½ hour. Garnish the dish with watercress and serve with apple sauce.

Note:— If goose is old, prepare as above directed, then parboil for ½ hour before roasting.

Use potato stuffing as per following recipe.

POTATO STUFFING

2 cups hot mashed pottaoes.
1 cup crumbs
¼ cup salt pork, chopped.
1 teaspoon onion juice.
¼ cup butter.
1 teaspoon salt.
½ teaspoon sage
1 egg.

Add to the potatoes the butter, egg, salt, onion juice, sage, crumbs and pork; mix thoroughly and use as stuffing.

OYSTER STUFFING

10 crackers.
½ cup butter.
1 cup oysters.
Salt and seasoning.

Roll the crackers into fine crumbs; pour over sufficient boiling water until every part is moistened. Add the butter, salt and seasoning to taste; lastly add the cleaned and chopped oysters, from which the tough muscles have been removed. Mix thoroughly.

DRESSING FOR TURKEY

7 or 8 slices white bread.
1 tablespoon poultry dressing.
1 teaspoon baking powder.
Milk (about 1 quart).
½ cup butter.
1 teaspoon salt.
1 egg

Reduce the bread to crumbs; place in a deep dish; add the butter and cover with hot milk to make of right consistency. Add seasoning, salt and baking powder. Beat well. When mixed, stir in the raw egg. For poultry, omit egg and add 1 cup of hot mashed potatoes. Beat until light. For duck or goose, add 1 large onion. (Fill both the breast and body. Pin together with good strong toothpicks or sew with cotton twine to keep the stuffing from running out.)

STUFFED PEPPER

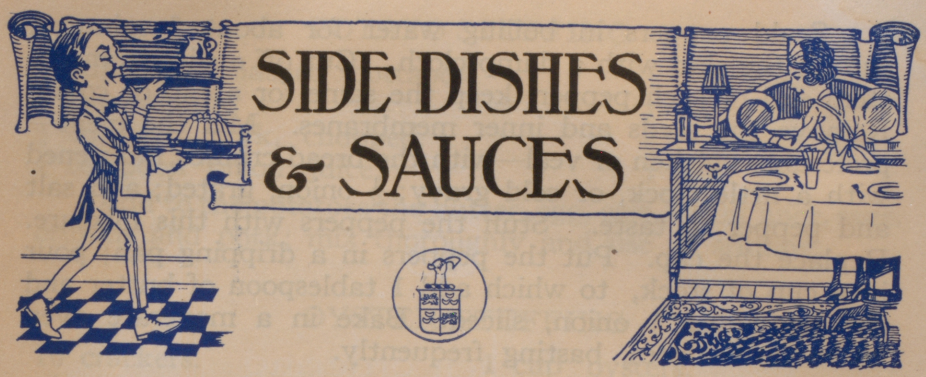
6 large green peppers.
2 cups finely chopped meat.
½ cup bread crumbs.
1 onion.
1 tablespoon butter.
Salt and pepper.
1 cup stock or cold gravy.

Scald peppers in boiling water for about 5 minutes; rub off the skin with a damp cloth. Cut off a slice from the stem end of each pepper; keep the same for a cap or cover. Remove the seeds and inner membranes. Mix the meat—preferably chicken or veal—with the bread crumbs, moistened with a little stock, or cold gravy; ½ onion, grated; and salt and pepper to taste. Stuff the peppers with this mixture. Replace the cap. Put the peppers in a dripping pan; pour in a cup of stock, to which add 1 tablespoon of butter and the remaining ½ onion, sliced. Bake in a moderate oven 20 to 30 minutes, basting frequently.

AMERICAN CHOP SUEY

1 pound of macaroni, broken. 1 pound Hamburg steak.
1 pound onions, finely chopped. 3 teaspoons salt.
½ pound bacon. 3 quarts of water (more or less).
1 can tomato soup.

Put about 3 quarts of water in a kettle and add 3 teaspoons of salt. When boiling, add the macaroni. Keep boiling for 20 minutes, or until tender. Drain in a colander. Pour over cold water to keep from sticking. Put back in kettle and keep hot. While macaroni is boiling, fry the bacon; then remove the meat and put in the onions, salt and pepper. Add a little water and fry. Then add Hamburg meat, stirring and frying slowly until done. Add 1 can of tomato soup, ½ can water (hot) and pour all over the macaroni. Let stand 10 minutes before serving.



SIDE DISHES & SAUCES

The final result of a lengthy cooking operation often rests upon the successful preparation of the attendant sauce. Few branches of cookery require more constant attention and care than the making of sauces. In nearly all cases it is necessary to stir constantly. When cooking in ordinary pans, other than double-boilers, the thickest pans available should be used and wooden or silver spoons for stirring.

For Brown Sauce, the butter should be heated and stirred until browned, then the flour added, carefully mixed until free from lumps, and the heating and stirring continued until the mixture is well browned before any liquid is added.

By browning flour by heat, the substance known as caramel is produced. This is of very irregular character in respect to its chemical composition and colour and flavouring qualities. Hence a very fair amount of skill is required to ensure just the right heat and time of browning to give the best result.

WHITE SAUCE

1½ tablespoons *"Ogilvie's Royal Household"* flour.
2 cups milk.
1 tablespoon butter.
1 level teaspoon salt.
⅛ teaspoon pepper.

Put milk in top of double boiler. When hot, add flour, previously mixed in a little cold milk; then add salt, pepper and butter. Cook until the mixture thickens.

When ordering "Ogilvie" products discriminating buyers should be careful to see that they are packed in original containers, a few of which are illustrated on the following pages

The
Ogilvie Flour Mills Co.
Limited

OGILVIE'S ROYAL



"ROYAL HOUSEHOLD" AND OTHER "OGILVIE" FLOURS ARE PUT UP IN THE FOLLOWING PACKAGES:

Wooden barrels of 196 lbs. and 98 lbs.;

Jute bags of 98 lbs.; Cotton bags of 98 lbs., 49 lbs., 24 lbs., 14 lbs., 12 lbs., 10 lbs., 7 lbs. and 6 lbs.; Paper bags of 7 lbs.

Ogilvie's "Golden Cornmeal" is packed in jute bags of 98 lbs., cotton bags of 24 lbs.; Tubes of 1 lb. 10 ozs.

HOUSEHOLD FLOUR



"OGILVIE OATS" ARE PUT UP IN THE FOLLOWING PACKAGES:

Wooden barrels of 180 lbs. and 90 lbs.;
Jute bags of 90 lbs. and 80 lbs.;
Cotton bags of 90 lbs., 80 lbs., 40 lbs., 20 lbs., and 8 lbs.;
Tubes of 3 3/4 lbs., 1 1/4 lbs. and 3 ozs.

"Ogilvie Wheat Hearts" are packed in jute bags of 98 lbs., cotton bags of 24 lbs., 14 lbs. and 7 lbs.; tubes of 1 3/4 lbs.

COMPLETE LIST *of* OGILVIE PRODUCTS

FLOURS

Royal Household
Montroyal
Glenora
Sponging
Meota
Graham
Famous
Montcalm
Centennial
Canada's Best
Diamond "A"
Laurel
Manitoba (*Buffalo*)
Warrior
Imperial
White Corn Flour

CEREALS

Wheat Hearts
Rolled Oats
Standard Oatmeal
Granulated Oatmeal
Golden Cornmeal
Sunshine Cornmeal
Pearl Barley
Pot Barley

FEEDS

Bran
Shorts
Acadia Middlings
O'Dairy Middlings
Wheat Moulee
Standard Stock Feed
Alberta Feed
Victor Oat Flour
Oatmeal Feed
Barlyo Feed
O'Barly Feed
Barley Meal Feed
Oat and Barley Chop
Crushed Oats
Calf Meal
Baby Chick Scratch Feed
Developer Feed
Egg Mash
Scratch Feed
Hog Feed
Dairy Feed
Gluten Feed
Cracked Corn
Yellow Cornmeal
Hominy Feed
Champion Feed
Creamo Feed
Eureka Feed
Hercules Feed

CREAM SAUCE

Make the same as White Sauce, using cream instead of milk.

BUTTER SAUCE

2 tablespoons *"Ogilvie's Royal Household"* flour.
½ cup butter.
Pinch of salt.
Pepper.
2 cups boiling water.

Cream the butter; rub in flour smoothly. When thoroughly mixed, pour on boiling water and cook about 5 minutes. Add salt and pepper to taste.

Serve with baked or boiled fish.

SPANISH SAUCE

1 small can mushrooms.
6 large celery stocks.
6 large onions.
1 can tomatoes.
1 red pepper.
½ teaspoon salt, more or less.

Chop onions and fry in bacon fat. When nearly done, add finely chopped celery. Add one small red pepper cut into small pieces, or a little cayenne, and salt to taste. Cut mushrooms; add, and cook a few minutes longer. Add the tomatoes and let simmer until the mixture thickens. Serve with any kind of fish, or pork chops. Fresh tomatoes may be used.

CREAMED OYSTERS

1 pint oysters.
⅛ teaspoon celery salt.
1½ cups white sauce.

Clean and cook oysters until plump and edges begin to curl; drain and add to white sauce, seasoned with celery salt. One fourth of a cup of sliced mushrooms is often added to Creamed Oysters.

BROWN SAUCE

3 tablespoons *"Ogilvie's Royal Household"* flour.
2 tablespoons butter.
Salt and pepper to taste.
1 slice onion.
1 cup stock.

Cook onion in butter until slightly browned; remove onion and continue to heat and stir butter until well browned; then add the flour; mix thoroughly and continue to heat and

stir until the mixture is browned. Finally, add stock gradually; salt and pepper to taste; bring to boiling-point and let boil 2 or 3 minutes.

ESCALLOPED OYSTERS

Cracker crumbs.
Oysters.
Butter.
Pepper and salt.
1 cup rich milk.

Sprinkle the bottom of baking dish with the cracker crumbs and put in a layer of oysters; sprinkle with bits of butter and a little pepper and salt; then another layer of crumbs and oysters, and so on until the dish is filled, finishing with a layer of crumbs. On top of this pour the milk and bake from ½ to ¾ hour.

MACARONI AND OYSTERS

12 sticks macaroni.
Oysters.
Bread or cracker crumbs.
Salt, pepper and butter.

Break the macaroni in small pieces and boil in salted water 20 minutes, or until soft. Line a baking dish with the crumbs and put in a layer of macaroni; then a layer of the oysters; season to taste with salt, pepper and butter. Add another layer of macaroni, and so on alternately until the dish is full. Moisten with milk; cover the top with crumbs and bake until the oysters are done.

MACARONI OR SPAGHETTI (ITALIAN)

1 pound spaghetti.
1 can tomatoes.
½ pound bacon.
1 or 2 red peppers.
1 leaf garlic.
1 large onion.
Salt.
¼ pound cheese.

Fry bacon in deep frying pan. Remove meat and add finely cut onions and garlic. When done, but not brown, add tomatoes, peppers and salt. Cook slowly on stove. While cooking, put spaghetti in boiling salted water and keep covered and boiling 30 minutes, or until done. Pour one quart cold water over spaghetti in kettle and strain. Pour the sauce over the spaghetti. Grate in ¼ lb. strong cheese.

Mix well. If Italian cheese is used, half of the above quantity will be sufficient.

CREAMED CABBAGE

2 tablespoons *"Ogilvie's Royal Household"* flour.
2 cups cold cabbage, chopped.
1 tablespoon butter.
2 cups hot milk.
1 teaspoon salt.
1 teaspoon pepper.
Cracker crumbs.

Melt the butter in a saucepan; add the flour and stir quickly until smooth; then add the hot milk gradually and stir until it thickens; add salt and pepper; pour over the cabbage; cover with crumbs, moistened with melted butter, and brown in the oven.

OYSTER PATTIES

2 tablespoons *"Ogilvie's Royal Household"* flour.
Puff pastry (see recipe for Puff paste).
1 cup milk.
2 tablespoons butter.
1 cup oysters.
Pepper and salt to taste.

Roll puff pastry ¼ inch thick. Cut out pieces with a round cutter. Remove centres from half the rounds with smaller cutter. Brush over with cold water the larger pieces near the edge and fit on rings, pressing lightly. Chill and bake in a hot oven. To make the filling, melt the butter, add the flour, pour on the milk slowly and stir till thickened. Add the seasonings and oysters and cook for a minute, or till the oysters begin to curl at edges. Fill the patty shells with this mixture. Serve hot or cold.

CHICKEN CROQUETTES

2 tablespoons butter.
2 eggs.
4 cups cold mashed potatoes.
4 cups chicken.
Salt.
Pepper.

To the potatoes add the butter and beaten yolks of eggs; pepper and salt to taste. Place on stove and stir until warm. Chop some pieces of cold chicken; season to taste. Take some of the potato and form in little oval cakes in the palm of the hand; place teaspoon of chicken in the centre and roll the potatoes around it. Fry in hot butter until a light brown, or bake ½ hour and serve hot.

CHICKEN RAMEKINS

White meat of raw chicken.
½ teaspoon soda.
½ cup cream.
2 eggs.
Salt and pepper.

Add soda to the cream; set on stove and add the meat, chopped very finely; let boil for 5 minutes and remove; when cool, add the beaten yolks of the eggs; season well with salt and pepper; then add the beaten whites; stir lightly; turn into buttered ramekin dishes and bake in a hot oven. Serve immediately.

CHEESE STRAWS

1 cup *"Ogilvie's Royal Household"* flour.
1 cup grated cheese.
½ teaspoon salt.
2 tablespoons butter.
Pinch cayenne pepper.

Mix thoroughly the cheese, flour, salt, pepper and butter; add enough cold water so that the paste can be rolled to ¼ inch thick; cut in strips 7 inches long and ½ inch wide. Put in tins and bake in quick oven for 10 minutes.

POTATO CROQUETTES

2 cups hot potatoes (mashed).
1 tablespoon butter.
¼ teaspoon white pepper.
½ teaspoon celery salt.
1 egg.
Bread crumbs.
Onion juice (if desired).

Mix all but the egg and beat very lightly. When slightly cool, add the yolk of the egg. Mould or shape into rolls and roll in fine breadcrumbs; dip in beaten white of egg; roll in crumbs again and fry in smoking hot lard 1 minute.

BROWNED POTATOES

Parboil potatoes for 10 minutes. Remove the skins and place the potatoes on a roasting rack with meat. Bake them for about 40 minutes, or until the potatoes are tender, basting them occasionally with the juice in the pan.

HASHED-BROWN POTATOES

3 cups cooked potatoes, finely chopped.
1 teaspoon salt.
¼ teaspoon pepper.
6 tablespoons milk.
2 tablespoons butter or dripping.

Combine all the ingredients except the butter. Melt the latter in a frying pan; add the potato mixture and smooth down, pressing it in shape. Cook for a moment over a quick fire and then slowly for 20 minutes, watching carefully that it does not burn. Then fold as an omelet, pressing the parts together. Turn on to a heated platter and serve garnished with parsley and bacon, if it is to serve as a substantial dish.

RICED POTATOES

Force boiled potatoes through a ricer, or a coarse strainer, into a hot vegetable dish. Avoid rehandling in order to keep the potatoes light and attractive in appearance. Riced potatoes are particularly appropriate with roasted chicken, or meat served with gravy.

BATTER No. 1

1 cup *"Ogilvie's Royal Household"* flour.
⅔ cup milk.
½ teaspoon salt.
2 eggs.
Light sprinkling pepper.

Mix flour, salt and pepper. Add milk gradually and eggs well beaten.

BATTER No. 2

1 cup *"Ogilvie's Royal Household"* flour.
⅔ cup water.
1 tablespoon sugar.
½ teaspoon olive oil.
¼ teaspoon salt.
White of 1 egg.

Mix flour, sugar and salt. Add water gradually; then olive oil and white of egg beaten together until stiff.

BATTER No. 3

1½ cups *"Ogilvie's Royal Household"* flour.
1½ teaspoons baking powder.
⅔ cup milk.
3 tablespoons sugar.
½ teaspoon salt.
1 egg.

Mix and sift dry ingredients. Add milk gradually; then egg, beaten until stiff. If desired, flavor with a little grated rind of lemon.

The batter should be thick enough to form a complete cover around any article dipped into it. If too thin, add more flour; if too thick, add the white of another egg.

BANANA FRITTERS

Pare bananas. Cut in halves lengthwise; then cut halves in two pieces to form quarters. Dip in batter; fry in deep fat; drain on brown paper. Sprinkle with powdered sugar. Serve hot.

Peach, Pineapple, Apple and Orange Fritters. Proceed as for Banana Fritters, after preparing the fruit in the usual manner.

BUTTERSCOTCH PIE

3 tablespoons *"Ogilvie's Royal Household"* flour.
2 eggs.
1 cup brown sugar.
1½ cups milk.
2 tablespoons butter.
¼ teaspoon salt.
1 teaspoon vanilla.

Dissolve the sugar in the milk and put on stove to heat. Cream the butter and flour. Add the yolks of eggs and beat until light. Add salt and stir the mixture into the sugar and milk. Cook until it thickens; then add vanilla, and put in a crust, baked as for lemon pie. Put on meringue made with the whites of eggs, or frost with whipped cream.

CREAMED VEGETABLES

Any vegetables such as celery, parsnips, carrots, onions, leeks, cabbages and cauliflower may be used and cut to suit the individual taste. Cook in well salted water. When done, drain and pour over a cream sauce. Serve hot.

FRIED ONIONS

6 medium onions.
1 tablespoon bacon fat.
½ teaspoon salt.
⅛ teaspoon pepper.

Remove skins from onions. Cut in thin slices. Put fat in frying pan and, when hot, add the onions, salt and pepper. Pour over a little hot water. Cover with a kettle lid and let cook slowly. Add more water as it cooks out, using only a little at a time. Let all water cook out before serving.

Parsnips may be fried in the same way. Sprinkle over a little sugar, if liked, when frying.

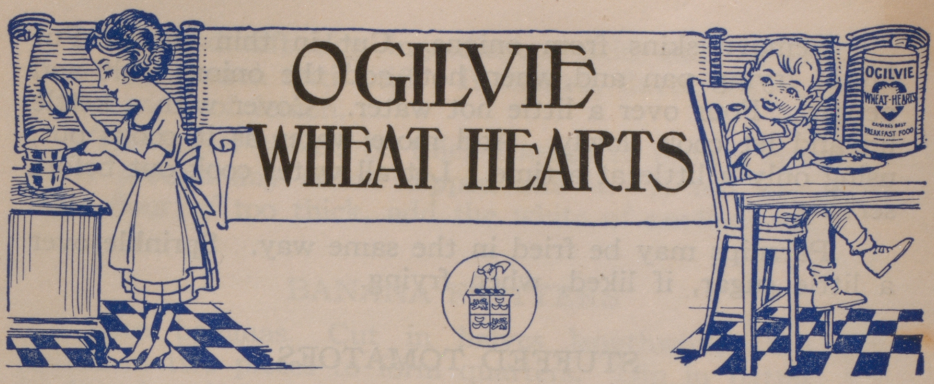
STUFFED TOMATOES

6 large firm tomatoes.
1½ cups bread crumbs.
1½ teaspoons salt.
¼ teaspoon pepper.
2 tablespoons melted butter.

Cut off the top of the stem end of the tomatoes. Remove the centre without breaking the walls. Make the stuffing of the bread crumbs, soaked in the centres of tomatoes. Add a little water, if required. Add salt, pepper and butter. Mix well and press firmly into cavities of tomatoes. Place a small piece of butter on top of each tomato. Arrange on a porcelain or pyrex dish and bake 40 minutes in a moderate oven. Serve hot in the baking dish.

FRIED SWEETBREADS

Soak in lukewarm water ½ hour; then put in salted hot water and cook slowly about 20 minutes to harden and whiten. Then drain and plunge into cold water. Again drain; draw off the outer casing and remove the little pipes. Cut into thin slices and roll in beaten egg; then in cracker crumbs. Fry in butter.

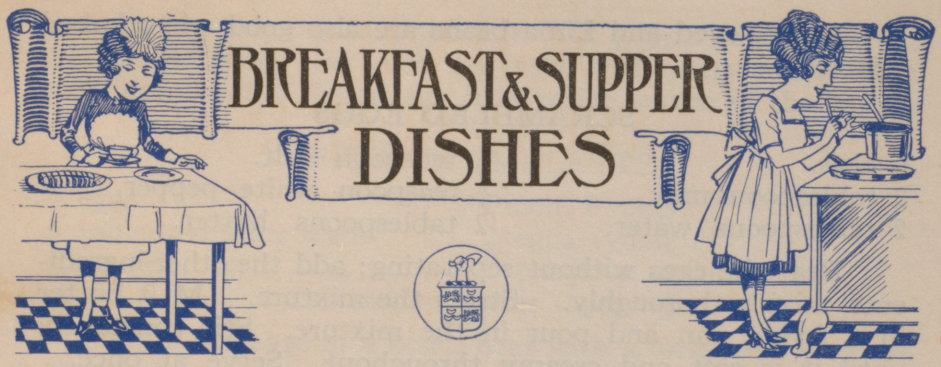


"Ogilvie Wheat Hearts" is a scientifically manufactured product made, as its name implies, of the heart of the wheat berry. *"Ogilvie Wheat Hearts"* is therefore the choicest part of the wheat in its natural, or uncooked, condition, and consists of fine granules, carefully purified and graded as to size and uniformity of quality, and packed in a distinctive carton.

To those who regard foods from a scientific point of view, as well as their palate or appetizing qualities, and find it of interest to consider the vitamin or food accessory content, it may be worth while to mention that *"Ogilvie Wheat Hearts"* is prepared in such manner as to retain a high vitamin content and activity, and thereby ensure its easy digestibility, as well as that of the other foods taken at the same meal.

While *"Ogilvie Wheat Hearts"* forms an ideal breakfast cereal, its use is by no means so restricted.

It would serve no useful purpose to repeat the applications and uses of *"Ogilvie Wheat Hearts."* Suffice it to say that one cup of *"Wheat Hearts"* may be taken to replace $1\frac{1}{2}$ cups of *"Ogilvie's Royal Household"* flour; thus a wide range of recipes is at once available. Moreover, the preparations made with *"Ogilvie Wheat Hearts"* are distinctive, and quite different from those in which flour is used.



CODFISH A LA MODE

2 cups mashed potato (cold).
2 tablespoons butter.
2 cups milk.
2 eggs (beaten).
Salt and pepper.
1 cup codfish (previously cooked)

Mix potato with butter, milk and eggs; pepper and salt to taste. Add the finely picked codfish; put in buttered dish and bake 30 minutes.

BOSTON BAKED BEANS

4 cups beans.
1 pound salt pork
1 teaspoon salt
1 tablespoon molasses.
1 heaping teaspoon mustard.
1 small onion.

Soak beans in cold water over night. In the morning put them into fresh cold water and heat slowly until the boiling point is just reached; do not boil the beans at this stage, otherwise they will break and become mushy on cooking. When soft enough to pierce with a pin, turn into a colander, pour cold water through them and put into a bean pot. Pour boiling water over salt pork, part fat and part lean; scrape the rind until white. Cut the rind in half-inch strips; bury the pork in the beans, leaving only the rind exposed. Mix mustard and salt with molasses; add onion and fill the cup with hot water; when well mixed, pour it over the beans; add enough more hot water to fill bean pot. Cover and bake slowly in oven 6 to 8 hours. At the last hour lift the pork to the surface and let it crisp.

The mustard gives the beans a delicious flavor and also renders them more wholesome.

Yellow-eyed and Lima beans are also good when baked this way.

SCRAMBLED EGGS

6 eggs.
2 tablespoons milk.
2 tablespoons water.
½ teaspoon salt.
¼ teaspoon white pepper.
2 tablespoons butter.

Beat the eggs without separating; add the other ingredients, mixing thoroughly. Strain the mixture. Melt butter in a frying pan and pour in the mixture. Stir constantly until it is soft and creamy throughout. Serve at once.

This dish may be varied by the addition of any finely chopped cooked meat. If so, it should be mixed with the eggs just before taking from the fire.

COD FISH BALLS OR CAKES

"Ogilvie's Royal Household" flour.
1 cup cooked codfish.
2 eggs.
1 cup cracker crumbs.
Fat.
1 cup mashed potatoes prepared as for the table.
Fried potatoes and parsley.

Mash the codfish until very smooth. Add the potatoes and one egg, well beaten, and mix thoroughly. Form in small cakes or balls about the size of an English walnut. Roll in flour; then in egg and cracker crumbs and fry in deep fat. Drain; pile on a platter; garnish with fried potatoes and parsley.

PIGS IN BLANKETS

Large oysters.
Thin slices of breakfast bacon.
Lemon.
Melted butter.
Pepper.
Toothpicks.
Celery.
Toast.

Wash and dry the oysters. Have as many strips of bacon as oysters. Place a strip of bacon lengthwise on your left hand; lay an oyster across the upper end. Begin to roll toward the tips of your fingers; when the oyster is enclosed in the bacon, skewer the latter with a small toothpick. When all

prepared in this manner, sprinkle with pepper, dip in melted butter and broil. Serve on hot toast with celery and garnish the platter with lemon and the white leaves of the celery.

FRENCH OMELETTE

4 eggs.
5 tablespoons ice water.
½ teaspoon salt
Pinch Pepper.
2 eggs (yolks).
1 teaspoon sugar.
1 tablespoon butter (heaping).

Place the eggs in a bowl; beat with a fork until they are thoroughly mixed; then strain and add the water, salt, pepper and sugar. Sugar may be omitted. Melt butter in a frying pan; pour in the egg mixture. Set over the fire for a minute; then with a spatula separate the cooked portion and gently move back and forth so that the uncooked part may come in contact with the pan. When it becomes creamy and begins to set, begin at the side of the pan and fold the omelette over.

Turn on to a hot platter and serve immediately.

EGGS WITH CREAM DRESSING

2 tablespoons *"Ogilvie's Royal Household"* flour.
Pinch pepper.
3 eggs (hard boiled).
2 tablespoons butter.
1½ cups milk.

Melt butter; add flour and stir until smooth. Add milk, stirring all the time till mixture is thick; add salt and pepper. Separate the whites of the eggs from the yolks; chop the whites finely and add to the dressing. Arrange slices of toast on a hot platter; pour the dressing over them; force the yolks through a ricer on to the toast and dressing. Serve hot.

As an alternative the eggs may be poached in the usual manner, placed on toast and covered with white sauce.

PUFF OMELETTE

4 eggs.
2 eggs (yolks).
Pinch pepper.
6 tablespoons water.
½ teaspoon salt.
1 tablespoon butter.

Beat the whites of the eggs until dry and the yolks until they are thick and of a lemon color. Add the water, salt and pepper to the yolks. Mix thoroughly and fold the whites, beaten until stiff, into the yolk mixture. Put the butter in a frying pan and, when hot, put in the mixture. Let stand in a moderate heat for 2 minutes; place in a hot oven and cook until set. Remove from the oven; cut across the centre; turn on a hot platter and serve.

NOTE.—The number of yolks should exceed the number of whites in an omelette. If this rule is observed they will be more tender and of a looser texture.

MEAT SCALLOP

1 tablespoon *"Ogilvie's Royal Household"* flour.
1 teaspoon butter. $\frac{2}{3}$ cup hot water.
$\frac{1}{2}$ teaspoon onion (minced). 1 cup cold meat (chopped).
Mashed potato.

Put butter and onion in a saucepan and set on stove; when hot, add flour and stir until smooth; then add water and season to taste; add meat and mix all together. Put in a baking dish and cover with a layer of mashed potatoes, seasoned with salt and pepper. Wet with a little milk. Adding the beaten white of an egg will greatly improve the potato. Bake for 20 minutes, or until light brown. Serve hot.

PLAIN OMELETTE

4 eggs. 1 teaspoon butter.
$\frac{1}{2}$ teaspoon salt. $\frac{1}{8}$ teaspoon pepper.
4 tablespoons milk or water.

Beat whites and yolks separately. Add seasoning and beat until light; then add milk. Melt butter in frying pan. Pour in egg. Shake over the fire until set. Cut each side and fold and turn into a hot dish.

To make Jelly, Ham, Cheese, Chicken, or Tomato omelette, spread material over the eggs just before folding. Mince the ham or chicken before using.

Spanish omelette is made by putting 2 or 3 tablespoons of Spanish sauce over the folded eggs, just before serving.

BUCKWHEAT CAKES

2 cups buckwheat flour.
½ cup cornmeal.
½ cake yeast.
2 cups warm water.
1 tablespoon molasses.
1 teaspoon salt.
¼ teaspoon soda.

Dissolve yeast in the water. Add all other ingredients, except molasses and soda; beat thoroughly. Place in a warm place where mixture will rise over night. It should rise and fall again by morning. Then add the molasses and soda; stir well and fry on hot griddle. If the cakes are desired more than once a week, reserve some of the original batter; keep in a cool place and use instead of the yeast.

FISH CAKES

1 cup fish (cooked).
2 cups potatoes.
⅔ cup white sauce.
1 medium onion.
Salt and pepper to taste.

Put fish, potatoes and onion through the meat grinder. Mix with sauce; salt and pepper to taste. Make into flat, round cakes. Roll in flour, or bread crumbs, and fry in bacon dripping.

Salt cod is nice made this way. Turn fish cakes but once, as they break readily. An egg may be used, but is not necessary. Onion may be omitted, but fish cakes are not as nice.

CLAM CHOWDER

¼ lb. salt pork.
5 medium potatoes (sliced).
1 large onion, sliced.
1½ pints milk.
1 pint clams.
2 crackers.
Salt and pepper.

Cut pork in thin, narrow slices. Fry out all the fat and remove the meat. Separate the necks from the bodies of the clams and finely chop the necks, or hard parts. Mix the potatoes, onions and necks of clams; pepper and salt to taste; cover with boiling water. Cook from 20 to 30

minutes, or until tender. Add the clam bodies, whole, and cook 5 minutes longer. Just before serving, add the milk and soda crackers, finely rolled, or simply split and soaked in a little milk.

FISH CHOWDER

¼ lb. pork.
5 potatoes.
1 pint milk.
1 onion.
1 cup flaked fish (haddock is best).
2 soda crackers.
Salt and pepper.

Cut pork up in thin, narrow slices (as scraps). Fry out all the fat and remove the meat. Add the potatoes, diced, and the onion, finely cut. Cover with boiling water; add salt and pepper to taste; let cook 20 to 30 minutes, or until tender. Cook fish separately, cut in small pieces; then add it to the above preparation. Let cook 10 minutes longer. Just before serving, add the milk and finely rolled soda crackers.

N.B.—Salt fish may be used. Soak out over night and use without being separately cooked, but add at the same time as the potatoes.

Corn chowder may be made the same way. Add 1 can of corn instead of the fish.

PARSNIP STEW

5 medium parsnips.
1 large onion.
6 potatoes.
1 pint rich milk.
Salt pork.
Pepper and salt.

Fry out 4 slices of salt pork. Remove the meat and to the fat add the parsnips and onions, sliced, and potatoes, diced. Add water enough to just cover; salt and pepper to taste. Let cook 20 minutes, or until tender, but not mushy. Add the milk and bring to the boiling-point for a minute before serving. Serve with soda biscuits. Onions may be omitted.

CORNED-BEEF HASH WITH POACHED EGGS

A dish popular with many persons is corned-beef hash, with poached eggs on top of the hash. A slice of toast is

sometimes used under the hash. This suggests a way of utilizing the small amount of corned-beef hash which would otherwise be insufficient for a meal.

Housekeepers occasionally use up odd bits of other meat in a similar way, chopping and seasoning them and then warming and serving in individual baking cups, with a poached, or shirred, egg on each.

ESCALLOPED POTATOES

Potatoes.
1 onion.
Milk.
Cracker crumbs.
Pepper and salt

Pare and thinly slice enough potatoes to nearly fill a 3 pint dish. Put in a layer of potatoes and a few slices of onion. Sprinkle with cracker crumbs; dot with butter, pepper and salt, and so on until the dish is filled. Put a generous supply of butter on top and nearly cover the whole with sweet milk. Cover with a lid and bake slowly 2 hours.

POTATO HASH

Equal parts of finely chopped cooked potato and chopped cold cooked fish, or meat, may be used as the basis for a breakfast dish.

2 cups chopped potato.
2 cups chopped meat or fish.
1 teaspoon salt.
¼ teaspoon pepper.
3 tablespoons fat.
½ cup boiling water.

Melt the fat in the frying pan; add the potato and meat, or fish, mixture; pour over the top the water and cook slowly, without stirring, until the under surface is a rich brown. Fold as an omelette and serve hot on a platter.

POTATO THISTLE

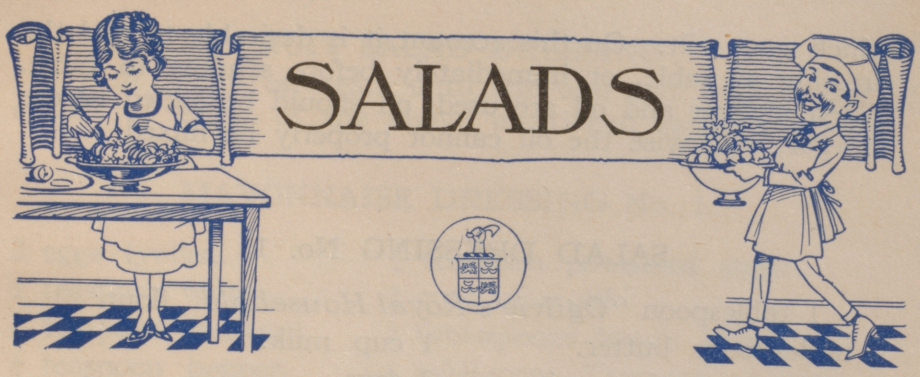
Line a dish around the sides with mashed potatoes prepared as for the table; then fill with minced lamb, or veal, or other left-over meat, well seasoned; cover over top with

mashed potatoes and criss-cross with a knife. Put in oven and brown.

Left-over meat and potatoes can be used.

HAM AND POACHED EGGS WITH CREAM SAUCE

A more elaborate dish of meat and eggs is made by placing a piece of thinly sliced boiled ham on a round of buttered toast and a poached egg on the ham, and covering with a highly seasoned cream, or other suitable sauce. A slice of tongue may be used instead of the ham. If preferred, a well-seasoned and rather thick tomato sauce, or curry sauce, may be used.



SALADS

Salads are to-day being much more widely recognised as very vital items in a well regulated dietary.

Although it was in 1736 that it was learned that scurvy; an affliction marked by tender, swollen joints; soft, bleeding gums; loosened teeth and general breakdown of health; could be prevented by lemon juice—and it was later noted that this valuable feature was common to the so-called citrus fruits—the real meaning was not made clear until modern research had established the importance of very minute quantities of certain substances which have been named "Vitamins."

The vitamin C, found in fresh vegetables and fruits, and the preventive of scurvy, affords, in part, an explanation of the better tone and bodily health which follows a more liberal indulgence in salads.

Another feature aiding their increased popularity is to be found in the enormous variety of ways in which they may be prepared.

No absolute rule can be laid down for the making of salads.

The one outstanding rule is to have them very cold and daintily served.

Although salad dressings are appetising, it should be remembered that they have a bad effect upon the greens,

which soon wilt. On this account it is desirable to add the dressing at table, or immediately before sending to table. When vinegar and oil are used, oil should be added before vinegar, otherwise the oil cannot properly be mixed.

SALAD DRESSING No. 1.

1 tablespoon *"Ogilvie's Royal Household"* flour.
4 tablespoons butter.
1 cup milk.
1 tablespoon celery salt.
3 eggs.
1 tablespoon mustard.
Pinch cayenne pepper.
1 tablespoon sugar.
½ cup vinegar, or juice of one large lemon.

Melt butter in saucepan ; add the flour and stir until smooth, being careful not to brown; add milk and heat slowly to boiling-point. Place saucepan in another of hot water; beat the eggs, salt, pepper, sugar and mustard together and add the vinegar or lemon. Stir this until it boils and thickens like soft custard, which will require about five minutes.

SALAD DRESSING No. 2.

2 heaping teaspoons *"Ogilvie's Royal Household"* flour.
½ cup vinegar.
2 tablespoons sugar.
½ cup water.
1 teaspoon mustard.
½ pint whipped cream.
2 eggs.

Put vinegar and water in top of double boiler. Mix dry ingredients. Beat eggs until light and add to dry ingredients, stirring lightly. When mixed, add slowly, with constant stirring, to the warmed vinegar. Put on stove to boil and continue stirring until the mixture thickens. When cold, add cream, with tablespoon of sugar and beat thoroughly.

FRUIT SALAD DRESSING

Beat 1 pint of cream until stiff and add 1 or 2 tablespoons of either of the above mentioned salad dressings.

MAYONNAISE DRESSING No. 1.

3 eggs (yolks).
1 teaspoon salt.
½ teaspoon mustard.
⅛ teaspoon pepper.
¼ teaspoon powdered sugar.
2 cups olive oil.
2 tablespoons lemon juice.
1 tablespoon Tarragon vinegar.

Mix the dry ingredients; add the egg yolks and when well mixed, add ½ teaspoon vinegar. Beat with a Dover egg beater until smooth; then add, drop by drop, the oil, beating constantly. As the mixture thickens, thin with lemon juice or vinegar. Add more oil, alternating with vinegar and lemon until the proportions are all used. Stir and beat constantly. If oil is added too rapidly the dressing will curdle. In this case take a fresh, cold yolk, beat until thick and add to the curdled mixture slowly. The oil should always be thoroughly chilled and when making the dressing set the bowl containing the mixture in another larger dish of cracked ice. Too much vinegar, or vinegar of unusual acidity, will make the dressing thin; but, if properly made, it should be stiff enough to hold its shape.

MAYONNAISE DRESSING No. 2.

2 raw egg yolks.
2 cups olive oil.
1 teaspoon made mustard.
1 teaspoon lemon juice.
Yolks of 2 boiled eggs.
2 teaspoons salt.
½ teaspoon pepper.
2 tablespoons vinegar.
Sugar.

Place mixing bowl in a larger one full of cracked ice. Put the yolk of both raw and boiled eggs in the bowl. Drop in a little oil and rub to a cream. Add mustard, salt, pepper and a pinch of sugar. Now add the oil, drop by drop, beating

all the time until the mixture is thick and has a shiny appearance. Thin it by addition of the vinegar, a drop at a time, until the dressing is of the proper consistency, but still stiff enough to hold its shape. Add the lemon juice and, just before using, the stiffly beaten whites of the eggs. Keep this dressing very cold.

If a mild dressing is wanted, omit the mustard and pepper.

For a still milder dressing, omit mustard and pepper and use only half of the oil and cream.

SAUCE TARTARE

1 cup Mayonnaise dressing.
1 tablespoon chopped cucumber pickles.
1 tablespoon capers.
1 teaspoon onion juice.

Mix thoroughly. Keep in cool place until ready to serve.

CHICKEN SALAD

1 chicken.
Celery.
Mayonnaise.
Whipped cream.
Lettuce.
Mace.
Capers.
Salt and pepper to taste.

Clean and dress the chicken; place in boiling water and let boil five minutes. Reduce the heat to below the boiling point and let cook until tender.

By cooking the chicken in this manner the dark meat will be almost as white as the meat of the breast. When the chicken is cold, cut in half inch cubes, removing all the fat and skin. When ready to serve, mix chicken with two-thirds as much white celery cut into corresponding pieces. Dust with salt and pepper. Mix the Mayonnaise—recipe elsewhere herein—with whipped cream to taste; pour over the salad. Serve on lettuce leaves and garnish the dish with the white leaves of the celery. Sprinkle the top of the salad with capers.

Duck, turkey or sweetbreads may be substituted for chicken and give DUCK SALAD, TURKEY SALAD and SWEETBREAD SALAD.

SALMON SALAD

1 can salmon.
1 cup chopped celery.
2 eggs (hard boiled).
1 cup salad dressing.
Olives (pitted).
Lettuce leaves.

Pour off oil from the salmon; remove bones and skin; mix slightly with a fork. Add the celery and egg finely chopped; then the salad dressing. Garnish with olives and lettuce leaves.

CABBAGE SALAD

Finely chop the cabbage; mix with salad dressing and garnish with olives.

CUCUMBER & LETTUCE SALAD.

Finely slice the cucumber and lettuce; mix with salad dressing and serve as directed for Potato Salad No. 2. A small onion may be added, if desired.

BEET SALAD

½ doz. beets.
Vinegar.
Cucumbers (chopped).
Celery.
Lettuce leaves.
Parsley.

Boil the beets; peel while warm; cut off the stem ends and scoop out the centres; cover with vinegar and let stand over night. When required, fill the beets with equal parts of finely chopped cucumbers and celery. Place each beet upon a lettuce leaf; pour over it a boiled dressing and sprinkle with chopped parsley.

POTATO SALAD No. 1

6 cups potatoes (cooked).
1 small onion.
Pepper.
Salt.

Cut potatoes in ½ inch cubes; add finely chopped onion and salt and pepper to taste. Mix with boiled salad dressing. Garnish with olives.

POTATO SALAD No. 2

6 large cold potatoes, diced. 2 onions, finely chopped.
4 hard boiled eggs, sliced.

Mix ingredients with salad dressing. Pile on lettuce leaves. Garnish with dressing and olives.

COMBINATION VEGETABLE SALAD

For variety, add to potato salad varying proportions of diced cold cooked vegetables, such as beets, carrots, or beans. Fresh celery, or cucumbers, cut in small pieces, also make pleasant additions to potato salad. Other dressings may be used, if desired.

BANANA AND ORANGE SALAD

6 oranges.
3 bananas.
½ lemon (juice).
½ cup pineapple juice.
½ cup sugar.
1 egg (white).

Peel and cut in small pieces four of the oranges and the bananas. Mix the lemon juice, sugar and beaten egg with the juice of the two remaining oranges; bring to the boiling-point; strain and pour over the fruit; lastly add the pineapple juice. Serve cold.

BANANA CANDLES

4 bananas
1 can sliced pineapple.
2 lemons (juice).
Cherries or almonds.

Peel and dip the bananas in lemon juice. Enlarge the centre of pineapple and insert half a banana so it will stand upright. Shape top like a candle. Insert almond or cherry on end of banana. Attach a handle of angelica to pineapple. Serve cold with Mayonnaise.

FRUIT SALAD

Pineapple.
Dates.
Figs.
Oranges.
Bananas.
Grapes.

Remove stones from dates, also skins and seeds from grapes. Peel oranges and remove pulp from each section. Peel bananas and cut in $\frac{1}{4}$ inch slices. Mix prepared ingredients with salad dressing. Put whipped cream on top and garnish with Maraschino cherries.

Any combination of fruit may be used.

VEGETABLE SALAD

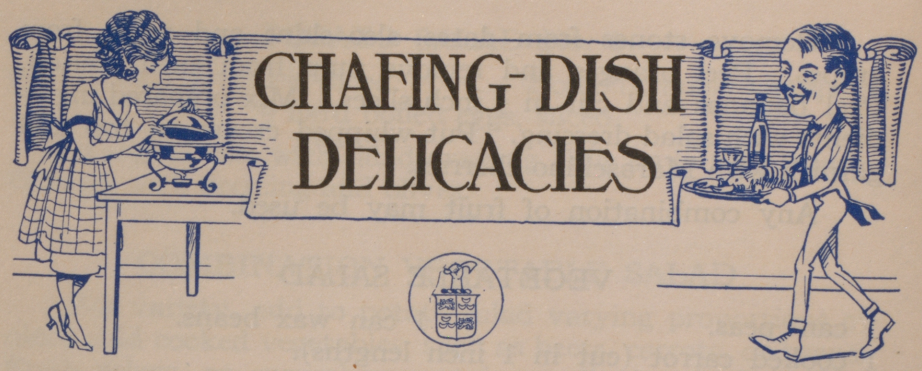
1 can peas.
1 can wax beans.
1 cooked carrot (cut in 1 inch lengths).
2 cooked potatoes sliced lengthwise.
1 cooked cauliflower, broken into 1 inch pieces.
Boiled beet.

Mix well with salad dressing. Place a layer of sliced beets around dish. Put salad in centre and salad dressing on top. Garnish with olives, or sliced radishes. Any combination of vegetables may be used, such as potatoes and beets cut in cubes; but do not stir the beets as it makes the salad too red.

NOVELTY SALAD

1 cup rice.
1 tablespoon salt.
2 quarts boiling water.
2 cans shrimps.

Wash rice and add slowly to boiling water. Add salt and boil 30 minutes, or until soft. Drain in coarse strainer and pour cold water over it. Wash shrimps and cut in halves. Pile rice lightly on serving plate; arrange shrimps around base of rice and put salad dressing in centre of the mould. Serve cold.



WELSH RAREBIT

1 pound soft mild cheese.
1 cup thin cream.
2 tablespoons butter.
2 teaspoons corn starch.
1 teaspoon mustard.
Pinch cayenne.

Melt butter in chafing-dish; add corn starch and mustard and stir until well mixed; then add cream slowly and stir until the mixture thickens. Lastly, add cheese cut in small pieces and stir until cheese is melted. Season and serve on bread toasted on one or both sides, or pour over toasted crackers. In the former case pour over the untoasted side of bread. A good rarebit should be smooth and creamy and quite free from stringiness. This recipe will serve eight people.

CREAMED OYSTERS

1 doz. oysters.
2 eggs (yolks).
½ cup cream.
1 teaspoon butter.
Salt and pepper to taste.

Finely chop oysters; season with salt and pepper. Melt the butter and add the oyster mince. Let simmer a few minutes, then add yolks of eggs beaten with cream. When eggs set, serve on saltines.

OYSTER A LA NEWBURG

2 cups oysters.
1 tablespoon butter.
3 eggs (yolks).
½ cup cream.
Salt and pepper to taste.

Drain and pick out pieces of shell from oysters. Melt the butter and add salt, pepper, oysters, and cream; cook gently for six minutes. Beat the yolks of the eggs with cream and pour over the oysters. Serve as soon as creamy.

CREAMED SHRIMPS WITH GREEN PEAS

1 tablespoon *"Ogilvie's Royal Household"* flour.
1½ cups cream.
2 tablespoons butter.
2 small cans shrimps.
1 can French peas.
2 eggs.
½ pound crackers.

Heat cream until hot; add butter and flour creamed together; stir until smooth; then add shrimps, beaten eggs and peas. When thoroughly hot, serve on toast or toasted crackers. Salmon may be used in the place of shrimps.

LOBSTER A LA NEWBURG

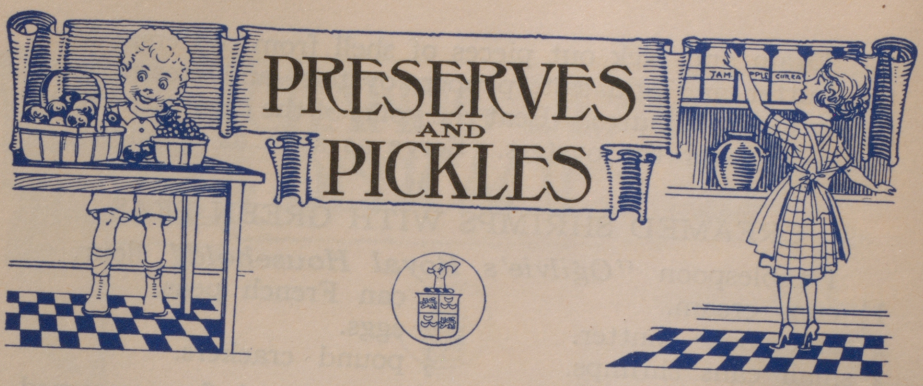
1 tablespoon *"Ogilvie's Royal Household"* flour.
2 cups cream.
2 eggs.
2 tablespoons butter.
2 cups lobster.
¼ teaspoon mustard.
Salt, red pepper.
Worcestershire sauce.

Put cream in chafing-dish; when hot, add butter and flour creamed, and stir until thoroughly smooth. Add lobster broken in fine pieces and let come to boiling-point. Put in beaten egg, season with salt and pepper and the mustard mixed with Worcestershire sauce. When thoroughly cooked, pour over crackers or toast. A cup of green peas may be added, if desired.

TOMATO WOODCOCK

1 can tomatoes, or 2 cans tomato soup.
1 lb. mild cheese, cut in small pieces.
1 teaspoon butter.
1 egg.
Paprika.
Pinch of soda.

Add soda to tomatoes; when hot, add cheese. As soon as the cheese has melted, add the butter, slightly beaten egg and paprika to taste. Serve on Graham toast, or salted cheese biscuits.



Fruit for canning should be fresh, of good quality and not over-ripe. If too ripe it is very difficult to sterilize: hence it is liable to become mouldy, or to ferment during later storage.

Wide mouthed glass bottles with elastic bands are best and cheapest for canning. Examine them carefully to see that they are sweet and clean, the necks free from cracks or flaws, the screw tops, or spring adjustments, in good order, and the rubber bands in good, elastic condition.

To sterilize the jars, fill with cold water and place them in an upright position in a vessel of cold water. Heat gradually to the boiling-point, then, as required, remove them from the water; empty, and fill as quickly as possible. The glass covers, if separate from the jars, may be similarly treated. Rubber bands require only to be dipped in hot water. The sterilized jars should be filled with fruit and then syrup added until it just overflows.

If a shortage of syrup should occur, add boiling water, as it is essential that the jar be fully filled.

Gently run a silver knife or spoon between fruit and jar, remove it carefully once or twice, when any bubbles of air yet remaining in the jar will rise to and break at the surface.

Replace any lost syrup, put on rubber bands and screw or clamp on covers.

Store in a cool, dark place.

The amount of sugar necessary for canning each quart jar of fruit is as follows:—

Raspberries, Peaches..... 6 ounces or $\frac{3}{4}$ cup.
Cherries, Sweet Pears, Pineapples.... 8 ounces or 1 cup.
Strawberries, Crab Apples, Plums, Ripe Currants.....10 ounces or $1\frac{1}{4}$ cups.
Quince.....12 ounces or $1\frac{1}{2}$ cups.

Another way of estimating requirements is to weigh the fruit and allow $\frac{1}{3}$ its weight in sugar and about $2\frac{1}{2}$ cups water to each pound of sugar.

Jars, bottles, or glasses can best be sealed by the application of paraffin wax to the joint formed by the jar and its cover, or the top of the jar, or bottle, may be dipped into a pan of melted wax. In the case of preserves in unstoppered bottles, a thin layer of the molten wax may be poured over the surface of the preserve.

CANNED RASPBERRIES

Use one cup of sugar to two cups of berries. Fill cans alternately with berries and sugar; place in a boiler on the stove (if using glass fruit jars put stick under them to keep from breaking); fill the boiler with cold water nearly to the top of the cans. As the berries settle fill again with berries and sugar until the juice fills the cans. Then put on covers and tighten down. Let cook for 5 minutes. Remove from water and place on a board out of the draught.

SHORT PROCESS FOR CANNING RASPBERRIES, STRAWBERRIES OR BLACKBERRIES.

Select sound, fresh fruit. Carefully pick over and wash berries; put in jars. Gently shake the jars, now and again, when filling. Then fill with boiling syrup and seal tightly. Place the jars in a pan of hot water, filling the pan to at least one inch above the tops of the jars. Bring to the boiling-point, then remove from heat, put on cover and allow to stand until cold. When cold, remove the jars and turn them upside-down, noting whether any

syrup runs out of the jars, or any air is drawn into them. In either case a defect is indicated in the rubber band, the flange of the bottle neck, or its cover.

The syrup is made of 1 cup sugar to 2 cups water, boiled for 10 minutes before its addition to the fruit.

STRAWBERRY CONSERVE

1 quart ripe strawberries.
½ pound seeded raisins.
1 quart granulated sugar.
½ pound nuts, cut in small pieces.
2 oranges (rind and pulp).
1 lemon (rind and pulp).

Mix in order given and cook slowly for 20 minutes. Put into tumblers and seal with paraffin wax.

For dessert, use ½ pint stiffly beaten cream and add 1 small tumbler of conserve. Serve plain.

ORANGE MARMALADE

6 oranges.
3 lemons.
10 cups water.
10 cups sugar.

Finely slice oranges and lemons; remove seeds and soak twenty-four hours in the water. Boil for 1 hour; add sugar and boil another hour, or until mixture jellies. Put in tumblers and cover.

SPICE JELLY

4 pounds apples.
1½ tablespoons whole cloves.
2 tablespoons cassia.
Sugar.

Cut the apples in small pieces and cover with vinegar and water, about half of each; tie spices in a bag and boil with apples; drip and add cup of sugar to cup of juice; cook until it jellies; then remove spice bag and put in jars.

GINGER PEARS

4 cups preserved ginger. 6 lbs. sugar. 2 oranges. Juice of five lemons. Rind of five lemons. Hot water. 8 lbs. pears.

Cut the ginger in thin slices. Press the juice out of the lemons and oranges and cut their rind into shreds. Peel the pears and cut them crosswise in the slice. Add enough hot water to dissolve the sugar; when hot, add lemon and and orange juice, ginger, lemon rind and orange peel; lastly the pears; cook slowly for 3 hours. Place in pint fruit jars and seal. Keep in a cool, dry place.

PRESERVED PEACHES

Pare peaches and place in steamer over boiling water, covered tightly; an earthen plate placed in steamer will preserve the juices, which may be added to the syrup. Let steam until peaches can be pierced with a fork. Make a syrup of one-half pound of sugar to a pint of water; put fruit in cans; when full, pour over the hot syrup. This rule is excellent for all large fruits.

QUICK METHOD
APPLE ORANGE CONSERVE

3 cups apples.
2 large oranges.
1 large lemon.
3 cups sugar.
$\frac{1}{2}$ cup water.
$\frac{1}{4}$ cup chopped nuts.

Cut apple in small cubes. Put oranges and lemons through grinder, after removing their seeds. Add sugar and water. Cook slowly in double boiler until the mixture is thick enough to leave a track when a spoon is drawn through it.

CANNED BLUEBERRIES, OR HUCKLEBERRIES

Carefully pick over and wash berries. Place them in a preserving kettle with just enough water to keep them from burning. Do not add any sugar. Cook slowly until soft and can in the usual manner.

Rhubarb may be preserved in the same way. Sugar is to be added as and when the fruit is required for use.

CHOW-CHOW

1 peck green tomatoes.
½ peck ripe tomatoes. 12 onions.
3 heads cabbage. 1 cup salt.
1 cup grated horse-radish.
6 cups (3 pounds) brown sugar.
1 tablespoon black pepper.
1 tablespoon ground mustard.
1 tablespoon celery seed. Vinegar.

Chop and mix the tomatoes, onions, cabbage and red pepper. Sprinkle salt over them and let stand for twenty-four hours; then drain; put in a kettle with the grated horse-radish, sugar, black pepper, mustard and celery seed; cover with vinegar and boil until clear.

CANNED CORN

Grate corn from the cobs; put cobs on to boil in cold water to cover; boil twenty minutes and strain; mix corn and corn water in the proportions of four bowls of water to two of corn; add two tablespoons sugar. Cook on top of stove until corn swells; fill glass jars; put rubbers and covers in place and cook again in a kettle of hot water 1 hour; tighten the covers and wrap in paper. Keep in a cold, dark place.

CANNED BEANS

Select nice, tender beans. String and cut into 1 inch lengths. Fill jars with beans. Sprinkle 1 teaspoon salt over contents of each jar and fill with cold water. Let stand over-night. In the morning the contents of one of the jars will be required to refill the spaces caused by shrinkage in volume on standing. When filled to overflowing, put on rubber bands and tops, not as tight as possible but just tight enough to prevent the water from boiling in. Place the jars on sticks of wood in a boiler, which fill almost to the top of the jars with cold water. Put cover on pan and

raise to the boiling-point. Boil 4 hours; then remove the jars, securely fasten their covers and set them aside in an inverted position to cool. Note whether any liquid comes out, or air is drawn into the jars during cooling. If so, the contents must be transferred to other jars and re-sterilized, or used for early consumption. Beans treated as above remain like fresh beans and will keep a year or two.

CUCUMBER PICKLES

Small cucumbers.
1 cup mustard.
1 cup table salt.
1 cup brown sugar.
1 gallon vinegar.

Mix mustard, salt and sugar; then add vinegar, stirring constantly until mixed. For each 4 quarts of cucumbers, prepare one gallon boiled water, in which dissolve 2 teaspoons alum. Wipe cucumbers and let stand over-night in above solution; then drain, wipe and immerse in the vinegar pickle. Keep covered. They will keep indefinitely.

PICKLED ONIONS

1 gallon small onions.
1 cup salt.
2 quarts vinegar.
1 cup sugar.
1 package pickling spice.

Peel small white onions; sprinkle with salt and let stand about 12 hours. Then remove from salt and drain.

Put vinegar, spice and sugar in a pan. Heat to boiling point. Add onions. Can while hot.

TOMATO PICKLES

1 peck green tomatoes.
1 cup salt.
2 pounds brown sugar.
$\frac{1}{4}$ pound whole mustard.
2 tablespoons cinnamon.
2 tablespoons allspice.
2 tablespoons ginger.
6 large onions.
4 cups vinegar.
8 cups water.
2 tablespoons cloves.
1 teaspoon cayenne.

Slice the tomatoes with onions; sprinkle the salt over them and let stand over night; drain off in the morning and put in a porcelain kettle with the water and vinegar; let the mixture boil fifteen minutes. Drain off; cover with vinegar; add the other ingredients and boil fifteen minutes longer. If preferred the dark spices may be put in a bag.

MUSTARD PICKLES

1. Brine.
   1 pint salt. 4 quarts water.
2. Vegetables.
   1 quart small cucumbers.
   1 quart cucumbers, sliced.
   1 quart green tomatoes, sliced.
   1 large cauliflower, separated in small pieces.
   1 quart small onions.
   3 green peppers, finely cut.
3. Vinegar pickles.
   1 cup *"Ogilvie's Royal Household"* flour.
   1 cup sugar.
   6 tablespoons mustard.
   1 tablespoon turmeric. Vinegar.

Prepare the vegetables; place them in brine and let stand over-night. Then drain, scald and again drain.

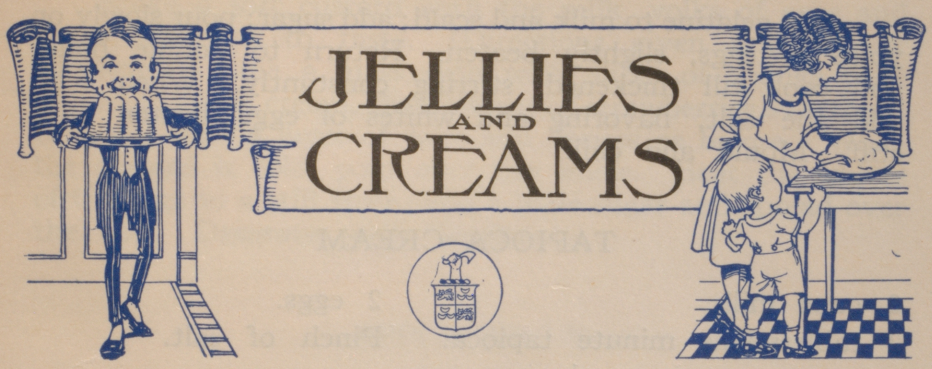
Mix the dry ingredients of the vinegar pickle. Add vinegar sufficient to make 2 quarts. Heat to boiling point, stirring constantly, until the mixture thickens; then add vegetables.

Instead of the item "1 quart small onions" an additional cauliflower may be used.

SWEET PICKLES

4 cups vinegar. 2 tablespoons whole cloves.
4 cups brown sugar. 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.



JELLIES AND CREAMS

FRUIT JELLY

¾ box gelatine.
2 cups cold water.
2 cups boiling water.
1 lemon (juice).
3 oranges.
2 bananas.
½ lb. Malaga grapes.
6 figs.
10 English walnuts.

Dissolve the gelatine in cold water, then add boiling water and lemon juice. Cut fruit and walnuts in small pieces; remove seeds from grapes; stir all into the gelatine. Turn into a mould. When hard serve with whipped cream.

SOFT CUSTARD

2 cups milk.
4 eggs.
1 cup sugar.
Vanilla flavoring.

Beat the yolks of the eggs with the sugar and stir into the boiling milk; continue stirring until cooked; when cool flavor with vanilla. Beat the whites of the eggs to a stiff froth and put on top of custard, either in a large dish or custard glasses.

SPANISH CREAM

1½ tablespoons granulated gelatine.
3 cups milk.
Yolks of 3 eggs.
Whites of 3 eggs.
½ cup of sugar (scant).
¼ teaspoon salt.
1 teaspoon vanilla.

Add gelatine to milk and scald; add sugar; pour slowly on yolks of eggs, slightly beaten. Return to double boiler and cook till thickened, stirring constantly. When cool, add the salt, flavoring and whites of eggs, beaten until stiff. Mould and chill.

TAPIOCA CREAM

2 cups milk.
2 tablespoons minute tapioca.
2 eggs.
Pinch of salt.
½ cup sugar.

Cook the milk, tapioca and sugar for about ten minutes in a double boiler. Add beaten yolks of the eggs and the pinch of salt; then the whites stiffly beaten. When cool, pour over canned peaches, cut in small pieces.

Serve with whipped cream if desired.

BLANC-MANGE

4 cups milk.
1 cup sugar.
Small handful Irish moss.
Lemon flavoring.

Wash the moss very thoroughly; put in a pail and pour the milk over it. Set the pail, closely covered, in a kettle of boiling water; let stand until the moss thickens the milk; then strain through fine sieve; add sugar and flavor to taste. Wet moulds in cold water; pour in the blanc-mange, and set in a cool place. When quite firm it is ready for use. Loosen the edges from the moulds and turn out on a china or glass plate. Serve with sugar and cream.

STRAWBERRY CHARLOTTE

4 cups milk.
6 eggs.
¾ cup sugar.
Sponge cake (recipe elsewhere).
Sweet cream.
Strawberries.

Make a soft custard with the milk, yolks of eggs and sugar, flavored to taste. (Directions given under "Soft Custard.") Line a glass dish with slices of sponge cake dipped in sweet cream, then a layer of strawberries sweetened to taste, then a layer of cake and berries as before. When the custard is cold, pour over the whole. Beat the whites of the eggs to a stiff froth; add a little sugar and spread over the top. Decorate with berries.

APPLE JELLY

Sour crabapples, gravensteins and greenings all make good jelly.

Wash and wipe the apples; remove stems, blossom ends and any bruised or damaged parts; cut in quarters except in the case of crabapples, which may be kept whole. Put in preserving kettle and add cold water to come nearly to top of apples. Cover and cook slowly until apples are soft; then mash and drain through a coarse wire strainer; but do not squeeze apples, otherwise the jelly will be cloudy. Then allow the juice to drip through a double thickness of cheesecloth. Return the first runnings, if cloudy,to the cheesecloth. Boil the strained juice 20 minutes, or until it is almost ready to set. Test by putting a teaspoonful in a saucer; remove to a cool place and let stand for a minute, then scrape it with a spoon. When the surface shows a tendency to jelly measure the juice and add an equal measure of heated sugar; boil 5 minutes; skim and turn the jelly at once into glasses previously rolled in hot water. Let stand 24 hours, then cover or seal with melted paraffin wax and keep in a cool, dry place.

The jelly will be of lighter color if the apples are pared, also if care be taken to avoid browning the sugar when heating the same.

RASPBERRY JELLY

Follow recipe for Apple Jelly, using two parts of raspberries and one part of apples.

CURRANT JELLY

Select firm currants. Equal parts red and white currants make a nice light colored jelly. Pick over the currants, but do not remove stems. Wash and drain, then mash, a few at a time, in the bottom of a preserving kettle, using a wooden potato masher. Cook slowly until the color leaves the currants; strain through a coarse strainer and let juice drip through a double thickness of cheesecloth. Measure; heat to the boiling point; boil gently for 5 minutes; test as for Apple Jelly to gauge the setting quality; then add an equal measure of heated sugar and boil 3 minutes; skim and pour into glasses. Let stand 24 hours, then cover, or seal.

GRAPE JELLY

Pick over grapes, wash and remove stems. Heat slowly to the boiling-point; mash and boil 30 minutes; then strain and proceed as with Currant Jelly.



ICE CREAM AND SHERBETS



ON FREEZING

The requirements consist of an ice cream freezer, ice, coarse salt, a burlap or jute bag, saucepan and a wooden mallet, or its equivalent.

If the ice is in fairly large pieces, place it in the jute bag and crush finely by means of the mallet.

Place the can in the freezer, put in the dasher and, when adjusted, give the crank a turn to ensure all being in working order; then pour in the mixture to be frozen.

The can should not be filled to more than three-fourths of its capacity, as the mixture becomes more bulky during freezing.

Take ice and salt in the proportion of 3 measures of ice to 1 of salt and pack solidly into space between the freezing can and the tub, allowing the ice to come a little higher than the level of the mixture to be frozen.

When everything is adjusted, turn the crank slowly and steadily at first and until the mixture is felt to be thickening; then turn more rapidly. Add more ice and salt as required, but do not draw off the salt water until the mixture is frozen.

When the mixture becomes very difficult to turn it may be considered to be frozen; then draw off the water, open the can, remove dasher and, with a wooden spoon, scrape the cream from the sides and pack solidly. Put a cork in the hole

in the cover; then replace the cover on the can and re-pack the tub with ice and salt in the proportion of 4 ice to 1 salt. Wrap blanket, burlap bags, carpet, or newspapers around the tub and let it stand two hours.

When required to be served, remove can from tub and place it for one minute in a vessel of cold water; then wipe carefully, remove cover and loosen the cream by running a knife around the edge; invert the can on a dish and the mixture will be released.

Coarse-grained ice cream results from over-filling the mixer, also from the use of an excess of salt in the freezing mixture.

In very hot weather, renew the salt and ice three times and keep the tub covering cold and wet with the brine from the freezer.

ICE CREAM

1 quart whole milk
1 quart cream.
1 teaspoon pulverized gelatine.
2 cups sugar.
Pinch of salt.
Flavoring.

Let the gelatine stand in a little cold water until it swells and becomes soft and pulpy; then drain off excess water.

Put milk in double boiler and when steaming a little, add gelatine, sugar and salt and stir until all are dissolved. Allow to cool; then stir the preparation into the cream. This may be taken as a standard plain mixture, to which various flavorings, or fruits, may be added, as preferred.

For the above proportions one tablespoon vanilla may be used, or any other flavoring may be substituted for vanilla.

Chill the mixture and freeze as directed.

BANANA ICE CREAM

Peel and thoroughly mash 3 or 4 bananas and add to the above cream mixture. Freeze as directed.

STRAWBERRY ICE CREAM

Wash and hull 1 quart of fresh berries; add sugar to sweeten; cover and let stand 1 or 2 hours. Mash and squeeze through cheesecloth and add to above plain mixture. Freeze as directed.

VANILLA ICE CREAM

3 cups cream.
1 cup milk.
2 eggs.
1 cup sugar (heaping).
1 tablespoon vanilla.

Beat the eggs; mix with the other ingredients and freeze as directed. Any other flavoring may be substituted for vanilla, if preferred.

ORANGE ICE

4 cups water.
2 cups sugar.
2 cups orange juice.
½ cup lemon juice.
Grated rind of one orange.
Grated rind of one lemon.

Make a syrup of the sugar and water. Boil fifteen minutes; add the orange, lemon juice and grated rind. Freeze as directed and serve in glasses.

PINEAPPLE ICE

2 cups of fresh or 1 can grated, pineapple.
3 cups sugar.
1 lemon (juice).
8 cups milk.
1 tablespoon vanilla.

Mix and freeze as ice cream. Strawberries or any kind of fruit may be used instead of pineapple.

LEMON SHERBET, No. 1.

2 quarts whole milk.
4½ cups sugar.
6 lemons (juice only).
3 eggs (whites only).
Pinch of salt.

Mix lemon juice and sugar and stir constantly while slowly adding milk. If milk is added too quickly the mixture will have a coarse grain, which is objectionable in appearance, although it does not spoil the quality of the sherbet. Add the salt and freeze slightly. When the mixture begins to thicken, add well beaten whites of eggs; then continue to freeze in the usual manner.

CREAM LEMON SHERBET

2 quarts whole milk. 2 lbs. sugar.
1 pint thick cream. 5 or 6 lemons (juice only).
Pinch of salt.

Chill the milk and cream. Mix lemon juice and sugar and stir constantly while slowly adding milk; then add cream and salt. Freeze as directed.

If a stronger flavor is desired a little grated rind of lemon may be added.

LEMON SHERBET, No. 2.

4 lemons. 2 cups sugar. 4 cups boiling water.

Shave off the peel of two lemons in thin wafer-like parings, being careful to take none of the lighter colored rind below the oil cells. Put the parings in a bowl; add the boiling water and let it stand 10 minutes, closely covered. Cut the lemons in halves; remove the seeds, squeeze out the juice; add, with the sugar, to the water. Add more sugar if needed and cook to a syrup. When cold, strain it through a fine strainer into a can and freeze.

PINEAPPLE SHERBET

Substitute the juice of 2 lemons and 1 can of grated pineapple for the lemons in the recipe for Lemon Sherbet No. 1.

If required to be clear, strain the juice.

STRAWBERRY SHERBET

3 cups strawberry juice.
2 cups sugar.
3 cups water.
2 lemons (juice only).

Boil the water and sugar together for twenty-five minutes; add lemon and strawberry juice; strain and freeze. Raspberry Sherbet is made in the same way.

CAFE PARFAIT

3 cups cream.
1 cup sugar.
½ cup strong coffee (clear and cold).

Whip the cream until stiff, adding sugar and coffee a little at a time while whipping. Put in a mould and pack quickly in fine ice and salt. In the winter, snow is better than ice. The freezing mixture should always be ready before the cream is whipped.

WILD GRAPE WINE

Remove stems from the grapes and bruise. For each gallon of grapes add a gallon of boiling water. Let stand one week without stirring; then strain. For each gallon of juice add four pounds of white sugar. Put in a wide mouth stone jar. When sufficiently fermented, strain and bottle. If filtered before bottling, the wine will be much clearer. It improves by keeping.

RASPBERRY SHRUB

Four quarts red raspberries to one quart vinegar. Let stand four days; strain. To each pint of juice add one pound granulated sugar; boil 20 minutes; bottle and keep in a dry, cool place.



INVALID DISHES

The greatest weight is to be attached to the preparation of food for the sick. Oftentimes the diet is of more importance than the drug. Entire wholesomeness of food, the best preparation possible, and prompt and dainty service are necessary requisites.

Do not consult the patient as to the menu, for the various surprises will help to entice the appetite.

First prepare the tray with a spotless cloth, or napkin, folded just to cover; then select the smallest, prettiest dishes from the sideboard, being careful to place everything in an orderly and convenient manner. Serve hot food on hot dishes; cold food on cold dishes.

CRUST COFFEE

3 slices of thin bread. 3 cups water. Salt.

Crusts of Boston brown bread, or brown bread containing molasses or malt extract, make the best coffee, and if a little of the genuine article be added and served with good milk, or cream, it can hardly be distinguished from real coffee.

Put bread in oven and dry; then toast to a rich brown color. Put in a bowl; pour over boiling water and let stand. Drain to make 1 cup of liquid; add a little salt, or milk and sugar, according to taste. Serve at once.

BRAN COFFEE

2 quarts wheat bran
2 eggs.
⅔ cup golden syrup.
½ cup water.

Mix syrup and water; add to well beaten eggs; beat into bran until thoroughly mixed. Dry in oven; rub until fine; then brown without burning, as in the roasting of ordinary coffee. Use one tablespoon for each cup. Boil gently 15 minutes. If desired, a little genuine coffee may be added—a good proportion being 1 part of coffee to 4 parts by weight of the above dry preparation.

BEEF TEA

1 pound of lean beef.

Cut into small pieces. Put into a glass gem jar without any water. Cover tightly. Set in a pan of cold water. Heat steadily for 3 or 4 hours until the juice is all extracted and the meat is white. When cold, skim and strain. Add salt to taste. Serve cold or hot.

BROILED BEEF JUICE

2 lbs. lean steak from the top of the round.
Salt, pepper.

Remove any visible fat from the steak; broil over a brisk fire for 4 minutes, turning it frequently. Cut in pieces about one inch square and gash each piece two or three times. Place in a meat press and squeeze the juice into a hot cup. Season to taste and serve hot.

BARLEY WATER

2 tablespoons *"Ogilvie's Pearl Barley."* 4 cups water.

Put barley in cold water; heat to boiling-point and cook five minutes; then drain off the water and rinse the barley in cold water. Return it to the fire and add 1 quart of water. Bring it to boiling-point and simmer until reduced one-half. It may be sweetened and flavored, if desired.

RICE WATER

2 tablespoons rice.
4 cups boiling water.
1 teaspoon salt.
Flavoring.
Sugar.

Blanch the rice; drain and add the boiling water. Cook for an hour and a quarter, keeping it simmering only. Then strain; add the salt and use when needed. Sweetening and flavoring to taste may be added, if desired. Rice water is also used to dilute milk and is sometimes combined with chicken broth.

RICE JELLY

2 tablespoons rice flour.
1½ cups boiling water.

Mix enough water with the flour to make a thin paste; then add the boiling water. Sweeten to taste and boil until the rice is transparent. If intended for a person suffering from intestinal trouble, boil with it a stick of cinnamon. If for a fever patient, add, when done, a little lemon juice. Put in moulds to set.

WINE WHEY

2 cups milk.
1 cup sherry wine.

Heat the milk to the boiling point; then add the sherry. Bring it again to the boiling point and strain through cheesecloth.

ALBUMEN WATER

1 white of egg.
1 glass cold water.

Stir the white of the egg with a silver fork and add the water, which has been sweetened and flavored to taste. Mix well.

ALMOND SOUP

½ lb. almonds.
2 cups milk.
2 tablespoons sugar.
½ teaspoon salt.
2 cups hot milk.

Blanch the almonds and pound them in a mortar, gradually adding the 2 cups of milk. When pounded to a smooth paste, and all of the milk has been used, strain it by squeezing through a piece of cheesecloth. To the scalded milk add

sugar and salt; then add to the almond mixture and bring to the boiling point. Serve hot.

CHICKEN BROTH

1 four pound fowl. 2 quarts water. Seasoning.

Joint the fowl and skin it, removing all visible fat. Break the bones; place in a saucepan and pour in the water. Let stand 1 hour. Bring slowly to the boiling point and simmer for 3 hours. Strain, cool, remove all fat and season to taste. This may be served either hot or cold.

CHICKEN CUSTARD

½ cup bread crumbs.
2 eggs (yolks).
Pinch celery salt.
1 cup milk.
Pinch salt.
2 tablespoons chopped breast of chicken.

Take the crumbs from the centre of a stale loaf and add to them the chicken. Beat the yolks until well mixed; add to them the salt, celery salt and milk. Pour this over the other ingredients, mixing thoroughly. Fill a custard cup with the mixture; place in a pan of hot water and bake in a moderate oven until set. Serve hot.

OATMEAL GRUEL

½ cup *"Ogilvie's Standard Oatmeal."*
6 cups boiling water.
1 teaspoon salt.
Sugar.
Cream, or milk.

Add salt to the boiling water; stir in the oatmeal and cook for 2½ hours in a double boiler. Remove from the fire and strain. When serving to an invalid, use ½ cup of the gruel, mixed with ½ cup of thin cream, 2 tablespoons of boiling water and sugar to taste.

A pinch of nutmeg, or cinnamon, is also sometimes added. Other gruels, such as cornmeal gruel, or arrow-root gruel, are prepared in the same manner.

FLAXSEED LEMONADE

2 tablespoons flaxseed. 1 cup sugar. 4 cups boiling water. Grated rind and juice of three lemons.

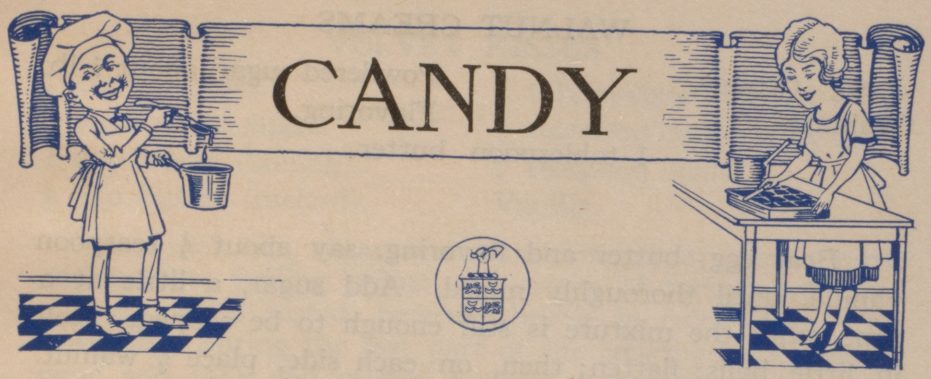
Blanch the flaxseed; add boiling water and let it simmer for ¾ of an hour; then add sugar and lemon rind. Let it stand for 15 minutes. Strain and add lemon juice. Serve either hot or cold. For a bad cough, take a teaspoonful every half hour.

EGGNOG

1 egg. 1 teaspoon sugar. 1 cup milk.

Add sugar to the egg and beat until very light and creamy. If desired, a little grated nutmeg may be added as flavoring. Lastly, add the milk.

Occasionally it may be advisable to replace the milk by an equal quantity of cream, or a tablespoon of wine, or brandy, may be a desirable addition to the preparation made with either milk or cream.



CANDY

CHOCOLATE CARAMELS

3 cups white sugar.
½ cup butter.
1 cup milk or cream.
4 ounces unsweetened chocolate.

Mix all together and let boil without much stirring until mixture will become brittle when dropped into cold water; then turn on buttered shallow pan and, when it begins to harden, mark off so it will break into squares.

CHOCOLATE DROPS

2 cups white sugar.
Vanilla.
½ cup water.
Unsweetened chocolate.

Boil sugar and water without stirring until mixture ropes; pour on cold platter; let it cool about 5 minutes: then beat until it creams, and while beating, add vanilla. Make into balls and place on greased paper. Melt chocolate and keep warm in pan of hot water. Pick up balls on knitting needle and dip in chocolate. Ready to serve in 20 minutes.

If desired, a nut may be placed in the centre of each ball before dipping in chocolate.

WALNUT CREAMS

1 egg (white).
Walnuts.
Powdered sugar, about 1 lb.
Flavoring.
1 tablespoon butter.

Beat egg, butter and flavoring, say about ½ teaspoon vanilla, until thoroughly mixed. Add sugar, a little at a time, until the mixture is stiff enough to be shaped. Roll in little balls; flatten; then, on each side, place ½ walnut.

Stuffed dates may be used instead of walnuts.

MAPLE PUFFS

½ lb. maple sugar.
½ lb. brown sugar.
2 eggs (whites).
1 cup English walnuts.
½ cup chopped figs.
½ cup chopped citron.
½ cup raisins.
½ cup water.

Boil sugar and water until the mixture will spin a heavy thread. Beat the whites of the eggs until very stiff; gradually add the hot syrup to whites of the eggs, beating all the time. When the mixture begins to stiffen add the other ingredients. Beat until it will hold its shape.

Place in tablespoonfuls on greased paper and let stand until stiff.

FONDANT

2 cups sugar. ½ cup water. Flavoring.

Stir until sugar is dissolved; then remove the spoon and boil steadily without disturbing, until the soft ball stage is reached. Take from the fire and cool at once. Add flavoring and beat with a spoon, or knife, until the mass turns creamy and becomes firm enough to mould.

VELVET KISSES

1 cup molasses.
3 cups white sugar.
1 cup water (boiling).
½ cup butter (melted).
3 tablespoons vinegar.
½ teaspoon cream of tartar.
¼ teaspoon soda.
Vanilla.

Put molasses, sugar, water and vinegar in granite kettle and heat to boiling point; add cream of tartar, boil until mixture, when tested, becomes brittle in cold water. Stir constantly during the last part of the cooking; when nearly done, add soda and melted butter; cook until, when tested the brittle stage is reached; then cool and pull. While pulling, flavor. Cut in small pieces and do up in oil papers.

SMITH COLLEGE FUDGE

1 cup brown sugar.
¼ cup butter.
½ cup cream.
1 cup white sugar.
¼ cup molasses.
2 squares chocolate.
½ teaspoon vanilla.

Mix sugar, butter, cream, molasses and chocolate and cook until mixture forms a heavy thread. Take from fire; add vanilla and stir constantly until the mass thickens. Pour in buttered pans.

BROWN SUGAR FUDGE

2 cups sugar. 1 cup cream. Pinch of salt.

Mix the ingredients and heat to the boiling point. Cook 9 minutes. Remove from the fire and beat the mixture until it is cool. Place on flat dish and cut into small squares.

DIVINITY FUDGE

3 cups brown sugar.
⅔ cup water.
⅓ cup corn syrup.
2 eggs, whites only.
1 cup chopped nuts (walnuts).

Boil sugar, syrup and water until when tried in cold water a soft ball may be formed. Have ready the whites of eggs, beaten until stiff and dry; slowly pour in the hot syrup, beating constantly, until mixture begins to harden; then beat in nuts. Make into rounds or squares.

CREAM PEPPERMINTS

2 cups sugar.
1 tablespoon glucose.
½ cup water.
Oil of peppermint.

Boil sugar, water and glucose until it forms a soft substance when dropped in cold water; then take from the fire and, when lukewarm, flavor with peppermint and beat until thick.

Drop on buttered paper with teaspoon.

3 or 4 drops of oil of wintergreen may be used instead of peppermint.

MOLASSES CANDY, No. 1

1 cup molasses.
3 cups sugar.
½ cup water.
1 teaspoon cream of tartar.

Mix sugar and cream of tartar together; add molasses and water and stir until sugar is dissolved; then boil without stirring, until mixture hardens in cold water. Turn into buttered pan; when cool, work and cut in sticks.

MOLASSES CANDY, No. 2

2 cups molasses.
1 tablespoon butter.
1 cup white sugar.
¼ teaspoon soda.
2 teaspoons vinegar.

Put butter in kettle; melt over fire; then add molasses and sugar. Boil slowly for about 20 or 25 minutes and test by dipping a splint, or a spoon, first into the candy, then into cold water. If brittle, add vinegar, stirring constantly; then add soda; mix quickly and pour into a well buttered pan. When candy begins to harden around the edge, turn it in towards the centre; and when cool enough to handle, pull until it becomes porous and of light color. Using large scissors, or a sharp knife, cut in small pieces and place on slightly buttered flat dish to cool.

MAPLE CREAM

1 pound maple sugar. $\frac{1}{8}$ teaspoon cream of tartar.
$\frac{1}{2}$ cup milk.

Boil all together until when dropped in very cold water mixture will form a soft ball; then beat until creamy.

BROWN SUGAR CANDY

Walnuts. 2 cups brown sugar.
Vanilla. $\frac{1}{2}$ cup milk or cream.
Butter (size of walnut).

Boil until mixture forms a soft lump when dropped into cold water. Remove from fire; beat until it begins to thicken; then add one cup chopped walnuts and vanilla to taste. Pour into buttered dish.

PEANUT MACAROONS

1 tablespoon *"Ogilvie's Royal Household"* flour.
1 cup shelled peanuts. 1 cup powdered sugar.
2 eggs—whites only.

Shell peanuts; remove skins; chop up finely; add sugar, flour and stiffly beaten whites of eggs. Beat until light. Cover a tin sheet with buttered paper, upon which drop the

mixture from tip of spoon in small piles. Bake 15 to 20 minutes in a slow oven.

COCOANUT MACAROONS

Use Peanut Macaroon mixture, with peanuts replaced by 1 cup of finely shredded cocoanut.

Other nuts, or combinations of nuts, may be used in the same manner.

PEANUT CRISP

2 cups white sugar. 1 cup peanuts.

Put sugar in pan over hot fire and stir until melted. Pour the liquid over peanuts, placed in a buttered dish.

SYRUP FOR POPCORN CAKES

1 tablespoon butter. 1 cup sugar.
1 cup molasses.

Boil until brittle when tried in cold water. Pour over the popcorn and form in cakes or balls.

MARSHMALLOWS

½ lb. white gum arabic. ½ lb. fine sugar.
1 pint water. 4 eggs—whites only.

Dissolve gum in water; strain and add sugar. Place over fire and stir constantly until the sugar is dissolved and the mixture becomes of the consistency of honey. Remove from the fire and add gradually, with constant stirring, the whites of eggs beaten until stiff. Continue to stir the mixture until it becomes somewhat thick and does not adhere to the fingers; then pour into a tin, lightly powdered with corn starch. When cool, divide into squares.



USEFUL HINTS



CHINA CEMENT No. 1

Broken China may be mended by making a light paste of the white of an egg and flour. Clean the broken edges from dust; spread with the paste and bind the parts together; wipe off all that oozes out. It must be held or fastened in position until dry.

CEMENT FOR CHINA, No. 2

Quickly make a thick paste of strong solution of gum and sufficient plaster of paris. Apply to the edges of the broken china and bind tightly. Remove excess of cement and allow to set for 3 or 4 days.

RUST STAINS ON WHITE GOODS

Lemon juice and salt will remove rust stains from linen, or muslin, without affecting the goods. Let the sun shine on the goods after having moistened the spots with the mixture—two or three applications may be necessary.

GRASS STAINS ON CLOTHING

Should be saturated with alcohol for a little time; then wash in clear water.

REMOVING STARCH FROM IRONS

Should starch cling to your iron while using it sprinkle some salt on a piece of brown paper and rub the iron on it.

TO SOFTEN BOOTS AND SHOES

Rub your boots and shoes with castor oil and let them stand twelve hours. This will keep them from cracking and make them yielding and soft.

KEROSENE OIL

Coal oil will help the housekeeper out of many difficulties. A spoonful of kerosene added to a kettle of very hot water will make windows, looking glasses and picture glasses bright and clear. Use a small clean cloth, wring it dry and rub it over the glass after wiping down the framework with an oiled cloth. Then proceed to the next window and treat it similarly on both sides. After that go back to the first one and wipe it dry with a large clean cloth. No real polishing is required and the windows or glass will look very clean and shiny.

Kerosene will clean your hands better than anything else after blacking a range or stove. Pour a little in the water; wash your hands in it, then apply plenty of soap, using a stiff nail brush. Finish by rubbing the hands with lemon and glycerine, or with vinegar only. After cleansing the hands by washing, place a little vinegar in the palm and rub well over both hands. Like lemon juice, it will remove roughness and many discolorations.

When your kitchen sink is rusty rub it over with kerosene.

Squeaky shoes are cured by dipping the soles in kerosene. Use enough to reach the top of the soles without reaching the upper leather.

The white spots appearing in the spring on the lining of your refrigerator will disappear if you rub the zinc with kerosene. Leave the refrigerator open several hours, then wash with water, soap and some ammonia. The refrigerator will then be clean and sweet and all spots will have disappeared.

Remove fruit stains by applying kerosene oil.

Kerosene rubbed over the exposed parts of the flesh will keeep off mosquitoes.

TO DESTROY INSECTS

Insects may be destroyed with hot alum. Put alum in hot water and let boil until the alum is dissolved. Apply hot with a brush and all creeping things are instantly destroyed without danger to human life or injury to property.

TO GET RID OF RATS

To get clear of rats, besides using traps, cats, or dogs, try chloride of lime. It is said they never come where that is placed. The drawback to this method is that the liberated chlorine causes rapid corrosion of iron ware unprotected by paint.

TO FLAVOR SOUPS

Turnip peel washed clean and tied in a knot imparts a flavor to soups. Celery leaves and ends serve the same purpose.

INK SPOTS ON FINGERS

Ink is removed from the fingers in a very simple manner. Wet the fingers and rub with the phosphorus end of a match until the spot has disappeared.

RELEASING ICE CREAM OR JELLY FROM MOULDS

Fold a hot cloth around the mould and jelly or ices will leave without sticking.

CLEANING PAINT

Put two ounces of soda in a quart of hot water and wash with it, rinsing with pure water; or use just sufficient household ammonia to soften the water, which together with a little hard soap will clean paint very effectively. Care must be taken when using ammonia, as too much will damage the paint.

TO REMOVE FINGER RINGS

Hold the hands for a short time in very cold water. If the ring is particularly tight, dissolve a little alum in the water.

TO DRIVE NAILS INTO HARD WOOD

Smear nails with soap before hammering.

TO CHECK A BURNING CHIMNEY

Throw salt on the fire, and reduce the draft as much as possible.

FOR WASHING GLASSWARE

Use a little household ammonia liquor in the water. It gives a better polish than any other cleansing agent.

Household ammonia is also of great service for general cleaning. It removes smoke and grease very easily.

FURNITURE POLISH

Mix equal proportions of linseed oil and vinegar, to which add one-tenth of turpentine and the same of methylated spirit.

Thoroughly shake the mixture before use. Apply with a soft linen rag and polish with a clean duster

TO REMOVE INK FROM PAPER

To one ounce of Javelle water add one teaspoon (more or less) of white vinegar. Apply to the ink stain and remove the moisture with blotting paper. Bottle, tightly cork, and set aside the remainder for future use.

HOUSEHOLD AMMONIA

For the toilet. A very small quantity, from a teaspoonful in the bath to a drop or two in the toilet-water, will improve the softness and cleansing qualities—but the best toilet water for the face is plain, clean, rain water.

To clean hair-brushes. Add a little ammonia liquor to the water and dip the brushes with an upward and downward motion until clean; rinse; shake off excess moisture and allow to dry. Do not use soap.

For washing glassware, see above.

For cleaning paint, see above.

For cleaning jewellery. Wash in ammonia water without rubbing, other than by means of a very soft brush if the articles are very dirty. Rinse in cold water; drain on a piece of soft linen and complete drying and polishing by shaking very gently in boxwood sawdust. Do not rub jewellery set with precious stones.

For washing silverware. Use hot soap-suds and a little ammonia water. Wash quickly; rinse; dry with linen towel and rub with chamois-skin.

For mosquito and insect bites. Apply ammonia water. The range of usefulness of this preparation is improved by the addition of $^1/_{20}$th of its measure of carbolic acid.

For cleaning leather upholstery. Add a little ammonia to the water and briskly rub with a clean flannel cloth. Finish with the application of a dressing made of equal parts of neat's-foot oil and white of egg. Rub well and polish with a soft linen or flannel cloth.

OTHER CURES FOR MOSQUITO AND INSECT BITES

1. Apply onion juice.

2. Bruise a leaf of the common plantain, with which rub the part affected.

3. Make a strong solution of alum, about ten cents worth to half a cup of water. Add one-fourth of the quantity of aromatic vinegar and one-fifth of the quantity of glycerine. Bottle and cork tightly. Shake well and apply when bitten. This cures instantly.



For early and uniform development, and maximum egg production at a cost that will ensure good profits,

Use only

OGILVIE'S POULTRY FEEDS

These Feeds are not haphazard mixtures, nor do they contain useless ingredients of the nature of fillers.

All ingredients are subjected to expert examination, and then carefully prepared and blended to make a feed best suited to the required purpose.

When the baby chick first leaves the shell it is already provided by nature with enough nourishment to satisfy its requirements for about forty-eight hours, so that no feeding is necessary until after that period of time. At this early stage the general welfare of the little chick is largely dependent upon warm surroundings, an ample supply of good, clean, dry sand, and clean, fresh water.

After the first two days finely chopped hard-boiled eggs, dry bread crumbs, well-strained curds, or a very stiff paste of buttermilk and cornmeal may be fed three times daily. At the same time "*Ogilvie's Baby Chick Scratch Feed*" should be introduced in gradually increased quantities. The main thing to avoid is a "sloppy" condition of the feed. Plenty of good water is necessary, but it should not be mixed with the feed.

OGILVIE'S BABY CHICK SCRATCH FEED

Is specially prepared from finely cracked Corn, granu-

lated Oatmeal, hulled Buckwheat, finely broken Wheat, and a sprinkling of Millet Seed.

The use, at this stage, of "*Ogilvie's Baby Chick Scratch Feed*" will teach the young chick to scratch, and thus afford the physical exercise so necessary to the up-building of the well-matured, healthy and profitable bird.

Two feeds per day should be given of "*Ogilvie's Baby Chick Scratch Feed,*" while "*Ogilvie's Egg Mash*" should be kept before the chicks all the time.

"*Ogilvie's Egg Mash*" is rich in easily digestible protein, and will, with the abundant proportion of carbo-hydrates in "*Ogilvie's Baby Chick Scratch Feed,*" supply all the ingredients essential to the growth of bone, muscle, blood and feathers, and the production of heat and energy. After about five weeks replace "*Ogilvie's Baby Chick Scratch Feed*" with

OGILVIE'S DEVELOPER FEED

It is made of Oat Groats, cracked Corn, Wheat, broken Wheat, Milo Maize, and Buckwheat. The constituents of this feed are of larger size than those of "*Baby Chick Scratch Feed,*" thus meeting the needs of the growing fowl, and preventing the waste that would occur if the smaller feed were given to the larger chicks.

The combination of "*Ogilvie's Developer Feed*" and "*Ogilvie's Egg Mash*" will give wonderfully quick development, and bring the pullets to the stage at which they are best supplied by "*Ogilvie's Egg Mash*" and "*Ogilvie's Scratch Feed.*"

These feeds, supplemented by ordinary care and attention in the matter of cleanliness and ventilation of the houses, and ample open air exercise, will return absolutely satisfactory results.

OGILVIE'S SCRATCH FEED

The ingredients are scientifically proportioned to blend with those of "*Ogilvie's Egg Mash.*"

The feed itself is the direct outcome of the experience of successful feeders. It contains no waste materials. It is full of nourishment. It has been severely tested and is of proven merit.

" Ogilvie's Scratch Feed " is made of cracked Corn, Wheat, Buckwheat, Oats, Barley and Milo Maize.

The Guaranteed Analysis is—

Protein	11%
Fat	3%
Fibre	5%

OGILVIE'S EGG MASH

contains a high proportion of readily digestible protein that is quickly turned into eggs. The ingredients are blended in exact proportions to give a perfect food.

It is made of ground Oats, Barley and Corn, Wheat Bran, Meat Meal, ground Oilcake, Alfalfa, and a little Charcoal and Salt.

Keep *" Ogilvie's Egg Mash "* in hoppers where the birds can help themselves at all times; and, just before roosting, give the heaviest feed of equal parts of *" Ogilvie's Scratch Feed "* and *" Egg Mash,"* thus obtaining a perfectly balanced ration for maximum egg production.

To obtain the best results a ration must be fed that contains *Equal Yolk Producing and White Producing Qualities*, as otherwise extra yolks are formed that cannot be laid, as no corresponding whites are produced, and these extra yolks eventually turn into fat.

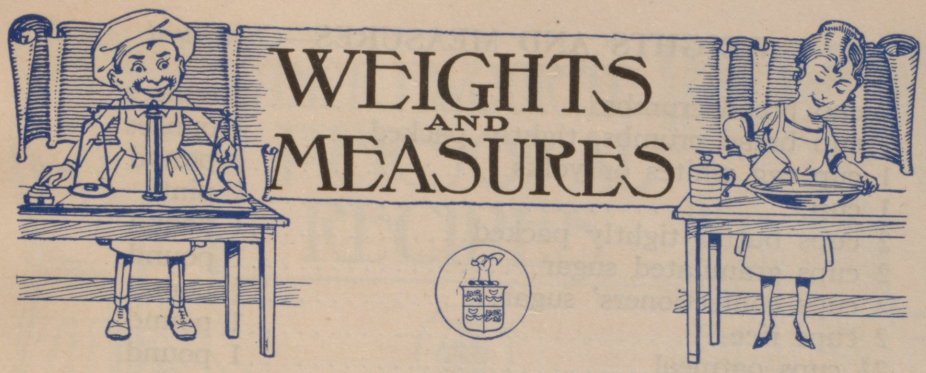
100 lbs. of *" Ogilvie's Egg Mash "* contain material for 270 whites and 184 yolks.

100 lbs. of *" Ogilvie's Scratch Feed "* contain material for 147 whites and 233 yolks.

Thus 100 lbs. of each of the above together contain material for 417 whites and 417 yolks.

This balanced ration assures a splendid yield and the maintenance of the hen in prime condition, all of which means profit for the feeder.

It is worth remembering that maximum results can only be obtained by keeping the birds well fed, clean and comfortable. There is no waste material in *OGILVIE'S FEEDS*; the fowls clean them all up, and every ounce does its work. Give them a chance, and they will produce for you MAXIMUM PROFIT AT MINIMUM COST.



EQUIVALENT WEIGHTS AND MEASURES

Measure	*Equivalent*
1 saltspoon	$\frac{1}{4}$ teaspoon
4 teaspoons of liquid	1 tablespoon
1 tablespoon of liquid	$\frac{1}{2}$ ounce
1 tablespoon (heaping) sugar or salt	1 ounce
2 tablespoons butter	1 ounce
2 tablespoons granulated sugar	1 ounce
2 tablespoons (level) flour	$\frac{1}{2}$ ounce
3 tablespoons (heaping) flour	1 cup
4 tablespoons of liquid	$\frac{1}{4}$ cup or $\frac{1}{2}$ gill
4 tablespoons 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
$\frac{1}{3}$ 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
1 cup currants	6 ounces
1 cup suet (finely chopped)	4 ounces

WEIGHTS AND MEASURES—*Continued*

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



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HOUSEHOLD FLOUR

HOW TO OBTAIN A COPY OF

OGILVIE'S BOOK *for a* COOK

IN order to enable others to secure a copy of this Cook Book and to assist in its distribution, we have inserted here three coupons which we suggest you detach and forward to your friends. On receipt of one of these coupons with cash or stamps to the value of 30c. we will at once forward a book to the address given.

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Glenora	Centennial	Warrior
Sponging	Canada's Best	Imperial
Meota	Diamond "A"	White Corn Flour
Graham		

CEREALS

Wheat Hearts	Granulated Oatmeal	Pearl Barley
Rolled Oats	Golden Cornmeal	Pot Barley
Standard Oatmeal	Sunshine Cornmeal	

FEEDS

Bran	O'Barly Feed	Hog Feed
Shorts	Barley Meal Feed	Dairy Feed
Acadia Middlings	Oat and Barley Chop	Gluten Feed
O'Dairy Middlings	Crushed Oats	Cracked Corn
Wheat Moulee	Calf Meal	Yellow Cornmeal
Standard Stock Feed	Baby Chick Scratch Feed	Hominy Feed
Alberta Feed	Developer Feed	Champion Feed
Victor Oat Flour	Egg Mash	Creamo Feed
Oatmeal Feed	Scratch Feed	Eureka Feed
Barlyo Feed		Hercules Feed







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