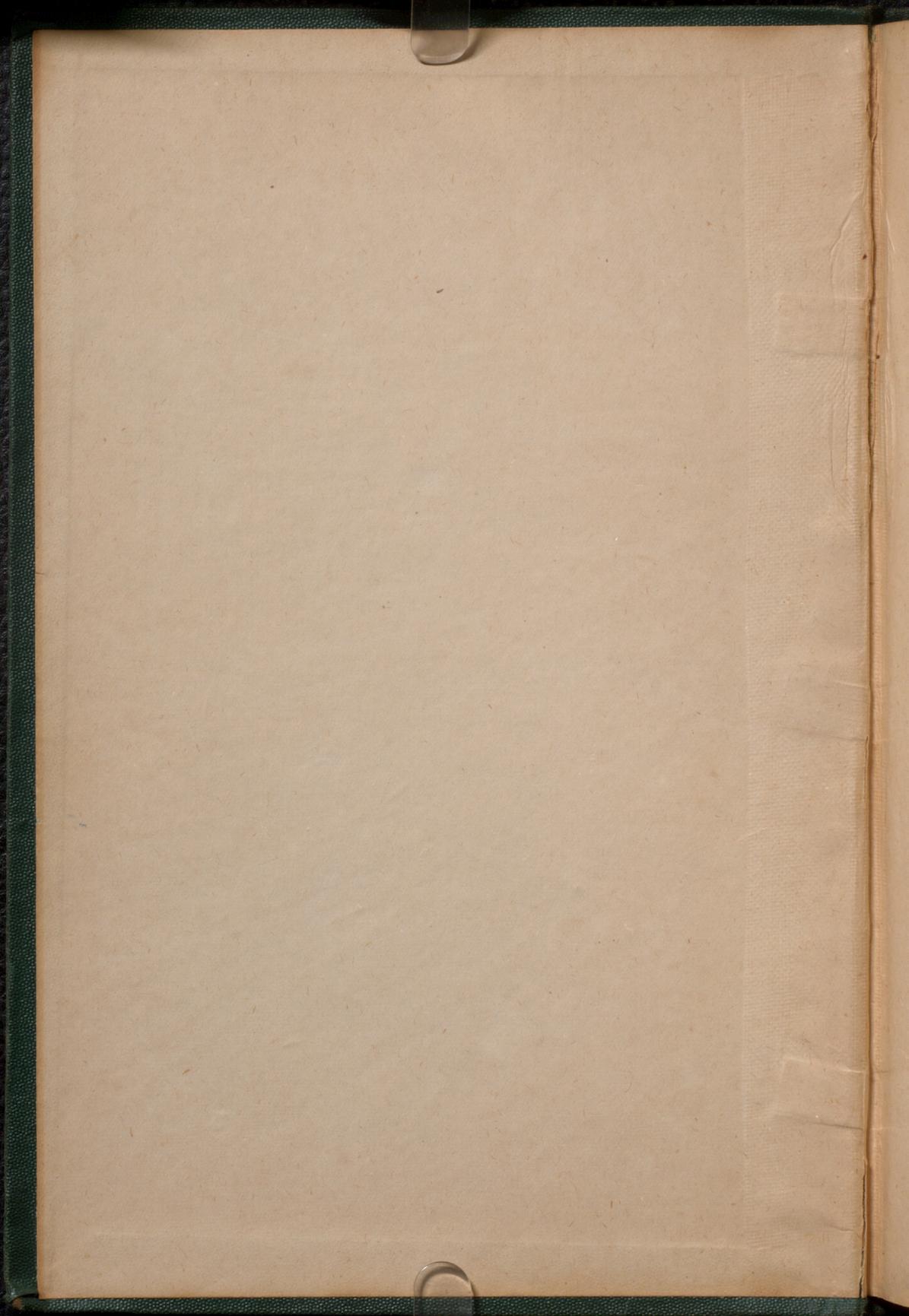


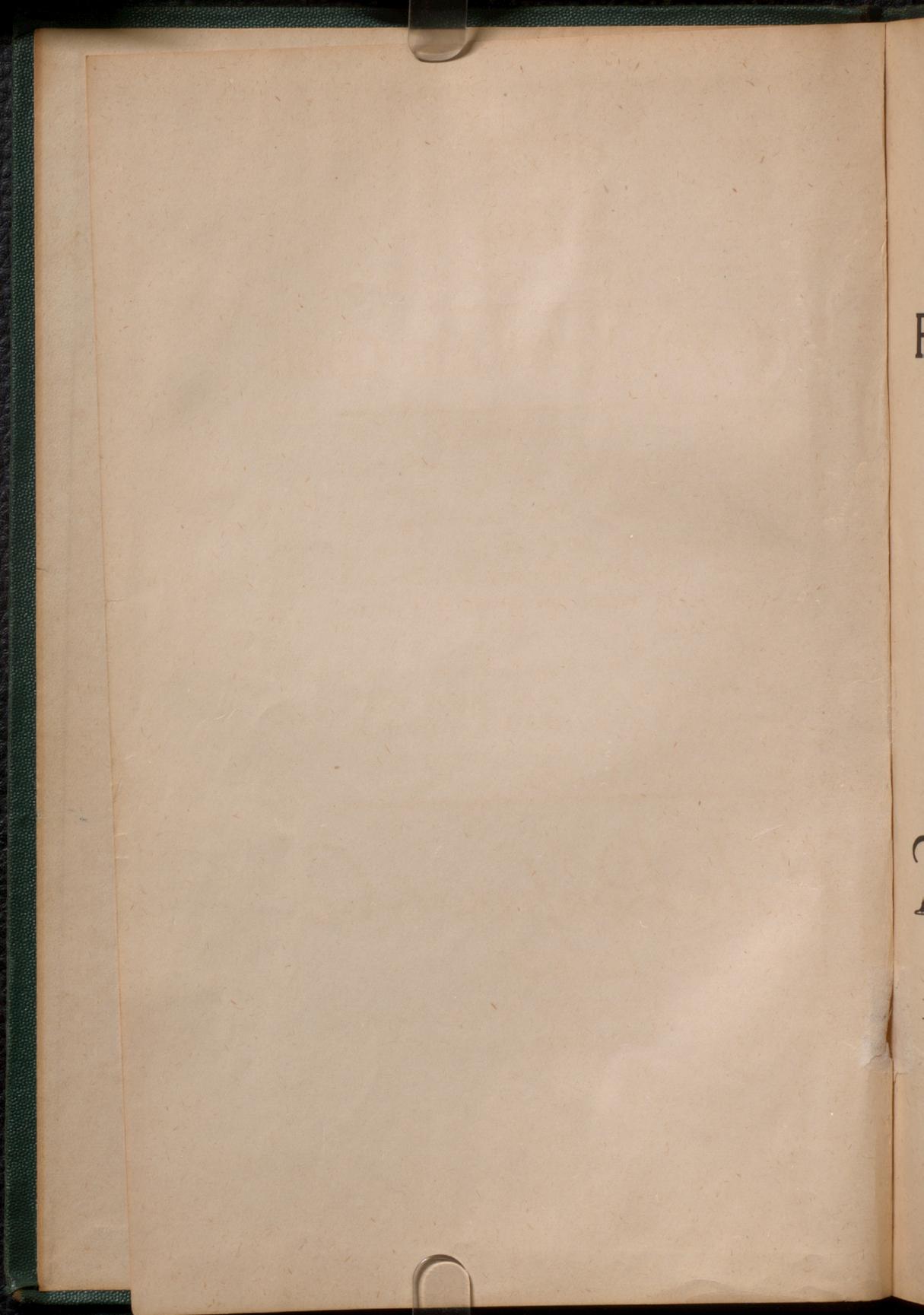
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RECIPES

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" We may live without poetry, music and art ;  
We may live without conscience, and live without heart ;  
We may live without friends ; we may live without books ;  
But civilized man cannot live without cooks."

—OWEN MEREDITH

~~~~~

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PRINTED BY JOHN LOVELL & SON, LIMITED

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1912

HEAVY RELIABLE

# RECIPES

PREPARED BY THE LADY OF THE HOUSE  
OF THE HOUSE OF COMMONS

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## RHYMES TO REMEMBER

---

“Always have lobster sauce with salmon,  
And put mint sauce your roasted lamb on.  
In dressing salad mind this law  
With two hard yolks use one raw.  
Roast pork, sans apple sauce, past doubt  
Is Hamlet with the Prince left out.  
Broil lightly your beefsteak—to fry it  
Argues contempt of Christian diet.  
It gives true epicures the vapors  
To see boiled mutton minus capers.  
Boiled turkey, gourmands know, of course,  
Is exquisite with celery sauce.  
Roasted in paste, a haunch of mutton  
Might make ascetics play the glutton.  
To roast spring chicken is to spoil them,  
Just split them down the back and broil them.  
Shad, stuffed and baked is most delicious,  
’Twould have electrified Apicius.  
Roast veal with rich stock gravy serve,  
And pickled mushrooms too, observe,  
The cook deserves a hearty cuffing  
Who serves roast fowl with tasteless stuffing.  
But one might rhyme for weeks this way,  
And still have lots of things to say;  
And so I’ll close, for reader mine,  
This is about the hour to dine.”

## TABLE OF MEASURES

---

4 saltspoonfuls . . . . .	..1 teaspoonful
4 teaspoonfuls . . . . .	..1 tablespoonful
2 teaspoonfuls . . . . .	..1 tablespoonful
2 dessertspoonfuls . . . . .	..1 tablespoonful
6 tablespoonfuls of dry material . . . . .	..1 gill
8 tablespoonfuls of liquid . . . . .	..1 gill
2 gills . . . . .	..1 cupful
2 cupfuls . . . . .	..1 pint
4 cupfuls of liquid . . . . .	..1 quart
4 cupfuls of flour . . . . .	..1 quart
2 cupfuls of solid butter . . . . .	..1 pound
2 cupfuls of granulated sugar . . . . .	..1 pound
2 1-2 cupfuls of powdered sugar . . . . .	..1 pound
2 cupfuls of milk or water . . . . .	..1 pound
1 tablespoonful of butter . . . . .	..1 ounce
2 tablespoonfuls of flour . . . . .	..1 ounce
2 tablespoonfuls of coffee . . . . .	..1 ounce
8 eggs . . . . .	..1 pound

Use four level teaspoonfuls of baking powder; or two teaspoonfuls of soda and four teaspoonfuls of cream of tartar; or two cupfuls of sour milk and one teaspoonful of soda—to one quart of milk.

One cake of compressed yeast—one cupful of liquid yeast.

For custards use 2 or 3 eggs; 1-2 teaspoonful of vanilla—to one pint of milk.

Use 2 ounces of gelatine to 3 1-2 pints of liquid. Use 3-4 teaspoonfuls of baking powder to a cupful of flour.

Use 4 tablespoonfuls of corn starch to one quart of milk.

To 1-2 pint of molasses use 1 teaspoonful of soda.

When molasses or sour milk is used in baking cream of tartar or baking powder is to be omitted and soda only is to be used.

## SOUP

---

### SOUP STOCK.

Wipe six pounds shin of beef and cut the lean meat in one inch cubes. Brown one-third of meat in hot frying pan in marrow from the marrow bone. Put remaining two-thirds with bone and fat in soup kettle, add three quarts cold water and let stand thirty minutes. Place on back of range, add browned meat and heat gradually to boiling point. Cover and cook slowly six hours keeping below boiling point during cooking. Add one-half teaspoonful peppercorns, six cloves, one-half bay leaf, three sprigs thyme, one sprig marjoram, two sprigs parsley, one-half cup each of carrot, turnip, onion and celery cut in dices. Cook one and a half hours, strain and cool immediately.

MRS. L. E. DODWELL.

### DINNER SOUP.

Wipe three and one-half pounds lean beef from round and cut in one inch cubes. Put one-half in kettle with two pounds marrow bone, two quarts cold water and one can tomatoes. Brown remaining half in hot frying pan with some marrow from bone, then turn into kettle. Heat slowly to boiling point, and cook just below boiling point five hours. Cook one tablespoonful lean raw ham finely chopped, one-third cup each carrot, onion and celery with two table-

spoonfuls of butter five minutes, then add to soup with one teaspoonful peppercorns, one tablespoonful salt, one sprig parsley and one-half bay leaf. Cook half an hour, strain, cool quickly, remove fat and clear.

MRS. L. E. DODWELL.

#### BEAN SOUP.

Soak one and one-half cups of small white beans over night, in five or six cups of water. In the morning boil the beans until they are soft, then put them through a (not too fine) colander. Add pepper, salt and about one-half cup of milk just before serving. More water may be needed. E. E.

#### PEA SOUP.

Soak two cups of whole peas over night in five or six cups of water. In the morning boil until the peas are soft. If too thick add more water. When soft put through colander. Before serving add salt and pepper (a dash of red pepper gives a nice flavour) and a piece of butter the size of an egg. E. E.

#### POTATO SOUP.

Two pounds of potatoes, two onions, two ounces of butter or dripping, two quarts of stock or water, one pint of milk, two sticks of celery, two tablespoons of sago, seasoning. Method:—Wash, peel and slice potatoes and onions, and put with butter into saucepan and cook for five minutes. Add the stock, boil till tender, put through colander, then replace in saucepan, add milk and sago and simmer till clear, season to taste. E. E.

## LIMA BEAN SOUP.

Soak two cups of lima beans over night. In the morning place over fire in two quarts of boiling water, with two onions. Boil slowly until tender. Remove from fire, press through colander, add to it a piece of butter size of an egg, salt to taste, a little powdered sage and add one cup of milk. Serve hot.

A. E. FISKE.

## CREAM OF CAULIFLOWER SOUP.

Soak a cauliflower head down one hour in cold water to cover, cook in boiling water (salted) twenty minutes. Reserve half flowerets and rub remaining cauliflower through sieve. Cook one slice onion, one stalk of celery cut in inch pieces and one-half bay leaf in one-quarter cup butter five minutes. Remove bay leaf, then add one-quarter cup flour, and stir into four cups hot white stock, add cauliflower and two cups milk. Season with salt and pepper, strain, add flowerets and reheat.

MRS. L. E. DODWELL.

## TOMATO SOUP.

One can of tomatoes, one large onion, one saltspoon of salt, three pints of water. Boil together half an hour and strain. Cream four ounces of butter, two ounces of flour. Add two tablespoons of sugar, a pinch of cayenne pepper, and last one-half pint of milk.

H. YOUNG.

## TOMATO SOUP.

Cut up two onions fine, fry until soft, half a cup of bread crumbs, one tin or six large tomatoes, one cup of water, salt to taste. Mix one tablespoonful of flour with cold water, add to tomatoes and boil. When cooked add half a teaspoonful of soda, strain, and add one quart of milk. L. E. R.

## WHITE SOUP.

Take the stock in which a fowl has been boiled, add two tablespoonfuls of flour mixed with milk or cream pepper, salt and mace to taste. Boil well. L. E. R.

## VEGETABLE SOUP.

Boil any bones you have over night, put aside until morning, skim off fat, add three onions chopped, two potatoes, a stalk of celery, one carrot. Cook one hour To thicken add a little barley. L. E. R.

## PEA SOUP.

One cupful of split peas, soak over night in cold water, strain, add two and a half quarts of water, two large onions, quarter of a pound of salt pork cut up small. Let cook slowly for three hours, strain, then add two tablespoonfuls of butter. The same of flour well mixed. Then pour on gradually two cupfuls of scalded milk, season with salt and pepper. L. E. R.

## WHITE SOUP.

To five cups white stock add half tablespoonful salt, half teaspoonful peppercorns, one slice onion, one stalk celery, and simmer thirty minutes; strain and thicken

with three tablespoonfuls butter and four tablespoonfuls flour cooked together; add two cups scalded milk. Dilute two eggs, yolks slightly beaten with hot soup, and add to remaining soup; strain, add salt and pepper if necessary.

L. E. R.

#### VEGETABLE MARROW SOUP.

One heaped tablespoonful butter, half a large vegetable marrow, half pint flour, one pint stock and one quart milk, or three pints stock and no milk (if milk be used the stock must be unsalted or the soup may curdle), half teaspoonful pepper, salt to taste. Cut the vegetable marrow in pieces and pass through the chopper. Put the butter in the soup pot and when it is melted add the chopped marrow. Dredge over this the flour. Stir all till it thickens, then pour in the stock and milk, add the pepper. Put the pot on the back of the stove and cook all slowly for one hour. When ready for serving lift the pot from the stove. Add the salt and pour through a good sized sieve into the tureen.

#### CORN SOUP.

One pint grated green corn, one pint hot water, one quart milk, one tablespoon of flour, butter size of an egg, salt and cayenne pepper to taste. Cook the corn in the water thirty minutes, then pour into a bowl. Put on the milk and let it come to a boil. Mix flour and butter together and add a few tablespoons of the the boiling milk. When quite smooth stir into the milk and cook eight minutes. Add the corn and cayenne, bring to a boil, take from the stove and add the salt.

## OYSTER SOUP.

One quart new milk, one large cup oysters, one-quarter pound fresh butter, four Boston crackers, a little salt and red pepper. Roll the crackers fine, bring the milk to a boil, strain into it the juice from the oysters, stirring all the time. Put in the butter and then the oysters, add the crackers, and season all with salt and a little red pepper.

## COTTAGE SOUP.

Three large potatoes, one ounce of butter, one large carrot and onion, one pint of milk, half pint of white stock or water, parsley, salt and pepper to taste. Prepare the vegetables and chop finely, melt butter in pan, add the vegetables, stir over fire for five minutes. Add half the milk and all the water and boil gently until the carrot is soft. Rub the soup through a sieve, add enough milk to make it resemble a thick cream, reboil soup. Add seasoning and two teaspoonfuls of chopped parsley and serve with croutons.

## JULIENNE SOUP.

One good sized carrot, one good sized turnip, one good sized potato (two if small). part of a cabbage, green peas, haricot or butter beans, any kind of vegetable in fact, except beets. Cut them in pieces about one inch long and a quarter of an inch thick, and mix salt, pepper and cayenne. Put into a saucepan a good spoonful of butter or lard, or dripping, and when it is well melted, fry in it two onions, chopped fine, till brown, add two tomatoes. Stir well together, then put in the vegetables, and cover well with warm water and

boil slowly till the vegetables are thoroughly cooked, adding water as necessary. Stock can be used instead of water if preferred. Before serving add a teaspoonful of burnt sugar.

#### WHITE BEAN SOUP.

Soak the beans in cold water overnight. Put into saucepan well covered with water, and, if necessary, add water as they swell. When soft ladle out and pass through the colander back into the saucepan. Add pepper, salt and a spoonful of butter, a little water if too thick. A mutton or hambone boiled with the beans improves the soup.

#### PUMPKIN SOUP.

Cut pumpkins in good sized pieces, cover well with water, add salt and pepper and boil till soft. Then add rice or tapioca, and boil till this is cooked. Fried onion is sometimes added.

#### POTATO SOUP.

Three potatoes, four cups milk, one onion, two stalks celery, one teaspoon of salt, one-quarter teaspoon of pepper, two tablespoons of butter, one tablespoon of flour. Cook potatoes in salted water with 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.

J. N. H.

## CREAM OF ASPARAGUS SOUP.

One bunch of asparagus, four cups of cold water, three tablespoons of butter, three tablespoons of flour, salt and pepper, one cup of cream, two cups of milk. Cook the bunch of asparagus (after washing well and tying into bunch again) in the water. When soft and tender, cut the tips off and set aside, reserve the water in which it was boiled and press into it the asparagus through a sieve. Add milk to the water and thicken with flour and add butter, boil up and add the cream and season with salt and pepper to taste, and put in last, the tips of the asparagus. A little onion put in the milk for a time and then taken out is liked by some to give more flavour. MRS. H. E. SUCKLING.

## FISH

---

### SALMON PUDDING.

One half pound of salmon which has been boiled, two eggs, two ounces of butter, about a breakfast cup of bread crumbs soaked in milk. Put the salmon into a mortar, add good seasoning of cayenne, mace and salt, mix all well together and bake in a deep dish. When served up, to be turned out and covered with anchovy or any other sauce according to taste. Any cold boiled fish done up in this way is excellent.

G. M. P.

### SCALLOPED FISH.

Cold fish of any sort, half pint of milk or cream, half tablespoon of anchovy sauce, half teaspoonful of made mustard, half teaspoonful of walnut ketchup, pepper, salt, and bread crumbs. Put all the ingredients into a stew pan, picking out all the bones, let it remain until nearly hot. Stir occasionally, then put in a deep dish with the bread crumbs on top. Dot with small pieces of butter, put in the oven and brown. Serve hot.

A. G.

### LOBSTER CUTLETS.

One tin lobster, two ounces butter, one tablespoonful of flour, one dessertspoonful of anchovy, cayenne

and salt to taste. Cook altogether, form into cutlets, roll in egg and bread crumbs, fry a nice brown.

L. E. R.

#### ESCALLOPED OYSTERS.

Oysters, cracker crumbs, butter, pepper, salt and one cup of milk or cream, sprinkle bottom of dish with crumbs, then a layer of oysters, then bits of butter, repeat until dish is full, finishing with crumbs, pour on milk and bake for half an hour.

L. E. R.

#### BOILED SALMON.

Take about four pounds of salmon (less if necessary) boil half an hour, prepare a white sauce of milk, butter and flour, pepper and salt, warm a tin of peas, add to sauce, boil up, pour over fish.

L. E. R.

#### SALMON LOAF.

One can of salmon chopped, one can of bread crumbs, three eggs, two tablespoons of melted butter. Season with salt, pepper, nutmeg and minced parsley. Separate eggs, adding the whites beaten stiff, when well mixed. Steam one and a half hours, garnish with hard boiled eggs and green peas. Serve with rich butter sauce.

H. H.

#### COLD SALMON LOAF.

One tin of salmon, two cups of cracker crumbs, one egg, one cup of milk, butter size of an egg, pepper and salt to taste. Remove bones and skin, beat well. Steam one hour. Serve cold with mayonnaise dressing.

N. E. CHALK.

## SALMON LOAF.

Drain one can of salmon, save the liquor, chop the fish fine, add one-quarter cup of melted butter, three well beaten eggs, half a teaspoon of salt, one and a half cups of fine bread crumbs, one teaspoon of chopped parsley, dash of red pepper. Mix well together, put into a well buttered mould, steam one and a half hours.

SAUCE. Melt two level tablespoons of butter, two level tablespoons of flour, a dash of red pepper, one cupful of boiling milk and the liquor from the salmon. When cooked add a well beaten egg and serve with the salmon loaf.

M. L. E.

## MOULDED SALMON.

Mix salmon from one can, flaked, one half tablespoon salt, one tablespoon of sugar, one half teaspoonful of flour, one teaspoon of mustard, few grains cayenne, add two egg yolks, one and a half tablespoons of butter, three-quarters of a cup of milk, one-quarter cup of vinegar. Cook over boiling water until mixture thickens. Add one tablespoon of cold water. Fill moulds, chill, serve with CUCUMBER SAUCE. Beat one half cup of cream until stiff, add one-quarter teaspoon of salt, few grains pepper and gradually two tablespoons vinegar, then one cucumber pared and chopped.

MRS. L. E. DODWELL.

## KEDGEREE.

Take the remains of any cold boiled fish, cut into shreds, bake two hard boiled eggs also cut fine, boil some rice as for curry, mix equal proportions of fish and rice. Melt about two ounces of butter in a saucepan and stir all together, and serve very hot.

G.M.P.

## SALMON PUDDING.

One tin of salmon, one cup of bread crumbs, two eggs, one-half cup of milk, salt, pepper and cayenne to taste, butter the size of a walnut. Mix salmon and bread crumbs together, add melted butter, beat egg very light and add to the salmon. Add milk, salt, pepper and cayenne. Heap lightly in a bowl and steam one hour.

A. H. EARLE.

## HALIBUT.

Parboil rather thin slices of halibut, then arrange in layers on a buttered pudding dish with grated cheese and tomato sauce. Cayenne pepper and salt between. Bake till hot through and nicely browned.

## LOBSTER AND OYSTER FILLING.

Parboil one pint oysters, drain and add liquor to body bones and tough claw meat of lobster weighing one and a quarter pounds, one and a half cups water, a stalk of celery, a slice of onion and cook until stock is reduced to one cup. Melt one-quarter cup butter, add one-third cup of flour, the strained stock, three-quarters of a cup of cream, the parboiled oysters, lobster meat cut in pieces, season with paprika. Worcestershire sauce, pepper, and lemon juice. Meat extract may be added if liked. MRS. L. E. DODWELL.

## SAUCE FOR FISH.

The yolks of two eggs, one-quarter pint of olive oil, the juice of two lemons, pepper, salt and chopped parsley. Put the yolks in a basin with pepper and salt, whip ten minutes. Add the oil drop by drop, and parsley the last.

MISS D. SHAW.

## GRILLED SARDINES.

(Chafing Dish.)

Drain sardines and cook in chafing dish until heated turning frequently and serve on dry toast with maitre d'hotel or lemon bytter.

E. L.

## ENTREES AND MEATS RECHAUFFE

---

### MOCK SWEETBREADS.

Take two pounds of lean veal and chop very fine or put through the mincer adding one-quarter pound of veal suet; add one cup of fine bread crumbs, grate the rind of half a lemon, half a teaspoon of nutmeg, one teaspoon of salt, a little pepper, two eggs and half a cup of milk. Mix well, shape like a sweetbread and dip in egg and bread crumbs, and fry a light brown in either good dripping or butter. If fried in butter a nice gravy can be made by putting two level tablespoons of flour on the pans after the meat is cooked. Stir till a light brown, then add half a cup of cream and enough milk to make it the thickness desired, a little chopped parsley and salt and pepper to taste. If fried in dripping, strain half a can of tomatoes, put in a saucepan with one teaspoon of salt, one teaspoon of sugar, two teaspoons of butter, a little pepper, one tablespoon of tomato catsup. When boiling thicken with one dessertspoon of potato flour.

M. L. E.

### CHICKEN PATTIES.

One pound of rough puff patry, half of a cold chicken, half pound of cold ham, half pint of white sauce, two teaspoons of chopped parsley, pepper and

salt. Cut the pastry into rounds one-third of an inch thick, allowing two rounds for each little tin in which to bake them which, of course, must be greased. Cut the chicken and ham into small dice, mix with the white sauce and parsley, and season well. Put a good heap of the mixture into each pastry lined tin, damp the edge and put on the lid. Make a hole in the top of each and brush over with beaten egg. Bake in a quick oven for about fifteen minutes. Serve with a little sprig of parsley on the top of each.

MRS. N. MACFARLANE.

#### PIGS IN BLANKETS OR HUITRES AULIT.

Season large oysters with salt and pepper, cut very thin slices of fat bacon, wrap each oyster in a slice of bacon and fasten with a wooden skewer. Put in a hot omelet pan and cook just long enough to crisp the bacon. Serve on small pieces of delicate toast.

MRS. J. H. BARIDON.

#### HAM TIMBALES.

Soak half a tablespoon of granulated gelatine in one and a half tablespoons of cold water, dissolve in three-quarters of a cup of chicken stock, add one cup chopped ham, and stir until mixture begins to thicken; then add one cup cream beaten until thick. Add a few grains cayenne, mould, chill and serve on lettuce leaves.

MRS. L. E. DODWELL.

#### PIMENTO TIMBALES.

Line timbale moulds with canned pimentos, fill with chicken mixture, melt two tablespoons of butter, add quarter of a cup of stale bread crumbs and two-thirds of a cup of milk. Cook five minutes, add one cup

chopped cooked chicken, half tablespoon of chopped parsley, two eggs slightly beaten, season with salt and pepper. Cover with buttered paper and bake twenty minutes.

MRS. L. E. DODWELL.

#### SWEETBREAD RAMEKINS.

Clean and parboil a sweetbread and cut in cubes, melt two tablespoons of butter, add three tablespoons of flour and pour on gradually one cup of chicken stock. Reheat sweetbread in sauce and add a quarter of a cup of cream and one and a half teaspoons of beef extract. Season with salt, paprika and lemon juice. Fill ramekin dishes, cover with buttered crumbs and bake until crumbs are brown.

MRS. L. E. DODWELL.

#### RUSSIAN CUTLETS.

Cover bottom of cutlet moulds with Russian pilaf, cover pilaf with chicken force meat, set mould in pan of hot water, cover with buttered paper and bake in moderate oven fifteen minutes.

MRS. L. E. DODWELL.

#### HAM YUM YUM.

Cut ham about three-quarters of an inch thick, cover it with sweet milk, bake in hot oven until milk is absorbed and ham nicely browned, which will take about half an hour.

MRS. R. W. SCOTT.

#### CURRY.

Three-quarters of a pound of lean meat, five small onions, one dessertspoon of curry powder, one teaspoon of curry paste, one pint of stock, one table-

spoon of flour, half a teaspoon of salt, three tablespoons of rice, one apple. Cut the meat into small squares, chop onions and apple, and fry brown in butter or dripping, add flour, curry powder, paste and salt. Add stock by degrees, stir till boiling. Boil three minutes, add meat, and simmer for two hours.

MRS. N. MACFARLANE.

#### HAM WITH CURRANT JELLY.

Take eight or ten slices of cold boiled ham. Spread each with a thin coating of made mustard, and a dash of cayenne pepper. In a small can put one tablespoon of butter and half a tumbler of currant jelly, melt together, then lay in enough slices to cover the dish and let them brown a little. Serve very hot.

MRS. N. MACFARLANE.

#### CHICKEN CROQUETTES.

Half a pound of chicken chopped very fine and seasoned with half a teaspoon of salt and half a teaspoon of celery salt, sprinkle of cayenne pepper, also white pepper, a few drops of onion juice, a little chopped parsley, and one teaspoon of lemon juice. Make two cups of very thick cream sauce, when thick add one beaten egg and mix the sauce with the chicken, using only enough to make it soft as can be handled. Shape into rolls, roll in fine bread crumbs then in beaten egg, in crumbs again and fry one minute in smoking hot lard. Drain and serve.

MRS. J. H. BARIDON.

#### HAM MINCE.

Chop the cold ham very fine, pour boiling water over it and drain off. Then put equal parts of milk and

water on to cook, add pepper and mustard to taste, thicken with a little flour and pour over the ham. Serve at once.

M. EARLE POPHAM.

### CROQUETTES.

Put through a fine mincer cooked meat or salmon, a bunch of parsley, and several stalks of celery. Make a cream sauce of a tablespoon each of butter and flour melted together and a cup full of warmed milk. Mix this well with the chopped mixture. Form into croquettes, roll in beaten egg and cracker crumbs, and let cool into shape before frying.

R. C. R.

### CROQUETTES.

Mince finely any cold meat (mutton, veal, chicken, sweet breads), add a little chopped parsley, lemon juice and a little of the rind (grated), season to taste. One tablespoon of white sauce or the yolk of an egg, shape like a cork (about the same size), roll in flour, dip in beaten egg, roll in bread crumbs, and fry in deep fat. Serve hot with tomato or any other sauce.

MRS. A. SMITH.

### RISSOLES.

Prepare minced meat and bind as for croquettes, make a paste and fold mixture in the form of a pasty, dip in beaten egg, roll in crushed vermicelli and fry in deep fat. Serve with sauce diable. To make sauce. To a good brown sauce add a tablespoon of chopped chutney and season with cayenne.

MRS. A. SMITH.

## SWEETBREAD AND MUSHROOM TIMBALES.

Cook two tablespoons of butter with one sliced onion five minutes, add one and a half cups mushroom caps finely chopped and one cup of white sauce, one-quarter of a cup of stale bread crumbs, one red pepper chopped, half a teaspoon of salt, yolks of two eggs well beaten and whites of two eggs beaten stiff. Fill buttered timbale moulds, set in pan of hot water, bake fifteen minutes. Serve with brown sauce with or without mushrooms.

MRS. L. E. DODWELL.

## FRICASSEE CHICKEN.

Skin and cut up chicken, cover with hot water and a little milk. Cut up one large onion and add a sprinkling of mace, a little pepper and chopped parsley. Stew slowly for about one hour (or until chicken is tender), add a little salt when half cooked. When chicken is done, thicken gravy with flour and butter well blended, butter about the size of an egg, and two tablespoons of flour. The last thing before serving take the saucepan from the stove for a minutes and add the well beaten yolk of an egg, put in slowly to prevent curdling.

A. E. FISKE.

A TASTY DISH MAY BE MADE  
IN A CASSEROLE.

Take two pounds of neck or shoulder of veal, cut into small pieces. Place in the dish or casserole, two or three slices of salt pork cut into dice. Then a layer of new potatoes, next a little turnip, a carrot, and an onion cut small. Then put in the meat dredged with flour, add more vegetables and pour over all

about half a cup of water. Cover and cook for three hours in the oven. If cooked slowly as directed it is delicious, tender and savoury.

MRS. NORMAN MACFARLANE.

A SAVOURY DISH WHICH MAY BE MADE  
AND SERVED IN A CASSEROLE IF  
DESIRED.

One pound of calf's liver. Fry minced onion in fat bacon, and put this in the bottom of the casserole. Add the liver and on each slice put some of the bacon cut in very small pieces. Put in a layer of diced potatoes, and a little parsley. Add more liver, more potatoes and bacon, and cover all with water or stock. Cook slowly for about one and a quarter hours, thicken the gravy and serve. This is delicious if cooked slowly.

MRS. N. MACFARLANE.

CASSEROLE OF RICE AND MEAT.

Boil one cup of rice till tender, bake half a pound cold minced meat, season with half teaspoon of salt, half saltspoon of pepper, one saltspoon of celery salt. One teaspoon of finely chopped onion, one teaspoon of chopped parsley. Add one beaten egg, two tablespoons of fine cracker crumbs, and moisten with hot water or stock, enough to pack it easily. Butter a small mould, line the bottom and side half an inch deep with the rice, pack in the meat, cover closely with rice, and steam forty-five minutes. Loosen it round the edge of the mould, turn it out of the mould upon a platter and pour tomato sauce around it.

G. M. P.

## COLD MEAT SHAPE.

One pound of cold meat, three ounces of macaroni, one teacup of bread crumbs, one ounce of butter, one egg, one tablespoon of stock, one teaspoon of salt, half teaspoon of pepper. Chop the meat finely and beat in with the pepper and salt. Wash the macaroni in cold water, boil half an hour. Drain thoroughly and cut in inch lengths. Mix with the meat, bread crumbs, and butter, bind all together with the egg and stock, put into a well greased bowl and eat hot.

G. M. P.

## A SMALL DISH FOR AN INVALID.

(Dr. Ord.)

Take the lean part of a loin chop and put it twice through the mincing machine. Flavour with salt and pepper and put into a breakfast cup with two dessert-spoons of good gravy. Place in a small saucepan of boiling water and stir lightly until the meat turns from red to white (about five minutes.) If desired some juicy round steak may be substituted, or cold chicken might be tried in the same way. Garnish with a little parsley and serve hot. MRS. N. MACFARLANE.

## MACARONI.

(Italian Fashion.)

Put the macaroni into boiling water with plenty of salt and cool for twenty minutes. While it is cooling, grate cheese—have a soup plate full—and mix into it pepper, salt and cayenne pepper. Peel and cook two large tomatoes, with a good spoonful of sugar. When the macaroni is cooked, throw off the water, and put it to drain. Put a good spoonful of butter into the

hot saucepan, add the cheese and tomato, stir well together, then add the macaroni and stir vigorously till thoroughly mixed. It may be served thus, or, if preferred, put in a well buttered pie dish, with small pieces of butter and bread crumbs spread over the macaroni, and browned in the oven.

Macaroni, prepared as above, but without the tomato, makes a nice dish served with veal cutlets, lamb chops or calf's liver, fried in egg and bread crumbs. Pile the macaroni on a dish and lay the meat on it.

#### LANCASHIRE HOT POT.

Mince up scraps of any cold meat. Put a layer of sliced potatoes in the bottom of a deep pudding dish then a layer of the minced meat. next a few slices of tomato, then a layer of thin sliced onion. Season with salt and pepper. Repeat until the dish is full, pour over the whole, some stock, or gravy, left from the meat, diluted with water, and bake in a slow oven for two hours. Cover the dish. MRS. E. S. JAKUES.

## MEATS AND POULTRY

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### BRISKET OF BEEF.

(Hot or Cold.)

Take eight or nine pounds of brisket of beef, trim off a little of the fat if too much, put it into a large saucepan with 2 cleaned and quartered carrots, turnips, onions, half head of celery, a bunch of parsley and herbs tied together, six cloves, twelve peppercorns, six all spice and two blades of mace, all tied up in a piece of muslin, two or three slices of bacon are an improvement. Have enough cold water to cover the meat, bring to the boil, skim well and simmer very gently for four hours, keep tightly covered. Then take it out, remove the bones, keep it hot while you make a good thick brown gravy from the stock in which the meat was boiled. Pour the gravy round the joint, cut the vegetables up small. When it is done with as a hot joint scrape off all remains of the sauce, and put the meat in a flat dish with another placed on the top, put on weights and press evenly. Leave till cold, trim off all rough bits, brush twice over with melted glaze. Serve as a breakfast or lunch dish. To make the glaze, boil down a quantity of the stock from the meat until it becomes dark brown and about the consistency of thick glue. MRS. N. MACFARLANE.

## CHICKEN STEW.

Get a good sized fowl, half a pound of salt pork, one good sized turnip, four onions, half a cup of flour. Clean and skin the fowl and cut up into joints, dip each piece into the flour, put into a good sized pot, add pork cut into small pieces, then vegetables. Boil slowly for three hours. L. E. R.

## BEEF LOAF.

Get two pounds of beefsteak (the round preferred) chop up fine, add half a cup of flour, the yolks of two eggs, parsley or summer savoury (about a teaspoonful), add pepper and salt to taste. Press mixture into a bowl for a few minutes, then take out, put into bake pan, and bake for half an hour. Keep in shape, pin a piece of white paper around it, baste well. L. E. R.

## WILD DUCK.

Clean and put into salt and water for half an hour, then dry and dress, put in pan to bake, to which add a little boiling water, and one large onion. Let cook for quarter of an hour. Take out and put a little butter on duck. Cook for about three quarters of an hour. Serve with red currant jelly. L. E. R.

## MOCK DUCK.

Nice round steak cut fairly thick, five slices of stale bread, three cold potatoes, half cup of chopped celery, one tablespoon of butter, one large onion, one egg. Soak bread and squeeze out the water, add onion chopped fine, cut potatoes and celery, and add with egg, and season. Spread over steak, roll and tie. Put in roaster, add a little water and place in a moderately

hot oven. Baste from time to time and serve on a hot platter with gravy round.

MRS. R. W. FOWLER.

#### BLANQUET OF CHICKEN.

Three pounds of chicken, cover with cold water, and boil slowly until tender. Lay aside one cup of broth for garnishing. Take one cup of rice boiled in remainder of broth. Just before tea hour, cut chicken into large pieces. Now put in a pot three table-spoons of melted butter and one large tablespoon of flour. Stir until smooth and cook two minutes, add your cup of broth, stirring constantly, and one teaspoon of lemon and pepper and salt to taste. To this add one cup of cream. Boil ten minutes, then add yolks of two eggs, boil a few minutes and garnish with the rice and parsley.

MRS. S. C. JONES.

#### DUTCH GOOSE.

Half pound of beef, half pound of veal, half pound of fresh pork, four ounces of butter, three eggs, one teaspoon of salt, half teaspoon of pepper, four ounces of fine bread crumbs, one cup of warm water. Mix all together, put on a wet plate and smooth into a dome shape with the wet hand. Lay it into a pan in either boiling butter, beef or nice pork dripping, put into the oven and let roast for one hour, basting every five minutes.

M. L. E.

#### BEEFSTEAK PUDDING.

Make suet paste as follows: two and a half cups of flour, half teaspoon of salt, one cup of finely chopped suet. Mix all well with water, line basin and keep part of paste for top. Cut in small pieces two and a

half pounds of tender steak, and a little onion, add pepper and salt, shake a little flour on meat, one and a half cups of water. Shake flour on cloth to cover pudding and boil steadily for three hours.

L. A. WHITEHEAD.

#### MUTTONETTES.

Four mutton chops off leg. On each slice lay tablespoonful of stuffing made of stale bread, beaten egg, butter, salt, pepper and savory. Roll up the chops, pin with toothpicks or tie them with string. Put a little butter in the pan and bake one hour, thicken the gravy and pour it over them.

MRS. A. HAMILTON.

#### BAKED SAUSAGES WITH YORKSHIRE PUDDING.

Beat three eggs very light, add one scant teaspoon of salt and one pint of milk. Pour half cup of this mixture on two-thirds of a cup of flour, and stir to a smooth paste. Add remainder of mixture and beat well. Roll one pound of sausages in this batter, and bake for one hour.

#### BEEF A LA MODE.

Four pounds leg of beef. Cut up and cover with water. Add to this, one onion, one carrot, cut up in rings, also a small bag of herbs, and a couple of cloves. Let simmer for three and a half hours. Thicken with pepper, salt and cornstarch, and serve very hot.

MRS. J. B. BELL.

#### BEEFSTEAK (SPANISH STYLE.)

Lay a slice of round steak, cut very thick in a pie dish, leaving the suet on it, add a small tea-cup of

water. Baste every ten minutes for about forty minutes in a moderate oven. Sprinkle with salt and pepper and cover with a layer of sliced onions, then bake again for another twenty minutes, then repeat salt and pepper and cover with a layer of chopped tomatoes. Bake again twenty minutes. Sprinkle over this two tablespoons of grated cheese and, when this is melted serve.

MRS. TURNER.

#### MINCED BEEF ROLL.

Two pounds of round steak minced fine, mix with one egg, beaten, put on a dish or meatboard and flatten, make a dressing as for chicken and put in the middle, and fold over the meat into a nice shape, with the dressing well covered. Put in a pan with some good beef dripping, dredge with flour, salt and pepper and bake. Add water when it begins to brown and baste often.

MRS. CROSS.

#### VEAL LOAF.

Three pounds of minced veal (minced finely), two well beaten eggs, one teaspoon of pepper, two teaspoons of salt, three soda biscuits (rolled fine), one tablespoon of cream, about a tablespoon of melted butter. Season with plenty of parsley, a pinch of ground mace, and a little nutmeg. If too dry to mould well, add a little more butter. Roast for about two hours in a moderate oven. Put plenty of dripping (or bacon fat if possible) in the pan, and baste often, if not done in a double roasting pan.

MRS. MUMFORD.

#### PAN BROILED CHOP.

Wipe chop, place in hissing hot pan. Turn until seared on both sides. Cook slowly six or eight

minutes. Place on hot platter, spread with butter. Season with salt and pepper.

MRS. L. E. DODWELL.

#### BEEF LOAF.

Two pounds of minced beef, one cup of bread crumbs, one onion, one cup of cold water, one ounce of butter, one egg. Mix well minced onion and beef, add bread crumbs, water, butter and beaten up egg. Mould the whole on a plate, slip into meat pan, cover well with dripping, put a very little hot water in bottom of pan to keep from sticking. Put in hot oven and baste frequently. When partly cooked scatter dried bread crumbs over top. Roast about one hour.

B. E. CHRISTMAS.

#### BEEF LOAF.

Two pounds of round steak minced, one small onion chopped, one and a half cups of bread crumbs, one egg, one tablespoon of parsley (chopped), juice of one lemon, quarter dash of cayenne pepper, pepper and salt to taste. Mould into a loaf and bake, basting occasionally.

#### SPICED BEEF.

Fourteen pounds of beef (round), half pound of coarse sugar, one ounce of pounded saltpetre, quarter of a pound of allspice, one pound of common salt. Rub the sugar well into the beef and let lie for twelve hours. Then rub the saltpetre and allspice over the meat, and let stand for another twelve hours. Then rub in the salt, turn daily in the liquor for a fortnight. Put on to boil in cold water, remove the scum as it rises, and simmer gently half an hour to each pound.

MRS. E. S. JAQUES.

## JELLIED MEATS

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### JELLIED TONGUE.

Four pounds tongue washed in cold water. Dissolve one cup of salt and a piece of saltpetre in a quart of warm water, and let cool off. Put tongue in this brine for three or four days. Remove and put tongue in pot and pour boiling water over and boil for three or four hours. Pack in mould and cover with a cup of juice and a teaspoonful of Cox's gelatine dissolved in cold water.

MRS. J. H. FOWLER.

### POTTED HEAD.

Cut the pig's head lengthwise into four pieces, the cheeks are better left out and can be salted or pickled. Remove eyes and ears with a sharp knife, cut off the nose, singe and scrape off all hair from head and feet and lay all night in enough cold water to cover with a cupful of salt and half teaspoon of saltpetre. If the hoofs are on the feet they must be taken off as well as all the hair. Next morning wash and scrape well and boil till the meat falls from the bones, put in a tablespoonful of salt while boiling. Any spices can be used, or only salt and pepper. If spices are liked ten cloves, ten allspice, six peppers, three chillies, three bay leaves and one onion can all be tied in a piece

of cheese cloth and boiled with the meat, or only the onion with a tablespoon of sage, salt, and pepper can be used. When cooked separate the meat from the liquor, removing all the bones and gristle, put into a large bowl and cover and let it get quite cold. Put the liquor into another vessel and let that get quite cold. Remove all the fat from the liquor put on the fire to heat, cut the meat with a sharp knife into dice, put all together till heated, but do not let boil, add more salt and pepper if needed, and put into wet bowls to cool.

M. L. E.

#### VEAL AND HAM.

Take two good sized shanks of veal, or three small ones, about one and a half pounds of ham, put on stove with cold water, boil until bones are clean, put meat through meat cutter, pour the liquid over the cut meat, season with pepper and salt. Be careful with the salt, as the liquid may have salt enough from the ham. Put in small basins. It will go solid when cold.

C. P.

#### BEEF ROLL.

One pound of new beef, one pound of streaky bacon, (put these through the mincer twice), half a pound of bread crumbs, two eggs. First mix meat with eggs, adding a small teaspoon of salt (or less if bacon is salt), pepper to taste, half a grated nutmeg, then bread crumbs. Make into a roll, sew up in a cloth and boil for two hours. When cold, glaze if desired. Old fowl or rabbit may be used instead of beef.

M. L. E.

## DEVILED HAM.

Chop lean boiled ham fine, and to every pint of ham add one teaspoon of mustard, one tablespoon of flour, one cup of boiling water. Put in a mould and when cold serve.

M. EARLE POPHAM.

## CREAMED CHICKEN.

One pint of cream sauce, one pint of cold chicken cut fine. Season with pepper, salt, and celery salt. For a variety add half pint of small raw oysters, and cook until oysters are frilled at the edges.

MRS. THOS. WALKLATE.

## RAISED PORK PIES.

Four cups of water, one cup of butter, one cup of minced suet. Boil for ten minutes and watch carefully. Then pour over the flour the boiling mixture to take up as much flour as will make a stiff dough, and then set aside to cool. When cold mould in the usual way, or line a deep dish and fill with pork cut up into little pieces well seasoned with pepper and salt. Cover with a lid of the dough.

MRS. E. S. JAQUES.

## CHICKEN CUSTARD.

Chop cooked breast of fowl and run through sieve, there should be quarter of a cup. Add quarter of a cup white stock and one egg slightly beaten. Season with salt and pepper, celery salt, paprika and slight grating of nutmeg and few drops of essence anchovy. Turn mixture into buttered mould, bake in a pan of hot water until firm, cool, remove from mould and cut in small cubes.

MRS. L. E. DODWELL.

## SALADS AND SALAD DRESSING

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### CHEESE SALAD.

One tablespoonful of vinegar, three of oil, a dash of mustard, salt and pepper to taste. Into this dressing rub some grated or sliced cheese until the whole is smooth, serve on lettuce.

L. E. R.

### MELON SALAD.

Slice the melon into a deep dish, put some thin slices of onions between, season with pepper and salt, cover with a plate, and let stand for an hour. Take out the onion, dress with two parts of oil, and one of vinegar, and one of lemon juice, dust with a little red pepper and serve.

L. E. R.

### CHICKEN SALAD.

Take the meat from a cold chicken, cut up fine, add celery also chopped fine, mix with salad dressing.

L. E. R.

### SALAD DRESSING.

Three eggs beaten separately, to the yolks add three tablespoonfuls of melted butter, one tablespoonful of sugar, one tablespoonful mixed mustard, five tablespoonfuls of vinegar, tablespoonful salt, add the whites beaten stiff. Cook in double boiler until thick.

L. E. R.

## SALAD DRESSING.

Six eggs beaten light, one cup of melted butter, one cup of cream, one cup of vinegar, one tablespoon of mixed mustard, one and a half tablespoons of sugar, salt and pepper to taste. First beat the eggs very light, add melted butter, then cream, and then put the vinegar on the stove and let it come to the boiling point. While the vinegar is heating beat the butter, eggs and cream together very light, then add sugar, salt, and mustard and lastly the vinegar. Beat thoroughly and put on fire in a double boiler, stirring all the time to prevent from curdling. J. G. SWEENY.

## SALAD DRESSING.

Half cup of water, half cup of vinegar, six level teaspoons of sugar, one level teaspoon of mustard, one level teaspoon of salt, one heaping teaspoon of cornstarch, one egg. Put water and vinegar on to boil, mix all the other ingredients together, then pour the boiling liquid on the other things, stirring all the time, put back on the stove and bring to the boil, add a teaspoonful of butter, stir till dissolved and put in a jam jar, this will keep any length of time. When wanted for use a little whipped cream added is a great improvement. M. L. E.

## NORMANDY SALAD.

Stew gently in their own liquor a small tin of French peas, season with a little salt and pepper, add a pinch of sugar. When the peas absorb all the liquor allow them to cool. Chop a half pound shelled walnuts and mix with peas. Pour over it half a cup of boiled dressing or mayonnaise. Serve with lettuce. H. R. M.

## SALAD DRESSING.

Two eggs, one teaspoonful of mustard, two tablespoonfuls of sugar, one teaspoonful of salt, one salt-spoonful of pepper, two tablespoonfuls melted butter, half cup malt vinegar, one cup of milk or cream. Mix the dry ingredients then add a little butter and a little vinegar until all is used. Lastly add scalded milk. Stir and boil until it thickens to a cream.

MRS. J. H. FOWLER.

## SWEET RED-PEPPER SALAD.

One can of sweet red peppers, three cups of chopped celery, one cup of chopped nuts, one cup of mayonnaise, juice of one lemon, half box of gelatine dissolved in half a cup of cold water, to which add one cup of boiling water, little dash of salt and pepper. Put in small cups and chill, serve in lettuce with mayonnaise if desired.

M. OWENS.

## TOMATO JELLY SALAD.

Open one quart can of tomatoes and turn at once from the can into a granite-ware stew pan, bring to boiling point and let simmer ten minutes. Then force through a strainer using a potato masher. Add one teaspoon of salt, one teaspoon of powdered sugar, and two-thirds of a box of gelatine, which has been soaked in half a cup of cold water fifteen minutes. Pour in small cups and chill. Serve in lettuce with mayonnaise.

M. OWENS.

## CREAM DRESSING.

Half a tablespoon of salt, half a tablespoon of mustard, quarter tablespoon of sugar, one egg (slightly beaten) two and a half tablespoons melted butter, three-quarters of a cup of cream, quarter cup of vinegar.

MRS. DAY.

## FRUIT SALAD.

Peel and cut into bits four oranges, blanch a cup of walnuts and set aside to dry, Skin and seed one cup of Melaga grapes, chill thoroughly and serve on lettuce with dressing. Three eggs, half a cup of milk, three tablespoons of butter, half cup of vinegar, one teaspoon of mustard, pinch of cayenne, one tablespoon of flour, three tablespoons of sugar, one tablespoon of salt. Cook in double boiler, and add whipped cream.

MRS. TURNER.

## CHICKEN SALAD.

Boil a good chicken. When done remove bones and cut the meat into very small pieces and lay aside in a bowl. Then boil three eggs seven or eight minutes, chop very fine, enough tender celery to fill a cup, also chop two of the hard boiled eggs, and add eggs and celery to cut up chicken. Salt them slightly and then turn them over and over gently in some of the above mayonnaise, and let stand in a bowl for one hour in a cool place. Just before using, place young and tender lettuce leaves around the salad dish and lay chicken salad in the centre. Have ready four olives, one teaspoon of capers, one hard boiled egg, cut in quarters lengthwise and four or five little sticks of the hearts of the celery. Decorate salad with these olives at corners and sliced eggs in centre. Scatter the capers over all, and pour over at the last three tablespoons of thick mayonnaise. Lobster salad can be made also by following the above directions, using lobster instead of chicken and decorating with the claws, eggs, olives, etc. MRS. H. E. SUCKLING.

## TOMATO JELLY SALAD.

To one can of stewed and strained tomatoes, add one teaspoon each of salt and powdered sugar, and two-thirds box of gelatine, which has soaked fifteen minutes in one half cup of cold water. Pour into small cups and chill. Run a knife around inside of moulds, so that when taken out shapes may have a rough surface, suggesting a fresh tomato. Place on lettuce leaves and garnish top of each with mayonnaise dressing.

## CUCUMBER SALAD.

Peel a nice, even, smooth cucumber, cut in halves, scoop out the seeds, leaving a boat shaped shell, stand in ice water or box till needed. Chop or cut in small pieces enough ripe tomatoes and celery, a little cucumber and a very little onion to fill as many as are needed, season with salt and pepper and mix with the following dressing, or a mayonnaise. DRESSING: Cream together one teaspoon of sugar, one teaspoon of dry mustard, half teaspoon of salt, one small teaspoon of butter. Add yolk of one egg, beat and add half cup of sweet or sour cream; and quarter cup of vinegar. Mix in order given and cook till smooth. Milk may be used with a little more butter, but it is not as nice. E. S.

## POTATO SALAD.

Six potatoes cut in small pieces, one small onion chopped fine, half small cucumber cut in small pieces. A little celery or celery seed. Boil three eggs hard, cut the whites fine, mix with the salad, use any salad dressing and grate the yolks over the top or run them through a ricer. E. S.

## MAYONNAISE DRESSING.

One teaspoon of mustard, one teaspoon of salt, one teaspoon of powdered sugar, few grains cayenne pepper, yolks of two eggs, two tablespoons of lemon juice, two tablespoons of vinegar, one and a half cups olive oil. Mix dry ingredients, add egg yolks, and when well mixed add half teaspoon of vinegar. Add oil gradually, at first drop by drop and stir constantly. As mixture thickens thin with vinegar or lemon juice. Add oil and vinegar or lemon juice alternately until all is used, stirring or beating constantly.

MRS. L. E. DODWELL.

## FRENCH DRESSING.

Half teaspoon of salt, one quarter teaspoon of pepper, two tablespoons of vinegar, four tablespoons of olive oil. Mix ingredients and stir until well blended. French dressing is more easily prepared and largely used than any other dressing.

MRS. L. E. DODWELL.

## BOILED DRESSING.

Half tablespoon of salt, one teaspoon mustard, one and a half tablespoons of sugar, few grains cayenne, half tablespoon flour, yolks two eggs, one and a half tablespoons melted butter, three-quarters of a cup of milk, quarter of a cup of vinegar. Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk and vinegar very slowly. Cook over boiling water until mixture begins to thicken, strain and cool.

MRS. L. E. DODWELL.

## LOBSTER SALAD.

Cut lobster meat in half inch cubes and mix with an equal quantity of finely chopped celery. Season with salt, pepper and vinegar and moisten with mayonnaise dressing. Refill tail, body and under half of large claw shells. Arrange on a bed of lettuce leaves, and sprinkle top with finely chopped parsley.

MRS. L. E. DODWELL.

## MARTINE SALAD.

Drain one can of salmon, rinse and dry and separate in flakes, moisten with Ravigote mayonnaise, arrange on bed of lettuce, mask with mayonnaise, garnish.

MRS. L. E. DODWELL.

## RAVIGOTE MAYONNAISE.

Mix two tablespoons of cooked spinach, one tablespoon of capers, one teaspoon chopped onion, three anchovies, one-third cup of parsley; pound in mortar, force through fine sieve, add to half of recipe of mayonnaise.

MRS. L. E. DODWELL.

## NILE SALAD.

Cut cold cooked chicken in cubes, there should be one and a half cups. Add half cup English walnut meats, heated in butter and salted. Warm through in slow oven, stirring occasionally. Mix chicken and nuts marinate with French dressing and three-quarters of a cup of celery cut in small pieces. Arrange on lettuce leaves and mask with Ravigote mayonnaise.

MRS. L. E. DODWELL.

## MAYONNAISE DRESSING.

Four teaspoons of flour, three teaspoons of mustard four teaspoons of sugar, two small teaspoons of salt, a dash of pepper, enough milk to blend into a thin paste. Now add two eggs and one and a half cups more of milk and last of all two tablespoons of vinegar. Then boil till it thickens and keep stirring all the time.

MRS. TREMAINE.

## SALAD DRESSING.

One egg, one teaspoon of mustard mixed with water, one saltspoon of salt, a dash of cayenne, one large teaspoon of sugar, four tablespoons of vinegar. Boil over the kettle until it thickens, then after it cools add sour cream.

MISS SHAW.

## PUDDINGS AND PIES

### ENGLISH CHRISTMAS PUDDING.

One pound each of raisins, currants, sultana raisins, granulated sugar, suet and mixed peel, half a pound of self-raising flour, half a pound of bread-crumbs, quarter of a pound of almonds, one level teaspoonful of mixed spice, a quarter of a teaspoon of nutmeg, the juice and grated rind of one lemon, eight eggs, one gill of brandy and one gill of port wine. Clean and thoroughly dry all fruit. Mix dry ingredients together, then add eggs well beaten, brandy and port wine with a little milk. Leave all night in covered pan, and add more milk in the morning, if necessary. Put into basin, cover with greased paper, tie in cloth and boil for ten hours.

C. E. W.

### PLUM PUDDING.

Two pounds of raisins, two pounds of currants, one glass of brandy, two cups of finely chopped suet, four large cups of bread crumbs, half pound candied citron cut fine, two large tablespoons of butter (melted), one teaspoon of ground cinnamon, one teaspoon of cloves, four tablespoons of flour, ten eggs. Mix fruit with bread and flour, put in citron, spice and suet, then butter and brandy and two cups of sugar and eggs last. If not stiff enough add more crumbs. Boil four hours without stopping. Almonds are an improvement.

MRS. THOS. P. EARLE.

## MRS. ALLEN'S PLUM PUDDING.

Three cups of flour, two-thirds of a cup of molasses, one cup of milk, one cup of chopped suet or a large tablespoonful of butter, one cup of raisins, three teaspoons baking powder. Cook in steamer for three hours.

M. J. SANBORN.

## APPLE TAPIOCA PUDDING.

Three heaping tablespoons of seed tapioca cooked till clear in about one pint of water, add a pinch of salt, and sweeten to taste. Peel four or five firm apples (cut in half if very large) core them and fill the holes with sugar and a little cinnamon. Put in a baking dish and pour tapioca gently over, dot with small pieces of butter and bake slowly till apples are tender (about one hour) when cool serve with cream.

I. L. RANSOM.

## APPLE BATTER PUDDING.

Pare, core and stew six apples; sweeten and flavor (with spice) to taste. Partly fill pudding dish with the prepared apples, boiling hot and cover with the following batter: One egg well beaten, half a cup of sugar, half a cup (small) milk, one cup flour, one teaspoon baking powder, one tablespoon melted butter. Bake in medium oven about fifteen minutes. Serve hot, with sauce or cream.

L. A. BROWN.

## FIG PUDDING.

One cup of suet, one cup of chopped figs, one cup of flour, one teaspoon of salt, two tablespoons of sugar, one tablespoon of molasses, one teaspoon of baking soda, one teaspoon of lemon juice, one teaspoon of

vanilla, nutmeg to taste. Mix, then thin with water to consistence of cake batter. Put in buttered mould, filling less than two-thirds full. Steam two hours.

E. HILL.

#### BAKED SUET PUDDING.

One cup of flour, one teaspoon of baking powder, one cup of chopped suet, one cup of raisins, one cup of currants, one teaspoon of salt, one-quarter cup of citron or lemon peel. Mix all ingredients together very stiff with a little milk, put in buttered baking dish and cook in a slow oven three-quarters of an hour. Serve with sauce. SAUCE: One dessertspoon of flour, two dessertspoons of butter, three dessertspoons of sugar, one cup of water. Boil until thick, flavour with vanilla or lemon.

B. E. CHRISTMAS.

#### VICTORIA PUDDING.

Take two eggs, and their weight in butter, flour and sugar, add three tablespoons of raspberry jam or marmalade and a pinch of baking soda. Beat well together, pour into a greased mould and steam two hours.

E. A. BUSHELL.

#### CARROT PUDDING.

One cup of sugar, one cup of suet, one cup of raisins, one cup of currants, one cup of potatoes grated, one cup of carrots grated, one and a half cups of flour, one teaspoon of baking powder, pinch of salt. Steam three hours.

MRS. E. S. JAGUES.

#### FIG PUDDING.

One cup of bread crumbs, one cup of chopped suet, two eggs, three tablespoons of sugar, three-quarters of

a pound of chopped figs, one heaping teaspoon of baking powder, three-quarters of a cup of sifted flour, nutmeg and salt, sweet milk to mix. Steam three hours. Serve with wine sauce. H. H.

#### MARMALADE PUDDING.

The weight of three eggs in butter, sugar, flour, and marmalade. Beat the butter to a cream, then add flour, slowly, beat the eggs light and put marmalade in the eggs. Mix all together and put into a buttered mould. Boil three hours. J. Mc. F.

#### BREAD AND BUTTER PUDDING.

Take three or four slices of bread, cut into pieces about two inches square, butter and spread with preserves or marmalade. Two eggs, half a cup of sugar, and one pint of milk or just enough to cover the bread. Bake half an hour in moderate oven. Save the white of one egg to beat and sweeten for top of pudding.

E. M. DOLBEL.

#### ST. JAMES PUDDING.

Three tablespoons of butter, half a cup of molasses, half a cup of milk, one and two-thirds cups of flour, half teaspoonful of soda, half pound of dates, quarter teaspoon of salt, quarter teaspoon of cloves, quarter teaspoon of allspice, quarter teaspoon of nutmeg. Melt butter, add molasses and milk, then the solids.

MISS A. L. JACKSON.

#### GENOA PUDDING.

One cup of suet, one cup of brown sugar, one cup of chopped raisins, one cup of currants, two cups of

flour, one teaspoon of salt, one teaspoon of soda, one cup of sweet milk, spices to taste. Mix together and steam two hours.

MISS L. MAY.

#### SNOWDON PUDDING.

Well butter a pudding basin. Stone quarter of a pound of raisins, arrange them round the pudding basin, pressing the cut side down. Chop fine three ounces of suet, put in a basin with quarter of a pound of bread crumbs, one tablespoon of ground rice, three ounces of sugar, the grated rind of one lemon, and a little salt. Mix well together and add: three ounces of marmalade, two well beaten eggs, half a gill of milk. Pour mixture into the prepared basin, cover with a greased paper and steam one hour.

H. S. G.

#### LEMON PUDDING.

Grated rind and juice of one lemon, two cups of granulated sugar, three small tablespoons of corn-starch, half cup of cold water. Mix thoroughly and cook until it begins to thicken in a pint of boiling water. Remove from fire and stir well through mixture the beaten whites of three eggs. Serve with cream.

E. HILL.

#### DERBY PUDDING.

Six ounces of flour, three ounces of butter, two ounces of sugar, one teaspoon of baking powder, one egg, half a pint of milk. Bake three-quarters of an hour, turn out and serve with jam on top or with hard sauce.

## STEAMED ORANGE PUDDING.

Pour one and a half cups of milk over one cup of grated bread crumbs, add two tablespoons of butter and let it stand for fifteen minutes. Beat four eggs with a quarter cup of sugar, add the grated rind and juice of one orange, and half a lemon and stir into the bread mixture, add two tablespoons of chopped nuts (almonds preferred) and turn into buttered timbale moulds. Steam one hour, serve with hard sauce.

## GINGER PUDDING.

Six ounces of bread crumbs, a quarter of a pound of suet, one ounce of flour, one tablespoon of ginger, two tablespoons of sugar, one tablespoon of golden syrup, one egg, one teaspoon of baking powder. Steam three or four hours. SAUCE FOR PUDDING: One cup of water, one teaspoon of corn starch, one tablespoon of golden syrup, a few pieces of preserved ginger cut small with a little of the ginger syrup, and boil till thick.

Mrs. E. S. JAQUES.

## LEMON PUDDING.

Beat the yolks of two eggs, add two cups of sugar, dissolve four tablespoons of cornstarch in a little cold water. Stir into it two teacups of boiling water. Add the juice of one lemon (if large, two if small), with a little of the grated peel. Mix all together with a teaspoon of butter, and bake about half an hour. When done and cold, spread over the top of the beaten whites of eggs sweetened, and let it colour pale brown in the oven. To be eaten hot or cold. M. J. SANBORN.

## URNEY PUDDING.

Two eggs, their weight in butter and flour, and the weight of one egg in sugar. Cream butter and sugar, add the eggs, and the flour to which salt and a small half teaspoon of soda has been added. Then stir in one large tablespoon of marmalade. Turn into greased mould and steam for one and a half to two hours. Serve with lemon or marmalade sauce. H. S. G.

## RAISIN PUFFS.

One quarter of a cup of butter, small half cup of sugar, one egg, half cup of milk, one cup of flour, one and a half teaspoons of baking powder, salt, three-quarters of a cup of chopped raisins. Steam three-quarter of an hour in cups. Serve with lemon sauce. H. S. G.

## PUMPKIN PIE.

Six tablespoons of granulated sugar, one level teaspoon ginger and one of cinnamon mixed well. Add two tablespoons molasses, the beaten yolks of three eggs and white of one, and two medium size cups of milk, stir into half can of pumpkin. This quantity will make two pies. Bake in a short crust for thirty minutes, then cover with meringue of the whites of two eggs beaten with one tablespoon of granulated sugar. I. L. RANSON.

## CHOCOLATE CREAM PIE.

Mix half a cup of butter, one cup of sugar, then add two-thirds of a cup of sweet milk, two cups of flour, two heaping teaspoonfuls of baking powder, whites of two eggs beaten to a stiff froth. After cake cools, split

and put in half a pint of thick cream beaten stiff and sweetened. Spread over the top two squares chocolate, sweetened and prepared as for cake frosting.

MRS. GUESS.

#### RAISIN PIE.

One cup of raisins, one cup of sugar, one and a half cups of water, two lemons juice and rind, two eggs. Make pastry and line with above filling.

MRS. DAY.

#### BANBURY TARTS.

One cup of raisins, one cup of sugar, one egg, juice and grated rind of one lemon. Chop raisins, add sugar, and egg beaten, lemon juice and rind. Roll rich pastry about one-eighth of an inch thick, cut in rounds, put about two teaspoons of mixture on each. Moisten edges, fold over, prick with fork and bake a light brown.

MRS. D. W. ROSS.

#### RAISIN PIES.

One pound of raisins (seeded), one quart of water, one teacup of molasses. Boil together half an hour, add small piece of butter, one tablespoonful of flour, spices to taste. Boil until the flour thickens it and bake between two crusts. Enough for three pies.

MRS. L. L. WILSON.

#### MINCEMEAT.

Three pounds of raisins stoned and chopped fine, three pounds of currants, three pounds of sugar, three pounds of chopped suet, two ounces of candied lemon

or orange peel, twelve large apples grated, one ounce of cinnamon, two nutmegs, juice of three lemons and the rinds grated, half a pint of brandy.

MRS. THOS. P. EARLE.

#### HARD SAUCE FOR PUDDINGS.

Cream two cupfuls of powdered sugar and half a cupful of butter. When they are well creamed beat in half a teaspoonful of nutmeg and the juice of one lemon. Whip smooth and light. Mould neatly upon a glass dish, and set in the cold to harden.

MRS. J. D'ARCY.

#### DELICIOUS ICE CREAM SAUCE FOR PUDDINGS.

Beat together till creamy, one cup of fruit sugar and one cup of butter, then beat into this the whipped up yolks of two eggs, and a little vanilla, add two table-spoons of boiling water and beat again until it looks almost like ice cream. Then put away till wanted in the ice box, and it will not be any trouble to eat it, with a nice cottage pudding at dinner time.

MRS. H. E. SUCKLING.

#### LEMON FILLING.

Grated rind of one lemon, juice of one lemon. Strain and add one cup of water. Put on to boil and add butter size of a walnut, one dessert spoonful of flour, dissolved in a little water, and add to mixture by degrees stirring all the time. When it thickens boil three minutes, take off, beat yolks of three eggs and add stirring well. Sweeten to taste.

MRS. MITCHELL-JONES.

## DESSERTS

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### MARSHMALLOW CREAM.

One tablespoon of gelatine dissolved in half a cup of cold water and half a cup of hot water, let cool but not congeal. Beat whites of four eggs very stiff, add one cup of sugar and add gelatine slowly, add one teaspoon of vanilla and one teaspoon of almonds, and half a cup of English walnut meats. Mould and serve in slices with whipped cream. After eggs are added keep beating until stiff. If liked take out part before nutmeats are put in and colour and mould in layers.

MRS. W. H. GERKE.

### MAPLE BLANC MANGE.

Boil one quart of milk, moisten four tablespoons of cornstarch with a little cold milk, add one large cup of maple syrup, then gradually stir in the boiling milk and beat to prevent lumping. Cook till thick and then put in mould to cool. Serve with whipped cream.

MRS. W. WRIGHT.

### RICE BLANCHE MANGE.

Three tablespoons of rice. Cook slowly in one quart of milk till all absorbed, add half cup of sugar and one teaspoon of vanilla, allow to cool. Whisk half a pint of sweet cream to stiff froth, add to rice and beat up well. Put into small cups to cool. Serve with stewed or canned fruit.

MRS. C. M. COTTON.

## CHOCOLATE BLANC MANGE.

Half box of Knox sparkling gelatine, one quart of sweet milk, half cup of cold water, one cup of sugar, two ounces of grated chocolate. Soak the gelatine in the water for five minutes. Boil the sweet milk with sugar and grated chocolate and a little salt five minutes, then add dissolved gelatine, stirring constantly. Flavour with vanilla, and pour into mould. Serve with whipped cream.

MISS A. L. JACKSON.

## CAMEL CUSTARD.

Beat six eggs, and strain into a pudding dish (buttered), add one quart of milk and a little vanilla. Put one and a half cups of brown sugar on to boil with a little water, and boil until it is very brown or almost burning. Pour half into the pudding and keep the other half to add a little water to for sauce. Bake in a very slow oven until set.

A. E. FISKE.

## RASPBERRY WATER ICE.

Two cups of sugar, one pint of water. Boil for five minutes, one box of raspberries mashed, juice of two lemons, add syrup when cold, and freeze.

E. B.

## MAPLE CUSTARD.

Five eggs, three cups of milk, three-quarter of a cup of maple syrup, one-quarter teaspoon of salt. Beat eggs slightly, then add syrup, then milk, scalded or cold. Bake in custard cups in a pan of hot water till firm. Serve very cold.

E. B.

## SUNDAY DESSERT.

One quart of cream, two cups of sugar, two eggs, one cup of chopped cherries soaked in rum. Put half

the cream, all the sugar beaten with the eggs, into a double boiler and cook. Add cold cream and freeze. Add cherries when frozen and freeze mixture again.

MRS. MCBRIDE.

#### CHARLOTTE RUSSE.

One pint of cream whipped light, half an ounce of gelatine dissolved in a quarter of a pint of hot milk, whites of two eggs beaten stiff, one teacupful of icing sugar, flavour to taste with vanilla. Fasten lady fingers with white of egg and line mould, mix cream, whites of egg and sugar together, add gelatine last, a little at a time. Beat quickly with a spoon and pour in a mould.

J. H. H.

#### MAPLE MOUSSE.

One cup of maple syrup, yolks of four eggs added when hot. Cool and add one pint of whipped cream and whites of four eggs beaten stiff, put in mould, pack and freeze.

J. H. H.

#### CAFE FRAPPE.

Half a pint of cream, one-third of a glass of milk, half a pint of strong coffee, half cup of sugar. Put all in freezer, pack in ice and salt and let it stand about three hours. Turn in edges from side and bottom of can two or three times. Enough for four persons.

E. M. H.

#### AMERICAN CREAM.

One and a half pints of milk, three eggs, three-quarters of an ounce of gelatine, four dessertspoonfuls of white sugar, a small teaspoonful essence of vanilla or flavouring to taste. The yolks of the eggs must be

beaten separately, and the whites beaten to a snow, each with two dessertspoonfuls of sugar. Dissolve the gelatine in the milk, and bring it to the boil. Pour this over the yolks of the eggs, mixing well together. Return to the pan, and bring it to the boil again. Stir in briskly the stiff whites of the eggs and flavouring, pour into a wet quart mould to set. The fact that the custard has cracked by being brought to the boil causes the mixture to separate, and gives a pretty effect when turned out, pale jelly at the top and light creamy mixture at the bottom. In hot weather it is best made the day before using.

E. M. H.

#### LEMON CHEESE.

One pound of pounded loaf sugar, six yolks and four whites of eggs beaten, juice of five lemons, grated rind of two lemons. Put them into a double saucepan and stir over a slow fire, until it thickens like honey.

MRS. EWING.

#### PINK DELIGHT.

Dissolve half a package of gelatine in half a pint of cold water for fifteen minutes. Add a pint of boiling water, the juice and rind of two large lemons and sugar to taste. When cold, add half a cup of sherry and whip thoroughly. When the jelly is well frothed add half a pint of cream that has been well whipped, colour with a few drops of cochineal or strawberry colouring. Whip all well together, pour into a mould and set on ice until stiff.

A. E. FISKE.

#### FRUIT JELLY.

Half a box of gelatine dissolved in one cup of cold water one hour. Add one cup of sugar, one cup of hot

water, juice of two oranges, juice of two lemons. Strain when cool enough to set, add two bananas, eight figs cut, nine walnuts, grapes, seeded raisins if liked and pineapple. MRS. JEPHCOTT.

#### PINE APPLE PUDDING.

One can of shredded pineapple, one cup of sugar, and cook together slowly for ten minutes. Dissolve one tablespoon of gelatine in half a cup of cold water, then add half a cup of boiling water, and put with the pineapple and sugar. When cool add half pint of whipped cream. Turn into mould. Can decorate with maraschino cherries. Serve with whipped cream around the moulded pudding. MRS. D. W. ROSS.

#### APPLES IN JELLY.

Six large apples peeled, quartered and cored, place in a bowl covered with cold water and add one cup of sugar. This should be done over night. Next morning, strain juice into a saucepan and boil, then drop the pieces of apples into the juice and cook without breaking. Have a mould ready to put the pieces into. While cooking the apple, put half a box of Knox gelatine in a little cold water. When all the apple is cooked, add the gelatine to the syrup, then boil up, flavour to taste, pour out apples and serve cold with whipped cream. L. E. R.

#### CREAM JELLY.

Half an ounce of gelatine, one pint of cream, half a pint of milk, quarter of a pound of sugar, three eggs (whites only) lemon and vanilla flavouring. Dissolve gelatine in milk, while hot add the sugar, then let cool,

but not jelly, have cream whipped stiff, add the mixture, then whites of eggs well beaten, flavour with both lemon and vanilla.

MRS. A. RUTHERFORD.

#### JELLY ROLL.

Four eggs beaten for ten minutes with one cup of sugar, one cup of flour, one teaspoonful of baking powder, salt. Spread on large shallow tin, bake in quick oven. Turn out on cloth, spread with jelly and roll quickly.

H. S. G.

#### BISQUE TORTONE.

Half a pint of cream well whipped, add half a cup of sugar, seven or eight small macaroons rolled and a few drops of ratafia. Put in mould and stand covered in ice and salt for two hours or more.

E. B.

#### RASPBERRY PUFFS.

Cream together two tablespoons of butter, four tablespoons of sugar. Sift in four tablespoons of flour, two tablespoons of corn starch, two teaspoons of baking powder, pinch of salt. Beat up two eggs and add two tablespoons of milk, beat all together. Butter six or seven earthenware cups and put a tablespoonful of raspberry jam, or pitted cherries in the bottom of each with a generous tablespoonful of batter on top. Cook in a steamer for forty-five minutes or an hour. (Enough for six people, this can be divided for three portions).

R. C. R.

#### LEMON PUDDING.

(To be eaten cold.)

Eight eggs, one quart of milk, one tablespoon of butter, one tablespoon of flour, two lemons (juice and

grated rinds). Beat up the yolks and sugar add the flour and butter, then the lemon juice and rind, then pour in the milk which you have previously brought to the boil, let stand to cool. Beat the whites of eggs stiff, add them to the cool mixture and bake about twenty minutes.

MRS. E. S. JAKUES.

#### NONDESCRIPT.

One pint of cream whipped, one-third of a packet of gelatine, one cup of sugar, half cup of sherry, two bananas, half cup of preserved pineapple. Dissolve gelatine in a little milk. Add to the cream with sherry. Let stiffen a little when add sugar, bananas sliced and pineapple, and put in a bowl previously lined with lady fingers. Sprinkle chopped nuts on top.

E. G. CARTER.

#### ORANGE CHARLOTTE.

One-third packet of gelatine, one-third cup of cold water, one-third cup of hot water, juice and pulp of three oranges and a little grated peel, juice of one and a half lemons, white of one egg, one cup of granulated sugar. Dissolve gelatine in the cold water, add hot water and place on the stove with sugar and lemon juice till the sugar dissolves. Take from fire and add orange juice, put in a cool place to set. When not too stiff beat up with fork, add beaten white of egg. Line bowl with lady fingers, fill with jelly and add half a pint of whipped cream (sweetened). Decorate with candied cherries.

E. G. CARTER.

#### LEMON FOAM.

Two cups of hot water, one cup of sugar, two large tablespoons of cornstarch, juice of one lemon, whites

of two eggs. Into an enamel-ware saucepan put the hot water and sugar. When it boils add the cornstarch wet in a little cold water. Stir well as it boils. After cooking for four or five minutes, squeeze in the juice of the lemon. Stir again thoroughly. Take from the stove and set to cool in a pan of cold water. Whip to a froth, the whites of the eggs. When the cornstarch is cool enough, pour slowly over the whites of the eggs. Beat briskly until it is light and foamy. Custard made of one pint of milk, two tablespoons of sugar, yolks of two eggs. To be served with the foam.

MRS. W. F. RAMSAY.

#### TRILBY PUDDING.

Two cups of cream, one pound of walnuts, one pound marshmallows, half cup of sugar (powdered), vanilla to taste. Whip the cream very stiff, cut the marshmallows as fine as possible with scissors, dip frequently in sugar to keep from sticking, mix all together and mould. Decorate with canned cherries.

MRS. H. J. BEAMAN.

#### CARAMEL PUDDING.

Two pounds brown sugar caramelised till it is quite soft. Two eggs, half a cup sugar, three-quarters of a cup of milk, all beaten together. Pour into this liquid slowly stirring all the time until it caramels, then add a piece of butter the size of an egg before taking off the stove. Line the dish with lady fingers dipped in milk, pour in the pudding and cover with whipped cream.

MRS. H. J. BEAMAN.

## LEMON CUSTARD.

One cup of sugar, one cup of sweet milk, one table-  
spoon of butter, three eggs, one lemon. Mix lemon  
juice with yolks and sugar, add butter next, then the  
milk and flour, when the custards are cool spread on  
the whites of the eggs well sweetened and set back in  
oven to brown.

MRS. MITCHELL-JONES.

## CHEESE RECIPES

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### CHEESE AND RICE FRITTERS.

One cup of boiled rice (grains distinct), half a cup of grated cheese, two tablespoons of milk or melted butter, one egg beaten light, one level teaspoon of baking powder, one-quarter teaspoon of salt, two level tablespoons of flour (pastry), lard and butter to fry in. Sift flour, baking powder and salt together three times and then add egg and cheese and other ingredients.

MRS. W. H. GERKE.

### WELSH RAREBIT.

One tablespoon of butter, one-quarter teaspoon of mustard, half pound of soft mild cheese cut in small pieces, one-quarter teaspoon of salt, few grains of cayenne, half a cup of ale or larger beer, one egg. All measurements level. Put butter in frying pan, when melted add cheese and seasoning, as cheese melts add ale gradually while stirring constantly. Then egg slightly beaten. Serve on toast.

MRS. JEPHCOTT.

### CHEESE PUDDING.

Four tablespoons of grated cheese, four tablespoons of bread crumbs, two tea-cups of milk, two eggs, a piece of butter the size of an egg, pepper and salt. Put milk, cheese, bread crumbs, butter and yolks of eggs into saucepan to be heated. Add whites of eggs beaten stiff, stir all together and pour into buttered pie dish and bake half an hour.

MISS CLARE.

## WELSH RAREBIT.

Melt one tablespoon of butter. Stir into it one teaspoon of corn starch, add gradually one cup of thin cream, stir constantly and cook two minutes. Have half a pound of cheese (milk) grated or crumbed, and stir it into the butter till it is melted. Serve poured on the untoasted side of half-toasted and crust trimmed slices of bread.

MISS A. EVERETT.

## CHEESE PUDDING.

Two cups of bread crumbs, one and a half cups of cheese, two eggs, salt, pepper and mustard. Mix all together and moisten with milk to consistency of bread pudding. Bake in oven twenty minutes, with butter on top to brown.

M. EARLE POPHAM.

## BALTIMORE TOAST.

Take two tablespoons of whipped cream, two ounces of grated cheese, one ounce of butter, a little salt and cayenne pepper. Mix above ingredients in a saucepan over the fire, have ready slices of thick toast cut in fingers, spread the mixture on them and lay on the top devilled almonds chopped. One ounce of almonds is sufficient for this recipe.

M. V. D'A.

## CHEESE STRAWS.

Two ounces of flour, two ounces of Parmesale cheese, one ounce of lard, one ounce of butter, one tablespoonful of water, cayenne and salt. Mix all ingredients into light paste with the water, roll out very thin, cut into straws and bake in a quick oven.

M. V. D'A.

## CHEESE OMELETTE.

Take thin slices of bread and butter, cut off the crust, put in the bottom of a baking dish. Grate cheese thickly over the top (a cupful). Then put another layer of bread. Take four eggs, beat light, add two cups of milk and pour into dish, bake until brown, serve hot at once. Bake about twenty minutes.

MRS. D. TORRANCE FRASER.

## BREAD AND ROLLS

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### BREAD ROLLS.

Two sifters of flour, one royal yeast cake, half cup of butter, three-quarters of a cup of sugar, one level tablespoon of salt, one and a half pints of milk, one and a half pints of water, two potatoes boiled and put through a sieve. Set the yeast cake about six o'clock in half a pint of luke warm water. When dissolved add enough flour for a thin batter and leave in a warm place for two hours, then sift the flour, add sugar and salt, and mix well. Add melted butter to scalded milk, potato and water, pour the yeast into the flour then add the liquid luke warm and beat into as stiff a batter as can well be stirred with a spoon; (some flour needs more liquid than others so more water or milk can be added if necessary). Set in a warm place well covered over night, work up in the morning adding enough flour to make it fit to knead, let rise again, knead, roll out and cut in any shape desired; rub over with melted butter, let rise in a warm place till very light. Bake in rather a quick oven from twenty to thirty minutes.

M. L. E.

### BREAD STICKS.

Scald one cup milk and add one-quarter of a cup of butter, half a tablespoon of sugar, and half a teaspoon salt, when luke warm add one yeast cake dissolved in one-quarter cup of lukewarm water, white

of one egg well beaten and flour to knead, let rise again and start baking in a hot oven, reducing heat that sticks may be crisp and dry.

MRS. L. E. DODWELL.

#### NUT BROWN BREAD.

One teaspoon of salt, one cup of walnuts (chopped finely), two cups of fresh milk, one cup of white sugar, two cups of Graham flour, two cups of plain flour, one cup of molasses, one teaspoon of baking soda. Mix in above order, stir soda into molasses until it foams thoroughly, and add it last. Bake in a moderate oven for one to one and a half hours.

MRS. TREMAINE.

#### BOSTON BROWN BREAD.

One cup of rye meal (granulated), one cup of corn meal, one cup of graham flour, three-quarters of a tablespoon of soda, one teaspoon of salt, three-quarters of a cup of molasses, two cups of sour milk, or one and three-quarters of a cup of sweet milk or water. Mix and sift dry ingredients, add molasses and milk, stir well until mixed, turn into a well buttered mould, and steam three and a half hours. The cover should be buttered before being placed on mould and then tied down with string. Mould should never be more than two-thirds full.

B. E. CHRISTMAS.

#### PARKER HOUSE ROLLS.

One cup of milk scalded, one-quarter of a cup of butter, two tablespoons of sugar, half a cake of compressed yeast, a little salt, white of one egg beaten stiff. Have the milk warm, add the butter (melted), salt, sugar and yeast dissolved in a spoon of water, add

flour to make a stiff dough, then add white of egg and thoroughly mix altogether with the hand. When they are raised roll out quite thin; spread with butter, cut and fold over. Let rise in tins until light and bake in a quick oven. If wanted for tea mix in the morning, for breakfast mix the night before.

E. A. BUSHELL.

#### NUT BREAD.

Four cups of flour, three teaspoons of baking powder, two eggs, one cup of chopped walnuts, one and a half cups of milk, half a cup of sugar. Mix all together and let rise for twenty minutes. Then bake. This makes two loaves.

MRS. WHEATLEY.

#### NUT BREAD.

Four cups of flour, four teaspoons of baking powder, one teaspoon of salt (rather scant), one cup of brown sugar, one-quarter of a pound of shelled walnuts, one cup of dates (cut, not chopped), two eggs beaten. Between one and a half and two cups of milk. Let rise for twenty minutes in the pan. Bake in moderate oven for one hour.

M. J. SANBORN.

## CAKES

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### FRUIT CAKE.

One pound of shelled almonds, one pound of butter, one pound of brown sugar, eight eggs, half pound of sifted flour, three-quarters of a pound of stoned raisins, three-quarters of a pound of sultana raisins, three-quarters of a pound of currants, one-quarter of a pound of candied cherries, one-quarter of a pound of candied plums, one-quarter of a pound of candied apricots, one-quarter of a pound of candied pineapple, one-quarter of a pound of citron peel, one-quarter of a pound of orange peel, one-quarter of a pound of lemon peel, one grated nutmeg, one-quarter ounce of ground mace, one-quarter ounce of ground cinnamon, one-eighth ounce of ground cloves, one-half gill sherry (one-quarter cup), half a gill of brandy. Shred the peel very fine, cut the fruit into tiny dice, beat the butter to a cream, add sugar gradually, beat well, beat eggs without separating until creamy. Add the eggs to the butter and sugar and gradually add flour. Beat well, mix fruit and flour it, add the spice to the batter, then add the fruit, beat well, add brandy and sherry. Line the side and bottom of the pan with paper. Steam, then bake in a very slow oven two and a half hours.

A. H. EARLE.

### FRUIT CAKE.

Two pounds of raisins, two pounds of currants, two ounces of citron peel, two ounces of lemon peel, ten

eggs, two nutmegs, one pound of butter, one teaspoon of ground mace, one teaspoon of cloves, one pound of brown sugar, one pound of flour, one heaping teaspoon of soda, one glass of brandy, one cup of crushed almonds. Bake in a slow oven between two and three hours.

MRS. THOS. P. EARLE.

#### FRUIT CAKE WITH BUTTERMILK.

One pound of stoned raisins, one pound of stoned currants, one cup of walnuts, one-quarter cup of citron, two teaspoons of cinnamon, one teaspoon of nutmeg, one teaspoon of cloves, two eggs, one and a half cups of sugar (white), three-quarters of a cup of brown or maple sugar, two cups of buttermilk, one pound of fresh butter, two large teaspoons of soda, one large teaspoon of salt, one and a half pounds of flour, this quantity makes four cakes, which can be baked in bread tins in a slow oven. Bake one and a quarter hours.

B. L. MACFARLANE.

#### FRUIT CAKE WITHOUT EGGS.

One cup of butter, one cup of sugar, one cup of sour milk, one cup of molasses, one teaspoonful soda dissolved in hot water, one coffee cup each of citron, raisins and currants, spices to taste and flour to thicken. Bake one hour.

MRS. L. L. SMITH.

#### PLAIN FRUIT CAKE.

Half a cup of butter, half cup of lard, one cup sugar, one cup of milk, one pound of raisins, one pound of currants, four eggs, one-third of a pound of mixed peel, four teaspoons of all spice, three teaspoons baking powder, five cups of flour. Beat butter, lard,

sugar to cream. Add eggs then milk, flour, baking powder, allspice and fruit last. Bake three hours in a slow oven.

MRS. A. HAMILTON.

#### WHITE FRUIT CAKE.

Cream together half a pound of butter and half a pound of powdered sugar, to this add the whites of six eggs, half a pound of sifted flour and one teaspoon of baking powder. To the beaten whites of six eggs add one-quarter of a pound of shelled almonds, three-quarters of a pound of citron peel, and add to the above. Line your cake tin with buttered paper and bake slowly.

MRS. MISSON.

#### QUEEN CAKE.

Three-quarters of a pound of butter, one pound of granulated sugar, nine or ten eggs, one pound of flour, one teaspoon of baking powder, one pound of raisins cut in halves and floured, one-quarter of a pound of mixed peel. Flavour to taste with vanilla, lemon, etc. Cream the butter and sugar, then the whites, then fruit and flour and flavouring. One-quarter of a pound of almonds blanched and split may be added if preferred.

MRS. D. TORRANCE FRASER.

#### VICTORIA CAKE.

Boil three ounces loaf sugar in four tablespoons of water to a syrup, beat up two eggs, pour the boiling syrup upon them stirring all the time, add four ounces butter, beat well together, then stir in eight ounces flour, four ounces currants, a little candied peel, eight tablespoonfuls baking powder. Bake in a Yorkshire tin. Put a little milk to make batter not too stiff.

D. L.

## JAM CAKE.

One-half pound of flour, four ounces of butter, two ounces loaf sugar, two eggs, one tablespoon baking powder. Make into a paste, put a layer into a plate, then spread with jam, and put another layer on top. Put directly into oven. When cold sprinkle loaf sugar over top.

D. L.

## WALNUT LOAF.

Two eggs, half a cup of sugar, one cup of milk mixed together, three cups of flour, four teaspoons of baking powder, one teaspoon of salt, half a pound of walnuts. Let rise in pan for fifteen minutes. Bake forty-five minutes. Then roll in damp towel.

MRS. JOHNSON.

## SOUR CREAM NUTCAKE.

Three-quarters of a cup of thick sour cream, one cup sugar, one and a half cups of flour, one cup of chopped English walnuts, one egg, half teaspoon salt, half teaspoon soda, half teaspoon baking powder, orange flavor to taste. Bake in loaf tins one hour in moderate oven.

H. R. M.

## WHITE NUT CAKE.

One cup of nuts broken, two cups of sugar, half a cup of butter, one cup of cold water, three cups of flour (after sifting), whites of four eggs, two rounding teaspoons of baking powder. Put baking powder in part of the cold water and add last.

MRS. McBRIDE.

## DATE CAKE.

Half a cup of soft butter, one and a third cups of brown sugar, two eggs half cup of milk, one and three-quarters cups of flour, three teaspoons of cinnamon, three teaspoons of nutmeg, three teaspoons of cloves, three teaspoons of salt, half a pound of dates cut in small pieces. Mix all together at once. Beat for three minutes and bake for forty minutes.

MRS. J. G. SETTLE.

## DATE CAKES.

Two cups of oatmeal, two cups of flour, pinch of salt, two teaspoons of baking powder, one cup of sugar, half a cup of milk, one cup of butter or half butter and half lard, one pound of dates stoned and boiled with half cup of sugar and enough water to keep from scorching. Put dry ingredients together, add shortening, then milk, a little sour milk may be needed.

MRS. KIRKHAM.

## VELVET CAKE.

Cream half a cup of butter, add gradually one and a half cups of sugar, yolks of four eggs beaten thick and half cup of cold water. Mix and sift half cup of cornstarch, one and half cups of flour, four teaspoons of baking powder. Add to first mixture, then add whites of four eggs beaten stiff. After putting in pan, cover with one-third cup chopped almonds and sprinkle with powdered sugar. Bake forty minutes in moderate oven.

MRS. L. E. DODWELL.

## LOAF CAKE.

Mix one pound of flour, half teaspoon of salt and three teaspoons of baking powder. Rub into this half

a pound of butter, ad three-quarters of a pound of currants, quarter of a pound of raisins, half a pound of brown sugar, two ounces of peel and one small nutmeg grated. Mix these ingredients thoroughly with two eggs, four drops of almond essence and a little milk to make a soft dough.

MISS H. YOUNG.

SCRIPTURE CAKE.

	Chapter.	Verse.
Half a cup of butter . . . . .	Judges 5	25
One and a half cups of flour . . . . .	1st Kings 4	22
One cup of sugar . . . . .	Jer. 6	20
One cup of raisins . . . . .	Jer. 6	20
Half a cup of figs . . . . .	1st Sam. 30	12
Half a cup of almonds . . . . .	Gen. 43	11
Half a cup of water . . . . .	Gen. 24	11
Three eggs . . . . .	Iser. 10	14
Half a tablespoon of honey . . . . .	Ex. 16	31
One and a half teaspoons of baking powder, pinch of salt, spice to taste.		

MRS. E. S. JAKUES.

SULTANA CAKE.

Quarter pound of butter, three-quarters of a pound of white sugar, two eggs, one cup of milk, one pound of flour, one teaspoon of baking powder, one pound of raisins well floured. Bake three hours in a slow oven.

MRS. TYTLER.

SULTANA CAKE.

Half a pound of castor sugar, one-quarter of a pound of butter, three eggs, three-quarters of a pound of flour, half pound of sultanas, half pound of ground

rice, three teaspoons of baking powder. These cakes must be fairly stiff, or the sultanas will sink to the bottom. Will make two good sized cakes. MRS. DAY.

#### EAGLE CAKE.

One cup of brown sugar, half a cup of butter, one egg, one cup raisins, half cup of walnuts, two cups of flour, one cup of sour milk, one teaspoonful soda, one teaspoonful of cinnamon, half teaspoonful nutmeg, one-quarter of a teaspoonful of cloves, one pinch of salt. Beat the egg, then add the sugar. Beat the butter to a cream and add, then add the milk with soda, then the spices and add the flour and raisins last. Bake in a slow oven. MRS. H. J. BEAMAN.

#### EAGLE CAKE.

One cup maple sugar, half cup butter, one cup sour milk, one teaspoon soda, two cups flour, one cup raisins, one teaspoon cinnamon, half teaspoon of cloves, half a nutmeg. Cook slowly, no eggs required.

MRS. W. MURRAY.

#### SPANISH BUN.

Yolks of four eggs well beaten, this is when the meringue is used for the top of the cake otherwise take two whole eggs, one cup of brown sugar, half cup of butter, three-quarters of a cup of sweet milk, one and a half cups of flour, two teaspoons of baking powder, one teaspoon of cloves, one teaspoon of cinnamon. Add spice before flour. When meringue is used for top of cake whip very lightly, add four tablespoon of white sugar and brown in oven. E. B. BRYSON.

## SPANISH BUN.

Four eggs (save out three whites), two cups of brown sugar, one cup of milk, three-quarters of a cup of butter, two cups of flour, two to three teaspoons of baking powder, one tablespoon of ground cloves, one tablespoon of cinnamon, bake in long pan. FROSTING. Three whites (stiff), three-quarters of a cup of brown sugar. Put on cake when cold. Brown in oven.

MRS. KIRKHAM.

## SEED CAKE.

Five ounces of butter, five ounces of sugar, five ounces of flour, three eggs, one teaspoon of baking powder, a little lemon flavouring, a dessertspoonful caraway seeds. Beat the butter and sugar to a cream, then add the eggs, one at a time not beaten separately, but heat the mixture well after adding each egg, then add flavouring, flour, baking powder and seeds. Pour into buttered tin, lined at bottom and bake in moderate oven.

E. A. BUSHELL.

## APPLE SAUCE CAKE.

(No eggs or milk needed.)

One and a half cups of stewed apples without sugar, with one (not large) teaspoonful of soda beaten in, one cup of sugar, two cups of flour, half a cup of butter, spice to taste, two cups of raisins.

M. J. SANBORN.

## APPLE CAKE.

One cup of sugar, half cup of butter, one saltspoon of salt, half teaspoon of cloves (or to taste), one cup of chopped raisins, one teaspoon of cinnamon, a little

nutmeg. Cream together the sugar and butter then add other ingredients. Dissolve one teaspoon of soda in a little warm water and stir into a cup of (sour) apple sauce letting it foam over the ingredients in the bowl. Beat all together and add one and three-quarter cups of flour. Bake in a moderate oven forty-five minutes. This will keep a long time and like fruit cake is much better if kept a few days before cutting.

#### BLACKBERRY JAM CAKE.

One cup of sugar, three-quarters of a cup of butter, three eggs, five tablespoons of sour milk, one and three-quarter cups of flour, one cup of blackberry jam, half teaspoon of nutmeg, half teaspoon of cinnamon, one teaspoon of soda. Bake in layers and frost.

MRS. W. H. GERKE.

#### CACOUNA CAKE.

Three tea-cups of brown sugar, two tea-cups of butter (cream well), five tea-cups of flour, five eggs. Dissolve one and a half teaspoons of baking powder in a cup of sour milk or cream, and strain into the cake. Add two wine glasses of sherry, one nutmeg grated, and one pound of stoned and chopped raisins. Half the above quantity makes two nice cakes. Ice with lemon icing and chopped nuts.

MRS. A. FRY.

#### MOCK ANGEL CAKE.

One cup of milk, one cup of flour, one cup of fruit sugar, two teaspoons of baking powder, whites of two eggs (beaten stiff), pinch of salt. Heat the milk to boiling point. Sift other ingredients together four or

five times, stir into hot milk, fold into this, whites of eggs. Do not flavour cake or grease pan, but flavour icing. Bake thirty to forty minutes.

MRS. R. W. SCOTT.

#### LIGHT POUND CAKE.

Three tablespoons of butter, three-quarters of a cup of brown sugar, two eggs, one cup of milk, two cups of flour, two teaspoons of baking powder.

MRS. S. C. JONES.

#### COFFEE CAKE.

One cup of butter, one cup of sugar, one cup of molasses, one cup of cold coffee, one cup of currants, two eggs, half teaspoonful each, cloves, cinnamon and spice, one teaspoonful soda, flour to thicken.

MRS. L. L. SMITH.

#### SUNSHINE CAKE.

Beat whites of ten eggs until stiff and dry, and one and a half cups powdered sugar gradually and continue beating, then add yolks of six eggs beaten until thick and lemon colored and one teaspoon of lemon juice. Cut and fold in one cup of flour mixed and sifted with one teaspoon of cream of tartar and bake one hour in a moderate oven in an angel cake pan.

MRS. L. E. DODWELL.

#### GINGER POUND CAKE.

One cup of butter (scant), five eggs, one and a half cups of fruit sugar, two tablespoonfuls of yellow ginger, one and a half cups of sifted flour, one teaspoonful of baking powder. Cream the butter and add flour

gradually mixed and sifted with the ginger. Beat the yolks of eggs until thick and lemon coloured, add the sugar gradually. Combine the mixtures, add the whites of eggs beaten until stiff, and sift over the baking powder. Beat thoroughly, turn into a deep buttered tin, and bake one hour in a moderate oven.

A. R.

#### LAYER CAKE.

Half a cup of butter, one and half cups of flour, one cup of sugar, half cup of milk, two eggs, one teaspoon baking powder, flavouring.

Mrs. DAY.

#### CUP CAKE.

One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of milk, half teaspoon of salt, two scant teaspoons of baking powder. Mix butter and sugar, add eggs, milk, flour and baking powder. May be baked plain, or caraway seeds, raisins, or citron peel, can be added. Bake in a moderate oven, about one hour.

H. S. G.

#### FRENCH LOAF CAKE.

Two cups of white sugar, one cup of butter, one cup of sweet milk, three heaping cups of flour, three eggs, one teaspoonful of soda, two teaspoonfuls of cream of tartar, lemon flavouring. Put sugar, butter, eggs (not previously beaten), soda and cream of tartar all together, and beat to a froth, add milk and flavouring, then add flour gradually and pour into a cake tin lined with buttered paper. Bake in a moderate oven.

Mrs. W. F. HENEY.

## SPONGE CAKE.

Three eggs separately beaten, one cup of sugar, three tablespoons of water, one cup of flour, two teaspoons of baking powder. Beat yolks and sugar together until white, then add whites of eggs well beaten, then water, mix the powder with flour and add.

MRS. E. K. WATSON.

## WHITE CAKE.

Half cup of butter, one cup of sugar, half cup of milk, one and a half cups of flour, whites of four eggs, one teaspoonful of baking powder. Cream butter and sugar together, then add milk, then beaten whites of eggs, then flour and baking powder, stir hard, bake in two shallow tins in a moderate oven. A chocolate cake may be made same as above with the yolks of eggs and adding half a cup of grated chocolate.

MRS. E. K. WATSON.

## WASHINGTON CAKE.

Half a pound of butter, one pound of sugar, one cup of milk, one pound of flour, one teaspoon of soda, salt and a little grated nutmeg or mace, four eggs, half a pound of raisins. Cream butter and sugar, add the beaten egg yolks, milk, flour and spice, raisins and beaten whites. Moderate oven, about three-quarters of an hour.

H. S. G.

## MOCHA CAKE.

Four eggs, one cup of sugar, two tablespoons of water, one cup of flour, one teaspoon of baking powder, a pinch of salt. Beat the yolks and whites of eggs separately, add the sugar to the yolks, and beat well.

Add the water and beat again, sift in the flour, salt and baking powder. Add the whites of eggs and beat well. Bake slowly. MOCHA ICING. Four tablespoons of butter, ten tablespoons of pulverized sugar, one and a half tablespoons of water, half a teaspoon of vanilla. Cream butter and sugar together and add water and vanilla, and beat well. Spread on the cake and cover with chopped nuts. MRS. E. INWOOD.

#### JELLY CAKE.

One egg, one cup of sugar, butter size of an egg, three-quarters of a cup of milk, two cups of flour, two teaspoons of baking powder, one teaspoon of vanilla. MRS. MUMFORD.

#### STRAWBERRY CAKE (WITH CREAM).

For the cake, take half a cup of butter, cream it alone, then add two cups of sugar and cream again. Beat yolks of three eggs, add with a cup of milk to creamed butter and sugar. Mix three cups of flour with three teaspoons of baking powder, and beat into above. Lastly, add the well beaten whites of the three eggs, and one teaspoon of vanilla. This makes two layers. STRAWBERRY FILLING. Crush two large cups of fresh strawberries with two cups of fruit sugar, and lay thickly between the cakes. Beat into a stiff whip, pint of thick cream, sweetened with two tablespoons of fruit sugar, and flavour with vanilla, pour over cake, top and sides and dot with fresh strawberries. ANOTHER FILLING for the above cake, is three large tablespoons of "Maple Cremo" (sold in tins) melted with cup of boiling water, and then boiled till it threads. Then pour it slowly into the beaten white

of one egg, and one teaspoon of vanilla. Spread between cakes, and on top, and sprinkle thickly with chopped nuts.

MRS. H. E. SUCKLING.

#### JELLY ROLL.

Beat three eggs until light, add gradually one cup of sugar, half a tablespoon of milk, one cup of flour mixed with one teaspoon of baking powder and one-quarter teaspoon of salt, then one tablespoon melted butter. Line bottom of dripping pan with paper and butter sides, cover bottom of pan with mixture and spread evenly. Bake twelve minutes in a moderate oven. Turn out, remove paper, spread with jelly and roll.

MRS. L. E. DODWELL.

#### JELLY FILLING FOR CAKE.

Half a pound of dates, half a pound of figs, one-quarter of a pound of nuts, one glass of currant jelly. Chop fruit and nuts together, mix with the jelly and spread between cakes.

MRS. D. W. ROSS.

#### ORANGE FROSTING.

Add grated rind of one orange to one teaspoon of lemon juice and one tablespoon of orange juice, let stand fifteen minutes. Strain and add gradually to yolk of one egg slightly beaten. Stir in confectioner's sugar until of right consistency to spread.

MRS. L. E. DODWELL.

#### LEMON FILLING FOR CAKES.

Half a cup prepared cocoanut, one egg, one lemon (grated rind and juice), one cup of sugar. Moisten

the cocoanut with milk and after thoroughly beating the egg, place all in a double boiler and cook until the consistency of jelly (about fifteen or twenty minutes.) If there is more than enough filling, add icing sugar to remainder for icing.

J. N. H.

## SMALL CAKES

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### NAVARNA CAKES.

Rub half a pound of butter in three-quarters of a pound of flour, add six ounces of sugar, mix thoroughly with one egg well beaten, divide into portions size of walnut and bake.

MRS. WHEATLEY.

### KISSES.

Fourteen heaping tablespoons of sugar, whites of six eggs, one pound of walnuts cut up pretty fine, one-quarter of a teaspoon of salt, flavour to taste. Beat one hour and bake forty-five minutes in a slow oven.

E. B. BRYSON.

### MAIDS OF HONOUR.

One-quarter of a pound of butter, two eggs, one-quarter of a pound of sugar, one tablespoon of boiled sago, two ounces of cocoanut or ground almonds, rind and juice of half a lemon. Beat butter and sugar to a cream, add eggs and beat again, then other things.

MRS. EWING.

### JOHNNIES.

One-quarter of a pound of butter, one-quarter of a pound of sugar, one-quarter of a pound of flour, one egg, one-quarter of a pound of cornflour, one teaspoonful of baking powder. Rub butter, sugar and egg to-

gether, add flour, etc. Drop teaspoonfuls on to buttered tins, and bake in a moderate oven. When cooked put jam between every two cakes to form a sandwich.

MRS. J. B. BELL.

#### DROP CAKES.

Half a pound of butter, one-quarter pound of sugar, two eggs, two cups of flour, a pinch of soda dissolved in water, a small handful of currants, a little grated nutmeg, drop on buttered pan.

J. Mc. F.

#### SHORT BREAD.

One-quarter of a pound of light yellow sugar, half pound of butter, three-quarters of a pound of flour. Cream butter and sugar with the hand, then work in flour till of a consistency to roll, cut in any shape desired, and cook in rather a quick oven till a light brown. They must be made in a warm place.

M. L. E.

#### WALNUT ROCKS.

One cup of sugar (white) two-thirds cup of butter, one and half cups of flour, half pound of chopped walnuts, half pound of chopped dates or raisins, two eggs, one teaspoon each of cinnamon and cloves (ground), one teaspoon of soda dissolved in hot water. Drop size of walnut on overturned pan. Bake in a hot oven.

MRS. A. RUTHERFORD.

#### CANADIAN ROCKS.

One and a half cups of white sugar, one cup of butter, yolks of three eggs beaten stiff, one cup of sour milk, one teaspoon of soda, three cups of flour, one

teaspoon of ground cinnamon, one teaspoon of vanilla, two cups of chopped walnuts, two cups of chopped dates, one cup of chopped raisins. Mix, then put in whites of three eggs well beaten. Drop in teaspoonfuls on buttered tins.

Mrs. C. M. COTTON.

#### ROCKS.

One pound of flour, half pound of butter, half pound of raisins, half pound of sugar, three eggs, half a nutmeg, one-quarter pound of walnuts, two teaspoons of "Cooks' Friend" baking powder, sifted in with flour. Cream butter and sugar, beat eggs well, add raisins (chopped) and nuts cut up fine then flour and "Cooks' Friend." Drop pieces about the size of a walnut on buttered pans, and bake in a rather quick oven.

A. E. FISKE.

#### HERMITS.

One cup sugar, two-thirds cup of butter, two eggs, one teaspoon soda, one and a half cups of flour, one pound of raisins, one pound of walnuts, one-quarter pound citron peel, cloves and cinnamon to taste. Drop batter and spread flat with knife.

Mrs. W. MURRAY.

#### GRANDMOTHER'S SPICE CAKES.

Half cup of butter, two cups of white sugar, one-third of a cup of finely chopped nuts, one-third of a cup of citron cut in small pieces, four eggs, three cups of flour, one cup of milk, one cup of seeded raisins cut in small pieces, three teaspoonfuls of cinnamon, two teaspoonfuls of cloves, four teaspoonfuls of baking powder. If cakes are liked darker use coffee instead of

milk. Cream the butter and half of the sugar, add yolks of the eggs beaten stiff and the rest of the sugar. Sift the dry ingredients. Dust the fruit with a small portion of the flour. Add flour and milk to sugar, butter and eggs. Cut and fold in whites of eggs beaten stiff, then add the fruit and bake in small pans twenty minutes.

MISS A. L. JACKSON.

#### ALMOND CAKE.

Six ounces of sweet almonds, one-quarter of a pound of sifted sugar, the rind of half a lemon, the white of one egg, puff paste. Blanch the almonds and chop them very fine, rub the sugar on the lemon rind, and pound it in a mortar. Mix this with the almonds and the white of egg, roll out some puff paste, cut it in any shape that may be preferred, and spread the mixture over the paste, bake in an oven not too hot and serve cold.

MRS. MITCHELL-JONES.

#### NUT DROPS.

One cup of butter, one and half cups of brown sugar, three eggs, two teaspoons of mixed spice, one teaspoon of vanilla, two cups of flour (if not stiff enough to stand a spoon in add more), two teaspoons of baking powder, one cup of raisins cut in pieces, one cup of walnuts cut in pieces. Drop small spoonfuls on buttered tins, and bake brown.

MRS. CROSS.

#### MACAROONS.

Beat together the whites of three eggs, put in one cup of icing sugar, thicken stiff with cocoanut, drop on a buttered pan and bake in oven until a light brown.

MRS. H. J. BEAMAN.

## GINGER BREAD AND COOKIES

### GINGER BREAD.

One cup molasses, half cup shortening (butter and lard), one cup brown sugar, melt all together and add two well beaten eggs, one cup milk, three cups of flour, with spices, one teaspoon mixed spice, one tablespoon ginger, half teaspoon salt, last of all, one teaspoon of soda mixed with a little cold water. Bake in a slow oven three-quarters of an hour. L. A. BROWN.

### DELICIOUS SOFT GINGERBREAD.

Two tablespoons of butter, one egg, one cup of sugar, one cup of molasses, one cup of sour cream, one teaspoon of baking powder, one and a half teaspoons of cinnamon, one teaspoon of ginger, two cups of flour. This is rather a small cake, and recipe can be doubled, or cooked in two layers with a simple white frosting between and on top, if liked.

MRS. H. E. SUCKLING.

### HOT WATER GINGER BREAD.

One cup of molasses, one teaspoon of soda, one tablespoon of ginger, one tablespoon of melted butter, two teaspoons of salt, half cup of boiling water, two cups of flour. Mix in order except soda which is last of all, put in the half cup of boiling water, beat well and bake slowly for twenty minutes.

L. A. WHITEHEAD.

## GINGER SNAPS.

Three quarters of a cup of lard, one cup of molasses, half a cup of sugar, half teaspoonful of salt. Bring this to the boiling point and add one tablespoonful of ginger, one teaspoonful of soda, cool and thicken with flour to roll.

MRS. F. W. HENY.

## MOLASSES GEMS.

One and half cups of graham flour, one cup of white flour, two teaspoons of baking powder, half teaspoon of salt, one cup of milk, one cup of hot molasses, one egg. Mix molasses, milk and egg together, add dry ingredients put into gem pans and bake in a quick oven.

M. EARLE POPHAM.

## GINGER SNAPS.

Two pounds of butter, two pounds of sugar (brown) two pounds of molasses, two and a half pounds of flour, seven eggs. Cream the butter, add the sugar, then molasses and eggs, a little baking powder and ginger to taste. Spread very thin on sheets of tin and cut while hot.

MISS CLARE.

## GINGER BREAD.

One cup of molasses, one cup of sour milk, one egg, two cups of flour, half a cup of butter, three table-  
spoons of sugar, two teaspoons of soda, one or two  
tablespoons of ground ginger. Warm the butter,  
molasses and sugar, then add the beaten egg with the  
soda dissolved in the sour milk. Lastly the flour and  
ginger. Bake for half an hour in not too hot an oven.

R. C. R.

## OATMEAL BISCUIT.

Two and a half cups of rolled oats, one and a half cups of flour, three-quarters of a cup of melted butter or bacon dripping, half a cup of hot water, three-quarters of a cup of white sugar, one large teaspoon baking powder. Roll out thin and cut with cake cutter.

C. P.

## OATMEAL MACAROONS.

One cup of white sugar, two eggs, one teaspoon of butter, two cups of rolled oats, half teaspoon of salt, half teaspoon of vanilla, heaping teaspoon of baking powder. Mix well together. Drop a small half teaspoon on well greased pans. Bake in rather a quick oven. Remove from pans as soon as baked.

Miss L. MAY.

## BOSTON COOKIES.

One cup of butter, one and a half cups of brown sugar, three and a quarter cups of flour (scant), one cup of chopped raisins, two large eggs, one-quarter cup of warm water with half a teaspoon of soda, one-quarter of a pound of crystallized ginger (or less will do), drop in greased tins. Mrs. W. F. RAMSAY.

## PEANUT COOKIES.

One tablespoon of butter, one tablespoon of milk, one-quarter of a cup of sugar, half a cup of flour, one egg, two teaspoons of baking powder, one teaspoon of lemon juice, one cup of peanuts finely chopped. Cream the butter and sugar together. Add egg well beaten, lemon juice and milk. Mix and sift flour and baking

powder, stir in nuts and add to first mixture. The mixture should be a stiff drop batter. Drop it by teaspoonfuls on buttered pans one or two inches apart. Bake in a quick oven five or ten minutes.

MISS A. L. JACKSON.

#### NUT COOKIES.

One and a half cups of granulated sugar, three-quarters of a cup of shortening (half lard and half butter) three eggs, one cup of chopped walnuts, one cup of copped raisins, two cups of flour, one teaspoon of baking soda, one-quarter teaspoon of salt. Roll very thin, and cut out with cookie cutter, and bake in a quick oven.

MRS. E. INWOOD.

#### WALNUT DROP COOKIES.

One cup of chopped walnuts, one cup of brown sugar, two eggs, four tablespoons of flour, one teaspoon of baking powder.

A. H. EARLE.

#### VANILLA WAFERS.

Half a cup of butter and lard in equal portions, one cup of sugar, one egg, one-quarter cup of milk, one and a quarter teaspoons of vanilla, two cups of flour, two teaspoons of baking powder, half teaspoon of salt. Cream butter and sugar, eggs well beaten, milk, vanilla, mix and sift dry ingredients, and add to first mixture.

MISS L. MAY.

#### CHOCOLATE COOKIES.

Half cup butter, one cup sugar, one-quarter teaspoon salt, one teaspoon cinnamon, two ounces unsweetened chocolate (melted), one egg, two teaspoons baking powder, two tablespoons milk, two and a half cups

(more or less) flour. Cream the butter and sugar, then add salt, cinnamon and chocolate, now 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.

J. N. H.

## BREAKFAST AND TEA CAKES

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### BREAKFAST POP-OVERS.

One cup of flour, one saltspoon of salt, one cup of milk, one egg (yolk and white beaten separately). Mix salt with flour, add pint of milk slowly until a smooth paste is formed. Add remainder of milk with beaten yolk, and lastly the white beaten to a stiff froth. Bake in hot buttered gem pans, in a quick oven half an hour.

A FRIEND.

### GRAHAM JEMS.

Three-quarters of a cup of yellow sugar, half cup of butter, one egg, pinch of salt, one teaspoon of baking powder, one and half cups of sour milk, one and half cups of graham flour, one cup of wheat flour. Bake about twenty-five minutes in jem-tins, instead of sour milk sweet milk may be used, and two and a half teaspoons of baking powder in the place of the baking soda.

MRS. E. INWOOD.

### MUFFINS.

One egg, one dessertspoon of sugar, half teaspoon of salt, one and a half cups of flour, three-quarters of a tablespoon of melted butter, two and a half teaspoons of baking powder.

MISS CLARE.

## SOUR MILK GRIDDLE CAKES.

Two cups of flour, one teaspoon salt, two tablespoons sugar, one teaspoon of soda, two cups of sour milk, one egg. Mix and beat well and grease hot griddle with bacon fat. Drop tablespoons of batter from end of spoon and have some maple sugar grated and spread on the top when cooked and roll.

MRS. R. W. FOWLER.

## PANCAKES.

One egg, half cup of milk or more, pinch of salt, butter, a little brown sugar, flour to thicken, one teaspoon of baking powder to each cup of flour. Very thin batter.

MISS L. MAY.

## RICE MUFFINS.

One cup of cold boiled rice, one pint of flour, two eggs, one quart of milk, one tablespoon of butter and a little salt, mix thoroughly, beat the mixture well, and bake quickly in a moderate oven.

MRS. EWING.

## SCONES.

Put one pound of flour into a basin with two tablespoons of baking powder and a pinch of salt. Into this rub lightly two ounces of butter and sufficient milk or water to make a light dough, roll it out, divide in flour, make each scone in a round and bake on a floured tin in a brisk oven for twenty minutes.

MRS. EWING.

## SALLY LUN.

Two cups of flour, two eggs, one and half cups of milk, half cup of sugar, two teaspoons of baking powder, one tablespoon of butter. Bake in an oven

(not too quick at first) for about forty minutes, then split open and butter, put parts together and cut for the table in quarters or eighths. Round tins are the best to cook it in.

M. L. E.

#### BLUE BERRY CAKE.

One pint of flour, three tablespoons of butter, two tablespoons of sugar, one egg, one cup of milk, one teaspoon of cream of tartar, half teaspoon of soda. Stir in one cup of berries. To be eaten with butter.

MRS. W. WRIGHT.

#### HYGIENIC GRAHAM GEMS.

(Very Light.)

One pint graham flour, milk and water, half pint each (use no salt.) Have the oven very hot. Place the gem pan on top of the stove and make as hot as a griddle for pan cakes. Mix the graham flour, water and milk together. Stir to a smooth batter, no beating required. Drop a little bit of butter in each division of the gem pan fill them to the brim with the batter. Set them on the grate of the oven ten minutes exactly, move to the bottom of the oven and bake twenty minutes.

#### SCONES.

Half a pound of flour, three ounces of sugar, one and a half ounces of butter or lard, one and a half ounces sultanas, one egg, one small teaspoonful of cream of tartar, half teaspoonful soda.

Rub butter or lard into the flour, add other ingredients with the exception of the soda, which is better if put into the milk. Beat the egg and add very little

milk to make into dough, which then roll out and cut into four. Use a little well beaten egg to brush over the top before putting into the oven. Time required to bake in a hot oven about ten minutes.

### JOHNNY CAKE.

One egg, one and a half cups of sour milk, one and a half cups of corn meal, half cup of flour, two tablespoonfuls of sugar, a small pinch of salt, a piece of butter the size of an egg, one and a half teaspoonfuls of soda if milk is very sour.

MRS. J. D'ARCY.

### TEA CAKES.

Three and a half pounds of flour, half pound of lard, one and a half ounces of yeast. Use half milk and water for mixing into dough. Proceed as for bread. When ready make up into small flat cakes and let rise again in the tins.

MISS D. A. SHAW.

### TEA CAKE.

Half cup of butter, three cups of flour, three eggs, three-quarters of a cup of milk, a little salt, half a cup of sugar, three teaspoons of baking powder. Bake in a long pan, split and butter, or eat hot with butter.

MRS. CROSS.

## EGGS

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### SCRAMBLED EGGS.

Five eggs, half a cup of milk, half a teaspoon of salt, one-eighth teaspoon of pepper, two tablespoons of butter. Beat eggs slightly with silver fork, add salt, pepper and milk. Heat omelette pan, put in butter, and when melted turn in the mixture. Cook until of cream consistency, stirring and scraping from bottom of the pan.

MRS. J. G. CORNELL.

### EGG FARCI.

Cut hard-boiled eggs in halves, crosswise. Remove yolks, and put whites aside in pairs. Mash yolks, and add equal amount of cold cooked chicken or veal, finely chopped. Moisten with melted butter or mayonnaise, season to taste with salt, pepper, lemon juice, mustard and cayenne. Shape and refill whites.

MRS. J. G. CORNELL.

### SCALLOPED EGGS.

Minced ham, bread crumbs, pepper, salt and melted butter, moisten with milk until in a soft paste, half fill patty pans, break an egg over each and sprinkle pepper and salt and powdered cracker on the top of each. Bake until eggs are cooked. Serve hot.

MRS. J. G. CORNELL.

## HARLEQUIN SLICES.

Beat the yolks of three eggs slightly, add two table-spoons of milk and a few grains salt. Pour into small buttered cup, place in pan of hot water and bake until firm. Beat whites of three eggs slightly, add a few grains of salt and cook same as yolks. Cool, remove from cups, cut in slices, pack in a mould and press with a weight. Remove from mould and cut in slices.

MRS. L. E. DODWELL.

## RICH OMELET.

Mix two and a quarter tablespoons of flour and three-quarters teaspoon of salt, add gradually one cup of milk. Beat three eggs until thick and lemon colored, add to first mixture. Heat iron frying pan, put in two tablespoons butter, when butter is melted, turn in mixture. As it cooks lift with a griddle cake turner so that uncooked part may run underneath. Add one tablespoon butter as needed. Cook until mixture is firm, brown, roll and turn on hot platter.

MRS. L. E. DODWELL.

## SPANISH OMELET FOR CHAFING DISH.

One can of tomatoes, one can of french mushrooms, five eggs slightly beaten, salt, pepper (or paprica) and sugar to taste. Thicken a little with a teaspoonful of cornstarch dissolved in cold water. Heat everything but eggs in blazer. When hot stir in eggs and serve on buttered toast.

MRS. GUESS.

## BEAUREGRADE TOAST.

Boil three or four eggs hard. Make a white sauce and add the chopped whites of the eggs to it. Have

ready slices of hot buttered toast, cover with the sauce and sprinkle on top the yolks pressed through a ricer. Garnish with pasley.

H. S. G.

#### TOMATO TOAST.

Cut up a small onion, fry without letting it get too brown. Then put in tomato with a little salt, pepper, and a pinch of white sugar. Beat up the yolk of one egg, mix slowly with tomato, but do not let boil. Spread on buttered toast.

A. E. FISKE.

#### EGGS IN TOMATO SAUCE.

Fry a sliced onion in butter (or dripping), add cut up tomatoes and when cooked pull through colander, add a spoonful of sugar, also pepper, salt and a pinch of cayenne. Put back into the frying pan, and when it comes to the boil, poach the eggs in it. Or the eggs may be cooked separately by buttering a cake tin, breaking them into it, baking in the oven and serving them in the tomato sauce.

#### FRENCH OMELET.

Five eggs (never take more for one omelet) and an eggshell full of cold water, pepper, salt and a pinch of cayenne. Beat well together. Heat the frying pan well before putting in the butter, and let it melt thoroughly. While the omelet is cooking turn the edges over carefully. Omelets can be varied by the addition of cold potatoes cut in small dies, bread crusts cut small and fried in butter, asparagus or mushrooms. If apples are used, omit seasoning and substitute sugar.

## MOONSHINE EGGS.

Butter gem pans well, sprinkle with fine dry bread crumbs, break in eggs being careful to leave whole, sprinkle more crumbs on top, lastly put a piece of butter on top of each and bake till they are set, turn out, and serve hot.

MRS. CROSS.

## SWISS EGGS.

Eight eggs, three tablespoons of grated cheese, one and a half ounces of butter, salt and cayenne, butter eight china ramekin dishes, put a small teaspoon of grated cheese in the bottom of each and add a little seasoning. Break the eggs carefully keeping the yolks whole, lay one in each case, add a little seasoning, place a small piece of butter on top of each and bake until set. Serve hot.

MRS. D. TORKANCE FRASER.

## EGGS A LA BOURGEOISE.

Butter a fireproof pudding dish, cut thin slices of bread, removing crust, and put in pudding dish. Lay on the bread thin slices of cheese, then drop eggs on top as many as required, add pepper and salt and put in a warm oven until the eggs are set.

MRS. D. TORRANCE FRASER.

## EGGS AU GRATIN.

Take six hard boiled eggs, cut in halves mix the yolks with one tablespoon of melted butter, one-quarter teaspoon of salt, a dash of cayenne, half a teaspoon of onion juice, one teaspoon of chopped parsley (if you have it.) Fill the whites with the yolk mixture, place in a shallow dish with the small ends down, cover with

a white sauce made with cream (or milk and butter) and sprinkle over the top two tablespoons of grated cheese. Brown in the oven and serve very hot, this is warranted to be a delicious receipt.

MRS. D. TORRANCE FRASER.

## PICKLES AND SAUCES

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### BROWN MUSHROOM SAUCE.

Cook three tablespoons butter with one slice carrot, one slice onion, one tablespoon raw ham finely chopped, until brown, add five tablespoons flour and when well browned add one and a quarter cups brown stock, strain. Cover mushroom stems with one cup cold water and cook until reduced to one-third of a cup, add to sauce with one teaspoon beef extract, salt and pepper just before serving add half pound mushrooms peeled and cut in pieces and saute in butter five minutes.

Mrs. L. E. DODWELL.

### BROWN MUSHROOM SAUCE.

Melt three tablespoons butter, add few drops onion juice, cook until slightly browned, then add three and a half tablespoons flour and continue browning, pour on gradually one cup of cream. Clean one-quarter of a pound of mushrooms, cut in slices and saute in butter five minutes, add one teaspoon beef extract, salt, paprika. Add to sauce.

Mrs. L. E. DODWELL.

### SWEET CUCUMBER PICKLE.

Seven pounds of ripe cucumber, cut up, three pounds of brown sugar, one quart of vinegar, stick of cinnamon and cloves, about two tablespoons of each. Boil till cucumber is clear.

E. B.

## GREEN TOMATO PICKLE.

One peck of green tomatoes, eight pounds of brown sugar, one gallon of malt vinegar, one ounce each of whole cinnamon, cloves, and allspice. Slice the tomatoes and let it stand over night in salt and water to cover (one pint of salt to four quarts of water) strain well and make a syrup of the sugar, vinegar, and spices, add tomatoes and boil till soft. M. L. E.

## GREEN TOMATO PICKLE.

Slice without peeling four quarts of green tomatoes, peel and slice one quart of onions, and put with these two cups of sugar, one quart of vinegar, one tablespoon each of salt, dry mustard and pepper and half a tablespoon each of allspice and cloves. Put over fire and stew until tender, watching carefully, not to burn. This is better for keeping two months. R. C. R.

## UNCOOKED TOMATO RELISH.

One peck of ripe tomatoes peeled and chopped fine, and drained over night in a thin bag, six medium sized onions, chopped fine, two cups of celery chopped fine, four or five onions chopped fine, one small cup of salt, five cups of vinegar, two ounces of white mustard seed, three pounds of brown sugar. This does not need cooking. Put a small quantity of horse radish in each jar. Allow all to stand for a couple of days and mix frequently before bottling. E. B.

## CELERY SAUCE.

Thirty ripe tomatoes, two red peppers, six bunches of celery, six cups of sugar (less if not desired so sweet) six cups of vinegar, six tablespoons of salt, ten

onions. Chop tomatoes, peppers, celery and onions quite fine and boil all together until thick, and bottle hot.

MRS. E. INWOOD.

#### CHOW-CHOW.

Half peck of green tomatoes, three heads of celery, three red onions, one green pepper, one tablespoonful of salt, one pint of water, in which boil the celery. Cut the tomatoes, onions and peppers into round slices, the celery into pieces about one inch long, boil these ingredients until quite tender, drain thoroughly in a colander and return to the kettle, add one and a half pints of vinegar, one and a half cups of white sugar, half cup of dry mustard, one and a half tablespoonfuls of curry powder. Boil for half an hour. If possible boil the celery separately, but be sure to use the water.

A. R.

#### CHILI SAUCE.

One dozen large tomatoes, four large onions, three red peppers (sliced), chop and salt to taste, one cup of brown sugar. Chop fine and cover with one pint of vinegar and cook three or four hours.

MRS. R. W. FOWLER.

#### CHILI SAUCE.

Twenty large not over ripe tomatoes, five large onions, two red peppers, three green peppers, two and a half cups of vinegar, one teaspoon of ground cloves, one teaspoon of ground allspice, one tablespoon of ground cinnamon, two tablespoons of salt, one cup of brown sugar. Put all in except spices and boil two hours then add spices and boil another hour, bottle when cold.

M. L. E.

## MUSTARD PICKLE.

One quart of large gherkins, one quart of small gherkins, one quart of tiny onions, one quart of cauliflower cut up. Soak for twenty-four hours in one pint of salt to four quarts of water, then cut up two red peppers and two green ones, put all together in the brine and let it come to the boil, then strain and add the following sauce. SAUCE FOR MUSTARD PICKLE. Half cup of flour, nine tablespoons of mustard, one and a half tablespoons of tumeric powder, enough cold water to make a smooth paste, one heaping cup of brown sugar, three quarts of vinegar. Boil all together till it thickens, then add the scalded vegetables and heat thoroughly and bottle when cold. M. L. E.

## GRANDMOTHER'S CURRY LEARNED IN INDIA.

Three or four tablespoons of good butter, or nice beef dripping three onions cut up small, fry these together, do not allow to burn, and then mix in, two dessertspoons good curry powder, and stir well together slowly. Have ready beforehand, a good chicken cut up, and stewed in gravy slightly thickened, or just as nice a beef stew. Add this to the browned curry mixture, also put in two potatoes cut in pieces and cook all over a slow fire till done.

MRS. H. E. SUCKLING.

## DATE CHUTNEY.

Stone two pounds of dates and cook in a cupful of vinegar, with a small onion minced fine, or a clove of garlic. Add half cup of sugar, a good pinch of cayenne pepper, a pinch of salt, and a grate of nutmeg. Cook

slowly until it comes to a paste, beat it, and bottle in sealers, will keep a long time. MRS. E. S. JAQUES.

#### FRENCH TOMATO PICKLE.

Half bushel of green tomatoes, one dozen medium sized onions, one gallon vinegar, two tablespoons each of ginger, mustard, cinnamon, cloves, allspice and pepper, four pounds brown sugar. Slice onions and tomatoes, let stand together overnight in salt and water, drain and cook one-half hour in half a gallon vinegar. Drain off and take half a gallon more vinegar. Put in sugar and spices and cook two hours or more, then put in.

## JAMS AND PRESERVES

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### JAM.

Take plums, pears and apples of equal weight, after being prepared, pare and core pears and apples and skin and stone plums, boil skins, cores and stones in a small quantity of water like you would for jelly, strain and put over fruit. Then add one pound of sugar to one pound of fruit. Boil all together for half an hour or until sets.

C. P.

### EXCELLENT RHUBARB JAM.

To every pound of rhubarb one pound of sugar. To seven pounds of rhubarb the grated rind of one lemon and one ounce of root ginger broken in small pieces. Let stand over night and boil half an hour or more.

MRS. A. FRY.

### FRESH RASPBERRY JAM.

Mash berries to a pulp, add eighteen ounces of sugar to each pound of the fruit. Let all stand over night, then pound again with a wooden masher. Bring to the boil and tie down while hot.

MRS. A. FRY.

### CHIPPED PEARS.

Eight pounds of fruit, eight pounds granulated sugar, three ounces of pressed ginger, three lemons, one pint of cold water. Dissolve sugar in water, add lemon

and ginger, then fruit. Simmer two and a half hours. The pears must be sliced like chipped potatoes. The yellow rind of the lemons chipped and put into sugar, add the juice of the lemons but none of the white inside skin.

L. A. WHITEHEAD.

#### GRAPE FRUIT MARMALADE.

Three large grape fruit, ten cups of water, ten pounds of sugar. Slice peel and put through mincer, cut the inside of the fruit with a knife and remove seeds and put seeds in a muslin bag. Place all in a preserving kettle and pour over ten cups of water. Let stand over night in a cool place. In morning cook one hour, remove seed bag and wash in two cups of cold water and add water with sugar and boil twenty-five minutes. Use all fruit, but core up the centre.

MRS. R. W. FOWLER.

#### TOMATO PRESERVE.

Six pounds of sugar, six pounds of tomatoes, six lemons sliced, three of whole ginger. Boil one hour.

MRS. DAY.

#### QUINCE HONEY.

Five quinces pared and grated, three pints of water, three pounds of sugar. Cook all slowly together until it jellies, about one to one and a half hours. Put in jelly tumblers.

MRS. D. W. ROSS.

#### ORANGE MARMALADE.

Nine sweet oranges, two bitter oranges, one lemon, one pint of water to each orange. Soak the rinds fine-

ly sliced with the pulp for twenty-four hours. Boil for three hours then add sugar, one pound of sugar to one pint of juice and fruit. MISS A. EVERETT.

#### PEAR MARMALADE.

Four pounds of sugar to four pounds of green pears. Pulp and thin rind of three lemons, root ginger in bag, one cup of water. MISS A. EVERETT.

#### ORANGE MARMALADE.

Six large bitter oranges, six pounds of sugar, five quarts of water, slice oranges very thin, pour the water over them, and let stand for thirty-six hours. Boil quickly for two hours (after it begins to boil) add the sugar and boil quickly two hours longer. Boil without a cover. MRS. MUMFORD.

#### ORANGE MARMALADE.

One dozen bitter oranges, four sweet oranges, ten pints of water, twelve pounds of sugar. Cut the oranges in thin slices, taking out the pips and soaking them in one pint of water, but do not put in the pips of the sweet oranges. Put the other nine pints of water over the oranges and soak thirty-four hours, boil till the fruit is clear and falls to the bottom of the pot, then add the sugar and boil till it jellies, when put to cool, add the juice of two lemons and bottle. M. L. E.

#### LEMON MARMALADE.

Six lemons cut as thin as possible, and the seeds taken out. Soak for twenty-four hours in three quarts of water, boil till the lemons are quite clear and sink

to the bottom of the pot, tie the seeds in a muslin bag and boil with it, add six pounds of sugar and boil till it thickens when put in a saucer to cool. M. L. E.

#### RHUBARB AND PINEAPPLE MARMALADE.

Three basins of pineapple, two basins of sugar, five basins of rubarb, five basins of sugar. Let each stand over night in porcelain or granite pans, covered with the sugar. Strain and boil all the juice twenty minutes, add pineapple and boil fifteen minutes, then add rhubarb and boil until clear. H. S. G.

#### PEAR MARMALADE.

Eight pounds of secked pears, eight pounds of sugar, four lemons, half pound of crystallized ginger. Boil the lemon whole in water until the peel can be easily pierced with a broom straw. Chop fine, discarding the seeds. Peel the pears and slice thinly. Put all ingredients into preserving kettle, and simmer gently for two hours, stirring almost constanly. Put up in small glasses or jars. H. S. G.

#### GRAPE FRUIT MARMALADE.

Three large grape fruits, five lemons sliced then reserve aside, cover with cold water and set aside. To each pint of cut fruit add three pints of cold water and let stand twenty-four hours. Then add jelly from seeds and boil hard one hour. Set aside for twenty-four hours. To each pint of boiled fruit and water, add one and a half pounds of sugar. Boil hard till ready to jelly. Will take one hour or a little longer. Must be boiled fast. MRS. D. W. ROSS.

## RHUBARB MARMALADE.

Twelve bunches of rhubarb, one pound of ginger crystallized, six lemons, half pound of almonds, sugar. Cut rhubarb very fine, cut ginger and lemons fine, chop almonds. Add sugar one pound to a pound. Stand over night and boil one hour. A. H. EARLE.

## CHIPPED PEARS.

Eight pounds of pears and eight pounds of granulated sugar, half pound candied ginger root, four lemons. Chip or slice pears, slice ginger root and let them boil together with the sugar for one hour slowly. Boil lemons whole in clear water until tender, then cut in small bits, removing the seeds, add to pears and boil an hour longer. Put in glasses. J. N. H.

## CANDIES

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### TURKISH DELIGHT.

One package of Knox gelatine, one and a half cups of cold water, half a tablet of colouring matter if desired. Allow to dissolve twenty minutes. Add four cups of sugar and three-quarters of a cup of hot water. Stir well on stove till it boils. Boil fifteen minutes. Flavour after taking off stove with either vanilla or lemon. Pour into square buttered pan. Allow to stand twenty-four hours or longer. Cut in squares with knife dipped in pulverized sugar, and also roll the squares in it.

J. C. H.

### NUT FUDGE.

Four cups of brown sugar four teaspoons cocoa (any kind) one cup of milk, small piece of butter one-quarter of a pound of nuts. Place sugar in pan and put the cocoa in cup and blend with a little water. When thoroughly mixed fill the cup with milk, stir into sugar. place on stove and watch it boil. Let it boil fifteen minutes, then put butter in and stir just a second. Test it by putting some cold water in a cup, and dropping a teaspoonful of the boiling liquid into the water. If it goes into a soft ball it is done. Remove from stove and stir in the chopped nuts until it thickens. Then place on buttered pans and cut into small pieces when perfectly set.

A. E. FISKE.

## CHOCOLATE FUDGE.

Two cups of white sugar, one cup of milk, one-quarter of a pound of unsweetened chocolate, butter size of a walnut. Scald the milk then add the butter, sugar, and chocolate broken into small pieces. Boil until it sets when tried in cold water. Take off fire and beat until nearly cold. Then turn out on plates and mark into squares.

J. H. H.

## TAFFY.

Two cups of sugar, one-quarter cup of vinegar, half cup of water. Boil until nearly hard, add large tablespoon of butter and boil until it strings, add vanilla.

MRS. S. C. JONES.

## FUDGE.

Two cups of granulated sugar, one cup of cream or milk, pinch of cream of tartar (when cold). Put on to boil. When boiling well, add two squares of Baker's unsweetened chocolate. Let boil until it falls in little balls in cold water. Then take off fire and beat until creamy. Before whipping add butter the size of an egg and vanilla.

MRS. JOHNSON.

## MOLASSES CANDY.

Ten tablespoons of white sugar, ten tablespoons of water, ten tablespoons of molasses, lump of butter size of an egg, pinch of soda. Boil till hard in water. When cool pull and cut into small pieces.

E. M. DOLBEL.

## TURKISH DELIGHT.

Soak one ounce of gelatine in half a cup of water, two breakfast-cups of white sugar, and half a cup of

water on stove. When at boiling heat add gelatine, and boil twenty minutes. Remove and add the grated rind and juice of one lemon and one orange. Put in a shallow dish which has been dipped in water. When sufficiently jellied cut in squares and roll in powdered sugar. A little sherry improves it. E. M. H.

### MONTMORENCY MAPLE SUGAR CANDY.

(As Made in Quebec.)

Three pounds of maple sugar, one pound of dark brown sugar, two cups of cream, one-quarter of a pound of shelled walnuts (rolled.) Let the sugar and cream dissolve well in a warm part of the fire (not hot.) When well mixed together, place on the fire, and keep boiling, rapidly and evenly, as this ensures the sugary softness (boiling too long makes it hard.) When it begins to pop up and thicken, it is ready to lift off. Place on table and cool it down by stirring constantly and clearing the sides of the saucepan, put in nuts, and when at the stage to pour out, put into two buttered layer cake tins. Use a good iron pot for this candy, it is the best.

MRS. MORTON MASSEY, QUEBEC.

### MAPLE SHUFFLE.

(A delicious Dessert.)

Put in a saucepan the beaten yolks of two eggs, with one cup of maple sugar. Stir constantly till thick (will burn quickly) over the stove. When thick put out to cool. Beat the whites of the eggs, and a pint of whipping cream and add to the cold maple mixture. Blend them well together and put in a mould with close cover.

In summer, set it under ice and salt, and chill for four hours. In winter, set it in snow or ice outside.

MRS. MORTON MASSEY, QUEBEC.

#### DORA'S FUDGE.

Two squares (two ounces) of the unsweetened chocolate (Bakers,) two cups sugar, one cup rich milk, one large tablespoon butter. Melt chocolate and butter together, then add milk and sugar, boil thick like cream (probably fifteen or twenty minutes.) Beat and add vanilla to taste.

#### SEA FOAM (CANDY.)

Two cups brown sugar (light,) one egg white, half cup of cold water, one teaspoon of vanilla, half cup walnut meats chopped. Boil sugar and water together until it threads. Then pour on to the stiffly beaten white, beating constantly. Then add walnuts and vanilla and drop by spoon on to buttered paper. G. L.

#### MARSHMALLOW FUDGE.

Two cups of sugar, half pound of marshmallows, one cup milk, one tablespoon butter, one teaspoon vanilla, two squares chocolate. Boil sugar chocolate and milk for ten minutes or less. Add a portion of the marshmallows cut in pieces before removing from fire, after which add the balance, also butter and vanilla, beating constantly. Pour into buttered pan, making it about one inch in thickness. E. L.

## BEVERAGES

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### ELDERBERRY WINE.

Four quarts of elderberries, four quarts of boiling water. Boil five minutes, strain, add three pounds of sugar, one ounce whole ginger, half an ounce whole allspice, two ounces whole cinnamon. Boil put into a jar to ferment, put in a piece of toast dipped in yeast, let it work till it stops, strain and bottle. Excellent mulled for colds.

M. L. E.

### RASPBERRY ACID.

Four ounces of tartaric acid, twelve pounds of raspberries. Dissolve acid in two quarts of water, when dissolved add raspberries, let stand for twenty-four hours, then strain through a sieve without pressing. To every pint of juice add one and a half pounds of lump sugar, thoroughly dissolve and boil for three minutes not longer, then bottle and cork. For strawberries use citric acid. This is very nice for trifle, pudding sauce or for a drink with soda water. M. L. E.

### LEMON SYRUP.

Four lemons, three and a half pounds of white sugar, one ounce tartaric acid, one quart of boiling water. Pare the thin rind from lemons, to this add the sugar and boiling water, when thoroughly dissolved and cool add the juice of lemons and tartaric acid powder. Remove rind parings and bottle for use.

Mrs. C. M. Cotton.

## GRAPE JUICE, PROPORTIONS.

One cup of Concord grapes to one tablespoon of sugar. Wash and pick over grapes. Cook until they burst. Strain through cloth. Return juice to fire, add sugar, stir until sugar is dissolved, bring to boiling point, and bottle, and seal while hot. H. S. G.

## FRUIT PUNCH. PROPORTIONS.

Juice of two oranges and one lemon, sweeten to taste. When wanted for serving add one large or two small bottles of ginger ale, one large or two small bottles of soda. H. S. G.

## ELDERBERRY BLOSSOM WINE.

One peck of blossoms boiled for twenty minutes in three gallons of water. Strain through sieve. To every gallon of liquid add three pounds of sugar, and the rinds of two oranges and two lemons. Boil twenty minutes. When nearly cold add a piece of toasted bread covered with yeast. Next day put it into a cask with the pulp of the oranges and lemons. Leave open a week or so to ferment. Bottle in six weeks.

H. S. G.

## LEMON SYRUP.

One dozen large lemons, ten pounds granulated sugar, one ounce Epsom salts, two ounces of tartaric acid, two ounces of citric acid, six pints of boiling water. Put acids into bowl with one pint of boiling water and soak over night, or until quite dissolved. Grate rinds and squeeze lemons, add sugar and pour over five pints of boiling water, then add dissolved acids. Let stand twenty-four hours, strain and bottle.

M. L. E.

## COFFEE.

Scald coffee-pot, wash and break one egg and beat slightly. Dilute with half a cup of cold water, add shell and one cup of coffee. Turn into coffee-pot, pour on six cups boiling water and stir thoroughly, place in front of fire and boil for three minutes. Add half cup of cold water and place on back of stove for ten minutes. Serve at once. MRS. L. E. DODWELL.

## UNFERMENTED GRAPE JUICE.

Twenty pounds Concord grapes, wash under tap and pick into granite pot. Crush with potato masher over fire. Scald till skins and pulp are separated. Put in jelly bag and drain over night. Add three pounds sugar and bring to a boil and skin clear. Bottle while scalding hot and seal very securely.

MRS. J. H. FOWLER.

## HOUSEHOLD HINTS

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### AN EXCELLENT WASHING FLUID FOR BLANKETS, FLANNELS OF ANY KIND, AND FOR RUBBING OVER CARPETS.

Three-quarters of a pound of castile soap, one and a half ounces of salt petre, one pint of ammonia, two gallons of water. Scrap soap and add with the salt petre to one gallon of water, when dissolved add the other gallon of wats, when cold add ammonia.

M. L. E.

### ELLIMANS EMBROGATION.

One pint of turpentine, one gallon of white wine vinegar, two egg sells and all, one ounce of gum camphor. Put into a large bottle and cork tightly and shake till dissolved, the shaking need not be done all at once but the sooner the better.

M. L. E.

### PRESERVED CREAM.

Twelve ounces of sugar, dissolve in a little water. allow it to boil, then add twelve ounces of fresh cream. When cold put into bottles, it will then keep for weeks.

MISS D. A. SHAW.

### FOR WASHING BLANKETS.

Boil together one pound of good soap (white castile or "sunlight") cut fine, and three quarts of water.

Mix this in a tub of cold water and soak blankets in it over night. Rince next morning in cold water and hang out to dry.

MISS A. L. JACKSON.

#### 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.

J. N. H.

#### 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.

J. N. H.

#### BEESWAX AND TURPENTINE POLISH.

(For Stained Floors and Furniture.)

This is an excellent old fashioned polish, but needs plenty of "elbow grease." Shred into a pint jar a piece of beeswax the size of an egg, cover with turpentine and let stand till thoroughly dissolved, if too thick to work with easily add more turpentine. It should be of the consistence of very thick cream.

M. V. L.

#### TO REMOVE STAINS.

(Grass Stains.)

To remove them from wash fabrics, wet the article stained in clear cold water and rub well between the hands, no soap to be used.

#### TAR STAINS.

Rub lard or butter thoroughly into them before applying soap.

## MACHINE GREASE.

Wash in cold rain water and soap.

## INK STAINS.

Get a small quantity of salts of lemon from a druggist. Hold the ink spots over a cup of boiling water, and rub powder on with dampness of the steam.

M. V. L.

