The Taste is Right!

- therefore Electric Cooking is successful cooking.

The proof of the cooking is in the taste.

Electric Cooking tastes good - is always good.

And Electric Cooking is easy - it’s simple - it’s clean and enjoyable. It encourages the housewife to bake more.

The absence of dust and dirt, of fumes, of fuel and excessive heat in the kitchen makes this method of cooking the most successful of all and the most popular because -

The Taste is Right!

Toronto Hydro Shops
DALE'S
Where the good Furniture comes from and at such reasonable prices. :: ::

OPEN EVENINGS

304½ - 310 YONGE ST.
WEST SIDE ABOVE DUNDAS

TRY THIS RECIPE

PRINTING—Mix together in equal parts the best Types and Inks with Bryant Press Experience and the result from a printed viewpoint will be wholesome and gratifying. The above recipe can be adapted to any size or quantity.

Actual results can be seen any day in the Printing House of—

THE BRYANT PRESS LTD.
MAIN 2377
131 JARVIS STREET - TORONTO

Beeney Bros.

HIGH CLASS Upholstering

We Specialize on Chesterfields Made to Order

Phone Gerrard 8824
807 DANFORTH AVE.
BANISH THE ICEMAN

THE KEITH ELECTRIC REFRIGERATOR

Cold Sanitary Refrigeration all year round without the expense and bother of ice is what we offer you. Do away with the iceman and his muddy tracking feet. Do away with the experience of running out of ice over Sunday or the holiday. Let the Keith Electric Refrigerator give you automatic, dry, sanitary refrigeration at a fraction of the cost of ice.

It also supplies ice in cubes for table use. Write or phone us for full particulars.

ELECTRICAL SYSTEMS LIMITED
Household Refrigeration Experts
173 KING STREET EAST
TORONTO
“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.

SUNSHINE CAKE

Whites of 11 eggs 1 cup flour
Yolks of 7 eggs 1 level tsp. cream of tartar
1½ cups fine granulated sugar 1 teaspoon vanilla

Beat the whites of eggs very stiff. Beat yolks and stir lightly into whites. Add a teaspoon of vanilla. Add the sifted sugar, then the flour and cream of tartar which have been sifted together three times. Bake from 40 to 60 minutes.

Government House, Toronto. ISABELLE COCKSHUTT
USE
Beaver Brand
Typewriter Ribbon
and
Carbon Paper
TO GET BEST RESULTS
MADE BY
Canada Carbon Ribbon
Company, Limited
73 Adelaide Street, West
TORONTO

Hunter Fur Co.
We Specialize in Coats
415 Roncesvalles Avenue
Toronto

Wychwood Garage
Open Day and Night
Storage for 125 Cars
RING Hillcrest 6188
Limousines for Hire
Accessories Repairs
Painting
1415 Bathurst St.
J. A. BARBER, Manager.

CLEANING
REPAIRING
PRESSING
LADIES GARMENTS A
SPECIALTY.
ALL OUR WORK IS
GUARANTEED TO PLEASE YOU.

DAVE MITCHELL
WE CALL
2466 YONGE STREET
(OPPosite ERSKINE AVENUE)
OUR TELEPHONE NUMBER IS
HUDSON 2427
Foreword

There are cook books and cook books, just as there are cooks and cooks. This is a cook book all by itself. It does not pretend to deal with every detail in the preparation and serving of food, nor does it attempt to reproduce everything that has been said or written on this prolific topic.

The aim has been to furnish a book for housekeepers and for those of average training and capabilities, consequently we have eliminated much that was merely theoretical. Practically every recipe has been put to the test by the compilers of the book, or by women on whose judgment they could rely, so that in sending out this book they feel they are doing a real service to the thousands of housekeepers to whom they come, and it may be, also, to those who sit at their hospitable tables.

THE COMMITTEE.
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Officers</td>
<td>13</td>
</tr>
<tr>
<td>List of Advertisers</td>
<td>14</td>
</tr>
<tr>
<td>Soups</td>
<td>15</td>
</tr>
<tr>
<td>Fish</td>
<td>25</td>
</tr>
<tr>
<td>Meats</td>
<td>35</td>
</tr>
<tr>
<td>Meat Sauces</td>
<td>51</td>
</tr>
<tr>
<td>Vegetables</td>
<td>57</td>
</tr>
<tr>
<td>Salads</td>
<td>65</td>
</tr>
<tr>
<td>Salad Dressings</td>
<td>75</td>
</tr>
<tr>
<td>Puddings and Desserts</td>
<td>83</td>
</tr>
<tr>
<td>Pastry</td>
<td>105</td>
</tr>
<tr>
<td>Tarts</td>
<td>115</td>
</tr>
<tr>
<td>Bread and Muffins</td>
<td>119</td>
</tr>
<tr>
<td>Cakes</td>
<td>129</td>
</tr>
<tr>
<td>Cake Fillings and Icings</td>
<td>157</td>
</tr>
<tr>
<td>Small Cakes and Cookies</td>
<td>165</td>
</tr>
<tr>
<td>Supper Dishes</td>
<td>177</td>
</tr>
<tr>
<td>Jams and Jellies</td>
<td>187</td>
</tr>
<tr>
<td>Pickles and Relishes</td>
<td>197</td>
</tr>
<tr>
<td>Candies</td>
<td>209</td>
</tr>
<tr>
<td>Beverages</td>
<td>215</td>
</tr>
<tr>
<td>Invalid Cooking</td>
<td>223</td>
</tr>
<tr>
<td>Useful Hints</td>
<td>231</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>235</td>
</tr>
</tbody>
</table>
**Officers**

**REGENT**
MRS. JOHN SCHOLES

**CONVENER OF ADVERTISING**
MRS. JAS. GARDHOUSE

**ADVERTISING COMMITTEE**

MRS. JAS. MILLIGAN  
MRS. T. J. CARR  
MRS. E. A. BEER  
MRS. W. F. OLIVER  
MRS. R. B. SMITH  
MRS. F. J. ROWLEY  
MRS. T. J. COO  
MRS. McINNES  
MRS. A. O. HOLLYHEAD  
MRS. C. PEIROTT  
MRS. S. B. GRAHAM  
MRS. N. TILLEY  
MRS. L. N. WATSON  
MRS. T. B. SMYTH  
MRS. GEO. SUTHERLAND  
MRS. A. V. TRIMBLE  
MRS. JAS. SANDILAND

**CONVENERS OF RECIPES**

MRS. McINNES  
MRS. A. O. HOLLYHEAD  
MRS. C. PEIROTT  
MRS. S. B. GRAHAM  
MRS. N. TILLEY  
MRS. L. N. WATSON  
MRS. T. B. SMYTH  
MRS. GEO. SUTHERLAND  
MRS. A. V. TRIMBLE  
MRS. JAS. SANDILAND

**RECIPE COMMITTEE**

MRS. T. A. LYON  
MRS. CHILDERHOUSE  
MRS. A. J. ABERNETHY  
MRS. T. A. LYON  
MRS. A. J. CARELESS  
MRS. W. J. COOK  
MRS. H. C. WILSON  
MRS. THOS. H. SEARS
List of Advertisers

A La Grace Corsets
Aeme Dairy, Ltd.
Adams Furniture Co.
Fred N. Adams
Bloor Food Shop
Banquet Tea and Coffee Co.
Brown's Drugs
Bowes Limited
Bowes 11 Taxi
Burry Bros.
Benjamin Moore & Co., Ltd.
Bures, Ltd.
F. C. Murroughs Furniture Co.
L. M. Benson
Brighton Laundry
Boeckh's Brush Co.
Beehng Bros.
Bryant Press
Barnet Kitchen
Crosse & Blackwell
Canadian Milk Products
Canadian General Electric
Cowan Chocolate Co.
Canadian Chewing Gum Co.
Caulfield's Milk
Crisco
Culley, Brea 1/2, Dover
Canadian Cleaning Co.
Cake & Gift Shop
Cooksville Slate Brick Co.
Canada Metal Co.
City Dairy
Canada Viavi Co.
Chr. Hansen's Canadian Laboratory
Canning's Shoe Repair Stores
Canada Carbon Ribbon Co.
Jas. Cooper
Dominion Chocolate Co.
Danforth Sweets
Dollar Taxi, Ltd.
J. A. Donovan
Doyle Motors
Dale Furniture Co.
Delaware Garage
Elder's Flour Mills
Eggo Baking Powder
Ellis Bros., Ltd.
Electrical Systems, Ltd.
Eno's Fruit Salts
J. S. Fry & Sons
Fred Page Higgins & Co.
Geo. Fuller
Fairweathers, Ltd.
Fosters, Hamilton
Five Roses Flour
Gilhey Foundry Co.
E. W. Gillett & Co.
Gendron Mfg. Co.
Huyler's Chocolates
Hotel Elliott
Chas. M. Henderson & Co.
Hilton Bread Co.
Hunter Fur Co.
J. F. Hartz Co. Ltd.
Hicks' Meat Market
Hotel Carls-Rite
Helen's Corsetiere
Higgins & Burke, Ltd.
Hunt's Furniture
Harris & Sons
Holly's
Inglelnook Tea Rooms
Ideal Bread Co.
Keens, Ltd.
John G. Kent & Sons
Lucas Dye Works
T. A. Lytle & Co.
Lyons & Marks
Luxura Tea
A. Levy
Laura Secord
Lafair Baking Powder
F. W. Matthews Co.
McLaughlin Motor Car Co.
Mission Tea Rooms
Millard-Stauffer
afines Coal Co.
D. McLean
Monarch Pastry Flour
Motor Union Insurance Co.
D. Morrison
Dave Mitchell
James McBainey
W. W. Smith's Bread
Wm. Neilson Co.
Northrop, Lyman & Co.
Northern Aluminum Co.
Nel's Flower Shop
New Method Laundry
Oakland Dairy Co.
Pugsley, Dingman & Co.
Paragon Products, Ltd.
Rattersou Candy Co.
Miss Post
M. Rawlinson
Royal Baking Powder
Ravenswood Dairy
J. H. Remick & Co.
Royal Connaught Hotel
Rodin Bros.
J. B. Smith
Robert Simpson Co.
Seven Sutherland Sisters
Sheet Metal Products
Chas. S. Simpson
Scott's, Butchers and Grocers
Swift Canadian Co.
Scholes' Cafeteria
Swiss Laundry
Swansons, Lorie & Co.
Senior Style Store
F. Simpson & Sons
Shirriff's Extracts
Taylor's Soaps
Toronto Hydro Electric Shops
Tilley's Cleano
Thermos
United Typewriter Co.
Vokes Hardware Co.
G. N. Warren
White Satin Flour
Western Canada Flour Mills
1900 Washer
Chas. G. Whitley
R. F. Wilkes & Co.
Wentworth Arms Hotel
Wychwood Garage
Willy's-Overland, Ltd.
E. W. Wallace & Co.
Walker House
West End Laundry
SOUPS

WHITE STOCK
Ethel Gowlett

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

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

BROWN STOCK
Ethel Gowlett

| 5 lbs. shin of beef | 3 sprigs parsley |
| 8 cups water        | ½ cup tomato    |
| 5 pepper corns      | ½ cup turnip    |
| 5 cloves            | ½ cup onion     |
| 1 bay leaf          | ½ cup carrot    |
| 1 tablespoon salt   | ½ cup celery, coarsely chopped |

Cut the lean meat into small pieces and brown it in a hot frying pan, using the marrow from the bone. Put the bone and fat in the kettle; add the cold water and let stand 20 minutes. Put over the fire and bring to the boiling point; remove the scum as it rises and add the browned meat; cover the kettle, reduce heat and cook at the boiling point for five hours. Add the prepared vegetables and seasoning and cook for 2 hours. Strain immediately.

ASPARAGUS SOUP
H. B. Merrill

To 2½ cupful of the water that asparagus has been boiled in, add 1 pint of milk. Thicken with a tablespoon of flour and add 2 teaspoons of butter, salt, and pepper. When serving, add a few of the boiled asparagus tips.

Where flour is used in soup, use "Victoria"

CREAM OF CARROT SOUP
Mrs. Ward

| 2 medium sized carrots | ½ tablespoon flour |
| 1 cup water            | ½ teaspoon salt    |
| 1 sliced onion         | 1 tablespoon butter |
| 1 bay leaf             | Pepper             |
| 1 pint milk            |                    |

Grate carrots, add onions and bay leaf and simmer in water for half an hour. Remove onion and bay leaf, then add milk. Moisten the flour in a little cold milk, add to the soup, and stir till it thickens. Add salt and pepper, and at last minute the butter. Serve immediately.
If you require
ELASTIC HOSIERY, ABDOMINAL
SUPPORTS, TRUSSES
or any sick room comforts such as
BEDSIDE TABLES, BACK RESTS,
CRUTCHES, INVALID CHAIRS,
COMMODES, WHITE ENAMELWARE,
RUBBER GOODS, ETC.
call and see us.

Private Fitting Rooms. Lady Attendant.

The J. F. HARTZ CO., Limited
24-26 HAYTER STREET TORONTO

PARTICULAR?
About the laundering of your shirts and
collars? So are we. That's the kind of
a laundry to do business with - the par-
ticular kind. You won't get a blue or
yellow collar or shirt from us. No sir!
If any piece we do isn't right, we'll make
it right - at once!

NEW METHOD LAUNDRY
LIMITED
Repairing and Buttons Sewn on. No Charge
"WE KNOW HOW"
SOUPS

CELEBRITY SOUP
Lottie Lane

Put in your beef as for any soup. Add 1 onion, 2 or 3 stalks of celery. When beef has been sufficiently cooked, strain and add as much water as required. 1 dessertspoon butter, a little flour to thicken, flavor to taste.

CREAM OF CELEBRITY SOUP
Lilian Tilson

1 cup chopped celery  
1 pint water, boiling
1 teaspoon salt  
1 onion
1 teaspoon chopped parsley  
4 tablespoons butter

Cook celery with onions in pint of water; when cooked mash, make a white sauce, add pepper and salt; boil five minutes, then add parsley.

CORN SOUP
Doris Prince

1 pint grated corn  
2 tablespoons flour
3 pints boiling water  
Yolks of 2 eggs
1 pint hot milk  
Salt and pepper to taste
3 tablespoons butter

Put in cans from which you have grated the corn in boiling water and boil slowly for 1/2 hour, remove; put in corn and boil till very soft, about 20 minutes, then press through sieve and let simmer, while you rub butter and flour together; add this and stir constantly until thickened; add boiling milk. Cook 1 minute, add beaten yolks. Serve at once.

CHICKEN SOUP
Mrs. Wm. MacInnes

1 qt. stock from chicken bones  
3 medium sized onions
3 level tablespoons rice  
1 stalk celery or pinch cel. salt

Boil bones, gizzard and neck of chicken for 1 1/2 hours and strain. Add rice and celery and onions chopped finely; bring to boil and simmer for two hours. Season and serve. A little milk may be added for variation.

LIMA BEAN SOUP
M. Hutchison

1 cup beans  
1/4 teaspoon pepper
2 quarts water  
1 cup milk
1 bay leaf  
3 tablespoons butter
2 whole cloves  
3 tablespoons minced onion
1 tablespoon flour  
1 tablespoon minced carrot
1 teaspoon salt  
1 tablespoon celery

Soak beans over night in cold water, strain, add the 2 quarts of water and simmer gently till tender (2-4 hours), cook vegetables in fat about 20 minutes, add them to the soup, add other seasonings. Cook one hour longer. Put through sieve, add milk and reheat.
LENTIL SOUP
Hazel Connell

0.5 pint lentils
0.5 doz. pepper corns
3 pints cold water
1 onion

3/4 teaspoon essence of celery
3 sprigs parsley
1 blade mace
Pepper and salt to taste

Wash lentils thoroughly in several waters, then put in saucepan with cold water and all the flavoring ingredients. Boil one hour, then strain, rubbing as much of lentils through sieve as possible. Season with salt and pepper and allow to boil up once before serving.

CREAM OF MUSHROOM SOUP
Mrs. Edwin Olstad

1 pint fresh mushrooms
1/2 onion
Salt and pepper

Yolks of 2 eggs
1 pint white sauce

Saute the mushrooms with the onion in a little butter without browning them. Pass through puree sieve.

NOURISHING LUNCHEON SOUP
Ida Hembruff

1 quart milk
2 tablespoons flour
1 blade mace
2 tablespoons butter
1 tablespoon grated onions
1 red pepper

Yolks of 2 eggs
1/2 cup grated cheese

Reserve on cup of milk, bring remained to a boil with mace, onion and pepper, blend flour and butter, mix well and stir slowly into the boiled milk. When it boils again, add the cheese; stir till it melts, then add salt, pepper and pour the whole over the beaten egg yolks. Stir quickly and serve.

ONION SOUP
R. Clarke

1 or 2 onions
3 tablespoons bacon dripping
Vegetable

Water
Bread or cracker crumbs
Pepper and salt

Peel and chop onions, place in melted dripping in a pan, cover and let them cook for about an hour, then pour over hot the water in which any vegetable has been boiled (cauliflower is the best); stir in stale bread or cracker crumbs; season with salt and pepper.

PEA SOUP
Anne Wilson

2 cups dried split peas
4 quarts water
1 onion

Pork or ham bone
Salt and pepper

Wash and soak peas over night; in morning put peas in pot with water, bone and onion. Cook three or four hours, slowly; then press through a sieve, return to pot, add seasoning, and simmer slowly until ready to serve.
SOUPS

POTATO SOUP

J. Miller

3 onions
1 teaspoon salt
2 tablespoons flour
\( \frac{1}{2} \) teaspoon pepper

2 tablespoons butter
1 teaspoon chopped parsley
1 pint milk
3 large potatoes

Make a white sauce of flour, butter, milk and water; add onions, salt and pepper. When potatoes are cooked, mash and add to sauce. Boil 5 minutes, then strain and add parsley.

Where flour is used in soup, use "Victoria"

POTATO SOUP

Violet Hartley

2 onions
1 tablespoon baking dripping
1 pint water

Mashed potatoes
Salt and pepper

Chop the onions and fry in dripping. Add the water, boiling, and let onions cook in it. Then add milk and thicken with mashed potatoes. Salt and pepper to taste.

POTATO SOUP

1 quart milk
3 potatoes
2 slices of onion
2 tablespoons butter
1 tablespoon flour

\( \frac{1}{2} \) teaspoon celery salt
1 teaspoon salt
1 teaspoon minced parsley
Few grains pepper
Few grains cayenne

Boil potatoes and rub through strainer. Scald milk with onion and celery, remove onion and celery and add hot milk to potatoes, stirring constantly; melt butter, add dry ingredients, stir until well mixed, then add to hot soup. Also add minced parsley and cook 1 minute before serving.

POTATO AND CHEESE SOUP

A. Smith

Boil four good sized potatoes in salted water until tender. In the meantime scald one quart of milk with two slices of onion, a bayleaf and a tablespoon of chopped parsley. Simmer for ten minutes over a very moderate heat and thicken by the addition of a half tablespoon of corn starch mixed to a paste with one tablespoon of softened oleo. Stir until the milk thickens and add the hot potatoes, pressed through a ricer, with salt and paprika to taste. Stir well and strain again. Reheat with two tablespoons of grated cheese and serve.

SPINACH SOUP

H. B. Merrill

Use 1 quart of any kind of soup stock. Chicken stock is best. Add 2 cups of boiled spinach, and salt, pepper and paprika to taste. Let boil for about 20 minutes, strain, and add pieces of macaroni \( \frac{1}{2} \) inch long. Cook in double boiler until macaroni is soft.
SQUASH SOUP
H. B. Merrill

Cook in a double boiler for 20 minutes 1 quart of milk, 1 tablespoon flour, 1 slice of onion, \( \frac{2}{3} \) cupful squash, and salt and pepper to taste. Strain before serving.

CREAM OF TOMATO SOUP
Hazel Gorley

2 cups milk \( \frac{1}{2} \) teaspoon soda
1 1/2 tablespoons butter \( \frac{1}{2} \) teaspoon sugar
1 tablespoon flour \( \frac{1}{2} \) teaspoon salt and pepper
1 cup tomatoes

Put milk in double boiler, mix flour and butter together and add to milk when boiling. Cook tomatoes 20 minutes, then strain and add soda, sugar, salt and pepper. Add to all milk, and serve immediately.

TOMATO SOUP
Mabel Prince

1 pint tomatoes
Pinch soda, salt and pepper
1 teaspoon corn starch mixed smooth in a little water. 1 tablespoon butter.

Put these in a saucepan; when just at boiling point add one pint of warm milk. Strain soup before using.

VEGETABLE SOUP
Mrs. F. E. York

Two cups of white beans soaked over night, in morning cover with five quarts of water. Boil until tender, then add:

4 large sliced potatoes \( \frac{1}{2} \) teaspoon soda in tomatoes
7 onions, chopped fine 1 cup cooked rice
1 quart canned tomatoes

Add \( \frac{1}{2} \) lb. butter, thicken with 4 tablespoons flour. Seal while hot. Dilute with milk when needed.
Aluminum Cooking Utensils are increasing in popularity, they CAN BE OBTAINED FREE for the wrappers from

Write for an Illustrated Catalogue showing the wide range of useful kitchen Articles which are given away for these wrappers.

PREMIUM STORE - 80 KING STREET WEST

Pugsley, Dingman & Co., Limited
Toronto
FISH

HALIBUT, THE FRENCH WAY
Mrs. Lyon

1½ lbs. sliced halibut; cut in pieces and put in a pudding dish, 1 onion cut fine, parsley cut fine, a piece of butter and a bay leaf, 2 cloves, pepper and salt to taste. Cover with water and put in a moderate oven ¾ hours.

BOILED HALIBUT
Mrs. Lyon

Take a nice piece of halibut and put in boiling salt water; boil ¾ hour; serve with cream sauce, with capers.

BROILED HALIBUT
Mrs. A. Cameron

Season the slices with salt and pepper and fry them in melted butter for half an hour, having them well covered on both sides. Roll in flour and broil for ten minutes over a clear fire. Serve on a hot dish, garnishing with parsley and slices of lemon. The slices of halibut should be about an inch thick, and for every pound there should be about three tablespoons of butter.

HALIBUT CUTLETS
Mrs. Ewen McPhee

Cut your halibut steaks about an inch thick, wipe them with a dry cloth and season with salt and cayenne pepper. Have ready a pan of yolk of eggs well beaten and a dish of grated bread crumbs. Put some fresh lard or beef drippings in a frying pan and hold it over the fire till it boils. Dip your cutlets in the egg, and then in the bread crumbs. Fry a light brown; serve up hot. Salmon or any large fish may be fried in the same manner.

HALIBUT A LA RAREBIT
Mrs. L. MacIntosh

Sprinkle two small slices halibut with salt and pepper and lemon juice, then brush over with melted butter; place in a dripping pan or greased sheet, and bake 12 minutes. Remove to hot platter for serving, and pour over it a Welsh rarebit.

BAKED COD STEAK WITH BACON
Mrs. W. Taylor

Procure a slice of cod weighing from one-half to three-quarters of a pound. Wipe it and place on a buttered baking tin. Prepare a mixture of bread crumbs, savoury herbs, and parsley, and bind it with a little beaten egg. Place this upon the fish and season. On top put one or two thin slices of bacon, and bake for about twenty minutes in a moderate oven. Dish up, pour around some anchovy sauce, and serve.
The **PARAGON** Dishwasher has solved the problem of washing dishes in the Home.

The Paragon is the only Domestic Dishwasher in existence which has proved its ability to **Wash, Sterilize, Dry and Polish** dishes, successfully and quickly; eliminating manual labor, the use of soap and dishtowels, and driven solely by the ordinary water-pressure of the ordinary water-main.

The Paragon operates on the Shower-Bath principle. It cleanses thoroughly by a continuous stream of running water, passing through the machine instantly, and carrying with it every particle of foreign matter, leaving dishes and machine perfectly clean, sweet, and sterilized.

The Paragon has put a term to daily kitchen drudgery for delicate hands.

Range of models to suit every need and every pocket-book. Easy terms; deferred payments as desired. Installation free. Free service when installed.

Demonstrations daily at Company’s Showrooms. Our Auto will call for you on request.

**PARAGON PRODUCTS Limited**

475 SPADINA CRESCENT TORONTO

Telephone Trinity 7038 M.
STUFFED HADDOCK
Edith Jones

Take a good sized haddock, remove the tail and fins, leave the head on, and thoroughly dry the fish. Prepare a stuffing of 2 ozs. chopped suet, 2 tablespoons bread crumbs, 1 dessertspoon parsley or mixed herbs, 1 egg, salt and pepper. Mix these well together, pack into the stomach of the fish, sew up the slit with needle and thread, place in a well-greased baking tin, brush it over with egg or milk, sprinkle over a tablespoon of bread crumbs and bake three-quarters of an hour in a moderate oven, basting occasionally.

SMOKED OR FINNAN HADDOCK
Mrs. G. H. Dickson

The following methods for cooking smoked haddock are especially recommended:—

1. Put a smoked haddock into a flat saucepan or frying-pan with a pint of milk, or half milk and half water; sprinkle over a grate of nutmeg and cover the fish with a plate. Cook in front of a fire or in the oven for about twenty minutes; then take up the haddock, place it on a hot dish and serve.

2. Cook one or two haddocks in a Yorkshire pudding tin, with a little water, in the oven for about thirty to thirty-five minutes, according to the size of the fish. When done take up, drain and place on a hot dish. Put a few small pieces of butter over the top and serve.

3. Cook the fish as directed in one of the foregoing ways; remove the bones carefully, and place it on a hot dish. Spread over with fresh butter, and put a few nicely poached and trimmed eggs on top, and serve.

KIPPERED HERRING
Mrs. D. C. Ferguson

Place the herring between a greased gridiron and cook before or over a bright fire for about ten minutes. Dish up, spread a little butter over the top and serve. Another way is to fry the fish over the fire in a frying-pan with a little butter or dripping, but the former method is preferred by most.

BAKED HERRING
Mrs. Jno. McPhee

Six fresh herring, one third teacup vinegar, one-half teaspoon salt, one bay leaf, one-half teaspoon pepper, one-half teacup water.

Fresh herring should not be washed unless in exceptional circumstances. They should be emptied, the heads taken off, the scales scraped off, and then the herring well wiped. With a sharp knife split the herring up the back and lay it open; cut it in half; lift the bone out, beginning at the head; now roll each half up into a nice firm roll, beginning at the head. From six herrings you will have twelve of these rolls. Stand them in a small pudding dish with the back uppermost—they will quite fill the dish. Now pour in half a teacup of water and one-third of a teacup of vinegar, mixed, a bay leaf slipped in at the side, and the pepper and salt. Cover the dish with a plate and cook at the side of the fire or in the oven for half an hour. The herring may be served in the dish in which they are cooked. They are good either hot or cold.
**SALMON SELECT**  
*Mrs. H. W. Hunt*

1 lb. canned or fresh salmon  
1 tablespoon chopped onion  
1/2 cup chopped celery  
1/2 cup chopped parsley  
2 eggs  
Crumbs from 5 soda crackers  
1 teaspoon salt  
1/8 teaspoon pepper

Chop salmon, then add onions, celery, parsley and crackers which have been chopped. When these are thoroughly mixed with the salmon, add eggs well beaten and then seasoning. Place in a greased mould and steam for forty minutes. Serve hot with tomato sauce and peas.

**SALMON ON TOAST**  
*Mrs. R. E. Johnston*

Make a cup of drawn butter sauce by melting 1 tablespoon butter, stir into it 1 tablespoon flour, when smooth add 1 cup boiling milk; season with salt and cayenne pepper. Stir in 1 large cup flaked salmon when quite hot. Add 1 egg, well beaten, with 3 tablespoons sweet cream. Serve on toast very hot.

**SALMON SALAD MOULDS**  
*Mrs. L. Stevenson*

2 cups cold salmon  
1 tablespoon lemon juice  
1 teaspoon chopped parsley  
2 drops Tabasco sauce  
1 tablespoon granulated gelatine  
dissolved in a little water, with enough salad dressing to moisten. Fill small moulds, place on ice for 2 hours. Serve with cucumber cream sauce on lettuce leaf.

**SALMON LOAF**  
*Mrs. E. G. Miske*

1 can salmon, flaked  
5 crackers, rolled fine  
1 cup milk, cooked until smooth  
1/2 cup cream  
3 eggs, well beaten  
Salt and dash of cayenne

Mix well and pour into a buttered dish. Bake until firm in a moderate oven.

**SALMON LOAF WITH RICE**  
*Mrs. L. R. Aird*

One can of salmon, two cups hot boiled rice (one cup before being cooked), two eggs, beaten, two tablespoons melted butter, juice of half a small lemon, salt and pepper to taste; add liquid from salmon can and mix ingredients lightly with a fork; bake in a covered pan set in water one hour in a moderate oven; serve with tomato sauce, made by straining and thickening a cup of canned tomatoes well seasoned. Peas, either fresh or canned, may be used instead of the rice in which case serve with a cream sauce.
STEAMED SALMON
Mrs. Nicolson

1 can of salmon, 4 rolled crackers, 4 well beaten eggs, pepper, salt and a good size piece of butter. Cover with milk; steam four hours.

SALMON CROQUETTES
Mrs. Sandilands

2 cups salmon flaked. Season with salt, pepper, mustard, cayenne; mix in 1 cup rich cream sauce, made by blending together 1 tablespoon butter, 2 tablespoons flour and adding gradually 1 cup hot rich milk or cream. Cook this sauce until smooth and thick, seasoning the same with salt and pepper and celery salt. Spread the salmon mixture on a platter to cool. Heat one cup of canned peas, with 3 teaspoons butter, 1 teaspoon sugar, 2 teaspoons flour, 3 tablespoons cream. When the salmon is cold, shape a portion into a flat cake, put a spoon of the creamed peas in the centre, cover with salmon, shape into a ball, dip in crumbs and beaten egg, and crumbs again, and fry to a golden brown in hot fat. Garnish with parsley.

CREAMED SALMON IN CHAFING DISH
Mrs. G. H. Anderson

Three large tablespoons of butter; melt; stir in a large tablespoon of flour and one-half teaspoon of dry mustard, one cup of milk. Stir until a thick gravy, then stir into this one cup of flaked salmon; season well with salt, pepper and paprika; one-fourth teaspoon of Tabasco sauce and the last thing pour into this one-half cup of catsup. Serve on hot toast or on toasted crackers.

CREAMED OYSTERS
Mrs. Sandilands

1 pint oysters
1 1/2 cups white sauce

Clean and cook oysters until plump, and edges begin to curl. Drain and add to white sauce, seasoned with celery salt. Serve on toast or in patties. 1/4 cup sliced mushrooms are often added to creamed oysters.

SCALLOPED OYSTERS
Mrs. F. Ross

Put alternate layers of oysters and cracker crumbs in a baking dish until dish is filled. Then for the top layer put dry bread crumbs, pieces of butter, size of a walnut, a little salt; then cover with milk. Bake 1 hour.

SCALLOPED LOBSTER
Mrs. E. H. Hood

2 lbs. lobster
1 1/2 cups white sauce
1/2 teaspoon salt

Remove lobster meat from shell and cut in cubes. Heat in white sauce and add seasoning. Refill oyster shells; cover with buttered crumbs and bake until crumbs are brown.
FISH, CURRIED
Mrs. Helliwell

1 lb. cooked fish, ½ pint milk, 1 oz. butter, 1 dessertspoon Royal Indian curry powder, 1 teaspoon flour, 1 finely chopped onion, lemon juice and salt, cod, salmon, halibut, or trout. Divide the fish into large flakes. Heat the butter in saucepan; fry the onion until brown, sprinkle in curry powder and flour and when smoothly mixed add the milk and boil for six minutes. Season to taste. Add a few drops of lemon juice and serve plainly or accompanied by boiled rice; time 15 to 20 minutes. Sufficient for three persons.

KEDGEREE
G. Thompson

This is a good way of using up scraps of fish and plain boiled rice. Take some cold white fish, measure it, and take double its bulk in well-boiled rice. The rice for this should be very well dried, as it will get softer when cooked again; 2 ozs. margarine, 1 raw egg, 1 hard-boiled egg, pepper, salt and a few grains cayenne. Put the butter, rice, fish, into a pan, mix well, then add the egg, well beaten, stir over the fire until very hot, add the seasonings, pile high on a hot dish, and garnish nicely with the hard-boiled egg.

BAKED MACKEREL
M. Parfett

Open the fish, cut off the heads, take out the roes, clean them well, and rub them on the inside with a little pepper and salt. Replace the roes, and season the fish with pounded allspice, black pepper and salt. Lay them in a baking pan, cover them with equal quantities vinegar and water, tie over them strong white paper, doubled, and bake for an hour in a slow oven. Cooked thus, they will keep for several days.

FISH SAUCE
A. G. Garfat

½ cup butter
Yolks 2 eggs
¼ teaspoon salt
Pinch cayenne
½ cup boiling water
1 tablespoon lemon juice

Cream butter, add yolks, one at a time and beat well, then add salt, cayenne and water. Cook in double boiler, stirring constantly until it thickens. Add lemon after taking from stove.

WHITE FISH SAUCE
Mrs. S. L. Holmes

½ oz. cornflour
½ oz. ordinary flour
1½ ozs. butter
½ pint fish stock
1 gill milk
Salt and pepper

Boil the stock and milk with a bay leaf and a slice of onion for five minutes. Melt the butter in a small sauce or stew pan; when hot put in the flour and cornflour and stir over the fire for a few seconds; taking care that the flour does not brown, then slowly pour on the boiled stock and milk. Stir the whole till it boils, and let it simmer for about ten minutes. Strain, season to taste with salt, pepper and a few drops of lemon juice.
DRESSING FOR SALMON LOAF
Mrs. C. E. Mitchell
1 cup sweet milk (added to the juice of salmon) 1 tablespoon butter, 1 tablespoon flour; cook till thick. Add one egg, beaten light and pour over loaf.

SAUCE FOR SALMON
Mrs. C. D. Douglas
Thicken one cup of boiling milk with one teaspoon of cornstarch (or flour) and one tablespoon butter, rubbed together. Add liquid from the salmon, season with salt, cayenne, and one tablespoon tomato catsup. Just before taking from the fire add one beaten egg.

CREAM SAUCE
Mrs. G. F. MacTavish
Two tablespoons butter, two tablespoons flour, one-half teaspoon salt, one-half saltspoon pepper, one pint milk. Melt the butter, add the flour, and stir until the lumps disappear. Pour the milk on gradually, stirring constantly, add the salt and pepper and cook until it thickens.

TARTARE SAUCE
Mrs. D. R. Parker
Put two yolks of eggs in a basin, place it in a shallow pan containing some crushed ice, add one-half teaspoon salt, a good pinch of white pepper, a pinch of cayenne, and one-half teaspoon of mustard. Stir well together and gradually add one-half pint of salad oil, and about one-quarter of a gill of vinegar; when the sauce is smooth and creamy stir in a good tablespoon of cold white sauce, one teaspoon of chopped gherkins, one of chopped capers, one-half of chopped parsley and about one-quarter of a teaspoon of finely chopped tarragon and chervil. Do not mix the gherkins, capers, etc., until the sauce is finished, as it is likely to cause the sauce to turn if put in too soon. A few drops of lemon juice may be added if the sauce is found too thick.
### TIME TABLE—COOKING MEATS AND FISH

#### BAKING OR ROASTING

<table>
<thead>
<tr>
<th>Dish</th>
<th>Rare</th>
<th>Well Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loin or ribs</td>
<td>8-10 min</td>
<td>12-16 min</td>
</tr>
<tr>
<td>Loin or ribs,</td>
<td>12-15 min</td>
<td></td>
</tr>
<tr>
<td>Ribs, rolled</td>
<td></td>
<td>18 min</td>
</tr>
<tr>
<td>Ribs, rolled,</td>
<td>20-30 min</td>
<td></td>
</tr>
<tr>
<td>Fillet, rare</td>
<td></td>
<td>30-60 min</td>
</tr>
<tr>
<td>Fillet, well</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mutton, leg</td>
<td>14 min</td>
<td></td>
</tr>
<tr>
<td>Forequarter</td>
<td>15-20 min</td>
<td></td>
</tr>
<tr>
<td>Lamb, well</td>
<td>15-20 min</td>
<td></td>
</tr>
<tr>
<td>Veal, well</td>
<td>18-22 min</td>
<td></td>
</tr>
<tr>
<td>Pork, well</td>
<td>20 min</td>
<td></td>
</tr>
<tr>
<td>Venison, rare</td>
<td>10 min</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>15-20 min</td>
<td></td>
</tr>
<tr>
<td>Turkey, 10 lbs.</td>
<td>About 3½ hours</td>
<td></td>
</tr>
<tr>
<td>Goose, 10 lbs.</td>
<td>About 3 hours</td>
<td></td>
</tr>
<tr>
<td>Duck, domestic</td>
<td>1-1½ hours</td>
<td></td>
</tr>
<tr>
<td>Wild</td>
<td>30-40 min</td>
<td></td>
</tr>
<tr>
<td>Grouse</td>
<td>30 min</td>
<td></td>
</tr>
<tr>
<td>Fish, 3 to 4 lbs.</td>
<td>45-60 min</td>
<td></td>
</tr>
<tr>
<td>Small fish</td>
<td>20 min</td>
<td></td>
</tr>
<tr>
<td>Beans with Pork</td>
<td>6-8 hours</td>
<td></td>
</tr>
</tbody>
</table>

#### BROILING

<table>
<thead>
<tr>
<th>Dish</th>
<th>Rare</th>
<th>Well Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steak</td>
<td>4-10 min</td>
<td></td>
</tr>
<tr>
<td>1 inch thick</td>
<td>8-12 min</td>
<td></td>
</tr>
<tr>
<td>1½ inch thick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td>20 min</td>
</tr>
<tr>
<td>Quails</td>
<td>8 min</td>
<td></td>
</tr>
<tr>
<td>Fish Slices</td>
<td></td>
<td>12-15 min</td>
</tr>
<tr>
<td>or Steaks</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### FRYING

<table>
<thead>
<tr>
<th>Dish</th>
<th>Rare</th>
<th>Well Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smelts and Fish</td>
<td>3-5 min</td>
<td></td>
</tr>
<tr>
<td>Breaded Chops</td>
<td>8-10 min</td>
<td></td>
</tr>
<tr>
<td>Breaded Cutlets</td>
<td>15 min</td>
<td></td>
</tr>
<tr>
<td>Raw Potatoes</td>
<td>4-8 min</td>
<td></td>
</tr>
</tbody>
</table>
MEATS

Meats—Should be a smooth fine grain of a clear bright red color. The fat white, and requires fifteen minutes to the pound, if preferred a little under-done; well done requires twenty minutes to the pound.

Veal—To be good should have the flesh firm and dry, fine grained and a delicate pinkish color, twenty minutes to the pound.

Mutton—Is good when the flesh is a bright red, firm and juicy and a close grain, the fat firm and white.

Pork—If young the lean will break when pinched smooth, also when nipped with the fingers, the skin will break and dent; if the rind is rough and hard it is old. Twenty minutes to the pound.

All Salt Meats—Should be put on in cold water, to extract the salt while cooking.

Fresh Meats—To be boiled and served with sauces at the table, should be put to cook in boiling water: when the outer fibres contract, the inner juices are preserved.

Meats for Soup—Put the meat in cold water to extract the juices for the soup. Add boiling water and keep constantly boiling but gently. Twenty minutes for each pound of fresh meat.

RELISHES TO ACCOMPANY MEATS

Roast Beef ............................................. Grated Horseradish
Roast Veal ............................................. Jelly
Roast Lamb ............................................. Mint Sauce
Roast Pork ............................................. Apple Sauce
Roast Mutton .......................................... Caper Sauce
Broiled Porterhouse Steak and Veal Cutlets ........ Mushroom Sauce
Broiled Steaks and Chops ............................. Tomato Sauce

ROAST BEEF
Miss F. Learn

Put roast in pan with a piece of fat on top, a little water to keep from burning. Dredge with salt and pepper (an onion on top of roast is very tasty) and roast in a moderately hot oven.

SWISS STEAK
Jean Simser

3 lbs. round steak, 1½ inches thick.

Put in covered meat pan; cover with chopped onions, chopped green peppers, and pour over all a large can of tomatoes. Bake very slowly for three hours.

BEEF STEAK
Mrs. W. Hunter Morton

Pound steak well with edge of saucer; butter size of an egg; pan very hot. Dredge the steak in flour and brown in pan on both sides. Salt and pepper to taste. Add about 1 cup of boiling water and let simmer about an hour, adding more water when necessary.
Telephone Main 2120

JAMES McBURNEY
Meat and Provision Merchant

86 QUEEN ST. W. TORONTO

Butter and Eggs. Vegetables of all kinds in season.

MOTORISTS will find the
Wentworth Arms Hotel
Main St., East near James St.

HAMILTON
More like country club than a Hotel
Rest or revel as you choose while seeing the Niagara District.

HICKS MEAT MARKET
For First-Class Meats and Poultry.

A Large Supply Always on Hand.

"Service Our Motto"

627 Queen Street West
Adelaide 1841-1842
ROUND STEAK STEW
Mrs. G. O. Merson

2 lbs. round steak
1 can of tomatoes
1 sweet red pepper
2 good sized onions
1 stalk celery

Brown steak, then pour in tomatoes, very little water. Add green pepper, onion and celery. Cook about 3 hours or until tender. Thicken. Add pepper and salt to taste.

PRESSED BEEF
F. Webb

Boil till tender, a beef shank, chop fine and season highly with salt, pepper and any other seasoning you prefer; boil down liquor and pour over meat. Press in a mould and when cool cut in slices.

FRIED BEEFSTEAK—ONION
L. M. C.

Butter is preferred in the pan and when butter is just smoking, put in steak and fry; season with salt and pepper and add a little water to gravy, add a little flour if you like it thickened, and stir until smooth. If you wish onions, fry in butter to a light brown color and pour over steak.

BEEFSTEAK BROILED AND MUSHROOMS
Mrs. J. McQuin

Cook steak. Take mushrooms, put in a pan with a cup of sweet milk (or cream) and butter, pepper and salt to taste; let simmer ten minutes, and pour over steak.

HAMBURGER STEAK (TWO WAYS)
Mrs. R. Bowbanks

Take round steak, mince, chop one onion, season with salt, pepper, mix and make into little cakes and fry in deep lard to a golden brown. Serve with parsley and slices of lemon, or cover meat with water, salt and pepper; add chopped onion and cook; thicken with flour and serve with mashed potatoes.

POT ROAST
Doris Lane

Get a three pound pot roast. Trim carefully. Put a tablespoon of lard into the kettle and when boiling hot, put in the meat. Brown on all sides, then cover with boiling water. Boil rapidly, skimming when necessary. Half an hour before meat is done, cut a medium sized onion into slices and add it to water together with a bay leaf, four cloves, six peppercorns, half a stick of celery and a half-inch stick of cinnamon. Place the meat in a deep platter when it is done, and spread it thinly with grated horseradish. Strain the remaining liquor and make a brown sauce to pour over this. Dumplings are very nice served with this roast.
A Greater Overland
Known as
Model "91"
Is now available in Touring,
Roaster, Coupe and
Sedan Types
WE are sure YOU would
like to see this New Overland
type of cars. Please step to
your telephone and call Ade-
laide 7777 and a courteous,
efficient driver will be at your
service for a demonstration.
WILLYS - OVERLAND, Limited.
100 RICHMOND ST., WEST
BUY AN OVERLAND

A Recipe
For Sausage Rolls
Make a dough as for Baking
Powder Biscuit. Roll and cut in-
to pieces four inches wide and
twice as long. Put a sausage in
a piece of the dough and roll up.
Press the ends together and
bake half an hour.

We Specialize in Finest Fresh
Made Creamery Butter and
Strictly New Laid Eggs. Also
Mild Cured Bacon and Pure
Pork Sausage that are different.
Delivery Prompt and Regular.

E. W. WALLACE CO. -
LIMITED
PHONE Trinity 6825

Phone Trinity 5550

JOSEPH COOPER
BUTCHER
Purveyor of Meats,
Poultry and Provisions

JOSEPH COOPER
BUTCHER
Purveyor of Meats,
Poultry and Provisions

GEO. FULLER
CARLAW AVENUE, TORONTO

Something Tasty
for Breakfast
Try the well-known
LILLY BRAND
Ham and Bacon
Ham is Everybody's Dish—Ham
Served with Eggs in the Morning, Cold
Ham for Lunch, or Boiled Ham for
Dinner. Few other meats can answer
so many purposes. You'll relish our
tender, very mild cured Lilly Brand
Ham and Bacon, that have made an
enviable reputation for us.

Sold by All First-class Butchers and Grocers,
MEATS

BEEF LOAF
T. A. C.

One and a half pounds of veal or beef, minced very fine and uncooked. Two crackers, crushed very fine, one egg, one-fourth cup of milk, butter the size of an egg, one teaspoon salt, one-half of pepper; mix in shape of a loaf, and bake in an oven one hour, basting often.

VEAL CUTLETS
E. J. Fisher

Dip each one in beaten egg, then in crumbs and fry. Put pan on back of stove, cover tightly and steam for an hour and a half. Simmer in a sauce-pan the bones and trimmings of the cutlets for stock. Make a gravy of some of the stock to which add two-thirds of a cup of tomato sauce, and strain over the cutlets. Decorate with small slices of lemon, with parsley and a little crisp bacon.

VEAL AND BACON ROLLS
Mrs. H. Lamb

Cut half a pound of veal in pieces two inches long; season with salt and pepper; wrap strips of English bacon around the veal and pin with tooth picks, and fry until done.

JELLIED VEAL

Cover with water and cook a shank of veal slowly until the meat comes easily from the bones. Season with salt and pepper; strain, boil the juice down quite a bit; meanwhile boil an egg, chill, and cut in slices; moisten a mould, separate meat and lay egg on bottom, then meat and pour over the juice. Cool and serve on lettuce.

VEAL PATTY
Mrs. F. J. Doherty

3 lbs. veal or beef, chopped fine 1 teaspoon pepper
5 tablespoon cracker crumbs 1 tablespoon salt
1 tablespoon melted butter ½ cup milk or cream
2 eggs, beaten

Mix, form into a loaf and cover with cracker crumbs, put in oven with a little water in the pan for two hours. Baste occasionally.

VEAL LOAF
Mrs. A. F. Webster

3 lbs. minced veal
4 soda biscuits, rolled fine
2 eggs, well beaten

Butter, size of an egg
Salt and pepper to taste

Mix veal, seasoning and biscuits thoroughly, then add butter and eggs; shape into a loaf. Put into a meat pan with plenty of dripping, and roast for an hour and a half, basting frequently. Have oven quite hot for first half-hour, then let it cool off.
BREAST OF VEAL

T. M. Case

Breast of veal
\frac{1}{4}\text{ lb. bacon-ham}
1\text{ egg}

Breakfast-cup grated bread
Pepper and salt

Take a fore quarter of half-fed veal, or the thin of the breast, weighing about five or six pounds; remove the bones, taking care not to break the outside skin. Take off all the rough or uneven pieces of the veal in the inside and mince them as finely as possible; mince the ham, it should be not too fat. Put the chopped meat, ham, grated bread, half a teaspoon each of pepper and salt in a basin, and with the hand, mix them thoroughly together; beat up an egg well, add it, and mix well. Lay the veal out on a table with the skin on the table; spread the stuffing neatly over the surface of the meat, leaving an inch bare all round; then roll it up tightly and either sew it up or tie it in several places with broad tape. Put a teaspoon of butter into a stew pan large enough to hold it, and when hot, put in the roll of veal and fry it all around; add an onion chopped up, then put in a breakfast cup of water and stew gently for two hours. Take it up and untie the fastenings. The gravy should be thickened with a dessertspoon of flour, seasoned with a tablespoon of catsup and a little salt and pepper, and strained over the veal. To bake the roll, the veal may be put into a roasting pan with a breakfast cup of boiling water, covered with another pan or dish, and put into the oven for an hour and a half. The gravy must be thickened and poured over. Good hot or cold.

LEG OF LAMB

M. F. MacInnes

Can be cut in three parts. Boil or steam the shank end, serving it with caper sauce. The fillet end can be boned and stuffed. Roast and serve with currant jelly. The middle cut should be about an inch and a half thick. Broil like a steak and serve with green peas. The left over from each meal can be minced and made into croquettes.

BROILED LAMB CHOPS

Order chops according to number rather than by pound, they average three or four to a pound; salt and pepper and put on broiler under a moderate fire until well browned; garnish with parsley.

BREADED CHOPS

Trim and flatten, dip in egg and cracker dust and fry to a nice brown. Drain and serve very hot.

STEWED LAMB AND GREEN PEAS

Buy the coarser part of the meat; cut into inch pieces and dredge with flour. Have ready in a saucepan one tablespoon of good dripping, and when it hisses put in one-quarter sliced onion and fry to a light brown. Skim out the onion, put in the meat, cooking for five minutes and turning often to keep from sticking to the pan; then add a half cup of boiling water or stock cover and boil gently; add green peas, thicken, pour on toast soaked in hot tomato sauce.
MEATS

PORK CHOPS AND ONIONS
Mrs. W. H. Cooke

Lay pork chops in roasting pan; cover with sliced onions, and roast in a moderately hot oven; add a little water to keep from sticking. Serve with apple sauce.

BROILED PORK TENDERLOINS

Have tenderloins Frenched; season with salt and pepper; broil until well cooked, spread with butter and serve very hot.

ROASTED TENDERLOINS
F. M. C.

Cut down the centre of chops lengthwise but do not cut through; fill with a stuffing; tie in a roll and roast in oven, basting well. Very nice either hot or sliced cold. Serve with apple sauce. Garnish.

TENDERLOIN AND MUSHROOM PIE
Mrs. Weir

Two lbs. tenderloin, cut in small pieces, boil 1 1/2 hours, one tin mushrooms, boiled one hour. Put both together with one cup of milk. Thicken with flour. Season with salt, pepper and nutmeg, cover with rich paste. This is without doubt one of the most appetising meat pies one could wish to eat.

PORK AND BEANS

Pick over beans and wash carefully, let them soak over night, wash and drain; put in cold water and boil twenty minutes, stir in a teaspoon baking soda and skim off the froth. Drain and put in bean pot, put a quarter of a pound of salt pork in the centre, score the rind; mix a pint of boiling water with a teaspoon of salt, pinch cayenne pepper and a tablespoon molasses; pour over beans and pork, cover and bake a couple of hours.

VIRGINIA BAKED HAM
Margaret N. MacMillan

1 slice ham, 1 inch thick 1 level tablespoon mustard
1 level tablespoon flour 1/2 cup vinegar
1 level tablespoon brown sugar 1/2 cup water

Mix dry ingredients; spread over ham. Pour vinegar and water mixture around ham. Bake in quick oven until tender, about 45 minutes.

BOILED HAM
Mrs. G. O. Merson

1 leg Swift Premium Ham

Boil for 3 or 4 hours. Remove from pan and skin, cover with brown sugar. Stick cloves all over and bake in oven until nice and brown.
PIG'S HEAD CHEESE

Boil the head until the meat is falling off the bones, then put in a dish and pick over the head. Throw away the stringy parts and all dark pieces, keeping the light parts only. Put sage and onions in a dish with meat, add a little salt and pepper, make a little aspic jelly and mix all together; chop fine and place in bowls to cool; when cool, slice and serve.

TONGUES

Buy three small calves' tongues. Boil two of the tongues until tender, skin while hot, make parsley sauce; boil one egg hard; shell it and place around dish, pour a little sauce over tongues, serve hot. Serve remaining sauce at table.

These small tongues are much more tender than the large ones. The other tongue jelly as follows:

JELLIED TONGUE

Mrs. C. S. Jones

Boil tongue until tender; skin while hot, and let cool. Buy one package of aspic jelly (unsweetened), make one quart. Put a little salt, pepper and powdered parsley with the jelly. Have mould ready and put a little of the jelly in the mould. Set it in a cool place to set. When set, and when tongue is cold, cut the tongue in thin slices, and leave all together as if never cut; then put in the mould, and throw the rest of the aspic jelly over the tongue, when cold. Set on ice or in a cool place. When required, take out of mould, and the tongue will be covered with jelly. Place on a dish and garnish with small pickled beets and olives, resting on lettuce leaves. Slice tongue through jelly, and the tongue is already cut.

BRAIZED TONGUE

M. Bond

Put tongue in hot water and boil quickly for five minutes, then cook slowly for three hours. Remove from pot and take away skin and roots. Prepare for roasting with one cup of green peas, previously parboiled, and one cup of celery, three carrots and three medium sized onions sliced fine, one cup tomatoes, pepper and salt to taste and two teaspoons of Worcestershire Sauce. Add four cups of broth from pot and bake two hours in moderate oven after having well buttered tongue. Heat a platter and serve tongue covered with vegetables.

BROILED SWEETBREADS OR CREAMED

Mrs. A. Case

First boil sweetbreads, cut crosswise; season with salt and pepper, broil ten minutes; serve with melted butter and slices of lemon, or parboil and cut in pieces about one-inch long. Make a cream sauce; add and pour over buttered toast.

BAKED BACON

F. M. C.

Put some fat in pan, then lay slices of bacon in and cover with butter and bake in a moderate oven.
MEATS

BOILED BACON
Mrs. W. H. Cooke

Take about four or five lbs. back bacon and boil with cabbage, or bake with beans which have been soaked; take meat out and let it cool. It is a most delicious way to eat it. This is very nice hot or cold.

PIG'S FEET PIE
Mrs. A. James

Get four pig's feet, scald them with boiling water, then stew until the meat falls from the bones. Season well, put in a pie dish with the gravy, cover with a nice flaky pastry, bake until the crust is done. This pie should be eaten cold, as the gravy sets to a thick jelly.

TRIPE WITH ONIONS
A. E. S.

Take one pound of tripe and soak in cold salt and water for about an hour; drain, cut into small pieces, place in a saucepan with six medium sized onions that have been sliced; cover with water, bring it to the boil, then simmer slowly for twenty minutes. Mix two tablespoons of flour with half a cup of milk; add to the tripe and onions; allow it to boil up, season with salt and pepper, and serve with mashed potatoes. This is very nourishing if made with all milk.

RABBIT IN A CASSEROLE

This is the ideal rabbit dish for a cold day. Skin and wash in soda water, wipe dry, let stand one hour.

For your suet pastry, use two ounces of shredded suet and six ounces of flour, adding some grated nutmeg and a pinch of salt. Mix to a good firm paste.

Meanwhile, pack your jointed rabbit firmly into a casserole in flat layers, with onions wedged between, and enough cold water just to cover.

Make your paste into a flat round cake about an inch and a half thick, and just large enough to cover the casserole.

When the rabbit has come to boiling point, lay the paste over the top of the casserole, put on the cover, and stew gently in the oven for two hours.

Serve this on a very hot dish, with the rabbit and gravy in the middle, and the pastry, cut into three-cornered pieces, all the way round.

Mock Duck
Mrs. Griffith

Take a piece of round steak, 8 to 10 inches square, 1/4 lb. onions, chopped, 1 teaspoon sage, 1/4 lb. bread crumbs, 1 oz. dripping, 1 yolk of egg, 1 oxo cube 1 teaspoon cornstarch. Mix the onion, sage and dripping, and yolk of egg with the bread and pepper and salt to taste; spread this stuffing on the steak and tie round in nice shape; put in a deep dish with the oxo cube dissolved in a little water, bake 3/4 hour, basting frequently with the gravy. When done thicken gravy with cornstarch.
Our Duty as Hotel Keepers is to give special attention to THE NATION'S GREATEST ASSET — THE BABY

THE WALKER HOUSE

"The House of Plenty"

HOTEL CARLS-RITE

"The House of Comfort"

TORONTO'S TWO LEADING HOTELS

We endeavor as Hotel Proprietors to qualify as First Class servants. Because - you pay our rent - you pay our taxes - you pay our wages - and through your patronage make our investment secure. The difference between a first class servant and a poor servant in the home, is the difference between misery and comfort.

THE WALKER HOUSE CAFETERIA is open at all hours for the convenience of the travelling public. We specialize in Pure Food at Reasonable prices.

These two Hotels are within a block of the Union Station and Steamboat wharves, and are convenient to the shopping, wholesale and theatre centres of our city.

We specialize on the American Plan — European Plan if desired

GEO. WRIGHT, E. M. CARROLL, Proprietors.

“There's a Boeckh Brush For Every Job”

Painting! Varnishing! Polishing! Sweeping and cleaning! There's a Boeckh Brush for every job. Brushes and Brooms that will banish every speck of dust and dirt. Brushes that lay colorful paint and glistening varnish here and there. Brushes that sweep and clean. Paint up the woodwork in the kitchen and the bathroom. Touch up those scratches on the dining room chairs with stain and varnish. Go over your verandah chairs. Clean up with Boeckh's Brushes and Brooms, dusters and mops, scrubs and sweeps.

BOECKH'S Guaranteed BRUSHES
(Tell the Dealer you want a "Beck" Brush)
SAUSAGE PUDDING
M. Thomson

Roll out some suet pastry, about \( \frac{3}{4} \) inch thick, spread thickly with sausage meat, cover with a sprinkle of onion, cut fine, then roll up and boil or steam for 3 hours.

PATE DE FOIE GRAS
Mary McI.

One to two pounds lamb or pork liver, one to two pounds, large onions, salt, pepper, olive oil, small thin buttered toast squares. Wash liver and put on pie plate in oven to bake. When done, allow to cool. Then remove outer hard crust, run through mincer with onion, add salt and pepper and enough oil to mix. Spread on and serve on toast squares.

CHICKEN A LA KING
Mrs. P. McIntosh

\[ \begin{align*}
3\frac{1}{2} & \text{ lbs, boiled chicken} \\
1 & \text{ can mushrooms} \\
\frac{1}{2} & \text{ cup flour} \\
1 & \text{ large green pepper} \\
1 & \text{ pimento} \\
\frac{1}{2} & \text{ cup butter} \\
1 & \text{ can French peas} \\
2 & \text{ cups chicken broth} \\
1 & \text{ can asparagus tips (not necessary)} \\
2 & \text{ yolks of eggs} \\
\text{Salt and pepper} & \\
\end{align*} \]

Cut the meat from a boiled chicken, not too small pieces, heat the butter and add flour, when bubbling add broth and stir over fire until thick and smooth; add salt and pepper and liquid from the mushrooms, and to half of this sauce add the chicken. Keep hot. To the rest of the sauce add pimento cut fine, pepper, cut fine; peas, mushrooms (cut) and just before serving, the 2 egg yolks, which have been beaten with a little of the hot sauce. Put chicken mixture on a platter and pour vegetable mixture over it. Garnish with the asparagus tips. Serve hot. A very decorative garnish, instead of the asparagus tips is boiled rice. Take two cups rice, wash well, four cups boiling water and cook until soft in double boiler, add salt. When cooked, put in a sieve and pour cold water over until kernels separate, reheat and form a mould around edge of platter, decorate with green peppers and paprika.

ROAST CHICKEN
H. B. Carter

Prepare chicken. Make a dressing of bread crumbs, butter, pepper and salt, summer savory or thyme to taste. Put a pint of hot water in the pan, add to it a small tablespoon of salt and pepper, baste well, let it roast quickly without scorching; add butter to the water; when nearly done baste with it, dredge with flour, baste again, let it finish cooking. About one hour will cook it. Make gravy the same as turkey gravy.
"The Wholesome Kind"
CANDY  ICE CREAM  PASTRY
LIGHT LUNCHES  AFTERNOON TEAS
Table D'hote and A la carte Service at All Hours
We Deliver  Telephones- Hudson 0012 and 1486
Five  1472 Yonge St. at St. Clair Ave.
Stores  1454 Queen W. at Lansdowne
        2871 Dundas W. at Keele
        466 Spadina at College
        67 King East opp. Post Office, Hamilton

F. W. Matthews Company
Funeral Service
Telephone Trinity 0791  665 Spadina Avenue

McLaughlin Motor Car Co. Limited
CHURCH and RICHMOND STS.
Open Evenings  TELEPHONE MAIN 7219  Open Evenings
OUR USED CAR DEPARTMENT
offers at all times unequaled values in Good Used Motor Cars,
all makes and types, principally McLaughlins.
ENTRANCE ON RICHMOND STREET.

See the New A-B Combination Range
It May Be Bought on a Charge Account

The most perfect combination range we have seen  Cooks with coal, coke, wood
or gas fuel.  Two ranges in one.  Easy to operate.  Just a small sum down; balance
spread over a long period.

The F. C. BURROUGHES FURNITURE Co. Limited
Corner Queen and Bathurst  Phone Adelaide 1404
FRIED CHICKEN
C. C. Hart

Clean and joint the chicken, soak in salt water one hour; put equal parts of lard and butter in frying pan, enough to cover chicken. Roll chicken in flour; dip in beaten egg and drop into boiling fat. Fry until brown. Garnish with parsley. Pour most of the fat from pan, thicken with browned flour; add a cupful of hot milk and serve in a gravy boat.

CHICKEN CROQUETTES
L. M. Martin

Mince chicken, season to taste; mix into balls with thickened gravy, sprinkle with bread crumbs and brown in hot butter. Remove to hot dish; add soaked bread crumbs and four tablespoons of heated milk to butter in pan, boil until thick enough to spread evenly. Season with salt and pepper.

CHICKEN AND POTATOE PIE

Line a greased mold with nicely seasoned, hot, mashed potatoes, to a thickness of about one and one-half inches; fill up the dish with creamed chicken, put over the top another crust of the mashed potatoes. Bake in a hot oven for fifteen minutes. Garnish with strips of sardines and serve hot.
Why it pays to buy
"Wear-Ever" Utensils

"Wear-Ever" aluminum utensils are made of extra hard, thick, cold-rolled sheet aluminum, under tons of pressure. They give years and years of faithful, enduring service. If a "Wear-Ever" utensil which sells for a dollar were made slightly thinner and softer - so slightly that you could not detect the difference by looking at or feeling the utensil - it could be sold for seventy cents.

BUT "WEAR-EVER" WILL NEVER VARY.

NORTHERN ALUMINUM CO., LIMITED
TORONTO

Replace Utensils that Wear OUT with Utensils that Wear-EVER
**Meat Sauces**

**HORSERADISH SAUCE**

One-half teaspoon mustard, two teaspoons granulated sugar, salt and pepper to taste, one-quarter cup vinegar, one-quarter cup grated horseradish. Mix mustard and sugar and vinegar, etc., add radish and three-quarters cup whipped cream.

**MINT SAUCE**

Mrs. R. Reed

Chop mint leaves, mix vinegar and powdered sugar together, pour over mint and let stand thirty minutes.

**WHITE SAUCE**

A. R. Smith

Put two tablespoons of butter in saucepan; stir until melted and bubbling, add one and one-half tablespoons of flour mixed with a pinch of salt and pepper, blend well. Pour on gradually one cup scalded milk, stirring until well mixed, beat well, use cream for cream sauce.

**DRAWN BUTTER SAUCE**

R. B. Rogers

Melt one tablespoon butter, add one tablespoon flour mixed with a little salt and pepper, and pour in gradually three-fourths cup of hot water. Boil five minutes.

**CAPER SAUCE**

L. M. Clarke

One-half cup of drawn butter sauce, one-half tablespoon chopped capers; let it simmer and serve.

**TOMATO SAUCE**

F. L. Ray

One-half pint stewed tomatoes, a small onion, half a bay leaf, and a little mace, a pinch of parsley; simmer slowly fifteen minutes. Melt one-half tablespoon butter, add two tablespoons flour, mix until very smooth. Press tomatoes through a sieve, add flour and butter and stir until it boils. Season to taste with salt and pepper.

**OYSTER SAUCE**

L. M. Page

A cup of oysters, one tablespoon butter, one tablespoon flour, half cup milk and oyster liquor. Cook oysters and make sauce of butter, flour, oyster liquor and milk; add oysters and season with salt and pepper.

**CURRANT JELLY SAUCE**

L. C. Luke

One tablespoon butter, half a small onion, chopped fine, half a tablespoon flour, one celery leaf, half a cup stock, two tablespoons currant jelly, fry onion light brown in the butter; stir in the flour, browning slightly; add celery leaf and then the stock; simmer twenty minutes; strain, reheat and add jelly and stir till dissolved; then serve.
**Scholes**

203 Yonge Street
Main 1174

---

EAT AT OUR NEW CAFETERIA AND SAVE MONEY.

---

HOME COOKING OUR SPECIALTY.

---

Telephone Gerrard 6483

**Helen’s Corsetiere**

Gossard Front Lacing Corset
Nulife Back Lacing Corset

OPEN EVENINGS

300 Danforth Avenue
Toronto Ontario

---

**THE MISSION TEA ROOMS**

106 YONGE STREET

Uptown Branch:—
82 Bloor St., West

Leading Tea Rooms in Canada.

Famous for Delicious Cooking.

Uptown Branch Open Sundays and Holidays.

---

**CANNING’S Shoe Repair Stores**

Preserve the looks of your shoes by having them skillfully repaired.

It’s hard to tell a Canning’s Sole from the original.

STORES:

1693 DUFFERIN STREET
Kenwood 5170

1155 YONGE STREET
Randolph 2112

2429 YONGE STREET
Belmont 2324
BAKED RICE CURRY

F. Frazer

Wash a half a cup of raw rice, let it soak fifteen minutes in water enough to cover it. Boil an onion in a pint of water with a little salt until onion is soft. Squeeze the onion in a cloth, into the water, strain, throw onion away. Reheat water, add a teaspoon curry-powder, when it boils pour over the rice and water in which it was soaked; turn all into a jar with a close top, or a casserole dish with cover. Bake in a moderate oven until the liquid is soaked up, but the rice is unbroken. Serve in a deep dish and pour over it melted butter. Loosen rice a little with fork to allow butter to penetrate to bottom. Serve with chicken, veal or fish.

BREAD SAUCE

R. M. Reaves

One pint of hot milk, one onion, one tablespoon of butter, one cup of finely grated bread crumbs. Press cloves into the onion; add milk and let it simmer for half an hour. Add butter and bread crumbs, stir until thickened. When ready to serve take out onion and cloves.

MUSHROOM SAUCE

A. H. Adams

Half cup stock, half a can mushrooms, half the juice of mushrooms, one teaspoon butter, one heaping teaspoon flour, skim the stock and put it and the mushrooms in a saucepan on the fire, put butter and flour in a pan and brown. Remove from fire and stir in the boiling stock; add mushrooms and a few drops lemon juice, salt and pepper; stew five minutes.

SAUCE TARTARE

Nellie Casey

1 cup mayonnaise
1 tablespoon cucumber pickle (chopped fine)
1 tablespoon capers
1 teaspoon onion juice

Mix thoroughly. Keep in cool place. This sauce is delicious served with fried fish.
MEAT SAUCES
The kitchen is usually a hot place: there are dishes and pots and pans to be washed and put away.

That “fed up” feeling is easily acquired but just as easy to dispell if you are changing into a KEENS dress with all the dainty dress accessories procurable at—

“The store that is just a little different.”

KEENS LIMITED

754 Yonge St. Randolph 8826

L. M. Benson

Furrier

750 Yonge Street
Toronto

Phone Randolph 5655

The Charm of beautifully laundered clothes......You get it as a part of our service.

Personal charm and daintiness is added to by freshly laundered clothes.

You are assured of this daintiness when you send your apparel to us.

We wash your linens and body clothes in rainsoft water with pure neutral soap; iron and press them so that everything is dainty, immaculate; charming to look upon and to wear.

The cost is exceedingly reasonable, less than having the washing done in your own home.

Simply phone and we'll have a representative call and tell you about all ours ervices.

BRIGHTON LAUNDRY Limited
(The Careful Laundrymen.)

826 Bloor St. W. Kenwood 0938
VEGETABLES

ASPARAGUS AND EGG SAUCE
Mrs. M. Watson

Wash asparagus gently and pare away tough ends. Tie bunch together and boil in boiling salted water until tender. Drain and place on a dish. Make a sauce as follows:

Put two eggs in a bowl with a lump of butter, \(\frac{1}{4}\) pint of cream and the juice of \(\frac{1}{2}\) a lemon. Stand bowl in boiling water and beat till creamy. Garnish with fingers of toast.

CAULIFLOWER AU GRATIN
Miss E. J. Fisher

Take a good sized cauliflower and wash it well. Cook till tender (if possible steam it). Drain and place it whole upon a baking dish. Cover it with a white sauce. Sprinkle with grated cheese, bread crumbs and a few dots of butter and bake in oven till a nice brown.

A cup of strained tomatoes may be added to the white sauce for a change.

A good way to keep the cauliflower whole is to tie it in a muslin cloth.

CANNED CORN
Mrs. A. J. Abernethy

Boil the corn on the cob for ten minutes. Remove it from the boiling water and plunge it into cold water—the colder the better. Cut corn from the cob and measure it. For every ten cups of corn add \(\frac{1}{2}\) cup of salt and \(\frac{1}{2}\) cup sugar. Return to the preserving kettle, cover with water, and boil 10 minutes. Bottle it while it is boiling. The jars should first be thoroughly sterilized and the rubbers dipped into boiling water. When you are ready to use the corn, drain off the liquid, add fresh water and bring it to the boiling point. Drain and serve.

The cold-pack one-day method is as follows:

Blanch corn in boiling water for ten minutes. Dip in cold water. Cut it from the cobs and pack it into jars. If necessary fill jars with boiling water, adding \(\frac{1}{2}\) teaspoon of salt to a pint jar. Put the cover on loosely, place jars in rack in wash boiler, surround with hot water, fit the lid of boiler on closely, and boil jars for four hours, counting the time from when the water commences to boil and continues boiling. Remove jars from water and tighten lids.

The three-day method is as follows: Follow the method of packing given in the one-day method; boil the jars 20 minutes on three consecutive days, tightening the lids each day after boiling, and loosening them again before reboiling.
CUCUMBER AND BOILED EGGS
Mrs. S. Anderson

Peel and cut in short lengths, scoop out the seeds and boil for five minutes in salted water. Have ready some white sauce made with two level tablespoons of flour put into a pan with a piece of butter the size of an egg. Thin with milk to right consistency. Stir in a little lemon juice, then add the cucumber. Turn whole on to serving dish and garnish with hard boiled egg and a little parsley.

STEWED CELERY

Break celery into pieces; place in pan with milk enough to cover it. Boil till tender, drain, season milk with pepper and salt and thicken with flour and butter. Boil for a few minutes and serve on flat dish with sippets of toast.

VEGETABLE MARROW STUFFED

Trim the marrow and cut it in halves, take out seeds. Parboil an onion and chop it finely, mix it with a cup of bread crumbs soaked in milk and egg; teaspoon sage, an oz. butter and pepper and salt to taste. Fill the marrow with the mixture, put halves together, brush butter over and bake half an hour.

MUSHROOMS

To distinguish mushrooms from poisonous fungi, sprinkle a little salt on the spongy part or gills. If they turn yellow they are poisonous; if black, they are wholesome. Peel an onion and put it with the fungi while being cooked. If the onion remains white, eat with confidence, but if it turns black it is not fit to eat. Use a silver spoon in cooking mushrooms. The silver will blacken if any injurious property is present. Never reheat mushrooms, throw them away as they are liable to develop injurious properties.

GRILLED MUSHROOMS

Skin and peel and remove the stems. Put on a tin, season with pepper and salt. Pour over some melted butter. Place tin under a grill, and cook first on one side and then on the other. Serve on toast.

MUSHROOMS STEWED IN MILK

Melt an oz. of butter in pan, and stir in an oz. of flour, add milk, pepper and salt, pinch cayenne, and a few drops of lemon juice. Skin and remove stems from mushrooms, drop into sauce and simmer slowly 15 to 20 minutes.

ONIONS BAKED

Put on three large Spanish onions, cut in quarters, covered with water to boil. Bring to the boil and pour water off; cover with fresh boiling water; add a little salt, boil quickly until soft. Strain them, put in buttered pie dish: pour white sauce over, seasoned with pepper and salt, sprinkle with bread-crumbs and pieces of butter and bake in oven till nicely browned.
PARSNIPS
Cut lengthwise in halves, put in plenty boiling water and boil ¾ hour or till tender. Mix teaspoon flour, teaspoon butter, ½ cup milk, pepper and salt together, stir till it boils, add parsnips, shake over the fire till hot, and serve.

Parsnips are much improved if boiled in two waters. Pour off when half cooked and put in fresh boiling water till tender. They are nice also mashed like turnips and a spoonful of tomato may be added or a few drops of vinegar.

CANDIED HUBBARD SQUASH
Mrs. James Taylor

Cut squash in small pieces, about 3 inches square. Boil without peeling in slightly salted water until tender. Remove from rind. Place in baking dish, sprinkle each piece with pepper, salt and brown sugar, a dot of butter; pour over ½ cup water, and bake.

GREEN PEAS
Boil in salted water with a sprig of mint. If peas are old a teaspoon of moist sugar improves them. Do not use soda as it causes the peas to smash. Boil at a moderate rate for 15 or 20 minutes, drain, add a piece of butter and serve.

To reheat cooked peas, put into a bowl, pour on boiling water and allow to stand for 10 minutes and drain.

To cook dried peas, soak all night in water with a little soda; pour off water next day and boil for 1½ hours in salted water; drain well and add a piece of butter and a shake of pepper.

SPINACH AND POACHED EGGS

Pick over the spinach well and wash in several waters. Put on to boil without water except that which adheres to the leaves, add a little salt, and cook carefully till ready. Drain and chop finely, and add a piece of butter. A little vinegar is a nice addition if liked. Have some toast made and spread spinach over each piece. Place a poached egg on top of each portion, and serve.

BAKED TOMATOES
Cut tomatoes in bits and put a layer of these in a baking dish, then a layer of crumbs, dot over top with bits of butter and bake.

Large tomatoes may have the centre scooped out and stuffed with the following mixture:—Three tablespoons cooked meat put through the food chopper, two tablespoons bread crumbs, a little onion, pepper and salt and the parts scooped out of the tomatoes. Cook all together for a few minutes to swell the crumbs and fill the tomatoes with the mixture carefully. Sprinkle with minced parsley and a dot of butter on each tomato and cook 10 or 15 minutes in a moderate oven.

TOMATOES STEWED
Cut tomatoes in slices and lay in pan, with a piece of butter. Cover pan closely and stew gently till tender, 30 or 40 minutes. When done season with salt and pepper and serve.
ELLIS BROS.
LIMITED
Diamond Importers
Jewellers and Silversmiths
96-98 YONGE ST.
TORONTO

DIAMONDS - JEWELLERY
WATCHES - CLOCKS - CHINA
GLASS - SILVERWARE
NOVELTIES and STATIONERY

For more than three generations
the name “ELLIS” has stood
for Reliability, Quality and Service
in the Jewellery trade of Canada.

“Your Family
Washing Madam”

We give you your choice of
ALL FINISHED : :
ROUGH DRY : :
DAMP WASH

PROMPT SERVICE

Swiss Laundry
105 Simcoe Street
Phones: Adel. 0954 or Adel. 0966

West End Laundry and
French Cleaners, Limited
148 QUEEN STREET, WEST

FRENCH CLEANERS, DYERS
and PRESSERS

Rough Dry Washing by
the pound.

Finished Laundry Work.

Goods Received by Thursday
Afternoon Will be Returned
the Same Week.

“We Give Quality and Service”

Phone Lakeside 0698
and our car will be at your door.

M. RAWLINSON
LIMITED
610-612 Yonge Street
TORONTO

WAREHOUSEMEN

Removers of Furniture,
Pianos and Baggage

Shippers to all parts of the
World with special rates to
the West of Canada and to
California.
FRENCH FRIED POTATOES

Peel and cut potatoes in narrow strips lengthwise, wash and drain, dry with a towel and plunge at once into hot fat and fry till a nice brown. Lift out with a wire skimmer, and drain in a colander. Shake over pepper and salt and serve very hot.

SCALLOPED POTATOES

Peel and slice some small potatoes, wash and place a layer of them in a baking dish; season with salt and pepper and put little pieces of butter here and there on top. Repeat until the dish is filled. Pour on enough milk nearly to cover the potatoes and put into hot oven for 3/4 hour.

POTATO SOUFFLE

Mrs. Buscombe

2½ cups mashed potatoes freshly boiled
1 tablespoon cream
2 eggs
½ tablespoon butter

Mix together potatoes, cream, butter and egg yolks, season with salt and pepper and celery. Lastly add whites of eggs (well beaten) on top and brown in oven. Garnish with parsley and serve very hot.
Exquisite Necklaces of

Deltah
PEARLS
TRADE MARK REG. U.S. PAT. OFF.

Faithful replicas of the finest Oriental Pearls, at much less than the cost of the natural gems

At Your Jewelers
To $250 The Strand
SAUNDERS, LORIE & CO., LIMITED
Distributors
TORONTO, ONTARIO

Long ropes of beautiful matched Deltah Pearls are especially popular now.

"Say it with Flowers"
Whatever the Occasion—

WEDDINGS
BIRTHDAYS
GRADUATIONS
ANNIVER-SARIES
RECTALS
BEREAVEMENTS
IN THE SICK ROOM
DECORATIONS

Flowers Carry a Wealth of Sentiment Which Nothing Else Can Express.
Phone Your Order to
NEAL'S FLOWER SHOP
Its Execution will be a Credit to Your Good Taste.
We are as Near You as Your Telephone
328 YONGE ST. ADEL. 6395
Flowers Telegraphed Everywhere.

YOUR TABLE
to be artistic should be set with
STERLING SILVER
or
Duchess Plate
E.P.N.S.
and
CUT CRYSTAL GLASS

Ask your Jeweller about
Canadian Productions made by
Roden Bros. Toronto
Established 1891
Creators for—
"The Home Beautiful."
ASPARAGUS SALAD
Mrs. Geo. Hill

Boil, and chill one bunch of asparagus, paring tough end away, add half a pint of French dressing; add four tablespoons chopped cabbage, celery and olives in equal proportions. Serve in individual portions in lettuce leaves and slices of either green or red pepper.

ASPARAGUS SALAD
Mrs. A. King

Cook two bunches of fresh green (or canned, white being the nicer), asparagus; drain well and chill. Lay on plates three or four pieces, according to size, and garnish with two or three slices of pimento. Serve with cheese straws, and French mayonnaise.

BACON SALAD
Mrs. J. R. Richmond

Boil enough potatoes to fill a large dish. Chop or dice them. Have half pound bacon cut into small pieces, fry, and add one chopped onion, salt, pepper, two tablespoonsful white sugar, quarter cup vinegar. Mix all together while hot and garnish with hard boiled eggs. Serve hot.

BANANA SALAD
Susan Craig

4 bananas
1 can sliced pineapple
Juice of 2 lemons, and cherries or almonds

Peel and dip the bananas into lemon juice. Place on slice of pineapple and garnish with cherries or almonds. Pour sweet dressing over fruit and top with small piece of angelica.

BEET AND TOMATO SALAD
Miss McLaren

Boil, skin, and slice 2 bunches of new beets; if the beets are large, quarter before slicing. Skin and cut into inch cubes, six medium sized tomatoes; chop finely half a green pepper and two stalks of celery. Through this mix gently the mayonnaise dressing. Serve on bed of lettuce leaves. This serves six people.

CABBAGE SALAD
D. Wilson

1 head finely chopped cabbage
1 small onion (chopped)

Mix with salad dressing. Serve on lettuce leaf. Garnish with olives.

CABBAGE SALAD
Mrs. A. Hamilton

Shred finely a half head of new cabbage. Chop fine half a red and half a green pepper, add half cup of finely chopped English walnuts, and mix thoroughly all ingredients with mayonnaise. Serve in individual portions on lettuce leaves. This mixture without the mayonnaise may be moulded in gelatine for individual salads.
THE NEWEST FIRST ALWAYS
Women's Wear Fine Furs

We display at all times the newest fashions—our stocks offer unlimited opportunity for the most fastidious dresser to make satisfactory selection in exclusive apparel. We render a most careful service to every woman who is interested in beautiful clothes.

FAIRWEATHERS LIMITED
88-90 Yonge Street Toronto
and at Montreal

F. SIMPSON & SONS
Headquarters for Finest Table Supplies


Telephones Absolute Satisfaction Guaranteed
Randolph 5180 " 5182 " 5183 " 5184 " 5185 Prompt Delivery

Moderate Prices
736 YONGE STREET

Senior Style Store
1739 QUEEN ST., WEST

Importer and Designers of
GOWNS, WRAPS, COATS, SUITS.

Phone Lakeside 7677

In Toronto the Names of
"Adams" and "Flowers" are Synonymous

I can have flowers delivered anywhere in the civilized world on a few hours notice and my membership in the Florists' Telegraph Delivery Association guarantees excellent service.

1635-1639 Yonge Street
TORONTO
CELEY SALAD
Lucy Kelly
Chop finely 2 heads of celery and 1 onion. Mix with mayonnaise and place in salad bowl. Shred the whites of 3 hard boiled eggs; add to salad; mix well; place on crisp lettuce leaves and garnish with finely chopped yolks of eggs.

CHEESE SALAD
Miss Paterson
\( \frac{1}{4} \) lb. cheese \( \frac{1}{2} \) head white celery
\( \frac{1}{4} \) lb. lean cooked ham
Cut into neat squares, mix well with salad dressing and serve on crisp lettuce leaves.

CHERRY SALAD
Mrs. M. Edmiston
Use equal portions of red and white cherries. Remove pits neatly and replace with nut meats. Hazel nuts preferred. Spread cherries on lettuce leaves. Add dressing and serve well chilled.

CHICKEN APPLE AND CELYR SALAD
Mrs. Wm. Andrews
1 cup white meat of chicken 1 cup celery
1 cup apple
Chop all ingredients into thin strips 2 inches long and not more than \( \frac{1}{4}'' \) thick. Dress with mayonnaise and serve on crisp lettuce.

CHICKEN SALAD
Mrs. J. A. McLaren
2 tablespoons pulvarized gelatine; soak five minutes in \( \frac{1}{4} \) cup cold water, then add 2 cups boiling water, \( \frac{1}{4} \) cup mild vinegar, 1 teaspoon salt, juice of 1 lemon, \( \frac{1}{2} \) cup sugar. When cool strain over the following ingredients: 1 glass chicken (or veal) cut fine, 2 cups celery, cut in small pieces, 1 cup finely shredded cabbage, 1 cup pimentos, cut small, \( \frac{1}{4} \) Spanish onion, cut fine. Put in moulds and serve with any good dressing.

FRUIT SALAD
Mrs. Hennesey
Cut in small pieces 1 small bunch of celery, 1 apple, 1 banana, 2 oranges, a few walnuts. Dissolve gelatine and let cool. Put fruit in moulds, pour gelatine over and let stand for one or two hours. Serve with sweet salad dressing.

FRUIT SALAD
Mrs. H. Thomson
Arrange alternate layers of shredded pineapples, sliced bananas and sliced oranges; sprinkle each layer with powdered sugar. You may add Malaga grapes, grape fruit and Maraschino cherries to this, if a more elaborate salad is required. Serve with whipped cream or French dressing.
**IMPERIAL SALAD**

B. Peacock

Take fresh pineapple, oranges, celery and apples. Cut in cubes, mix with mayonnaise. Serve in shallow salad dish, garnish with finely chopped peppers and sweet pimento, alternating the color around the dish.

**LOBSTER SALAD**

Mrs. Berthelotte

1 can of lobster
1 head celery

Cut the meat in small dice, and set aside to chill. Mix with finely chopped celery and mayonnaise dressing. Serve on crisp lettuce leaves, and garnish with small leaves of lettuce or cress.

**MARSHMALLOW SALAD**

Mrs. Hennesey

Cut in pieces, and soak for one hour, ½ lb. of marshmallow; add 1 can pineapple, juice of one lemon, Malaga grapes, if desired. Serve with whipped cream.

**NUT SALAD**

Helen Berthelotte

Take equal portions of walnuts, almonds and pecans. Chop finely with one bunch of celery. Mix with sweet mayonnaise and serve at once on crisp lettuce leaves.

**POTATO SALAD**

Clara Cooke

6 cold potatoes cut in cubes
1 onion chopped fine

Mix well with mayonnaise. Serve on crisp lettuce leaf and garnish with finely chopped cooked beets.

**SALMON SALAD**

Mrs. E. H. Schoales

1 lb. can salmon
2 hard boiled eggs

Chop salmon and eggs together and add one small bottle of Indian Relish, serve on lettuce leaves.

**SALMON SALAD**

Marie Watson

1 can salmon
1 cup chopped celery
2 eggs (hard boiled)

Pour off oil from salmon, remove bones and skin. Mix lightly with fork. Add celery and eggs finely chopped. Mix with dressing. Garnish with lettuce leaves and pitted olives.
SUMMER SALAD
Edith Brown
Ornament salad bowl with crisp lettuce leaves. Slice very thinly tomatoes, cucumbers, celery, onions. Place on lettuce leaves and serve with boiled or French mayonnaise.

TONGUE SALAD
Mrs. E. H. Schoales
Boil a calf tongue till tender; when cold chop with a bunch of celery and a few walnuts, then add mayonnaise dressing.

TOMATO AND CUCUMBER SALAD
J. Wilson
Select and peel small ripe tomatoes; remove the centres and sprinkle with salt. Set shells on ice to chill. Pare, and chop cucumber with salad dressing. Fill tomato shell and serve in crisp lettuce leaf.

TOMATO JELLY
Mrs. Thompson
1 envelope Knox Gelatine
1 bay leaf (2 tab. vinegar)
Sparkling Stalk of celery
½ cup cold water 2 Cloves
½ cup cold water Few grains cayenne
3½ cups tomatoes (canned) Pinch of salt
½ onion grated
Soak gelatine in cold water five minutes. Mix other ingredients, (except vinegar) and let boil 15 minutes. Add vinegar and gelatine. Turn into moulds, and chill. Serve on crisp lettuce leaves and garnish with mayonnaise dressing and hard boiled eggs.

TURQUOISE SALAD
Emily L. Doolittle
Mix together equal parts of celery and tart apple, cut in match-like pieces, add one or two pimentos cut in similar pieces. Dress with mayonnaise and whipped cream. Serve in nests of lettuce.

TURQUOISE SALAD No. 2
Emily L. Doolittle
Use pineapple instead of the apple; serve in a mould on a bed of lettuce leaves. Garnish with stars cut from the pimentos with French cutter, curled celery, and heart leaves of celery.

JELLY VEGETABLE SALAD
Mrs. P. B. Graham
1 package Knox's gelatine, dissolved in ¾ cup cold water, add 3 cups boiling water, 2 teaspoons salt, ¾ cup malt vinegar, ¾ cup white sugar. Boil 3 minutes—Then place on ice and when it commences to set add 3 cups chopped celery, 1½ cups shredded cabbage, 1 tin pimento. Garnish with stuffed olives and mayonnaise. Serve on lettuce.
"Every Application Spreads MURESCO Reputation"

For beauty of colors and for economy Muresco is unequalled. It is easy to prepare and apply, will not show brush marks or laps. Will not rub off, crack, or peel.

Write for Color Card to

Benjamin Moore & Co.
Paints, Varnishes and Muresco
TORONTO WINNIPEG

G. W. Warren
FLORIST
535 BLOOR ST. WEST
Toronto
Phone Trinity 7951

Fresh Cut Flowers Daily
We Specialize in Wedding and Funeral Designs
Out of Town Patronage Solicited as we are Members of Florist's Telegraph Delivery

WE WOULD LIKE A SHARE OF YOUR BUSINESS — THAT IS WHAT WE ARE HERE FOR.

The Cake and Gift Shop
139 Bloor St. E. cor. Jarvis St.
Randolph 5658

A visit to this little shop will come as a distinct revelation to those who seek the unusual, either for gifts or for one's own use.

Included in this unique display are Italian, French and Spanish Pottery, Toys, Novelties and Murray Bay Homespun Blankets.

Home Made Cakes Fresh Daily
WALDORF SALAD WITH COCOANUT
Mrs. Lawburton
Mix one bowl each of sour apples, nuts and celery chopped fine. Sprinkle top with shredded cocoanut and salt to taste. Whip some cream very stiffly, slightly salt and mix with the salad.

WALDORF SALAD
B. Wilson

1 cup chopped apples 1 tablespoon lemon juice
1 cup chopped celery 1/2 teaspoon salt
1/2 cup chopped nuts 1 cup boiled dressing

Mix lightly, apples, celery and nuts. Sprinkle with salt and add dressing. An attractive way of serving is to scoop out pulp of green or red peppers, refill with Waldorf salad and serve on crisp lettuce leaves.
Lord Salisbury Chapter, I.O.D.E., COOK BOOK
SALADS
Compliments
of the
Laura Secord
Candy Company

Cooksville Brick
For
Residences, Churches,
Schools, Etc.
Special Bricks
For
Mantles and Fire Places

Cooksville Shale Brick
Company, Limited.
General Sales Offices,
Toronto.

Millard Stauffer
109 Bloor W.
Exclusive Dresses
for
Afternoon, Dinner,
and Evening Wear.
Moderately Priced.

PHONE RANDOLPH 0612

LAILEY-TRIMBLE
LIMITED
Master Clothes Builders
Corner King and Spadina
TORONTO
Salad Dressings

BOILED SALAD DRESSING
Mrs. Canfield

1/2 tablespoon salt
1 1/2 tablespoons sugar
1 teaspoon mustard
1/2 tablespoon flour
Few grains cayenne

1/2 cup vinegar
2 eggs
1/4 cup milk
1 tablespoon butter

Mix dry ingredients in top of double boiler, add vinegar and beaten egg yolks, and mix; add milk and butter. Cook over hot water till thick and smooth. Take from fire and add stiffly beaten egg whites. Cool and serve.

BOILED DRESSING
Mrs. M. E. Graham

1 egg
1 dessertspoon mustard
1 dessertspoon salt
3 dessertspoons sugar

2 dessertspoons flour
1 cup cider vinegar
1 cup sweet milk

Beat egg well. Mix flour, sugar, salt and mustard thoroughly and add to beaten egg, a little at a time, beating well all the time. Add vinegar gradually, then the milk, and cook all in double boiler, stirring constantly until thick and creamy. Too fast cooking will curdle it, but if properly mixed and slowly cooked, this recipe never fails. It will keep a long time if put away covered in a cool place, and is very much improved by the addition of a little whipped cream.

COOKED MAYONNAISE DRESSING
Mrs. Hector Morrison

2 tablespoons flour
1 1/2 teaspoons salt
1/2 teaspoon paprika
1/2 teaspoon mustard
1/4 cup vinegar

2 tablespoons oil
1/2 cup hot water
1 egg
1 tablespoon sugar
1/2 cup oil

Mix dry ingredients, add vinegar and the 2 tablespoons oil. Stir till smooth; add hot water; cook 15 minutes in double boiler. Let cool; add egg yolk slightly beaten; add oil gradually, beating constantly, and fold in stiffly beaten egg white.

CREAM DRESSING
Rena B.

Yolks of 2 eggs
2 tablespoons vinegar
1 tablespoon sugar
2 tablespoons butter

1/2 teaspoon salt
1/2 teaspoon cayenne
1 teaspoon mustard
1 cup whipped cream

Beat eggs, add sugar, butter and seasoning, and lastly vinegar (very slowly). Cook in double boiler until thick. Cool and add cream first before serving.
ITALIAN MERINGUE
Mrs. W. Evans

1 cup sugar  
Juice of 2 lemons  
1/2 cup water  
3 eggs

MAYONNAISE (without oil)
N. Puylas

1/2 teaspoon salt  
1/2 (good) teaspoon mustard  
Dust of pepper  
1 1/2 tablespoons sugar  
1 tablespoon butter  
1 egg  
1/4 cup of milk  
1/4 cup vinegar

Boil in double boiler and thin with milk or cream when required.

FRENCH DRESSING
Maud Whaley

Yolks of 2 eggs  
1 teaspoon prepared mustard  
1 teaspoon lemon juice  
2 teaspoon salt  
2 teaspoons salt  
1/2 teaspoon pepper  
2 tablespoons vinegar

Place mixing bowl in larger one filled with cracked ice. Whip eggs well and add slowly 1 cup olive oil; now add mustard, salt, pepper and a pinch of sugar, whipping well until mixture is thick. Thin out to desired consistency by adding lemon juice and vinegar. Just before serving add stiffly beaten whites of the eggs. Keep cold.

SALAD DRESSING
V. A. Crocker

1 large tablespoon flour  
1 small tablespoon mustard  
3 small tablespoons sugar  
1 teaspoon salt  
1 teaspoon butter  
Pinch of cayenne pepper  
3 eggs  
1/2 cup vinegar or juice of 3 lemons  
2 cups sweet milk

Mix dry ingredients together, add yolk of eggs, unbeaten, and milk, gradually cook until thick in double boiler, add butter and vinegar; beat whites of eggs stiff then add to mixture.

FRUIT SALAD DRESSING
C. Matthews

3 tablespoons sugar  
3 tablespoons flour  
2 eggs  
2 tablespoons vinegar, diluted.  
Juice and rind of 1 lemon  
Juice of 1 can pineapple

When cool fold in 1 cup of whipped cream.

COOKLESS SALAD DRESSING
Mrs. Jack Leachman

2 egg whites and yolks beaten separate, 1/2 teaspoon salt, 1 small cup of vinegar, 1 small teaspoon mustard. Mix mustard and vinegar together and pour into yolks of eggs. Take 1 tin of Borden’s Eagle Brand Condensed Milk and beat into other ingredients and then add whites of eggs and beat it all well.
SALAD DRESSING
Rose Barry

1 heaping teaspoon flour
1 level teaspoon mustard
2 teaspoons sugar

$\frac{1}{2}$ teaspoon salt
1 egg

Stir this altogether and add $\frac{1}{2}$ cup sweet milk. Have 1 small cup of vinegar on the stove to boil, and add the above to this. Let boil about two minutes then take from the stove and beat until cool. If too thick, add more milk. Add a small piece of butter.

SALAD DRESSING
M. Hagyard

1 teaspoon salt
1 teaspoon mustard
Pinch of red pepper

3 tablespoons sugar
1 tablespoon flour

Mix together and add butter size of an egg, 3 eggs well beaten, 1 cup sour cream, 1 cup white vinegar. Set over boiling water and stir until thick.

SALAD DRESSING
Mrs. E. W. Saunders

$\frac{1}{2}$ cup sugar
1 tablespoon mustard
1 tablespoon salt
A little cayenne
4 tablespoons flour

1 egg
$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ cup water
Add cream

Put all dry ingredients together, put egg in, beat until light, then add vinegar and water and when partly cooked add cream.

SALAD DRESSING
Lucy Gates

$\frac{1}{2}$ cup vinegar
1 tablespoon butter
2 eggs

2 teaspoons flour
1 teaspoon mustard
$\frac{1}{2}$ teaspoon horse radish

Beat the eggs well, cream butter, mustard and flour, and add to eggs and horse radish. Blend slowly with vinegar.

SALAD DRESSING
M. Maud

1 dessertspoon flour
2 tablespoons sugar
$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon mustard

2 eggs
$\frac{1}{2}$ cup vinegar (or 1 lemon and $\frac{1}{2}$ cup hot water)

Mix dry ingredients and add to eggs and vinegar. Boil slowly. Thin with milk for use.
Everything for the proper and tasteful furnishing of the most modest or elaborate homes.

Satisfaction Guaranteed

IF YOU ARE BUILDING A HOME
you will want it equipped with fittings that stand for

ATTRACTIVE and GOOD FINISH and SERVICEABILITY

A "PUSSYFOOT" TOILET OUTFIT
for your Bath Room will mean that you have the Best Toilet Tank that is made

"ARISTOCRAT" LAUNDRY TUBS
are indispensable in every Home. Write or phone us for full particulars, or consult your Plumber.

The Canada Metal Company Limited
TORONTO

CANADA
SALAD DRESSING

Mary T. Clark

9 egg yolks          1 teaspoon mustard
1 cup sugar          1 teaspoon salt
1 1/4 cups vinegar   1 teaspoon paprika
1 tablespoon flour   1 tablespoon oil

Mix dry ingredients with egg yolks, add vinegar. Cook until mixture thickens. Remove from fire and beat in the oil. When serving whip 1 tablespoon cream and add 2 tablespoons salad dressing.

VINAIGRETTE SAUCE FOR ASPARAGUS SALAD

Mrs. L. H. Hornbrook

1 teaspoon salt       1 tablespoon chopped pickles
1/4 teaspoon paprika  1 tablespoon chopped green pepper
Few grains pepper     1 teaspoon chopped parsely
3 tablespoons vinegar
6 tablespoons olive oil

Mix ingredients in order given and serve over 4 or 5 stalks asparagus, bunched and held together with a strip of red pepper. Chop yolks and white of 2 hard boiled eggs separately, and sprinkle yolks over heads of asparagus and whites over ends.

THOUSAND ISLAND DRESSING

Helen Hoare

1/2 cup butter       2 teaspoons mustard
1/2 cup white sugar  1 teaspoon salt
1/3 eggs             1/4 teaspoon pepper

Cook in double boiler and when thick add scant cup vinegar. Cook slowly, add 1/4 pint cream; grate 1/4 lb. cheese, heat well; add small bottle Heintz chutney, 1 onion, 1 tin pimentos, 2 green peppers.

THOUSAND ISLAND DRESSING

E. C. Wilson

1 cup mayonnaise     2 tablespoons chopped sour
1/3 cup chili sauce   and sweet pickles, or chow chow
1/8 cup whipped cream 1 chopped pimento

Combine the ingredients in the order given and serve at once. Delicious with any green salad or with eggs, salmon, chicken, ham, tongue, celery or asparagus.
PUDDINGS and DESSERTS

ANGEL CREAM
Y. C.

Rub 3 heaping teaspoons of corn starch smooth with cold water and cook in a pint of boiling milk. When done, beat the whites of 2 eggs stiff with half a cup of sugar and some salt. Remove corn starch from fire, and beat the egg whites into it thoroughly, make a custard of the yolks of eggs, 2 tablespoons of sugar, pinch of salt, and 1½ cups of milk. It will be a thin custard. Serve cold.

APPLE FOOL
Gladys Wilson

1 pint of apple pulp, ¼ pint of stiffly whipped cream, sugar to taste. Bake or stew the apples, pass them through a fine sieve, sweeten to taste, and stir in the cream. Any other fruit may be used.

Make the evening more enjoyable by giving “Holly’s”

APPLES IN BLOOM
Mrs. E. R. Dransfield

Cook red apples in boiling water until soft. Have the water half surround the apples, and turn often. Remove skins carefully that the red color may remain, and arrange on serving dish. To the water add one cup sugar, grate rind of one lemon and juice of one orange, simmer until reduced to one cup, cool and pour over apples.

BOILED CUSTARD
Mrs. Wm. F. Rowland

2 cups scalded milk
¼ cup sugar
Yolks of 3 eggs

⅛ teaspoon salt
½ teaspoon vanilla

Beet eggs slightly; add sugar and salt, stir constantly while adding gradually hot milk. Cook in double boiler; continue stirring until mixture thickens and a coating is formed on spoon; strain, chill and flavor. When eggs are scarce, use two yolks and ½ tablespoon cornstarch.

CHARLOTTE RUSSE
Mrs. A. H. Birmingham

1 tablespoon gran. gelatine
¼ cup cold water
½ cup hot water

Whip 1 pint cream
2 tablespoons fruit sugar
Vanilla

Soak gelatine in the cold water; add hot water and stir until gelatine is dissolved. Add sugar to whipped cream, then vanilla and gelatine. Pour into a mould lined with a little jelly and ladies' fingers. Chill. This will serve eight people.
THAT an earnest effort to provide a real useful service can be appreciated by a community is surely proven by the fact that we serve more homes than any other Dairy in the British Empire.

We appreciate serving YOU.

City Dairy

PHONE TRINITY 2040
WE HAVE A YELLOW WAGON ON EVERY STREET EVERY MORNING

-for genuine vanilla flavor

Make sure that the Vanilla extract used in your cakes and puddings is made from vanilla beans.

Read the label - it is your protection. Under the Pure Food laws labels must declare if "genuine" or "artificial".

Shirriffs's True Vanilla Extract

is made from genuine vanilla beans. It produces the genuine true vanilla flavor unapproached for delicacy of quality by any imitation - and it goes twice as far. One bottle will flavor two dozen puddings.

Shirriff's is not only true vanilla extract but it is also

50% stronger than Government requirements

OTHER SHIRRIFF PRODUCTS
Shirriff's Orange Marmalade, Shirriff's Jelly Powders, Shirriff's liquid fruit colors.
PUDDINGS AND DESSERTS

CHERRY TRIFLE
Mrs. Wm. F. Rowland

Arrange sponge cake and canned cherries in sherbet glasses; pour over cherry juice and then boiled custard; chill and serve with whipped cream.

“Howl’s” Candy Shop, 1530 Queen St. W. Parkdale 6895

CHOCOLATE BAVARIAN CREAM
Emily E. Doolittle

2 ozs. chocolate
1/3 cup sugar
1/3 cup boiling water
1/3 package gelatine
1/3 cup cold water

Melt the chocolate over hot water; add the sugar and water, and stir until boiling. Soften the gelatine in the cold water and dissolve in the hot chocolate mixture. Set the dish in ice and water and stir until cold and beginning to thicken; then add the vanilla and gradually fold in the cream. Line a quart mould with the cake, leaving a narrow space between the portions of cake, dip the mixture into the mould by the large spoonsful, and set aside to become chilled. Serve, turned from the mould with or without whipped cream and cherries.

COFFEE DESSERT
Mary Abernethy

1 pint hot coffee
1 cup sugar, brown or white

Mix corn starch with cold coffee or water; when smooth, add to hot coffee in double boiler with sugar in the coffee. Cool in mould. Serve with whipped cream or boiled custard. Very good and simple.

COFFEE MOUSSE
E. G. Farrow

1 pint cream
1 cup strong coffee
1/2 cup sugar

Dissolve gelatine in water; pour on coffee and sugar; when cold beat in whipped cream; decorate with cherries.

You can’t fool your wife! “Holly’s”

COFFEE SOUFFLE
Mrs. W. H. Price

1 1/2 cups coffee
1/2 cup milk
1/3 cup sugar
3 eggs
1 tablespoon gelatine

Put milk, coffee and gelatine and half the sugar on to heat, then add yolks. Cook until it thickens, then add the remainder of the sugar, well beaten whites of eggs and a little vanilla, pinch of salt. Serve with whipped cream.
COFFEE SOUFFLE
Mrs. Hugh Johnston

1 1/2 cups cold coffee
1/2 cup milk
1 rounding tablespoon gelatin
2 eggs
1/3 cup sugar
Pinch of salt

Combine coffee and milk; add gelatine, salt and half of sugar; place on stove; when hot (not boiling) add to egg yolks that have been mixed with other half of sugar; heat again (do not boil) and then add beaten egg whites and vanilla. Pour into mould that has been wet with cold water.

CURRANT ICE
Miss Bradley

1 pint currant juice
1 pound sugar
1 pint water

Put in freezer and when partly frozen, add the whites of 3 eggs, well beaten.

CUSTARD SAUCE
Mrs. F. B. Porter

1 1/2 cups milk
Yolks of 3 eggs
3 tablespoons sugar
1/2 teaspoon vanilla

Cook slowly till creamy. Add vanilla.

DESSERT
Edna Gorden

Set a round of sponge cake on a dessert plate; place half a preserved peach on this and pour over two tablespoons of the thick peach syrup reduced by cooking. Set in the pit cavity of the fruit a ball of ice cream and pour over a sauce, made with two tablespoons of crushed strawberries, four tablespoons of stiffly whipped cream and one-eighth cup fruit sugar.

Those who seek satisfaction invariably buy “Holly’s”

BUTTER CUP PUDDING
W. Cooper

Take 1/4 lb. bread crumbs and mix with an equal quantity of chopped suet, brown sugar and marmalade. Beat 1 egg in a little milk, pour upon the other ingredients, and work to a thick batter. Grease a mould or basin, fill it to within a third of the brim. Steam for 2 1/2 hours.

CARROT PUDDING
Mrs. Watson

2 teaspoons baking powder
1 1/2 cups flour
1 cup bread crumbs
1 egg
1/2 lb. currants
1/2 lb. raisins

Boil 3 hours. If too stiff add a little milk.
CARROT PUDDING
Margaret Bruce

1 cup suet, chopped fine
1 cup raisins
1 cup currants

Cook the carrots and potatoes before grating.

1½ cups flour
1 cup brandy
1 teaspoon soda

Steam three hours.

CARAMEL PUDDING
Mrs. Fred Score

1 cup brown sugar
1 pt. milk
2 lbs. cornstarch, dissolved
Butter, size of egg

Brown sugar in pan, put milk on fire and stir sugar into it, add butter, stirring all the time. When sugar is dissolved add cornstarch, then add maple syrup and vanilla. Pour into dish to cool and when cool put whipped cream on top.

CARAMEL PUDDING
Mrs. G. O. Merson

1 pt. milk, heat in double boiler
½ cup brown sugar

Cook sugar and water together until brown, add to hot milk, 2 eggs, well beaten, then add ½ tablespoons cornstarch, after it is well mixed pour into hot milk, and pour into mould when cornstarch is cooked.

Sauce:

1 cup brown sugar
½ cup hot water

Let simmer until thick syrup. Pour around pudding when the pudding is cold. Pile whipped cream on top.

CARAMEL PUDDING
Mrs. L. Turriff

Place 1 cup brown sugar in a saucepan over the fire, and stir till it browns and has a caramel taste, then add 1 teaspoon butter, ½ cup sweet milk and let it cook 10 minutes, then add to it nearly a pint of milk and 2½ tablespoons cornstarch dissolved in part of the milk. Stir constantly. When thick and well cooked, remove from stove and flavor with vanilla. A few chopped nuts may be added. Serve with cream or sauce.

“Elders” Whole Wheat Flours are 100% pure

CORN PUDDING
Mrs. R. H. Norris

½ cup grated corn
½ cup milk
1 teaspoon salt

½ teaspoon pepper
2 tablespoons corn starch
1 egg, well beaten

Pour into well greased custard cups, and bake in moderate oven until firm in the centre—usually about 20 minutes.
OAKLAND DAIRY LIMITED

Distributors of

Pure Dairy Products

Phones: Trinity 0638 and 8866

HIGGINS and BURKE LIMITED
WHOLESALE GROCERS and IMPORTERS
31.33 FRONT STREET EAST TORONTO

Our CATERING SERVICE is the product of thirty-five years experience
CATERING FOR ALL OCCASSIONS
WEDDINGS - TEAS RECEPTIONS

BURRY BROS.
Established 1888
Main Store: 757 Queen St. East and Four Branch Stores
STEAMED CHOCOLATE PUDDING
Mrs. J. C. Robertson

1 cup flour
\( \frac{1}{2} \) cup sugar
\( \frac{1}{2} \) cup milk
1 teaspoon butter (melted)

1 teaspoon baking powder
1 square chocolate (melted)
\( \frac{1}{4} \) teaspoon salt

Steam 1 hour and serve with foam sauce.

FOAM SAUCE
Mrs. J. C. Robertson

1 cup fruit sugar
1 egg, beaten foamy

\( \frac{1}{4} \) cup melted butter
Vanilla

Beat all together till white and foamy.

CHRISTMAS PUDDING
Mrs. James Taylor

2 cups seeded raisins
2 cups currants
\( \frac{1}{2} \) cup citron
\( \frac{1}{4} \) cup orange and lemon peel
1 small teaspoon cloves
1 small teaspoon cinnamon
1 small teaspoon allspice

1 small teaspoon salt
\( \frac{1}{2} \) lb. nuts, chopped
3 eggs
1 cup orange juice
1 cup flour
1 cup bread crumbs
1 cup suet

HARD SAUCE

Cream \( \frac{1}{2} \) cup butter, add gradually 1 cup powdered sugar and \( \frac{1}{2} \) cup whipped cream, add slowly 1 teaspoon vanilla and 1 spoon of brandy; sprinkle with nutmeg and let get very cool. Serve with Christmas pudding.

Use "Victoria" Pastry Flour for Puddings

CUP PUDDING FOR 8
Mrs. S. H. Cutts

2\( \frac{1}{2} \) cups flour
\( \frac{1}{2} \) cup milk
1 egg
1 cup suet or 1 cup butter

3 teaspoons baking powder
\( \frac{1}{4} \) cup sugar
\( \frac{3}{8} \) teaspoon salt

Slice apples in bottom of steamer or jam, or marmalade, etc. Serve with hard sauce.

HARD SAUCE

1 tablespoon flour
2 tablespoons brown sugar

Moisten with water and adding hot water till thick and quantity required.

A DELIGHTFUL PUDDING
E. Cox

3 ozs. chopped suet, 3 ozs. bread crumbs, 3 ozs. raisins (stoned and chopped), 3 cooking apples, finely chopped, 1 lemon, grated and part of juice, 3 eggs, well beaten. Well butter a mould and sift the sides and base with coarse brown sugar, pour mixture in and steam for 3 hours.
Dainty-Delicious JUNKET

Milk Foods
and
Desserts
from
Hansen’s Junket Tablets
and
Junket Powders

Made by
CHR. HANSEN’S
CANADIAN LABORATORY
TORONTO

FRENCH GOWNS

Foster’s

30 King Street East
Hamilton

HAPPINESS

is not possible without Good Health

The lives of thousands of women have been transformed from suffering and despair, to joy and happiness through the faithful use of VIAVI.

Full information free on request. Personal interviews arranged.
Telephone Main 3049
Offices or dealers in all Cities or Towns.

CANADA VIAVI CO., LIMITED
Confederation Life Bldg.
17 Queen St. East TORONTO

Hunt’s

571 Danforth Ave.

LUXURY CHOCOLATES
60c. per lb.

Kiddies Candies 40c. & 50c, lb.

Ice Creams and Water Ices
Light Lunch at all Hours

Mothers Home Cooked Meal
Dinner and Supper
11.50 a.m. to 2.00 p.m. 5.30 to 7 p.m.
DATE WALNUT PUDDING
Mrs. R. B. Smith

2 eggs
2 tablespoons flour
1 teaspoon baking powder
1/2 cup chopped walnuts
1/2 cup chopped dates
1/2 cup sugar

Beat eggs and add sugar, sift flour and baking powder together; add walnuts and dates; put into greased pan and sprinkle with cinnamon. Bake 30 to 40 minutes in slow oven. Try with a straw. Serve with whipped cream or lemon sauce.

DELICIOUS PUDDING
Mrs. Stanley Lindaburg

Cream 1 cup white sugar with 1 tablespoon butter, add 2 tablespoons flour, the juice and grated rind of 1 lemon or orange, 1 cup milk, the beaten yolks of 2 eggs. Just before putting in the baking dish, fold in the stiffly beaten whites of the eggs. Set the dish in a large one filled with water, and bake slowly. When it is done there will be a light fluffy souffle on top and a layer of creamy custard underneath to serve with it. Very nice baked in individual ramekins.

FIG PUDDING
M. Beaumont

1 cup bread crumbs
1 cup milk
2 eggs
1/2 cup sugar
1 cup flour
A little nutmeg
1/2 lb. figs
1/4 lb. beef suet
1 teaspoon baking powder

Cut figs in pieces, stew in the milk for 1/4-hour, mix together the bread crumbs, flour, finely chopped suet, sugar and nutmeg; add the figs and milk, then the well-beaten eggs. Mix all thoroughly with a fork, pour into a greased bowl, and steam for 2 hours. Serve with sweet sauce.

FIG PUDDING
Mrs. P. B. Graham

1 egg
1 cup suet
1 cup bread crumbs
1/2 lb. figs, cut fine
1 scant cup sugar
1 tablespoon syrup
1 cup sweet milk
1 cup flour
1/2 teaspoon soda

Steam 3 hours. Sauce—Brown 3/4 cup white sugar slowly, add 2 tablespoons butter, 2 cups boiling water, 1 dessertspoon cornstarch, dissolved in water. Flavor with vanilla and nutmeg.

GINGER PUDDING
Mrs. Douglas Truax

1/2 cup butter
1/2 cups sifted flour
1/2 cup dark molasses
1 teaspoon ginger

Last add 1 teaspoon soda, dissolved in 1/2 cup hot water. Mix well and steam 1 hour. Serve hot with vanilla hard sauce.
GINGER PUDDING
Mrs. C. R. Vanstone

1 egg 1 teaspoon ginger
1/2 cup molasses 1 teaspoon cinnamon
1/2 cup sour cream 3 tablespoons brown sugar
1 tablespoon butter Flour to thicken
1 teaspoon soda

Steam one hour.

Sauce

1 cup granulated sugar Yolk of 1 egg, well beaten
1/2 cup butter 1 tablespoon flour
Mix together, add boiling water, then flavor with vanilla. Just before serving stir in beaten white of the egg.

GRAPE NUTS PUDDING
Mrs. M. Breuls

1/2 cup grape nuts 1/2 cup sugar
3 cups milk 1/2 teaspoon salt
3 egg yolks

Scald milk and pour over grape nuts; when cool add beaten egg yolks, sugar and salt. Fold in the stiffly beaten whites. Bake in pan of hot water in oven.

"Elders" Whole Wheat Flours can be used without adding White Flour

GRAPE NUT PUDDING
Mrs. Kennedy

1 1/2 cups grape nuts 1/2 cup sugar
1 pint milk 1/2 cup raisins
2 eggs

Sprinkle with cinnamon, lumps of butter over top; bake 20 minutes; serve whipped cream or butter sauce.

LEMON SNOW PUDDING
C. E. M.

1 tablespoon gelatine A shaving of a lemon rind
1/4 cup cold water 3 tablespoons lemon juice
2 2/3 cup boiling water 2 egg whites
2 2/3 cup sugar

Soak gelatine in cold water and dissolve in boiling water and sugar boiled together with lemon rind 5 minutes, add lemon juice and strain, cool, stirring occasionally. When practically set beat until foaming. Fold in beaten whites of eggs and beat until mixture begins to stiffen. Pour into moistened mould or glass serving dish. Serve with boiled custard, using yolks of eggs.

Prominent physicians recommend "Elders" Whole Wheat Flour
PINEAPPLE TAPIOCA
Jean Alderson
1 cup tapioca, soaked in 1 quart cold water over night; pour off and put on in double boiler with juice of 2 lemons, juice of 1 pineapple; 1/2 cup cold water, let cook until clear, about one hour. Then add 1/2 cup sugar, also the pineapple fruit; beat in whites 3 eggs. Serve with custard sauce or whipped cream.

PINEAPPLE WHIP
Mrs. A. V. Trimble
1 cup cold water
1 cup pineapple juice
1/2 cup white sugar
Mix and cook until thick. Fold in beaten whites of eggs. Cut pineapple and mix in while hot. Serve with whipped cream.

Just how pure can candy be? Try "Holly's"

SAGO SHAPE
Mrs. Parks
1 teacup pearl sago (washed). Put in pan with 5 teacups of water. Boil till clear, then add 4 tablespoons syrup (corn syrup) and rind and juice of 1 lemon. Chill and serve with cream.

STUFFED DATES AND CREAM
Mrs. F. A. Mills
Remove stones from dates and fill vacant space with pecan nuts or blanched almonds and press into original shape. Stew till tender in a little hot water, adding at last sugar and lemon juice. Whip a cup of double cream and serve the dates in a circle around the cream.

STRAWBERRY DELIGHT
Mrs. Hare
Whip a pint of cream to a froth and color a very pale green with spinach or pink with strawberry or cherry juice. Soak a fourth of a box of gelatine in one-quarter of a cup of cold water until soft, then set in hot water until it dissolves. Stir three ounces of powdered sugar into the whipped cream. Then strain in the gelatine and mix thoroughly but lightly. When the mixture begins to thicken, add one-half teaspoon of vanilla. Add one-half cupful of almonds chopped very fine. Pour into small glasses and serve very cold. Delicious and not very expensive.

"Holly's" pecan roll has no equal

SPANISH CREAM
E. M. C.
1 pint milk
2 egg yolk
1 cup white sugar
1/2 envelope gelatine
Mix together after having soaked the gelatine in cold water; put all in a double boiler and stir till thick; have the two egg whites beaten stiff. Let the cream stand about 10 minutes, then fold in the stiff egg whites. Flavor with vanilla; let get ice cold. Serve with whipped cream.
PASTEURIZATION MEANS PROTECTION

For the children and grown folks alike. Our method is scientific. It kills the harmful bacteria, and renders the milk safe, but does not kill the flavor.

HARRIS & SONS.
67 ELM GROVE    LAKESIDE 2392

DON'T FORGET

Chiclets

Are “Really Delightful”

CANADIAN CHEWING GUM COMPANY LIMITED
Toronto    Winnipeg    Vancouver
MAPLE WALNUT PUDDING
Mrs. Dennison

To 1 1/2 cups brown sugar add 2 cups boiling water and 1/3 cup cornstarch, diluted with 1/4 cup cold water. Place on stove and stir constantly till thick and clear (about 15 minutes). Remove from fire and add whites of 3 eggs beaten stiff, and 1/2 cup walnut meats broken fine. Set aside to cool and serve with custard made from egg yolks.

NEW MOON PUDDING
L. M. Montgomery Macdonald

1 pint fine bread crumbs
1 quart milk
2/3 cup white sugar
Grated rind & juice 1 lemon
6 eggs
1/2 teaspoon salt

Put crumbs in bowl and pour milk over them; stir in the sugar, the grated lemon rind, the salt, and the beaten yolks of the eggs. Bake in oven until a silver knife comes out of it clean. When cool spread over top a meringue made of the whites of eggs beaten stiff with 1/2 cup of white sugar and the juice of the lemon. Return to oven and brown slightly. Serve cold with cream. This pudding serves ten people. Half the recipe can be made.

PLUM PUDDING (enough for three puddings)
Mrs. C. Pyne

1 1/2 lb. raisins
2 lb. brown sugar
2 lb. suet, chopped
1 oz. ground cinnamon
1 1/2 lb. currants
Grind rind of 2 lemons
6 oz. mixed candy peel
1 oz. ground nutmeg
1/4 pint brandy
10 eggs

Put in 3 well buttered bowls with pudding cloth tied over them, and boil 7 hours. Do not beat eggs separately, but drop directly into the mixture when all the dry ingredients have been put in. (Put in some chopped blanched almonds.)

PLUM PUDDING
Mrs. Edwin Olstad

3/4 lb. bread crumbs
2 ozs. citron
1/2 lb. flour for fruit
2 ozs. almonds, shredded
10 eggs
1/2 lb. chopped suet
1 lb. currants
Grind rind of 1 lemon
2 lbs. raisins
1 lemon and rind
1 teaspoon nutmeg
1 teaspoon salt
1 pt. cherry
Milk for paste

Steam three hours.

RICE PUDDING
Mrs. M. Brents

One cup rice cooked in 3 quarts boiling water with salt. Boil till tender, then put in colander and run cold water through. Then whip 1 cup cream and grate maple sugar generously over top.
STEAMED PUDDING
Mrs. Thos. Joyce

1 cup suet 1 cup sweet milk
1/2 cup molasses 2 cups flour
1/2 cup sugar 1 teaspoon soda
2 eggs 2 teaspoons cream tartar

Dissolved in the milk, which you add the last thing, butter a dish or bowl, strew raisins in bottom, steam two hours.

SIX CUP PUDDING

1 cup sugar 1 cup bread crumbs
1 cup flour 1 cup milk
1 cup suet 1 cup jam

Mix dry ingredients together, then add jam and milk, steam 3 hours. Can add 1 cup currants if desired. Serve with sauce.

FOAMY SAUCE

1/2 cup butter 1 teaspoon vanilla
1 cup powdered sugar 1 egg
1 1/2 cup hot milk

Cream butter and sugar and beaten egg. Heat milk, add both together, steam few minutes on stove.

SPONGE GOOSEBERRY PUDDING
E. M. G.

Butter a pudding bowl, put into it about 1 lb. of gooseberries, with 4 tablespoons of sugar. Beat 2 ozs. of butter with 3 tablespoon of sugar to a cream. Add 1 egg and half a teacup of milk, then add 1/4 lb. of flour, a pinch of salt, and 1/2 a teaspoon of baking powder. Pour the mixture into a basin, tie a buttered paper over, and steam for 1 1/2 hours.

SPONGE PUDDING
Mrs. Lizette

6 ozs. flour Salt
2 ozs. lard 1 teaspoon baking powder
2 ozs. sugar 1/2 teacup milk
1 egg, well beaten

Put some jam, marmalade or syrup at bottom of basin. Pour mixture in, and steam one hour.

Use "Victoria" Pastry Flour for Fruit Cake

TAPIOCCA PUDDING
Mrs. Bishop

2 1/3 cup tapioca, soaked in 4 cups of water over night, in morning add 2 cups brown sugar and cook in double boiler till clear. When almost cold add 1 cup of nuts. Serve cold with cream.
FOOD FOR THE GOD’S
Mrs. Arthur H. Field

1 cup granulated sugar  2 tablespoons bread crumbs
1 cup chopped walnuts  (heaping)
1 cup chopped dates  3 eggs, or can use 2
1 teaspoon baking powder  Add white of eggs well beaten

Bake in moderate oven half an hour. Serve with whipped cream. Fruit can be added when serving if desired.

GINGER CREAM
Mrs. Hugh Johnston

\( \frac{3}{4} \) box gelatine (trifle less) \( \frac{1}{4} \) cup cold water. Soak.

Make a custard of 1 cup milk, yolks of 2 eggs, \( \frac{1}{4} \) cup sugar, pinch salt (be careful not to curdle); add gelatine and chill, then add 3 tablespoons ginger syrup; \( \frac{1}{4} \) cup ginger preserves. When set slightly add \( \frac{1}{2} \) pint whipped cream and put in glasses.

Dad’s picked another winner—“Holly’s”

KISS TORTE
Mrs. F. C. Brunke

Whites of 6 fresh eggs  1 teaspoon vanilla
2 cups granulated sugar  1 teaspoon vinegar

Beat whites to a stiff dry froth; add the sugar, little at a time and beat. Add vanilla and vinegar. Grease a hollow form and pour into it \( \frac{2}{3} \) of the mixture. Make small kisses dropped from a teaspoon with the remainder of the mixture and form in a circle on a tin the same size and shape of the form. Bake 45 to 60 minutes in a very slow oven. Fill cavity with berries and whipped cream and decorate top with the circle of baked kisses.

LEMON FOAM
Mrs. F. B. Porter

2 cups boiling water  5 tablespoons corn starch
1 cup sugar  Whites of 3 eggs
 Juice of 2 lemons

Combine water, sugar, lemon juice and cornstarch. Boil till clear. When partly cool pour slowly over stiffly beaten whites. Mix well. Turn into mould wet with cold water.

LEMON SOUFFLE
Mrs. G. O. Merson

1 tablespoon butter  1 lemon
2 tablespoons flour  1 cup milk
1 cup sugar  2 eggs

Cream butter, sugar and flour, add milk and grated rind and juice of lemon. Add yolks of eggs, well beaten. Last of all whites of eggs, beaten stiffly. Pour mixture into baking dish and bake in moderate oven \( \frac{3}{4} \) hour.
From Canada's Cleanest Creamery.

Bowes Butter is made fresh daily from pure, sweet Pasteurized Cream in our own Creamery. This Creamery is widely known as "Canada's Cleanest Creamery," and the most scrupulous care is taken to live up to this description.

"The Utmost in Food Value."

The Growing demand for CAULFIELD'S MILK Is Noteable and Gratifying

This Glowing Success has been achieved only by Honest Endeavor on Our Part And Wholehearted Appreciation on Yours For Service Call Junct. 662

For tender flaky pastry, For light fluffy cakes, For crisp fried foods, USE CRISCO The Digestible Vegetable Shortening

NASH and MAXWELL cars lead in their respective fields and represent a reliable, economical method of transportation at a reasonable price CULLEY, BREAY & DOVER, LIMITED TORONTO and HAMILTON 543-5 Yonge St. 74-78 John St. N. Distributors and Dealers
MARSHMALLOW LOAF
Mrs. H. E. Worsell

Beat the whites of 4 eggs until stiff. Into them stir 1 tablespoon of gelatine dissolved in half cup of hot water. Add half cup of cold water and 1 cup of granulated sugar. Beat well and divide into three equal parts. Flavor each part differently. Let it stand long enough so that the color won’t run when put together, beating occasionally. Dust a deep bread pan with powdered sugar and put each part together with layers of fruit or nuts. Serve when chilled, with whipped cream.

"Holly's" contain that distinctive taste we all desire

MARSHMALLOW PUDDING
A. Smith

Beat whites of 3 eggs stiff; add ¾ cup granulated sugar; dissolve 2 heaping teaspoons gelatine in ½ cup boiling water; let cool, then add stiff whites, 1 teaspoon vanilla; beat 20 minutes; add ½ cup shredded pineapple. Serve in custard cups and make a custard of the yolks.

MAPLE RICE MOULD
Jean Simser

1 cup maple syrup, 3 egg yolks, well beaten. Cook until thick, then chill. Add ½ pint whipped cream. Boil 1 cup rice for 20 minutes, drain and add the beaten whites of the three eggs. Mould and chill. Turn out on dish with the maple sauce around it.

ORANGE CREAM
Mrs. F. K. Morrow

½ cup orange juice ½ oz. gelatine
½ cup sugar ¼ cup cold water
2 egg yolks ½ cups cream
½ cup sugar Orange rind to flavor

Heat first two ingredients in double boiler; add beaten egg yolks and rest of sugar; add softened gelatine; cool and strain into cream; add orange rind. Whip till almost stiff. Mould.

Make that week-end box of candies—"Holly's"

PINEAPPLE CREAM
Mrs. C. R. Vanstone

1 can pineapple, cut in dice. Take syrup and dissolve a small packet of gelatine in it, 1 pint cream well beaten. Add 1 cup sugar to pineapple and strain juice over it. Let cool and add whipped cream. Let gelatine soak in juice until very soft and then set bowl on top of tea kettle until dissolved. Serve with pistachio jelly. Put cherries or grapes in bottom.
SPANISH CREAM
Mrs. C. W. McCulloch, Lefroy, Ontario.

1 tablespoon gelatine ½ cup sugar
1 pint milk ½ salt spoon salt
3 eggs

Soak gelatine in a little of the milk; heat milk and put in gelatine; stir until dissolved then add yolks of eggs, sugar and salt well beaten together. Let come to near boil; remove from fire and add white well beaten. Flavor with vanilla or maple. Pour into mould, wet with cold water and let harden.

VANILLA CREAM
Mrs. Wm. MacInnes

½ oz. gelatine 1 breakfast cup milk
2 ozs. sugar 1 teaspoon vanilla essence
½ pint whipping cream

Melt gelatine in milk; strain over sugar with cream; stir in gradually milk and gelatine; add flavoring and put in wetted mould to set.

VELVET CREAM
Mrs. G. H. Nichol

½ box gelatine (½ package) 1 cup sherry wine
1 cup granulated sugar 1 pt. rich cream

Soak gelatine in one cup cold water 1 hour, then add sugar and wine, let stand 1 hour, set dish in pan of boiling water until gelatine dissolves, stirring, strain and set aside to cool. Whip cream and add as gelatine congeals, a tablespoon at a time. Whip thoroughly.

“Holly’s” candy creations are original

WHOLESOME DESSERT FOR CHILDREN
W. H. Morrison

Add an egg to your junket. Heat the milk a little more, then add whipped up egg and lastly as usual dissolved junket tablet and flavoring.
Among the Many Other Good Things Insist Upon

IDEAL BREAD

Contains the choicest ingredients, is manufactured by modern scientific methods, and baked in our famous traveling ovens, thus ensuring a loaf that is unequaled for its delicious flavor and healthful goodness.

From our salesmen everywhere in Toronto or phone Lakeside 4874

IDEAL BREAD COMPANY, LIMITED
183-193 DOVERCOURT ROAD TORONTO

Acme Dairy Limited

A GLASS OF PURE, PASTEURIZED MILK

through the day is one of the best tonics one can take. It is not only refreshing, but when properly treated and coming from registered and tested cattle, is really a food.

Phone- Hillcrest 0152-0153

13-29 Essex Avenue
Toronto
PASTRY

Always use Ontario Winter Wheat Pastry Flour for Pastry

BUTTER SCOTCH PIE
Mrs. D. J. McCuaig
1 cup dark brown sugar
1½ tablespoons flour
1 tablespoon butter

Yolks of 2 eggs
Whites for frosting
1 cup sweet milk

Cook in double boiler and put in a baked crust.

BUTTER SCOTCH PIE
Mrs. W. A. Duncan
1½ cups brown sugar
4 tablespoons flour
1½ cups milk
4 tablespoons cold water
2 eggs
2 tablespoons butter
1 teaspoon vanilla

Mix sugar and flour, add scalded milk, water and butter. Cook till thick. Add flavoring and egg yolks. Make meringue of whites. Turn into cooked pie paste.

BUTTER SCOTCH PIE
Mrs. W. Johnson
2 cups brown sugar
2 cups milk
2 tablespoons butter
5 tablespoons flour

Yolks of 2 eggs
Pinch of salt
Vanilla

Cream butter and flour, add beaten egg yolks, salt and one cup of brown sugar. Brown one cup of sugar, add a little water, put this into hot milk, then add rest of mixture. Cook until thick. Beat whites of eggs and add half brown and white sugar. Spread over top and brown in oven.

CARAMEL PIE
Mrs. I. H. Johnson

Butter size of an egg and 1 cup of brown sugar put in pan and let brown, then thin with 1 cup of hot water; mix 1 tablespoon corn starch, 1 spoon vanilla, and yolks of 2 eggs, with water, and stir in. Have crust ready and pour filling in, using white of eggs on top.

FRENCH CREAM PIE
Mrs. J. W. Thompson
1 cup currants
¾ cup white sugar
1 cup sour milk
2 egg yolks

½ teaspoon essence cinnamon
1 teaspoon soda
A pinch of salt

Cook filling on stove till brown and sticky, and add soda before removing from fire. Make a meringue of the egg whites, and brown.
WHITE SATIN PASTRY FLOUR

The Flour For Good Pastry
Unsurpassed For Quality

May be obtained at any

DOMINION STORE
(250 Stores in Ontario and Quebec)

All Recipes in this Book may be Filled with
White Satin Flour with Complete Satisfaction

USE
PERFECTION FLOUR
FOR YOUR
BREAD, BUNS, Etc.
COCOANUT PIE
L. Swan

2 eggs, well beaten 1 pint milk
½ cup sugar 1 teaspoon vanilla
1 cup dessicated cocoanut

Line pie dish about 1 inch deep with paste and cook all together.

In making Pie Crust use “Victoria” Pastry Flour

COCOANUT PIE
Mrs. T. B. Smyth

Cream together piece of butter the size of an egg, with 1 cup sugar. Beat 3 eggs, mix with it ½ teaspoon salt, whole cocoanut, grated and 3 cups of milk. Makes 3 pies. Bake in hot oven.

COCOANUT PIE
Mrs. Charles Heintzman

Line plate with plain paste. Fill with following mixture:—

2 cups milk
3 egg yolks
½ cup white sugar
1 cup fresh grated cocoanut
½ teaspoon salt

Cooked until thick.

BOSTON CREAM PIE
Mrs. Canham

2 eggs
1 cup flour
1½ teaspoons Royal baking powder
¾ cup sugar
⅛ teaspoon salt
½ cup boiling milk
½ teaspoon vanilla extract

Add beaten egg yolks to stiffly beaten whites and gradually add flour, baking powder, sugar and salt, which have been sifted together three or four times, add hot milk very slowly; add vanilla; bake in deep large tin in moderate oven 35 minutes—when cool split and put between layers the following cream filling, and sprinkle powdered sugar on top of cake.

CREAM FILLING

½ cup sugar
2 tablespoons cornstarch
⅛ teaspoon salt
2 eggs
1 cup scalded milk
1 teaspoon butter
½ teaspoon vanilla extract

Mix sugar, corn starch, salt and beaten eggs; pour on gradually scalded milk; cook in double boiler until smooth and thick, stirring constantly; add flavoring; cook and spread between layer of cake.

“Victoria” Pastry Flour is economical
CREAM PIE
Mrs. H. N. Roy

1 pint milk  3 eggs
½ cup sugar  ½ tablespoon butter
2 heaping teaspoons corn  A little salt
starch  Vanilla to taste

Heat milk to boiling point, then add cornstarch and sugar; boil till it
thickens, then pour mixture into the beaten eggs, stirring all the time, return
to dish and boil for a few minutes, then add butter, salt and vanilla.

MOCK CHERRY PIE
Mrs. B. T. Bateman, Belle Ewart, Ont.

1 cup cranberries  1 tablespoon flour
½ cup raisins (cut in two)  1 teaspoon vanilla
1 cup sugar  1 small cup boiling water

Cook all together 20 minutes. Fill pie and bake.

LEMON PIE
Mrs. Aubrey A. Foy

Heat to boiling 1½ cups of water, pinch of salt; then stir in, two level
tablespoons of flour and 1 cup white sugar; beat this until thick and creamy,
cooking it slowly. Beat the yolks of 3 eggs until lemon color and stir in.
Add juice of large lemon and piece of butter size of a walnut. Beat thor-
oughly until cooked. Put into shell, then beat three egg whites until stiff.
Pile this high on the filling and slightly brown in hot oven. Use a double
boiler in making this filling.

LEMON PIE
Mrs. Wilford H. Painter

2 eggs  ¾ cup boiling water
1 cup sugar  Grated rind and juice of 1
1 tablespoon corn starch dissolved in ½ cup cold water lemon

Put in double boiler and cook about 15 minutes. Whites can be beaten
for meringue or if desired use whipped cream.

LEMON PIE
F. M. C.

One lemon, juice (and rind grated optional), yolks of two eggs, one cup
of water, one cup of sugar, one tablespoon corn starch. Put in double boiler
and stir; boil thick. Pour into pie shell. Save whites for the top, and brown
in oven.

MINCE PIE
Mrs. Hughes

2 lbs. raisins  1 lb. brown sugar
2 lbs. currants  1 grape fruit
1 lb. mixed peel  2 oranges
6 lbs. apples  Mixed spice and salt to
2 lbs. suet  taste
1 pint apple cider
PRUNE PIE
Mrs. James Taylor
Soak \( \frac{3}{4} \) lb. prunes, boil until cooked, remove stones and cut up; add \( \frac{3}{4} \) cup sugar, \( \frac{3}{4} \) cup nuts, chopped, and lastly fold in 2 beaten whites of eggs. Bake 20 minutes in pastry shell, serve with 1 cup of whipped cream.

In making Pie Crust use “Victoria” Pastry Flour

PUMPKIN PIE
Mrs. A. P. Laing

\[
\begin{align*}
1 \frac{1}{2} \text{ cups pumpkin} & \quad 1 \text{ teaspoon salt} \\
\frac{2}{3} \text{ cup brown sugar} & \quad 2 \text{ eggs} \\
1 \text{ teaspoon cinnamon} & \quad 1 \frac{1}{2} \text{ cups milk} \\
1 \text{ teaspoon ginger} & \quad \text{Small piece butter, melted}
\end{align*}
\]

Mix dry ingredients. Add pumpkin, butter, eggs, slightly beaten. Mix gradually.

PUMPKIN PIE
Mrs. J. A. Baker

\[
\begin{align*}
1 \frac{1}{2} \text{ cups canned pumpkin} & \quad \frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ cup cream} & \quad 2 \text{ well beaten eggs} \\
\frac{1}{2} \text{ cup milk} & \quad \frac{1}{2} \text{ teaspoon ginger} \\
\frac{3}{4} \text{ cup sugar} & \quad \frac{1}{2} \text{ teaspoon cinnamon}
\end{align*}
\]

Mix spices, sugar and salt thoroughly, add wet ingredients in order named.

RAISIN PIE
Mrs. A. G. H. White

\[
\begin{align*}
1 \text{ lb. seedless raisins} & \quad 1 \text{ teaspoonful lemon flavor} \\
1 \text{ qt. water} & \quad 1 \text{ cup walnuts} \\
1 \text{ cup sugar} & \quad 1 \text{ egg} \\
1 \text{ grated rind of lemon, or} & \quad 3 \text{ tablespoons flour}
\end{align*}
\]

Put raisins, walnuts and water over to boil. Add water as it boils away so that there will be a quart of liquid at the finish.

Beat egg, lemon and sugar, add flour and beat well. Pour this into the water with raisins and nuts, stirring while pouring. Boil whole mixture for two or three minutes, then cool. This is enough for three pies.

PASTE

\[
2\frac{1}{2} \text{ cups of flour (sifted), a little salt } \frac{1}{4} \text{ spoon baking powder (Magic preferred)}; 1 \text{ cup shortening, cold; chicken fat and butter, very good. Sift flour, salt and baking powder together. Rub in shortening; wet with about } \frac{1}{2} \text{ cup water or enough to make workable paste. This makes one pie.}
\]

FILLING FOR FRESH STRAWBERRY PIE
Mrs. R. M. Dean, Spokane, Wash.

\[
\begin{align*}
1 \text{ box strawberries} & \quad 1 \text{ cup white sugar} \\
\text{Yolks of 2 eggs} & \quad 1 \text{ heaping tablespoon flour}
\end{align*}
\]

Cook; then beat whites for top and brown.

Use “Victoria” Pastry Flour and you will not be disappointed
Compliments of

A. LEVY
260 Yonge Street

High Class Shoes

MORE HOT WATER

STACK GAS WATER HEATER

The Stack Heater divides the water into small columns which heat quicker than a large body of water contained in one coil.

Hot water rises upward and the almost vertical construction of the stack coil gives rapid circulation.

Upright tubes, large heating surface, rapid circulation, concentrating burner, tapering jacket, all combine to give speed and gas saving

Manufactured by

The James Morrison Brass Mfg. Co., Limited
93-97 Adelaide St. W.
Toronto

LESS GAS

JAS. H. MILNES, President
J. HERBERT MILNES, Vice-Pres.
J. P. MILNES, Sec-Treas.

THE MILNES COAL CO., LIMITED

HEAD OFFICE - 88 KING ST. E.
Phone Main 5596 (five lines)

QUALITY - LACKAWANNA

OUR SERVICE COVERS GREATER TORONTO
From 7 yards

Telephone your nearest Branch

à la Grâce
Corsets
RAISIN PIE (Delicious)
Mrs. Hilland

Place a coffee cup of milk in a double boiler, when it comes to a boil add a large tablespoon of flour, \( \frac{3}{4} \) cup sugar, \( \frac{1}{2} \) teaspoon salt, yolks of 2 eggs, well beaten, then add 1 tablespoon butter and 1 cup chopped seedless raisins, when thickened take from stove and add 1 teaspoon vanilla and pour into a pie shell which has already been baked. Beat whites of eggs to a stiff froth with 2 tablespoons sugar, spread over top of pie and brown in the oven.
Lord Salisbury Chapter, I.O.D.E., COOK BOOK

FOR 50 YEARS SUCCESSFULLY USED FOR

Coughs, Colds, Bruises, Burns, Cuts, Scratches, Scalds, Sores, and all other of the common ailments of man.

ACCEPT NO SUBSTITUTE

There is nothing "Just as Good"

YOUR GRANDMOTHER USED IT TOO.

Main 6016—"Three Lires to Centra!
Canadian Cleaning Co., LIMITED
THE LARGEST GENERAL CLEANING COMPANY UNDER THE BRITISH FLAG

WE DO...

Wall Cleaning Window Cleaning Carpet Cleaning Floor Cleaning Paint Washing Scrubbing Furniture Polishing Glazing Storm Windows Put up or removed Awnings Put up or removed Wallpaper Cleaning Painting Houses Cleaned Throughout

We are specialists in treatment of Hardwood Floors, Dark Stains removed without scraping, Whitewashing, Hand or Power Spray Machines, Lumber Mills, Dry Kilns Black Washed.

"WE KNOW HOW" Established 30 years
OFFICE 23 Scott St. - PLANT 184 Queen St. E.

TILLEY'S KLEAN-O
NON-EXPLOSIVE

For Cleaning Leather and all Delicate Fabrics

The Liquid Cleaner that leaves no stain

25¢
TARTS

BUTTER TARTS
Clare Marsh

½ cup butter  ½ cup currants
1 cup sugar  1 egg, beaten
2 tablespoons milk  A little vanilla

Mix together. Line patty tins with pastry and fill three-quarters full with above mixture. Bake in hot oven.

“Victoria” Pastry Flour makes delightful Puff Paste

CHEESE TARTS
Mrs. J. A. Haines

1 egg  ½ cup currants
1 cup brown sugar  Flavor with nutmeg or
1 tablespoon butter  vanilla

Cream butter and sugar, add egg; beat all together, add currants and flavoring. Line patty tins with rich pastry and fill with mixture.

COCOANUT TARTS
Mrs. J. C. Sandilands

¾ cup white sugar  1 egg yolk
2 teaspoons butter

Add enough water to moisten. Boil until it threads. Beat in:

1 cup shredded cocoanut  Flavor with lemon
1 egg white, beaten stiff  Pinch of salt

HONEY TARTS
Constance Lefroy

½ cup honey  1 egg
½ cup granulated sugar  Flavoring

Sprinkle with nuts. Bake in tart paste.

Always use Ontario Winter Wheat Pastry Flour for Pastry
Try

D. McLean
299 Roncesvalles Ave.
(Corner Geoffrey)
for

Select Groceries

Choice Tea and Coffee
Foreign and Domestic
Fruits in Season
New Laid Eggs direct
from Farm
Special Attention given to
Telephone Orders
PHONES
Lakeside 0223 & 0224

Chas. S. Simpson

WHOLESALE
FRUIT AND
VEGETABLES

68 COLBORNE ST.

Hillcrest 5400-1-2-5

Four Direct Lines

SCOTTS’

BUTCHERS

and GROCERS

143-145 Dupont St.

Six Deliveries Daily
BREAD and MUFFINS

“Elders” Whole Wheat Flour for Bread is used by the largest bakeries in Toronto and Montreal

BROWN LOAF
Mrs. A. Whyte

2 cups Graham flour  1/2 teaspoon salt
1 cup white flour  1/2 cup brown sugar
1 teaspoon soda, sifted with white flour  1 tablespoon molasses

Mix with sour milk rather moist. Bake very slowly about one hour and fifteen minutes. Add raisins and nuts if desired.

QUICK BREAD
Mrs. Wilson

1 qt. bread flour  1/2 teaspoon salt
1 teaspoon cream tartar  1/2 teaspoon baking soda
1 teaspoon baking soda  1/2 teaspoon creamed shortening

Work the above into a smooth dough with nearly one pint of milk or water. Let stand for ten minutes. Bake in a brisk oven.

Try “Elders” Whole Wheat Flour for Bread and be healthy

DATE BREAD
Mrs. J. T. Ruthven

1 box dates, stoned. Pour over them one cup of boiling water into which has been dissolved one teaspoon of baking soda. Let stand while you mix—

1 egg  1 teaspoon salt
1 tablespoon butter  1 teaspoon vanilla
1/2 cup sugar  1 1/2 cups flour

Beat well after adding the dates. Put in round, tall tins, half full. Stand in kettle of boiling water, and boil one hour. Leave in tins until cold.

RAISIN OR DATE LOAF
F. M. Cooke

1 1/2 cups white flour; 1 1/2 cups Graham flour or rolled oats, or mixed; 1/2 package dates or raisins or nuts, or mixed; 1 teaspoonful baking soda; 1 cup brown sugar; 2 cups sour milk, sweet milk, or milk and water may be used. A pinch of salt, vanilla or spices. Add more flour if necessary.

DATE BREAD
C. Matthews

Stone and chop 1 lb. dates; add 1 cup boiling water, 1 teaspoon baking soda. Cool, then add 1 cup brown sugar, 1 tablespoon butter, 1 1/2 cup flour, 1/2 cup walnuts. Bake in a slow oven one good hour.
PERFECT cooking has ceased to depend on long experience, and constant watchfulness over a hot range. With the Hotpoint Electric Range you can cook an entire meal and not even become flushed.

COOKING BY ELECTRICITY IS ECONOMICAL

The thick-walled, oven of a Hotpoint Range, retains every particle of heat and does not permit evaporation. This allows you to reduce the current, after cooking has commenced, and to finish on stored heat. You can duplicate any given temperature day after day invariably.

"Made in Canada" by

Hotpoint Division

Canadian General Electric Co., Limited
NUT AND DATE BREAD
Mrs. Fred Rowell

1 lb. chopped dates 1 cup boiling water
1 teaspoon baking soda 1 cup brown sugar
2 tablespoons butter 1 1/2 cups flour
Pinch of salt 1 cup chopped walnuts
1 egg

Sprinkle soda over dates, and add boiling water. Let stand until cool, then add other ingredients. Bake in a moderate oven for nearly one hour.

DATE BREAD
Mrs. Matthews

1 lb. dates (1/2 cup boiling water, 1 small teaspoon of baking soda dissolved in it; put over dates and let cool); 1 cup brown sugar; 1/2 cup butter; 1 egg. Flour to make stiff batter. Add dates and bake in round tin.

DATE LOAF
Mrs. C. M. Coo

1/4 to 1/2 lb. chopped dates; 1 level teaspoon soda; 1 cup boiling water. Sprinkle soda over dates, then pour boiling water over dates, and let cool. Mix 1 tablespoon butter, pinch salt, 1 cup brown sugar, 1 1/2 cups flour (before adding the flour, add the dates and water to the mixture), 1 teaspoon vanilla, 1/2 cup chopped walnuts. Bake nearly one hour.

Try “Elders” Whole Wheat Flour for Pastry and have better health

DATE BREAD
Mrs. Wallace

3 cups flour 1 cup chopped dates
1 cup sugar 1 cup walnuts
3 teaspoons baking powder 1 cup milk
1 teaspoon salt 1 egg

Let rise for 20 minutes. Bake in a slow oven for 3/4 of an hour.

DATE LOAF
Mary C. Beal

1 lb. dates 1 tablespoon butter
1 cup boiling water 1 teaspoon soda
1 1/2 cups flour
Let cool then add:
1/2 cup sugar 1 egg (well beaten)

Bake in round tins slowly, then slice and butter to serve.

TEA BISCUITS made with Victoria Pastry Flour are light and wholesome
Ingredients of the highest order are always considered an absolute necessity when delicious pastries are desired yet how often are the housewife’s expectations dashed to the ground by the stubbornness of a faulty range.

If you are troubled in this way choose your fuel—COAL, WOOD, GAS or ELECTRIC then ask to see a GURNEY.

The Gurney Foundry Co.
LIMITED
TORONTO - CANADA
MONTREAL - WINNIPEG - VANCYVUR

BREAD
Delicious and white with a nut brown crust—will be what you will get when you use

PURITY FLOUR CROWN FLOUR
"More Bread and Better Bread"
Milled from the best Ontario Winter Wheat

Your Grocer can supply you with both PURITY and CROWN in any quantity. See that you get what you ask for.

WESTERN CANADA FLOUR MILLS COMPANY LIMITED
Toronto
Ontario
DATE AND NUT BREAD
Mrs. Harry S. Banfield

1 cup dates, chopped
1 1/2 cups brown sugar
1 tablespoon butter
1 cup sweet milk
2 cups flour

1 cup walnuts, chopped
2 eggs
2 large teaspoons baking powder

Place in well buttered tin and let stand 20 minutes, then cook in a slow oven about 45 minutes.

REAL, GOOD NUT BREAD
M. E. L.

1 cup granulated sugar
2 eggs beat together
Pinch of salt
2 cups milk

1/4 lb. shelled walnuts, chopped
4 cups flour
3 teaspoons baking powder

Raise about 10 minutes. Bake 30 minutes. Grease two loaf tins before mixing as dough raises fast.

DATE LOAF
Mrs. Wilkes

2 3/4 cups Graham flour
1/2 cup white flour
2 cups sour milk
1 cup brown sugar
1 teaspoon soda

1 or 2 tablespoons shortening
1 teaspoon salt
1 lb. dates, stoned and cut fine
1 cup walnuts

Put all dry ingredients in together and add soda to flour, dry, add milk last. If not moist enough, add a little more milk.

“Elders” Whole Wheat Flour for Bread is used by the largest bakeries in Toronto and Montreal

WALNUT BREAD
Florence Plant

2 cups flour
2 teaspoons baking powder
1 cup milk
A little salt
1 cup sugar

1 cup chopped walnuts
1 egg

Let rise 20 minutes. Then bake half-hour in moderate oven.

NUT WHITE BREAD
Mrs. F. Blatchford

3 cups flour
1 cup brown sugar
1 cup broken walnuts
3 teaspoons baking powder

1 teaspoon salt
1 egg
1 1/2 cups milk and warm water

(3/4 cup of each)

Bake in as slow an oven as possible, for an hour or a little longer.
CORNMEAL DODGERS
Miss H. E. Spragge

$\frac{1}{2}$ cup sugar 2 cups flour
$\frac{1}{2}$ cup butter $\frac{3}{4}$ cup corn meal
1 egg 3 teaspoons baking powder
1 cup sweet milk

Cream butter and sugar, add egg, etc. Drop in muffin pans; bake in a fairly quick oven.

CORN CAKES—to serve with meat
(Particularly with Roast Beef)
M. E. Davidson

To 1 cup canned corn, add $\frac{3}{4}$ cup milk, $\frac{1}{2}$ tablespoon sugar, 2 well beaten eggs. Mix and sift 1 cup flour, $\frac{1}{2}$ teaspoon salt, 1 tablespoon baking powder. Combine mixtures, and drop by spoonsful into hot buttered muffin tins. Bake in moderate oven until firm.

CORN MEAL GEMS
Mrs. Kells

1 egg, beat well 1 1/2 flour
$\frac{1}{2}$ cup sugar 2 teaspoons baking powder
1 tablespoon butter, melted 1 cup sweet milk
$\frac{1}{2}$ cup corn meal Add a little salt

Mix together and bake in moderate oven. This makes 12 Gems.

"Elders" Whole Wheat Flour for Pastry makes beautiful Gems

CHELSEA BUNS
Mrs. J. A. Baker

$\frac{1}{2}$ pint milk 2 tablespoons butter or lard
$\frac{1}{2}$ pint water $\frac{3}{4}$ quarts sifted flour
1 cake compressed yeast $\frac{1}{2}$ level teaspoons salt
2 tablespoons sugar

Dissolve yeast and sugar in the milk, add the salt, and then the shortening. Work this into a smooth dough, cover with towel, and let stand till very light, about three hours according to how warm they are kept. Knead down gently, and let rise again for an hour. Dust the board with flour and roll out dough ten inches wide and $\frac{1}{4}$-inch thick. Spread freely with butter, brown sugar, cinnamon and chopped seeded raisins. Roll dough as you would a jelly roll, cut in pieces of 1 1/2 inches and set on end in pans, the bottoms of which have been covered with brownsugar and small pieces of butter one-quarter inch deep. Allow to raise and bake as you would rolls. Take out of oven, turn upside down on waxed paper and allow to stand one minute before removing pan.
CORN MEAL MUFFINS
Mrs. J. P. Hunter

$\frac{1}{3}$ cup sugar  \hspace{1cm} $\frac{1}{2}$ cup corn meal
3 tablespoons lard  \hspace{1cm} $1\frac{1}{2}$ cups flour
1 egg  \hspace{1cm} $\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup sweet milk  \hspace{1cm} 2 teaspoons baking powder

Mix together and bake in moderate oven.

GRAHAM MUFFINS
May McCutcheon

$1\frac{1}{4}$ cups Graham flour  \hspace{1cm} $\frac{3}{4}$ teaspoon soda
1 cup flour  \hspace{1cm} 1 teaspoon salt
1 cup sour milk  \hspace{1cm} 2 tablespoons melted butter
$\frac{1}{3}$ cup molasses

Mix and sift dry ingredients; add milk to molasses, and combine mixtures; then add butter.

"Elders" Whole Wheat Flour for Pastry makes delightful Tea Biscuits

GRAHAM BISCUITS
Miss M. Reid

3 cups Graham flour  \hspace{1cm} 1 tablespoon shortening
3 teaspoons baking powder  \hspace{1cm} Sour milk to make a stiff batter
$\frac{1}{4}$ teaspoon soda

Roll and bake in a moderate oven.

PARKER HOUSE ROLLS
Mrs. J. A. Baker

2 quarts sifted flour  \hspace{1cm} A little salt
$1\frac{1}{2}$ pints milk  \hspace{1cm} 1 tablespoon white sugar
3 tablespoons melted butter  \hspace{1cm} 1 cake compressed yeast

Scald the milk, let stand to cool, put the sugar, butter, salt and dissolve yeast into the warm milk, and stir in the flour. Let it raise, and when very light, mix as soft as can be handled. Let raise again. About an hour before tea, roll out very lightly, and cut with a biscuit cutter, butter well with melted butter and fold even (like a turn over). Let raise till light and bake in a quick oven twenty minutes.

Note—It takes about five hours from the start to finish of these rolls. At first they rise slowly, a great deal depends upon how warm they are kept.

POPOVERS
Mrs. Henrietta Bearcroft

1 cup flour  \hspace{1cm} 2 eggs
$\frac{3}{8}$ cup milk  \hspace{1cm} $\frac{1}{2}$ teaspoon melted butter
$\frac{1}{4}$ teaspoon salt

Bake in gem pans in moderate oven about 45 minutes. The recipe makes about nine popovers.

"Victoria" Pastry Flour is specially milled to satisfy the most critical housewife
ROUGH BUNS
Constance Lefroy

3 cups flour 1/2 cup sugar
2 teaspoons baking powder Sweet milk to make a soft
don'tgether
A little salt sifted together
dough
2 teaspoons shortening
Drop in patty pans and bake.

SCONES
Mrs. F. K. Morrow

2 cups flour 2 tablespoons sugar
2 teaspoons cream of tartar 2 tablespoons butter
1 scant teaspoon soda 3/4 cup milk and water together
1/2 teaspoon salt
Sift dry ingredients; work in butter with fingers; add liquids; shape;
flour well. Bake in fairly hot oven about 15 minutes.

Try “Elders” Whole Wheat Flour for Bread and be healthy

SCOTCH SCONES
Mrs. J. C. Sandilands

1/3 cup shortening 1 egg
2 cups sifted flour 1/2 cup milk
4 teaspoons baking powder 1/2 teaspoon salt
1 tablespoon sugar
Mix dry ingredients before adding shortening and egg. Roll and cut,
finish with milk. Bake about 12 minutes in a quick oven.

If you wish to have
The Very Best
Bread or Cakes
Call one of Our Waggons
or Phone
GERRARD 2008

Hilton Bread Co.
611-621 Gerrard St. E.

Compliments of
ROYAL CONNAUGHT HOTEL
Hamilton, Ontario
CAKES

ANGEL CAKE

1 cup egg whites (9-10 eggs)  1 scant teaspoon cream tartar
1 1/2 cups sugar  1/4 teaspoon salt
1 cup flour  Flavoring

Beat egg whites until stiff; add half the amount of cream tartar; add sugar slowly. Sift flour three times; add remainder of cream tartar; add to first mixture; add flavoring. Pour into an ungreased baking pan. Bake in a slow oven for 15 minutes, then increase heat and bake 30 to 35 minutes longer.

APPLE SAUCE CAKE

A. E. Henderson

1 1/4 cups apple sauce
2 1/2 teaspoons baking soda
1/4 cup lard
1/4 cup butter
1 1/4 cups brown sugar
2 1/2 cups flour

Then add:
1 1/4 lbs. currants
1 1/4 lbs. raisins
1/4 lb. mixed peel
1/4 lb. walnuts

Bake in slow oven.

For Marble Cake, Sponge Cake, and all kinds, use "Victoria"

ALMOND CREAM CAKE

Mrs. J. C. Sandilands

1/4 lb. butter, creamed with 4 eggs, whites only, beaten stiff
1 1/2 cups white sugar
1 cup milk
1 teaspoon vanilla
2 cups flour sifted 3 times
2 teaspoons baking powder

Beat well. Divide batter into three equal parts; to one-third add 1/2 teaspoon of rose flavoring and enough pink vegetable coloring to make a nice pink. Use this for the middle layer.

FILLING

1 cup milk
1/2 cup sugar, scant; heat milk and sugar, when warm add

When mixture thickens, add 1 teaspoon butter; heat until cool; add 1/2 cup chopped nuts (almond). Put between layers, and ice with an icing colored a delicate pink; sprinkle with nuts.

Royal Baking Powder appeals to good housewives

BETHLEHEM CAKE

Mrs. J. Bennett

Cream 1/4 cup of butter, then add 1 cup fine granulated sugar and work to a cream; add 1/2 cup sweet milk, 1 1/2 cups flour sifted with 2 teaspoons baking powder; beat into a smooth batter, then fold in the stiffly beaten whites of 2 eggs; add 1/2 teaspoon vanilla. Ice with white icing.

"Holly's" Candy Shop, 778 Yonge Street. (At Bloor)
BRIDE'S CAKE
Mrs. Wm. Maclnnes

6 eggs
10 oz. Monarch flour
1 lb. currants
⅜ lb. blue raisins
½ lb. sugar
1 teaspoon cinnamon
1 teaspoon vanilla
3 oz. lemon peel
3 oz. orange peel
3 oz. citron peel
½ lb. butter
⅛ lb. almonds, ground
⅛ teaspoon baking powder
1 teaspoon vanilla

ICING (Almond)

1 lb. icing sugar
1 egg
¾ lb. ground almonds
1 teaspoon vanilla

Mix butter and sugar to cream, add all fruit, cleaned and chopped, also egg; then having sieved dry ingredients, add them; last, the vanilla flavoring. Bake in moderate oven until ready.

Mix ingredients for almond icing together and spread on cake after having brushed it over with white of egg to make icing stick.

Spread on top of almond icing 1 lb. of icing sugar mixed with very little cold water, and decorate according to requirements.

CARAMEL CAKE
L. M. Pemberton

2 cups brown sugar
½ cup butter
1⅜ cups flour
½ cup sour milk
2 eggs
1 teaspoon soda
½ lb. chocolate
1 small cup boiling water pour-
ed on the chocolate after cutting up
1 teaspoon vanilla
A little salt

Cream butter, add sugar, sour milk, eggs, soda in the flour; add chocolate, and cook in deep square pan, and ice with a white icing or one of chocolate.

QUICK CHOCOLATE CAKE
Mrs. Ernest A. Harris

Melt in saucepan, 1 tablespoon butter with one square of chocolate or 1 tablespoon of cocoa; add 1 cup sugar (small) 1 egg, ⅛ cup milk, 1 cup flour, 2 level teaspoons baking powder. Beat all together for several minutes and bake in a medium oven in loaf or layers.

CHOCOLATE CAKE
Mrs. Alva Dutton

5 level tablespoons butter
1½ cups sugar
3⅜ squares Baker's Premium No. 1 chocolate, melted
1 teaspoon vanilla
3/4 cup milk
3⅜ level teaspoons bak. powder
3 eggs
1½ cups sifted pastry flour

Cream butter, add sugar and chocolate, then unbeaten eggs and vanilla, and beat together until very smooth. Sift baking powder with ½ cup of flour and use first, then alternate milk and remaining flour, and make mixture stiff enough to drop from spoon. Beat until smooth, and bake in loaf in moderate oven.
IN all recipes calling for baking powder, insure successful results by using Royal Baking Powder (absolutely pure).

It is conceded by domestic science teachers and baking experts the world over to be "the most healthful and dependable baking powder made."

Royal contains no alum—leaves no bitter taste.
CAKES

CHOCOLATE CAKE
Mrs. Pooler
1 tablespoon baking soda
5 tablespoons cocoa
1/2 cup boiling water
2 eggs
1 teaspoon vanilla

Pour water over soda and cocoa. Beat eggs separate. Beat yolks with butter and sugar. Lastly, add whites

ICING FOR CAKE
3 teaspoons icing sugar
1 teaspoon cocoa

CHOCOLATE FUDGE CAKE
Mrs. Arthur Murray
1/2 cup butter
1 1/2 cups sugar
3 eggs, beaten
1/2 cake Baker’s chocolate
5 tablespoons sugar

For all kinds of Pastry use “Victoria”

ECONOMICAL CHOCOLATE CAKE
E. J. Macdonald
Cream together butter size of egg, 1 cup brown sugar, 1 egg yolk; make a paste of 1/2 cup cocoa and a little boiling water, fill the cup with sour milk, 1 1/2 cups flour, 1/2 teaspoon salt, 1/2 teaspoon vanilla; dissolve 1 teaspoon baking soda into 1 tablespoon vinegar; add this last. Bake in a moderate oven. Walnuts may be added if desired.

ICING
1 tablespoon butter
1 tablespoon cream

Beaten white of 1 egg
Few drops vanilla

Add icing sugar to desired consistency.

Use “Victoria” Pastry Flour for Fruit Cake

COCOA CAKE
M. McCorkell
1/4 cup butter
1 cup sugar
2 eggs
3/4 cup sour milk
1/2 teaspoon soda dissolved in the water

1/2 cup boiling water
3 heaping teaspoons cocoa
1 teaspoon cinnamon
2 cups flour
1 teaspoon baking powder

Bake in two layers and use chocolate icing.

That delicious tea biscuit was made with R.B.P.
Cover the butt end of a Premium Ham with cold water, heat slowly and simmer gently, allowing 20 minutes for each pound. Then remove the rind and - here's the special touch - spread mustard over the ham fat and sprinkle generously with brown sugar. Stud the top with cloves and bake for an hour in a moderately hot oven. This you'll find a most appetizing dish.

Premium Ham to start with. Ham that's carefully selected for fine texture and for tenderness. Ham that's given a special sweet mild cure, then smoked over hardwood fires with patient skill till the Premium fullness of flavor is secured. This ham with its layer of fat made spicy sweet by the mixture of mustard with sugar that caramelizes in the baking. Can't you imagine it on a platter - how impatiently the family will await its serving?

SWIFT CANADIAN CO., Limited

VICTORIA
(THE GOOD)
PASTRY FLOUR

Made from selected Ontario Winter Wheat ground on a mill specially adapted for producing a high grade Pastry Flour with 70 years of expert experience in milling pastry flour behind it.

THE ELDER FLOUR MILLS CO., TORONTO

Also Manufacturers of

ELDERS 100% pure WHOLE WHEAT FLOUR for PASTRY
Made from Ontario Winter Wheat

ELDERS 100% pure WHOLE WHEAT FLOUR for BREAD
Made from No. 1 Manitoba Wheat

Sold by The Robt. Simpson Co. and all good grocers
CAKES

COCOA CAKE
Miss Ruby Truax

1 egg, well beaten  
1 cup brown sugar  

Dissolve \( \frac{1}{2} \) teaspoon in cream, add 1 cup flour in which \( \frac{1}{2} \) teaspoon baking powder has been sifted. Add last \( \frac{1}{4} \) cup cocoa dissolved in \( \frac{1}{4} \) cup boiling water. Flavor with vanilla; ice with butter icing.

COCOA CAKE (quick)
C. Matthews

2 cups brown sugar  
\( \frac{1}{2} \) cup butter  
1 cup sweet milk  
2 cups flour  
\( \frac{1}{2} \) cup cocoa  

Mix in order given.

Prominent physicians recommend “Elders” Whole Wheat Flour

COCOANUT POUND CAKE

Beat half a pound of butter to a cream, add gradually a pound of sifted flour, 1 pound of sugar, 2 teaspoons baking powder, a pinch of salt, a teaspoon of grated lemon peel, quarter of a pound of prepared cocoanut, 4 well beaten eggs, and a cup of milk; mix thoroughly; butter the tins, and line them with buttered paper; pour the mixture in to the depth of an inch and a half, and bake in a good oven. When baked, take out, spread icing over them, and return to the oven a moment to dry the icing.

CORONATION LAYER CAKE
Mrs. Charles H. Likens

2 eggs  
1 cup brown sugar  
\( \frac{1}{2} \) cup butter  
1 cup sour milk  
1 teaspoon soda  

ICING

\( \frac{1}{2} \) lb. icing sugar  
1 teaspoon butter  
\( \frac{1}{4} \) cup chopped walnuts  
Moisten with milk

CORONATION CAKE

1 cup brown sugar  
\( \frac{1}{2} \) cup butter  
2 eggs  
1 teaspoon soda, dissolved in 1 cup sour milk  
1\( \frac{1}{2} \) cups flour  

Bake in 2 layers.

FILLING AND ICING

\( \frac{1}{2} \) cup butter  
2 cups icing sugar  
Beaten to a cream
CHRISTMAS CAKE
M. McCorkell

1 lb. butter
1 lb. sugar
2 lb. raisins
2 lb. currants
¼ lb. lemon peel
¼ lb. citron peel

1 small nutmeg
1 small teaspoon soda
8 eggs
1½ lb. flour
A wine glass of brandy

Beat the butter and sugar to a cream; beat the eggs and add to the creamed butter and sugar; add the chopped peel and grated nutmeg and soda; stir in the flour, then the fruit and brandy. Bake in a moderate oven for four hours.

“Victoria” Pastry Flour is economical

CHRISTMAS CAKE
Mrs. Appleton

6 cups flour
3 heaping teaspoons baking powder
½ teaspoon salt
1 teaspoon almond essence
¾ lard or butter
2½ cups brown sugar
½ lb. almonds
½ lb. walnuts

½ lb. dates
¾ lb. citron
½ lb. orange and lemon peel
1 lb. seeded raisins
1 lb. seedless raisins
1 lb. currants
5 eggs
1 cup milk
¾ cup molasses

Rub butter or lard in flour, add sugar and spice, fruit, peel and nuts; beat eggs very light; add milk, essence of molasses. Mix all together and bake 3 to 4 hours in a slow oven.

CINNAMON CAKE
Mrs. F. J. Greenaway

2 eggs, save white of 1 for icing
1 cup sugar
Butter size of an egg
1 cup sour milk

½ teaspoon soda
2 teaspoons cinnamon
2 cups flour
2 teaspoons baking powder

ICING FOR CINNAMON CAKE

One cup white sugar, ½ cup cold water; boil till it threads; then beat into white of eggs well beaten, and beat till thick. Sprinkle cinnamon over icing.

The Candies you will eventually buy, “Holly’s”

CREAM PUFFS
Belle Bearcroft

Put 1 cup of boiling water, one-half cup of butter in a pan, let boil; add 1 cup of flour; stir in well; take pan from stove; add 4 well beaten eggs, one at a time; mix thoroughly, drop from spoon into greased pan and bake about three-quarters of an hour in moderate oven, then break and fill with either cream filling or whipped cream.
CAKES

CREAM PUFFS
A. Bantick

Boil together, 1 cup of water, 1 tablespoon sugar, $\frac{1}{2}$ cup of butter; while boiling add 1 cup of flour, stir fast until smooth, then cool. When cool add two eggs, not beaten; stir until smooth again, then drop on a pan, far apart, about a tablespoon of batter to each cake. Bake in a quick oven about 30 minutes. When cool cut open and fill with cream or jam.

Royal Baking Powder is used by all first-class chefs

NEVERFAIL CHOCOLATE CAKE
Mrs. S. G. Brock

$\frac{3}{4}$ cup butter  
1 large cup white sugar, cream together  
2 eggs  
$\frac{1}{4}$ cup milk

Bake about 30 minutes in a little more than medium oven.

CHOCOLATE MARBLE CAKE
Mrs. A. W. Forrest

$\frac{1}{2}$ cup butter  
1 cup sugar  
$\frac{1}{2}$ cup milk  
2 eggs

Put three-fourths of mixture in tin, then add the 2 tablespoons of cocoa to the remaining one-fourth, and dab this in here and there. This gives it a marble effect. Use a butter icing.

CHERRY CAKE
Mrs. Cattanach

10 eggs  
1 lb. butter  
1 lb. castor sugar  
1$\frac{1}{2}$ lbs. sifted flour

Cream, butter and sugar. Add well beaten eggs, fruit and flour. Bake in moderate oven.

"Victoria" Pastry Flour makes delightful Puff Paste

CRUMB CAKE
Mrs. Hamilton

2 cups brown sugar  
2 cups flour  
$\frac{1}{2}$ cup butter

Mix together and then take out $\frac{1}{2}$ cup for icing. Add 1 egg, 1 teaspoon soda, a small cup sour milk. Put in pan and put on icing and cook thirty minutes.

They taste Better—They are Better—"Holly's"
CRUMB CAKE
Mrs. J. M. Childerhose

1½ cups white sugar 2 teaspoons baking powder
2 cups flour

Mix with hands as for pie crust. Take out ½ cup crumbs and into the remainder add 3 eggs beaten in one by one, ½ cup milk, grated rind of 1 lemon. Beat 15 minutes, put into greased pan, press in the ½ cup of crumbs, and bake with slow fire. Time required, about 30 minutes in gas oven.

DARK CAKE
Mrs. J. H. Martin

Good half cup butter 1 cup boiling water
Good half cup sugar ½ teaspoon cinnamon
1 or 2 eggs ½ teaspoon nutmeg
Nearly a cup of molasses 2 cups flour and no more
1 teaspoon soda

Bake in a slow oven. May be made in layer tins, using date filling and a white icing.

DATE CAKE
Mrs. W. Barry, Lefroy, Ont.

½ pkge. dates or raisins 1 cup hot water
1 teaspoon soda

Put these on back of stove and let simmer for 5 minutes.

HAVE MIXED

½ cup sugar, brown or white 1 teaspoon vanilla
3 tablespoons shortening 1 teaspoon salt

Mix all together and add sufficient flour to make a little thicker than a jelly cake.

Royal Baking Powder is not an adulteration

DATE CAKE
Mrs. T. B. Smythe

1 teaspoon butter 1 cup milk
1 cup white sugar 2 level cup flour
1 egg 2 teaspoons baking powder
½ teaspoon salt 1 package dates
1 tablespoon molasses

Mix dry ingredients, add molasses to milk, add egg and then dates. Cook in moderate oven.

DATE CAKE
Mrs. A. A. Burry

1 lb. dates 4 eggs
½ lb. walnuts 1 teaspoon soda, dissolved in
1 lb. brown sugar 3 tablespoons water
½ lb. lemon peel 3 cups flour, if not enough add
½ lb. butter more
DATE CAKE
Mrs. Strowger

1 1/2 cups brown sugar
1/2 lb. butter
3 eggs
1 lb. dates (flour’d)

Mix sugar and butter together, add well beaten eggs and other ingredients. Bake in slow oven for 1 1/2 to 2 hours.

For Marble Cake, Sponge Cake, and all kinds, use “Victoria”

DATE FRUIT CAKE
E. E. Peppiatt

1 1/2 cups brown sugar
1 good cup butter
2 eggs
2 1/2 cups flour

Dissolve 1 teaspoon soda in a little sweet milk. Bake in a slow oven 1 to 2 hours.

DATE AND NUT CAKE

1/4 lb. shelled walnuts
2 cups brown sugar
1/2 lb. butter
1 lb. dates, stoned and cut
3 eggs

Bake in slow oven.

DELICIOUS CAKE
Mrs. J. A. McLellan

1 cup brown sugar
3 eggs, well beaten
2 tablespoons lemon & vanilla
1 small teaspoon soda in 1/4 cup hot water
2 cups flour
1 lb. dates
1 cup walnuts
1/2 cup melted butter

For all kinds of Pastry use “Victoria”

DELICIOUS LAYER CAKE
Mrs. Aubrey A. Foy

1 cup white sugar
1/2 cup butter
3 eggs
1/2 cup milk
2 cups sifted flour
2 teaspoons baking powder
Little vanilla

Cream butter and sugar until creamy, then add milk; beat eggs until lemon color and add, then flour, baking powder and flavoring. Beat thoroughly for five minutes. Bake in two layers in slow oven. Use chocolate icing or date filling and plain butter icing.
DELCIMATE CAKE
Mrs. H. Dunning

8 tablespoons sugar 3 teaspoons vanilla
6 tablespoons melted butter 4 teaspoons Magic baking pdr.
4 tablespoons milk

DEVIL CAKE
M. Mauds

Half cup chocolate (cocoa will do); add just enough water to cook it; 2 cups brown sugar, ½ cup butter (cream well); then add chocolate. Beat 2 eggs and add them. 1 teaspoon vanilla. Then add 2½ cups flour and stir well. Last of all, 1 cup sour milk and 1 teaspoon soda. Bake in moderate oven in layer cake tins.

DEVIL'S FOOD
C. Neill

3 tablespoons cocoa ¾ cup butter and lard mixed
½ cup boiling water ½ cup sour milk
2 cups brown sugar 1 teaspoon soda and vanilla
2 cups flour 2 eggs

DEVIL'S CAKE
Mrs. C. G. Porter

2 cups brown sugar Add—
½ cup butter ½ cup grated chocolate
2 eggs ½ cup boiling water
½ cup sour milk 1 teaspoon soda
2 cups flour

Bake in medium oven.

DUNDEE CAKE
Mrs. John E. Robson

4 cups flour ½ lb. lemon peel
1 teaspoon baking powder 1½ cups raisins
½ lb. butter and lard mixed 1 good sized cup milk
½ lb. icing sugar 3 eggs

Mix flour, baking powder, sugar and butter with hands, add fruit, and last of all your milk and eggs well beaten. Stir mixture thoroughly and bake 2 hours in a slow oven. Will keep well and, like fruit cake, is better a little older.

EXCELLENT CAKE
Mrs. Lizette

2 cups brown sugar 1 cup sour milk
1 cup butter 1 teaspoon Cow Brand b. soda
2 eggs

Little mixed spice, pinch of salt in 4 cups flour, also 1 teaspoon baking powder mixed with dry ingredients, and 1 cup raisins, currants and citron.

"Holly's" Candies are good—and good for you, too!
FUDGE CAKE
Mrs. E. H. Schoales
1 cup white sugar 2 teaspoons cocoa
1 teaspoon butter 1 teaspoon baking soda
1 egg ½ teaspoon salt
½ cup sour milk or butter milk 1½ flour
Sift flour, soda and cocoa several times.

FILLING FOR CAKE
1 teaspoon cocoa 1 teaspoon butter
1 cup hot water 2/3 cup sugar
Boil and thicken with one tablespoon of flour.

WHITE FRUIT CAKE
Margaret Bruce, Waterloo
1 cup butter 1 teaspoon baking powder
1 cup white sugar ½ teaspoon vanilla
1 cup sweet milk ½ lb. almonds, minced
3 cups flour 3/4 lb. citron peel, sliced
3 eggs 5 cents lemon peel
Cherries, pineapple, wine and whiskey. Steam 1 hour and bake 1 hour.

FRUIT CAKE
Mrs. J. Gibson
3/4 lb. butter 1 teaspoon baking powder
2 even cups sugar 1/4 lb. almonds
6 eggs (2 at a time, beat batter Pinch of salt
for 5 minutes between eggs) 1 teaspoon vanilla
3/4 cup milk 4 cups seedless raisins
3/2 cups flour 1/2 cup citron peel
Bake in a slow oven for 2 1/2 or 3 hours.

WHITE FRUIT CAKE
Mrs. Frank W. Bryan, Collingwood
Cream three-fourths cup of butter till stiff, then add gradually one and one-half cups of sugar and continue the creaming process. Add one-half teaspoon of baking powder and one-fourth teaspoon of salt. Blanch and chop one cup of shelled almonds; chop lightly also two cups of sultana raisins and shred fine one-half cup of citron and one-eighth pound of candied pineapple, and one-quarter pound of cherries. Mix the fruits and nuts lightly with part of the flour, then add the rest gradually to the butter and the sugar, alternating with the stiffly beaten whites of six eggs. Stir the fruit and nuts during the process of adding the flour and egg whites. Beat very hard and if the mixture seems too stiff stir in two tablespoons of milk. Add one-half teaspoon each of almond extract and vanilla and bake in a well greased pan for one and one-half hours.

When you are hungry try "Holly's"
GINGER CAKE
M. S. McMillan

$\frac{1}{2}$ cup butter creamed with $\frac{1}{2}$ cup molasses
$\frac{3}{4}$ cup granulated sugar 2 cups flour
2 eggs 1 cup boiling water
1 teaspoon cinnamon 1 teaspoon baking soda dissolved in hot water
1 dessertspoon ginger
Pinch salt

Bake half hour in moderate oven. Add hot water last of all.

GINGER BREAD
Mrs. F. K. Morrow

$\frac{1}{2}$ cup brown sugar 1 teaspoon ginger
$\frac{1}{2}$ cup molasses 1 teaspoon soda
$\frac{3}{4}$ cups flour $\frac{1}{2}$ cup butter (melted)
1 egg $\frac{1}{4}$ cup boiling water

Mix all ingredients together at once and bake. For a pudding serve hot with whipped cream.

LAYER CAKES made with "Victoria" Pastry Flour retain moisture

GINGER BREAD
Louise Hertel

$\frac{1}{2}$ cup molasses 1 tablespoon ginger
$\frac{1}{2}$ cup butter 1 level teaspoon soda
1 cup dark brown sugar 1 teaspoon mixed spices
2 eggs 2 cups flour
$\frac{1}{2}$ cup sour milk or cream

Bake in hot oven.

SOFT GINGER BREAD
Mrs. E. H. Schoales

1 cup brown sugar $\frac{2}{3}$ cup butter
1 cup molasses 2 eggs
1 teaspoon ginger 2$\frac{1}{2}$ cups flour
2 teaspoons cinnamon

Put two even teaspoons of soda in bowl and pour over it one cup of boiling water and stir into the batter. Batter will be very thin but do not add any more flour. Bake in a moderate oven.

GINGER BREAD
Mrs. Watt

Cream $\frac{1}{2}$ cup butter with 1 cup sugar and 1 cup of dark molasses. Beat into this 2 eggs and alternately 2 cups of flour (sifted with a level spoon of soda, same of ginger, salt and a little cinnamon), add $\frac{1}{2}$ cup sweet milk. Bake in a moderate oven.

"Elders" Whole Wheat Flours are 100% pure
CAKES

GINGER BREAD
L. K.

3 cups flour 1/4 cup water
1/4 teaspoon salt 2 tablespoons butter
2 heaping teaspoons ginger 1 1/4 cups brown sugar
1/2 teaspoon soda 1/2 cup corn syrup
1/2 teaspoon mace 1/2 cup molasses
1 beaten egg 1 cup seedless raisins
1/4 cup milk

Sift flour, salt, soda and spices into a bowl; melt together sugar, butter, syrup, molasses, milk and water; cool slightly and add dry ingredients with egg and raisins. Turn into greased and floured pan and bake in moderate oven one hour.

GOLD CAKE
E. N. C.

1 cup sugar 1 teaspoon cream of tartar
1/2 cup butter 1/2 teaspoon soda
Yolks of 4 eggs 2 cups flour
1/2 cup milk 3/4 teaspoon vanilla

Cream butter, add sugar, eggs well beaten, milk, flour mixed and sifted with soda and cream tartar, and vanilla. Bake 35 minutes.

HOT MILK CAKE
Miss K. Canham

2 eggs 3/4 teaspoon lemon extract
1 cup sugar 1 teaspoon baking powder
1 cup flour 1/2 cup boiling milk
1 teaspoon butter

Beat eggs well; add sugar; add flour mixed and sifted with baking powder twice; add hot milk with butter melted in it, and flavoring. Bake 30 minutes.

JAM CAKE
Mrs. Lula Matthews

1/2 cup butter 1 teaspoon cinnamon
2 cups brown sugar 1 teaspoon allspice
1 cup buttermilk 1 teaspoon vanilla
3 cups flour 3 eggs, beaten separately
1 cup nuts 1 cup jam
1 level teaspoon soda

METHOD
Cream, butter and sugar. Add egg, yolks, butter, milk and soda, flour, nuts, cinnamon, allspice, vanilla, jam, and last of all, stiffly beaten whites. Bake in loaf tin.

LAYER CAKES made with “Victoria” Pastry Flour retain moisture
JELLY CAKE
Mrs. E. H. Schoales

1 cup white sugar
1 tablespoon butter
2 eggs
\( \frac{1}{2} \) cup milk

Sift flour and baking powder together two or three times.

KING EDWARD CAKE
May Coles

\( \frac{1}{2} \) cup butter
1 cup brown sugar
\( \frac{3}{4} \) cup sour milk
2 eggs
1 teaspoon baking soda

FILLING
1 egg, beaten well
Juice and rind of 1 lemon
\( \frac{1}{2} \) cup granulated sugar

Bake in layers.

MOCHA CAKE
Mrs. D. Jack

One-half cup of butter, 1 cup of confectioner’s sugar, creamed together well; 1½ cups flour sifted with 2 teaspoons baking powder and \( \frac{1}{2} \) teaspoon salt, 2 eggs, \( \frac{1}{2} \) cup milk and 2 level teaspoons corn starch. Add the well beaten eggs to creamed sugar and butter, then the flour alternately with the milk.

ICING—Beat 2½ tablespoons butter to a cream, add 2 cups icing sugar, cut the cake in small squares, cover with the icing, and roll each piece in minced blanched almonds.

NUT CAKE
Miss Roose

2 eggs
\( \frac{1}{2} \) cup sweet milk
1 cup butter
1 cup brown sugar
1 cup sour cream

ONE EGG CAKE
Mrs. J. H. Suydam

2 tablespoons melted butter
1\( \frac{1}{2} \) cups flour
\( \frac{3}{4} \) cup sugar
\( \frac{1}{2} \) cup milk

Mix dry ingredients together, add butter to beaten egg, then milk and vanilla. Beat well and bake in loaf or layer tins.
CAKES

ONE EGG CAKE
Mrs. W. C. R. Harris

\[
\begin{align*}
\frac{1}{4} & \text{ cup butter} \\
\frac{1}{4} & \text{ cup sugar} \\
1 & \text{ egg}
\end{align*}
\]

\[
\begin{align*}
\frac{1}{2} & \text{ cup milk} \\
1\frac{1}{2} & \text{ cups flour} \\
2\frac{1}{2} & \text{ teaspoons baking powder}
\end{align*}
\]

Cream butter, add sugar gradually, and egg well beaten. Mix and sift flour and baking powder; add alternately with milk to first mixture. Bake 30 minutes in a shallow pan. Spread with chocolate frosting.

ONE EGG CAKE
Mrs. T. B. Smyth

\[
\begin{align*}
1\frac{1}{2} & \text{ cups flour} \\
1 & \text{ cup white sugar} \\
\end{align*}
\]

\[
\begin{align*}
2 & \text{ teaspoons baking powder} \\
\end{align*}
\]

Sift these together then add 1 egg well beaten in a cup, then add the milk to fill the cup; a tablespoon of vanilla, at least a tablespoon of butter. Bake 20 minutes in a moderate oven.

ORANGE CAKE
M. Hobden

\[
\begin{align*}
\frac{3}{4} & \text{ cup sugar (white)} \\
1 & \text{ tablespoon butter} \\
2 & \text{ eggs} \\
\frac{1}{2} & \text{ cup milk} \\
\end{align*}
\]

Grated rind of 1 orange

\[
\begin{align*}
\text{Juice of } \frac{1}{2} \text{ orange} \\
1\frac{1}{2} & \text{ cups flour} \\
1 & \text{ heaping teaspoon baking powder}
\end{align*}
\]

ICING FOR ABOVE

\[
\begin{align*}
\frac{1}{2} & \text{ cup icing sugar} \\
\end{align*}
\]

1 teaspoon butter

Enough orange juice to make a paste. Spread on cake and sprinkle with chopped nuts.

ORANGE CAKE
Mrs. T. B. Smyth

\[
\begin{align*}
1 & \text{ cup white sugar} \\
2 & \text{ eggs} \\
\frac{1}{2} & \text{ cup butter} \\
\frac{1}{2} & \text{ cup sour milk} \\
\end{align*}
\]

Put the orange and raisins through the mincer.

Use "Victoria" Pastry Flour and you will not be disappointed

ORANGE CAKE
A. Walker

\[
\begin{align*}
1 & \text{ egg} \\
1 & \text{ cup sugar} \\
\end{align*}
\]

Butter size of an egg

\[
\begin{align*}
1\frac{1}{2} & \text{ cups flour} \\
2 & \text{ teaspoons baking powder}
\end{align*}
\]

ICING

\[
\begin{align*}
1\frac{1}{2} & \text{ cups icing sugar} \\
\end{align*}
\]

Juice of 1 orange and rind grated

It is our unremitting effort to excel—"Holly's"
The Motor Union

Incorporated in England under the Auspices of the Automobile Association and Motor Union

Licensed by the Government of the Dominion of Canada

Assets Exceed $14,000,000
Head Office: 10 St. James Street, London, England
CHIEF OFFICE FOR CANADA: 59 YONGE STREET, TORONTO
William MacInnes, Manager for Canada

Simplified Automobile Policies
The Main Points of our Policies are:
Each Contract is a "clean cut" policy the wording of which is concise and easily understood. The wording and conditions in each policy apply only to the actual risks insured in the policy.
MISUNDERSTANDING is avoided ABSOLUTELY!

Cowan's Delicious Cocoa
Use it in making Cakes, Puddings and Pies.
CAKES

ORANGE CAKE
C. E. S.

2 eggs
2 cups flour
1 cup white sugar
½ cup butter
½ teaspoon soda
½ cup sour milk
1 orange

Cream sugar and butter, add eggs, well beaten; grated rind of orange; add juice of ½ orange and mix together. Sift flour, pinch of salt and soda together and then add all together, baking in two jelly cake tins.

ICING

2 cups icing sugar, teaspoon of butter, juice of ½ orange and a little of the grated rind.

ORANGE SPONGE CAKE
Mrs. Harry S. Banfield

2 tablespoons butter
¾ cup white sugar
Pinch salt
2 eggs (beaten separately)
¾ cup sweet milk
Grated rind and juice of 1 orange
2 cups flour
2 teaspoons baking powder

Cream butter and sugar and add yolks or eggs and other ingredients, adding white of eggs, beaten stiff, last. Bake in square pan.

ICING FOR ORANGE SPONGE CAKE

2 cups icing sugar
1 tablespoon butter
Use sufficient grated rind and orange juice to moisten for spreading on cake.

ORANGE CAKE
L. Faithfull

1 egg
2 cups brown sugar
½ cup butter (use little more)
1 cup chopped raisins
1 orange, put through grinder
1 small cup sour milk
2 cups flour
1 teaspoon soda
1 pinch salt

PLAIN CAKE
Mrs. Lizette

¾ cup flour
¾ cup sugar
1 teaspoon baking powder
Butter size of an egg
Salt
Yolks of 2 eggs
Whites of 1 egg
4 tablespoons sweet milk

POOR MAN’S CAKE
Mrs. Lizette

4 cups flour
2 cups sour milk
1½ teaspoons baking soda
2 tablespoons lard
Salt
2 cups brown sugar
½ lb. each currants and raisins

Bake ¾ hour in slow oven.
OLD FASHIONED POTATO CAKE
Mrs. N. Grose, Lefroy, Ont.

2 cups flour 1 cup finely mashed potatoes
1 teaspoon salt Milk or water
2 teaspoons baking powder

Mix the flour with the salt and baking powder, then add the finely mashed potatoes, enough to make a soft dough; turn the whole into a well greased frying pan and cook slowly, turning occasionally; add a little more lard to the pan each time you turn until the cake is nicely browned. Takes about 30 minutes to bake. Serve very hot.

POTATO FLOUR CAKE
Mrs. Walton-Ball

5 eggs, beaten separately 1 teaspoon baking powder
1 cup sugar 1 teaspoon vanilla
½ cup potato flour

Bake in hot oven. Beat whites very stiff, add half the sugar, beat again, beat yolks with sugar very well; add to whites, and lastly flour.

ICING
¼ lb. (almost) of butter, ¾ cup icing sugar beaten into butter, then add 1 white of egg that has been beaten very dry to mixture and beat. Put between the layers; sugar the top of cake.

SPICE CAKE
Mrs. F. Whan, Lefroy, Ont.

3 eggs 1 teaspoon grated nutmeg
1 ½ cups sugar 1 teaspoon cinnamon
1 cup butter 1 teaspoon cloves
½ cup milk 1 cup raisins
½ cup hot water ½ lb. chopped walnuts
1 teaspoon baking powder 3 cups flour
½ teaspoon soda

RASPBERRY CAKE
Mary E. Beal

2 eggs 2 cups flour with 1 teaspoon soda
¾ cup sugar (white) 1 cup canned raspberries
½ cup butter
1 tablespoon sour milk, mixed

RASPBERRY CAKE
Mrs. Fred C. Beal

2 eggs 2 cups flour
1 cup sugar
½ cup butter ½ teaspoon baking soda dis- solved in sour milk
2 tablespoons sour milk ½ nutmeg
1 cup canned raspberries

PIE CRUST made with “Victoria” Pastry Flour is light and flaky
CAKES

WALNUT CAKE
Mrs. S. Secord

\sfrac{1}{2} \text{ cup butter} \\
1 \text{ cup sugar} \\
\text{Yolks of 3 eggs} \\
\sfrac{1}{2} \text{ cup milk} \\
\sfrac{1}{2} \text{ teaspoon salt}

1\frac{3}{4} \text{ cups flour} \\
2\frac{3}{4} \text{ teaspoons baking powder} \\
\text{Whites of 2 eggs} \\
\frac{3}{4} \text{ cup walnut meats broken}

Mix ingredients in order given. Bake 45 minutes in moderate oven.

PIE CRUST made with "Victoria" Pastry Flour is light and flaky

VICTORIA SANDWICH
E. C. Ball

Take two eggs, whip the whites very stiffly; mix with the yolks 3 ozs. sugar, 2 ozs. flour, 1 teaspoon baking powder; mix well with the yolks of eggs; fold whites in gently; bake in hot oven about 10 to 15 minutes.

SANDWICH CAKE
Mrs. Joe Vaughan

4 ozs. sugar \\
3 eggs \\
4 ozs. flour (scant measure)

1 tablespoon water \\
1 teaspoon baking powder \\
1 teaspoon flavoring (vanilla)

Beat yolks and sugar and water well. Sift in flour and baking powder. Beat whites well and add. Bake about 20 minutes.

FILLING FOR SANDWICH CAKE

4 large tablespoons icing sugar \\
Butter size of an egg

Cream butter and sugar; add a little vanilla and enough coffee essence to color well. A little cream may be added, also chopped walnuts.

SHEET CAKE
A. Livingston

1 cup sugar \\
\frac{1}{2} \text{ cup butter, creamed} \\
2 eggs \\
1 teaspoon vanilla

\frac{1}{2} \text{ cup milk} \\
1\frac{1}{2} \text{ cups flour} \\
2 \text{ teaspoons baking powder} \\
\frac{1}{2} \text{ teaspoon salt}

Bake in moderate oven about 25 minutes.

SHORT BREAD
E. Nesbitt

2 lbs. flour \\
1 lb. butter \\
\frac{1}{2} \text{ lb. brown sugar}

1 egg \\
1 teaspoon baking soda \\
Salt to taste

Mix thoroughly, cut in small cakes and bake in slow oven.

SPANISH BUN
Mrs. H. Dunning

3 eggs, keep 2 out for icing \\
1\frac{1}{2} \text{ cups brown sugar} \\
1 \text{ cup lard and butter mixed} \\
1\frac{1}{2} \text{ teaspoons cloves}

1\frac{1}{2} \text{ teaspoons cinnamon} \\
1 \text{ teaspoon soda} \\
1\frac{1}{2} \text{ cups water} \\
Flour to thicken
Miss Post
MILLINERY PARLOR

The store for smart, attractive

HATS

In all the New Colors and Latest Fabrics.
At the Lowest Prices.

—CALL AND SEE—

570 BLOOR ST., W.
Next Door to Alhambra Theatre.
PHONE TRINITY 2350

Delaware Garage
and
Dollar Livery

CALL Ken. 0264

Anywhere in the City to Downtown
$1.00
Downtown to Anywhere in the City
$1.00
Two Passengers

Storage Accessories Repairs
155 DELAWARE AVE.
CAKES

SNOW BALLS
Mrs. J. C. Sandilands

1 cup butter
1½ cups sugar
6 eggs, well beaten
1 scant cup milk
4 cups pastry flour

1 teaspoon soda
4 teaspoons cream of tartar
¼ teaspoon mace
2 teaspoons vanilla

Beat well. Then bake in small round bottomed tins; put two cakes together, with some tart jelly ice, and roll in cocoanut. Half of recipe makes 2 dozen cakes.

SPANISH BUN
Mrs. J. Roy Richmond

Half cup of melted butter or part fresh dripping, 1 cup brown sugar, yolks of 2 eggs, 1 teaspoon baking soda dissolved in 1 cup of sour milk or buttermilk, 1 teaspoon cinnamon, 1 teaspoon of ground allspice, flour enough to make soft batter; pour in buttered tin and bake in moderate oven. Beat whites of 2 eggs well, then add cup brown sugar; cover cake, return to oven until browned.

SPANISH BUN
Mrs. J. A. McDougall

2 eggs
1 cup brown sugar
2 tablespoons melted butter
½ cup milk

3 teaspoons baking powder
2 cups sifted flour
1 teaspoon cinnamon
1 teaspoon allspice

ICING FOR SPANISH BUN

White of an egg, beaten stiff
1 cup brown sugar

1 teaspoon cinnamon

SPANISH BUN
Margaret Bruce, Waterloo

5 eggs, keep whites of 2 for icing
2 cups brown sugar
1 cup sour milk
1 teaspoon soda
A little each of allspice, nutmeg and cinnamon
1 teaspoon essence of lemon

Icing:
Whites of 2 eggs
1 cup brown sugar
1 teaspoon lemon

SPANISH BUN CAKE
Mrs. J. C. Sandilands

3 eggs, beaten separately
¾ cup butter, creamed
2 cups white sugar
1 cup sweet milk
2 cups flour, sifted

2 teaspoons cinnamon
¾ teaspoon cloves
¾ teaspoon nutmeg
3 teaspoons baking powder

Bake in a long pan. This makes a large cake.
SPONGE CAKE
Emily E. Doolittle

5 eggs
1 cup sugar
1/4 lemon, grated rind and juice

Beat the whites of the eggs very light; beat the yolks until thick and light colored; beat the sugar into the yolks gradually, add the lemon rind and juice; fold in one-half the whites; then fold in the flour, and lastly the remainder of the whites. When finished, the mixture should be exceedingly light and fluffy. Bake in an unbuttered tube pan about 50 minutes. This makes a very tender, delicate sponge cake.

Use the above recipe, substituting 1/2 cup of potato flour for the cup pastry flour.

SPICE CAKE
Mrs. E. J. Banfield

Butter, size of egg
1 cup sugar
1 level teaspoon salt
2 eggs
1 tablespoon molasses
1 cup sour milk

Bake slowly.

STRAWBERRY SHORT CAKE
Mrs. E. H. Schoales

2 cups flour
2 teaspoons baking powder
1 cup sugar
1/4 teaspoon salt

Sift flour, salt and baking powder together; add sugar, put in butter and add enough milk to make a soft dough. Bake in two tins in a moderate oven, fifteen to twenty minutes; when cool spread with mashed and sweetened berries. Put whipped cream on top and decorate with whole berries.

SULTANA CAKE
Margaret Bruce, Waterloo

1/2 lb. butter beaten to a cream
1 big cup white sugar
4 eggs, beaten separately
2 cups flour
1/2 cup sliced citron peel
1 cup chopped raisins

Rind of 1 lemon
3 tablespoons sweet milk
1/2 cup minced walnuts
Vanilla
1/2 teaspoon soda
1 teaspoon cream of tartar

SULTANA CAKE
Olive Walker

1/4 lb. butter, creamed
1 cup granulated sugar
3 eggs
1 lb. raisins
1/4 lb. lemon peel

2 teaspoons vanilla
1/2 cup warm water
1 teaspoon baking powder
3 cups flour
SULTANA CAKE
Mrs. J. A. McLellan

1 1/4 cups sugar 2 cups sultana raisins
3/4 cup butter 1 cup milk
1 1/2 cups flour 1 teaspoon baking powder
4 eggs, lemon and rosewater

SUNSHINE CAKE
Mrs. Stafford Rice

5 egg whites 3/4 cup flour
3 egg yolks 3/4 teaspoon cream of tartar
3/4 cup granulated sugar Vanilla

Beat whites stiff, beat yolks stiff, add sugar slowly to yolks; beat till creamy; add sifted flour and cream of tartar. Bake in moderate oven three-quarters of an hour.

SUNSHINE CAKE
Mrs. R. Maddocks

5 eggs 1 cup flour
1 teaspoon cream tartar 1 teaspoon corn starch
1 cup granulated sugar 3/4 teaspoon vanilla extract

Whip whites of eggs to stiff froth, add cream tartar; sift sugar four times and fold in lightly; beat yellows of eggs and add; sift flour and cream tartar four times and fold in lightly; add vanilla; pour in ungreased pan. Bake in very slow oven about 50 to 60 minutes:

"Holly's" Candy Shop, 81 1/2 Yonge Street. Adelaide 6478
CAUSES OF CAKE FAILURES

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or butter. When a cake "falls" it is caused by insufficient quantity of flour or rising ingredient, or from moving it in the oven after the cake has risen, but before the cell walls have become fixed, or firm by the heat; too fast an oven, or removing from oven before thoroughly baked.

A cake is bready when too much flour has been used.

A cake presents an uneven surface, and cracks open on the top when too much flour is used, or more often when too strong heat at first crusts over the top, before the mixture has risen to its full height. Later, when the batter heated throughout rises, it bursts out at the weakest place, usually the top.

Coarse-grained cakes may be the result of too much leavening ingredients, too slow an oven, insufficient creaming of butter and sugar, and insufficient heating of batter before addition of egg whites.

Larger holed angel cakes are usually occasioned by insufficient blending of egg whites, with the other ingredients. Too little sugar, or too fast an oven might produce such an effect.

For perfect cakes use only the choicest materials, also standard measuring spoons and cups.

### TIME TABLE FOR COOKING CAKES AND PASTRY

Lottie Thomas

<table>
<thead>
<tr>
<th>Cake Type</th>
<th>Time Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking powder biscuits</td>
<td>12 to 15 minutes</td>
</tr>
<tr>
<td>Gems</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>Gingerbread</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Cookies</td>
<td>8 to 10 minutes</td>
</tr>
<tr>
<td>Sponge Cake</td>
<td>45 to 60 minutes</td>
</tr>
<tr>
<td>Layer Cake</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Loaf Cake</td>
<td>40 to 60 minutes</td>
</tr>
<tr>
<td>Small cakes</td>
<td>15 to 25 minutes</td>
</tr>
<tr>
<td>Fruit Cake</td>
<td>2 to 4 hours</td>
</tr>
<tr>
<td>Wedding Cake</td>
<td>3 to 6 hours</td>
</tr>
<tr>
<td>Batter Pudding</td>
<td>35 to 45 minutes</td>
</tr>
<tr>
<td>Pastry—Pies</td>
<td>30 to 50 minutes</td>
</tr>
<tr>
<td>Tarts</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Patties</td>
<td>15 to 25 minutes</td>
</tr>
<tr>
<td>Yeast Muffins</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Baking Powder Muffins</td>
<td>20 to 25 minutes</td>
</tr>
</tbody>
</table>
Cake Fillings and Icings

CREAM FILLING
2 cups milk
2 eggs
Cook until thick.

CUSTARD FILLING
2 cups milk
½ cup sugar
1 egg
Boil until thick, spread between layers when cool.

COCOANUT FILLING
2 cups cocoanut
2 cups milk
2 eggs
Flavoring, cook, and add cocoanut when cool.

FRUIT FILLING
2 cups white sugar
½ cup boiling water
2 egg whites
¼ cup chopped nuts
Boil sugar and water without stirring syrup, until it spins a thread. Beat whites, add syrup gradually, beating constantly and then cook; add nuts and fruit; spread between layers of cake.

FIG FILLING
½ lb. chopped figs
2 tablespoons sugar
3 tablespoons boiling water
Cook in double boiler until thick.

LEMON FILLING
Grated rind 2 lemons, also strained juice
2 cups sugar
2 egg whites
Cook in a double boiler, adding beaten egg whites last.

LEMON CHEESE (Preserve)
Mrs. McPhee
2 lemons
2 teacups sugar
2 eggs
Large piece of butter
Beat the eggs well and put them into a saucepan with the juice of the lemons, then add butter and sugar. Put on fire and stir till it boils, and let it boil for three minutes.
ORANGE FILLING
Using \( \frac{1}{2} \) cup sugar, and oranges instead of lemons.

PLAIN FROSTING

\[
\begin{align*}
1 \text{ unbeaten egg white} & \quad 1 \text{ teaspoon vanilla} \\
\frac{1}{2} \text{ cups confectioner's sugar} & \quad \text{Put egg white into a shallow dish; add sugar gradually, beating with a wire} \\
\text{whip until of right consistency to spread; add vanilla.}
\end{align*}
\]

SEVEN MINUTE ICING

\[
\begin{align*}
1 \text{ unbeaten egg white} & \quad \frac{3}{4} \text{ cups sugar, white} \\
\frac{1}{2} \text{ cups confectioner's sugar} & \quad \text{Place all ingredients in the top of a double boiler; place over hot water,} \\
\text{and beat seven minutes; add } \frac{1}{2} \text{ teaspoon flavoring.} \\
\text{For Chocolate Icing, add to above } 1 \frac{1}{2} \text{ oz. melted unsweetened chocolate.} \\
\text{For Coffee Icing, add 3 tablespoons boiled coffee in place of water.}
\end{align*}
\]

YELLOW ICING

\[
\begin{align*}
1 \text{ egg yolk} & \quad 1 \text{ teaspoon butter creamed} \\
\frac{1}{2} \text{ cups icing sugar} & \quad \text{with icing sugar} \\
\text{Vanilla, few drops almond extract, milk enough to moisten so it will} \\
\text{spread easily.}
\end{align*}
\]

ANGEL CAKE ICING

Put 1 cup icing sugar (heaping) in a bowl, 2 unbeaten egg whites, mixing with sugar gradually until soft and creamy; add a few drops of vanilla and a little water, enough to soften, do not beat.

ALMOND ICING

\[
\begin{align*}
3 \text{ egg whites} & \quad 3 \text{ cups sugar} \\
1 \text{ lb. Jordan (sweet) almonds} & \quad 10 \text{ drops rose flavoring} \\
\text{Pound to a paste, almonds with a little sugar; then add egg whites, and} \\
\text{flavoring with the remaining sugar; mix thoroughly.}
\end{align*}
\]

BROWN SUGAR ICING AND FILLING

\[
\begin{align*}
3 \text{ cups brown sugar} & \quad 1 \text{ tablespoon butter} \\
1 \text{ cup milk} & \quad 1 \text{ teaspoon vanilla} \\
\text{Cook sugar, milk and butter together until it forms a soft ball, when} \\
\text{tested in cold water; add vanilla. Beat until thick and spread on cake.} \\
\text{Chopped nuts may be added.}
\end{align*}
\]

BUTTER ICING

Mrs. Sandilands

\[
\begin{align*}
1 \text{ cup icing sugar} & \quad \text{Vanilla} \\
\text{Butter size of a walnut} & \quad \text{Few drops almond flavoring} \\
\text{Cream these, and add enough milk to make paste soft enough to spread} \\
\text{nicely.}
\end{align*}
\]
CAKE FILLINGS AND ICINGS

BOILED ICING

Boil 1 cup white sugar with ¼ cup water, until syrup threads when dropped from a spoon. Have ready 1 egg white beaten stiff; pour syrup over egg white slowly; flavor and beat until stiff enough to spread on the cooled cake.

BUTTER SCOTCH ICING (without sugar)

2 cups light syrup  ¼ cup milk
½ cup butter

Boil syrup, butter and milk together, until it forms a soft ball, when tested in cold water, cool slightly without stirring, and pour while warm on cake; nuts may be added if desired.

CARAMEL FROSTING

1 ½ cups sugar  ¼ cup butter
2 ½ cup grated maple sugar  ½ cup cream
Mix ingredients and boil 13 minutes, beat until right consistency to spread.

CHOCOLATE ICING AND FILLING

2 egg whites 1 teaspoon vanilla
2 cups confectioner’s sugar 4 ozs. chocolate
1½ tablespoons milk 1 teaspoon butter
Beat whites very stiff, add sugar slowly, beating well; add milk, vanilla and chocolate, which has been melted with butter, mix until smooth.

CHOCOLATE ICING

A. G. Garfat

4 big tbsp. pulverized sugar  Yolk 1 egg
2 tablespoons butter

Put on fire and mix 2 teaspoons flour with 2 tablespoons milk and add together with 2 tablespoons grated chocolate, ½ teaspoon vanilla, broken walnuts.

FUDGE ICING

½ cup powdered cocoa  1½ tablespoons butter
1¾ cups white sugar  Pinch of salt
½ cup milk  2 teaspoons vanilla
To the milk and butter add the cocoa, sugar and salt, boil 8 minutes; take off and beat until creamy. Add vanilla and pour over cake to the depth of ½ inch.

MAPLE ICING

½ teaspoon butter  1 teaspoon maple syrup or
2 tablespoons hot milk  maple flavoring
1½ cups icing sugar

MAPLE ICING, No. 2

1 cup maple syrup  2 egg whites
Boil sugar until it spins a thread; add slowly to beaten egg whites; beat with a wire whip until stiff enough to spread.
MOCHA ICING
F. C.
1 tablespoon butter 2 tablespoons strong coffee
1 cup confectioner’s sugar ¼ teaspoon salt
1 tablespoon cocoa
Cream butter, add sugar and cocoa, coffee and salt, and stir till smooth; if too dry, add more coffee.

NUT CARAMEL FROSTING
1½ cups brown sugar 2 egg whites
½ cup water 1 teaspoon vanilla
¼ cup white sugar ¼ cup chopped walnuts
Boil sugar and water until it threads; pour over egg whites, beating constantly, until mixture is cool.

MARSHMALLOW FROSTING
Mrs. Sandilands
1 egg white, beaten stiff ¼ cup water
1 cup white sugar
Boil sugar and water, cut 8 marshmallows into small pieces; add to hot syrup; pour over egg white. If mixture is too soft add icing sugar, until proper thickness to spread.

MOCHA FROSTING
1/3 cup butter 1 tablespoon cocoa
1 ½ cups confectioner’s sugar Coffee infusion
Cream butter, add sugar gradually, then add cocoa and coffee infusion, drop by drop until right consistency to spread.

MARSHMALLOW FILLING AND ICING
1¾ cups sugar ½ cup marshmallow
⅛ teaspoon salt 3 egg whites
½ cup cold water
Mix sugar, salt and water, add marshmallows, and boil until it spins a thread; then add slowly to beaten egg whites; beat until firm enough to spread.

ORNAMENTAL ICING
2 cups sugar 3 egg whites
1 cup water ¼ teaspoon tartaric acid
Boil sugar and water until it threads, pour slowly over egg whites, beating constantly; then add acid; when stiff enough to spread cover cake with a thin coat of icing; with the remaining icing beat until thick enough to force through a pastry bag, and decorate as desired.

ORANGE ICING
1 orange rind 1 cup icing sugar or powdered sugar
2 teaspoons lemon juice 1 egg white
Grate orange rind, soak a few minutes in lemon juice; stirr juice, sugar and egg together thoroughly; spread on warm cake.
PLAIN ICING

1 egg white beaten stiff
Then enough icing sugar added slowly to make stiff enough to spread.

PINEAPPLE FROSTING

1 cup grated pineapple, 1 tablespoon lemon juice, and enough sifted icing sugar to stiffen enough to spread smoothly.

SOFT ICING

\[
\begin{align*}
\frac{3}{4} \text{ cup light syrup} & \quad 1 \text{ teaspoon cornstarch} \\
\frac{1}{3} \text{ cup granulated sugar} & \quad \frac{1}{2} \text{ tablespoon baking powder} \\
2 \text{ tablespoons cold water} & \quad 1 \text{ teaspoon vanilla} \\
2 \text{ egg whites} & \\
\end{align*}
\]

Boil syrup, sugar and water without stirring until syrup spins a thread, pour slowly over beaten egg whites, and beat well; add cornstarch, baking powder and flavoring.

FRESH STRAWBERRY ICING

Crush 10 strawberries with a little sugar, a few drops of lemon juice; mix in gradually 3 cups icing sugar; spread between layers and on top.

WALNUT ICING

1 cup icing sugar
Small piece of butter, creamed and flavored

Moisten with milk, until thick enough to spread, \(\frac{1}{2}\) cup chopped walnuts, sprinkled over top.

WHITE FROSTING

Place in a double boiler over boiling water the white of one egg, seven-eighths of a cup of granulated sugar, 3 tablespoons cold water, and beat with Dover egg-beater seven minutes or until it is thick and creamy. Delicious icing and will keep soft for several days.
"THE DAIRY OF QUALITY"
Good Milk means Healthy, Contented Children.
Toronto Mothers want the Best, and they know if they phone
RAVENSWOOD DAIRY
they are going to get it
Phone Randolph 4673
for FRESH MILK, CREAM, AND BUTTERMILK.
132 Macpherson Ave.

Knowing the need for a real rich and delicately flavored Tea, that can be used on all occasions, free from all bitter taste, cleanly packed and the tender leaves freshly picked and shipped direct from Ceylon & India for "LUXURA," we offer you this delicious Tea.

ALL I.O.D.E. MEMBERS SHOULD ASK THEIR GROCER FOR

"LUXURA TEA"

IN SEALED PACKAGES ONLY.
Small Cakes and Cookies

BROWNIES (Afternoon Tea)
Mrs. W. Chappin, Lefroy, Ont.

2 eggs
1 cup sugar
$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup butter

2 squares Baker’s chocolate
$\frac{1}{2}$ cup chopped walnuts
Vanilla

Bake in sheets and cut in squares.

BROWNIE STONES
Miss M. M. Dancy

2 cups rolled oats
$\frac{1}{2}$ cup cocoanut
2 eggs
2 teaspoons baking powder

1 small cup white sugar
2 tablespoons melted butter
$\frac{1}{2}$ teaspoon lemon extract
A small pinch of salt

Mix all together and add well beaten eggs last. Drop by teaspoons on greased paper and bake from 10 to 15 minutes in hot oven. Do not remove from paper until cold. A bit of canned fruit may be put on top before baking.

BROWNIES
Mrs. Robert McKay

2 squares melted chocolate
1 cup brown sugar
$\frac{1}{2}$ cup melted butter
2 eggs

1 cup flour
1 teaspoon vanilla
Salt
$\frac{3}{4}$ cup (large) broken walnuts

Bake in a slow oven 40 minutes.

BUTTER SCOTCH COOKIES
Mrs. Pemberthy

Cream together 2 cups brown sugar, $\frac{1}{2}$ cup butter; 2 eggs, beaten light; sift three times $3\frac{1}{2}$ cups flour, 1 teaspoon baking soda, 1 teaspoon cream of tartar; $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chopped nuts.

Make in rolls. Let stand in ice box over night. Roll out and bake in moderate oven.

CHEESE STRAWS, EGGLESS
Mrs. S. Marshall, Lefroy, Ont.

1 cup flour
2 cups chopped cheese
1 tablespoon butter

1 tablespoon, scant, b. powder
Pinch of salt

Mix with water and roll out like pie crust; cut in strips and bake brown.

COCOANUT MACAROONS

$\frac{1}{2}$ lb. cocoanut (shredded) or cocoanut, cornflakes mixed
$\frac{1}{2}$ lb. icing sugar
Whites of 2 eggs

Moisten cocoanut with milk. Heat; add sugar and mix well. Beat eggs to stiff froth; sift 1 tablespoon corn starch, 1 small teaspoon baking powder. Mix altogether. Bake in hot oven on oiled paper until brown.
CORN STARCH COOKIES
Margaret Bruce, Waterloo

1 cup white sugar  
1 cup corn starch  
3 eggs, well beaten  
½ teaspoon soda

Roll out and sprinkle with sugar; cut in round circles. Filling for cookies:

1 box dates, cut fine  
1 cup boiling water

Boil like jam, and put between cookies. This is our best recipe.

“Elders” Whole Wheat Flour for Pastry makes delightful Tea Biscuits

COCOANUT MACAROONS
Mrs. A. W. Forrest

One tin of Eagle condensed milk; stir in enough desiccated cocoanut to make milk real stiff. Put in dabs on a buttered pan and bake in a moderate oven. Watch closely, as they burn easily. These must be removed from pan while it is hot.

COCOANUT MACAROONS
Mrs. B. Barstead

3 eggs (whites)  
1½ cups icing sugar  
½ lb. cocoanut

Beat egg whites stiff, add icing sugar and cocoanut; drop in tins (not buttered) and bake until a nice brown. Allow to stand before removing from tins. This makes about 3 dozen.

CORNFLAKE MACAROONS
Miss Irene Weaver

2 egg whites beaten stiff  
1¾ cups cornflakes  
½ cup white sugar  
½ cup cocoanut  
½ cup chopped nuts

Vanilla, few drops almond.

Drop from a spoon; bake until light brown.

CORNFLAKE DROPS
C. Matthews

4 egg whites beaten stiff  
1 cup sugar  
1 cup nuts  
½ cup dates  
3 or 3½ cups cornflakes

Drop on greased pan and bake in a moderate oven.

COOKIES
M. Abernethy

1½ cups brown sugar  
1 cup butter or half each, lard and butter  
1 whole nutmeg, grated

Pinch of salt  
Flour enough to roll

2 eggs

Cream sugar and shortening together. Let stand several hours or over night. Roll very thin. Bake in a hot oven.
COOKIES
Mrs. E. A. Bates

<table>
<thead>
<tr>
<th>3/4 cup shortening</th>
<th>1/4 teaspoon grated nutmeg</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups sugar (brown)</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td>3 teaspoons baking powder</td>
</tr>
<tr>
<td>2 eggs</td>
<td>Flour</td>
</tr>
</tbody>
</table>

Cream shortening and sugar together, add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add flavoring; add 2 cups flour, sifted with baking powder and nutmeg; add enough more flour to roll easily; cut with cookie cutter. Bake in hot oven. If dough is chilled before using it will be easier to handle.

COOKIES
Mrs. Harry Lang

<table>
<thead>
<tr>
<th>1 cup brown sugar</th>
<th>2 cups flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup butter and lard</td>
<td>1 teaspoon cream tartar</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1/2 teaspoon soda</td>
</tr>
<tr>
<td>1/2 teaspoon vanilla</td>
<td></td>
</tr>
</tbody>
</table>

When cooked, put dates between or use plain.

COOKIES
Mrs. A. Annis

| 6 eggs | 1 teaspoon soda |
| 3 cups butter | 2 teaspooms cream of tartar |
| 3 cups sugar | 1/2 teaspoon mace |
| 1 cup currants | Flour enough to roll out |

Will make about 11 dozen. Can be made with or without currants.

CRULLERS
Mrs. Weaver

| 1 cup sugar | 1 cup milk |
| 1 tablespoon butter | 3 cups flour |
| 2 eggs | 2 teaspoons baking powder |

Fry in deep fat.

DATE CAKES
Emma Clark

| 1 lb. stoned dates | 1/2 cup warm water |
| 2 1/2 cups rolled oats | 1 cup granulated sugar |
| 2 1/2 cups flour | 1/2 cup cold water |
| 1 cup brown sugar | 1 teaspoon baking soda |
| 1 cup butter | |

Put the dates, granulated sugar and cold water into a small saucepan and boil until the dates are soft; allow to cool. Cream the brown sugar and the butter together, then add the rolled oats and the flour and mix well with the hand. Add the hot water and soda and divide the dough into two equal parts. Roll out thin. Spread the date filling on one layer, place the second layer on the top of the filling, and cut into squares. Lay on buttered tins and bake in a hot oven until ready. These are delicious served with coffee.
DATE COOKIES
Margaret Bailey, North Bay, Ont.

1 1/2 cups brown sugar 1 teaspoon soda
1 cup butter 1 teaspoon cinnamon
1/2 cup sour cream 1 teaspoon nutmeg

Roll out thin, put filling between and bake in a moderate oven.

FILLING
Chop 1 lb. of dates, cover with boiling water, sweeten to taste, small piece of butter.

COOKIES made with “Victoria” Pastry Flour are firm and crisp

DATE AND WALNUT COOKIES
Mrs. Forrest

1 cup sugar 1 teaspoon ground cloves
3/4 cup shortening 1 teaspoon soda, dissolved in 1 lb. dates
1 1/2 cups flour tablespoon boiling water 1/2 lb. chopped walnuts
2 eggs
1 teaspoon cinnamon

Drop in buttered pan.

“Holly’s” Candies sold only at Holly’s Candy Shops

RAISED DOUGHNUTS
Mrs. Christie

1 pint sweet milk 1/2 teaspoon cinnamon
1/2 cup butter and lard mixed 1 yeast cake, Fleischman’s
1 small cup sugar 2 eggs, well beaten
1 teaspoon salt Flour to mix
1 teaspoon vanilla

Scald milk, add shortening and cool to luke warm. Beat eggs, sugar, salt and flavoring. Dissolve yeast in cool milk and mix with eggs, beat in flour until nearly stiff enough to roll. Let rise over night, mould. Roll about one-half inch thick; cut; let rise on flour board until very light, keeping warm. Fry light brown.

DOUGHNUTS made with “Victoria” Pastry Flour remain light and edible

DOUGHNUTS
Margaret Bruce, Waterloo

1/2 cup white sugar 1/2 teaspoon salt
2 eggs 2 tablespoons brandy
1/2 cup brown sugar 3 1/2 cups pastry flour
1/2 pint sweet cream 3 1/2 teaspoons baking powder

Beat all together. Shape and fry in deep white lard.

Remember “Victoria” Pastry Flour is essential in making cake
SMALL CAKES AND COOKIES

DROP CAKES
Mrs. Ivan E. Grose, Lefroy, Ont.

Cream 1 cup butter, gradually add 1 1/2 cups white sugar; when light and creamy add 3 well beaten eggs, 1 teaspoon soda dissolved in 1 tablespoon hot water; stir in 2 cups flour in which has been sifted 1 teaspoon salt, 1 teaspoon cinnamon; add 1 cup currants, 1 cup chopped walnuts or peanuts, 1/2 cup raisins mixed with another 1 1/4 cups flour. Drop mixture in small spoonfuls. Bake in moderate oven.

DROP CAKES
Mrs. Vernon Meek

1/2 cup brown sugar
1/2 cup molasses
1/2 cup sweet milk
1 egg

1/2 cup dates, chopped
1/4 cup walnuts, chopped
1/4 cup preserved ginger
1 1/2 teaspoons baking powder

Enough flour to make a stiff batter. Drop in spoonfuls on a buttered pan and bake quickly.

DATE SANDWICH CAKES
Mrs. George F. Watson

3 cups rolled oats
2 cups flour
1 teaspoon salt

1 cup shortening
1 cup brown sugar

FILLING

1 lb. dates cooked in cup water, little sugar and small piece butter. Cook filling first and let cool while mixing the above ingredients. Spread half of the above in buttered pan and press down with back of hand; then spread all of date-filling with a fork; then rest of mixture. Cook about 20 minutes in moderate oven. When baked cut in squares.

Remember "Victoria" Pastry Flour is essential in making cake

FILBERT MACAROONS
Mrs. J. W. Thompson

1 cup icing sugar
1 cup chopped filberts
5 soda biscuits rolled
Whites of 2 eggs, beaten

Add 1 teaspoon almond flavoring and drop off a teaspoon on grease pan. This makes 2 dozen.

FRIED CAKES
Mrs. Thos. Joyce

1 cup sugar
2 eggs
1/2 cup shortening
1 teaspoon soda
1 cup sour milk

Cut in rings; have your lard very hot, in which place a peeled potato to keep lard from burning; drop in your cakes; they will come to top of lard when light. When taken out roll in sugar.

"Elders" Whole Wheat Flour for Pastry makes beautiful Gems
GRAHAM WAFERS
Mrs. A. Johnson

Beat ½ cup butter to a cream, adding 1 cup sugar and 1 egg. Put 1 level teaspoon of soda into a cup, add 1 tablespoon water. Dissolve soda and add to sugar mixture. Add 2 tablespoons milk and stir in 3 cups Graham flour. Roll thin and bake in a moderate oven until brown.

HERMITS
Mrs. J. C. Sandilands

1⁄3 cup butter 2 teaspoons baking powder
2⁄3 cup sugar ½ cup raisins
1 egg ½ teaspoon cinnamon
2 tablespoons milk ¼ teaspoon cloves (ground)
13⁄4 cups flour, sifted ¼ teaspoon nutmeg

Drop from a spoon. Bake until light brown.

JUMBLES (Small Cakes)
Mrs. O. V. Ball

1 1⁄2 cups rolled oats 1 1⁄2 cups flour
1 cup butter ¼ teaspoon baking soda
1 cup brown sugar 1 cup sour milk
1 egg Vanilla flavoring to suit

Bake 15 to 20 minutes.

LITTLE CAKES
Mrs. Welsman

1 tablespoon butter ¼ cup milk
½ cup sugar 1 teaspoon Magic bak. powder
1 egg 1 cup flour

Beat well and bake. This batter will also make a sponge pudding. Serve with caramel sauce.

COOKIES made with “Victoria” Pastry Flour are firm and crisp

MOLASSES DROP CAKES
Mrs. H. L. Murdock

½ cup sugar 2 teaspoons soda
½ cup shortening 1 egg
1 cup boiling water Spice or ginger to taste
1 cup molasses 3 teaspoons sifted flour

Pour boiling water on the soda. Mix thoroughly and bake in gem pans in hot oven.

NUT AND DATE BARS
Mrs. W. H. Price

Beaten whites of 4 eggs, beat well ½ lb. walnuts
Add 1 cup fruit sugar ½ teaspoon vanilla
1 pkg. dates

Bake 40 minutes in a slow oven. Cut into squares.
NUT AND DATE CAKES
Helen Armstrong

Stiffly beaten whites of 3 eggs
1 cup granulated sugar
1 tablespoon cornstarch

Cook eggs, sugar, corn starch in top of double boiler until sugar dissolves. Add nuts and dates and drop on buttered sheet in slow oven until brown. Almonds may be substituted for walnuts and dates.

OATMEAL COOKIES
Margaret Bruce, Waterloo

1 cup flour
½ cup butter
2 cups fine oatmeal, Standard
½ cup lard

Cut in circles and when cooked put the following filling between:
1 box dates, cut fine
1 cup boiling water

Boil like jam and put between cookies.

OATMEAL COOKIES
Mrs. Connery

1 cup fat
1 cup sugar
2 tablespoons molasses
½ cup milk
2 cups oatmeal

Cream sugar and shortening together, add molasses, milk and oatmeal, the flour, soda, cinnamon and salt mixed and sifted, and the raisins. Drop by teaspoons onto a buttered pan.

OATMEAL MACAROONS
Mrs. G. R. Smythe

1 tablespoon butter
½ cup sugar
1 egg
½ cup flour

Cream butter and sugar; add egg beaten very light. Mix flour, oatmeal, salt and baking powder, and add the other mixture. Add vanilla. Drop on buttered sheets. Bake in a moderate oven.

TEA DAINTIES
Miss Irene Weaver

2 cups flour sifted with
2 tablespoons sugar
1 teaspoon salt
½ teaspoons baking powder

Put into these dry ingredients 4 tablespoons shortening, ⅛ cup milk added gradually. Place 1 teaspoon of mixture into small gem pans, then add to each ½ teaspoon marshmallow paste, ½ date, and a few chopped walnuts. Cover with another teaspoon of batter. Bake about 12 minutes.
Pure - - Delicious

Neilson's

The Chocolates that are Different

A welcome addition to the sweets course at dinner, or at luncheons and afternoon teas.

The Ideal Dessert

The *piece de résistance* at teas, luncheons, parties and all social functions.

Neilson's

ICE CREAM

The Finest Ice Cream Made
SMALL CAKES AND COOKIES

PEANUT COOKIES
Mrs. F. J. McKey

2 tablespoons butter 1 teaspoon baking powder
½ cup sugar ¼ teaspoon salt
1 egg 1 tablespoon milk
½ cup flour ¼ cup finely chopped peanuts
½ teaspoon lemon juice

Cream butter and sugar, beaten egg and add mixed and sifted dry ingredients then add milk, peanuts and lemon juice. Drop from teaspoon on unbuttered baking sheet, 1 inch apart. Bake in a slow oven 12 to 15 minutes.

TEA BISCUITS made with Victoria Pastry Flour are light and wholesome

RAGGED ROBINS
Mrs. J. D. Munro, Lloydminster, Sask.

½ pkg. dates ½ cup granulated sugar
1 cup walnuts chopped 1 teaspoon vanilla
1 ¼ cups corn flakes Pinch of salt

Beat whites of 2 eggs stiff; add sugar, etc.; shape into moulds, drop on buttered tins and bake in moderate oven.

ROYAL FANS
Mrs. E. W. Saunders

½ cup flour 2 tablespoons brown sugar
3 tablespoons butter

Mix and sift flour and sugar, add butter and work into a mixture with finger tips; roll ¼ inch in thickness; shape with fluted round cutter 5 inches in diameter; cut each piece in quarters and crease with dull edge of knife to represent folds of fan. Bake 20 minutes in slow oven.

SCOTCH FANCIES
Mrs. W. J. Banfield

Mix together thoroughly: 2 cups rolled oats, 1 cup shredded cocoanut, 1 cup chopped peanuts, 3 small eggs, well beaten, 1½ cups sugar, 1 teaspoon vanilla. Drop from teaspoon on greased pan. Bake 10 minutes in a fairly hot oven. May add 1 tablespoon of butter if desired.

IDEAL SPICE COOKIES

2 eggs ½ nutmeg, grated
2 cups sugar 2 teaspoons cinnamon
½ cup butter 2 teaspoons baking powder
½ cup milk

Cream butter and sugar, add nutmeg and cinnamon, then add ½ cup milk and 2 eggs, well beaten. Add sufficient flour (with baking powder sifted into it) to make a dough easily handled.

"Victoria" Pastry Flour is specially milled to satisfy the most critical housewife
Are we children of habit? Is it because we have done one thing for years that we continue to do it without realizing that it may be an old-fashioned out-of-date way of doing it? Look around to-day, especially in the kitchen where labor can be saved.

The saving of your time and the preservation of your health is not a purely personal question - the ease with which you do your daily duties reflects on the atmosphere of the home and the general feeling of peace and contentment to all.

Consider your range - consider it seriously. What does it burn - is it clean, efficient, serviceable, above all is it economical. It may be a good range, yet, that is it may produce wonderful results under your guidance, but at what expense of labor, time and money?

Tender roasts full of rich gravy, pies crisply done with light flaky crusts; cakes, just spongy enough to satisfy the most discriminating taste are every day possibilities, from the seamless, enamel-ed washable oven in McCLARYS ELECTRIC RANGE. This oven is an achievement. Its interior has a surface like any enameled cooking utensil, smooth as glass and just as easily washable. Both elements are hinged and rack holders are removable - thus cleaning is simplified.

No time is no more opportune than now for you to make decision. We have a booklet "Young Kitchen" that we will send you. Write us.

McCLARYS ELECTRIC RANGE
Compliments of

THE ROBERT SIMPSON COMPANY LIMITED

Toronto
SUPPER DISHES

BACON AND MACARONI

W. R. S. C.

4 ozs. macaroni 1 oz. butter, nutmeg, salt and pepper
4 ozs. bacon 
½ pint stock

Break macaroni into small pieces, put in slightly salted boiling water, boil rapidly for 5 minutes, then drain well. Have the stock boiling in pan, put in macaroni, stew until tender but not too soft. Cut bacon into small pieces, fry slightly, in pan, then add the well drained macaroni, butter, a good pinch of nutmeg, salt and pepper to taste. Stir gently over fire until macaroni is a nice brown color.

BAKED MACARONI

Mrs. W. H. Cooke

Slice and parboil about three potatoes, boil macaroni and drain. Now in your baking dish put a layer of macaroni, a layer of cheese, a layer of potatoes, a layer of cheese, a layer of macaroni, etc., salt, pepper, a little mustard; fill up with milk, cover with bread crumbs and dots of butter, and bake for half an hour.

BAKED BEANS

1 pint dry beans soaked over night, ¾ cup brown sugar or less, ½ teaspoon mustard, ½ teaspoon salt and dash of pepper, ½ teaspoon maplelene or 2 tablespoons molasses, a piece of pork finely cut. Cook beans until clear but not until skin breaks. Add soda. When they boil up, drain and add other ingredients. Add boiling water until well covered. Bake from 3 to 4 hours in slow oven, add boiling water as required during baking. Serve with chili sauce.

BLUSHING BUNNY

Mrs. W. Johnson

1 lb. cheese 1 egg, beaten
1 cup milk Dash of cayenne
Pinch of soda 1 can tomato soup

Cook in chaffing dish. Serve on crackers or toast.

BROCHETTS OF CALF’S KIDNEY

E. Ball

1 kidney 1 oz. butter
¼ lb. bacon Salt, pepper and parsley
1 oz. bread crumbs

Cut the kidney in slices about one-third of an inch thick, season with salt, pepper, and chopped parsley; place layer of chopped bacon in dish, then kidney, then bacon; sprinkle bread crumbs on top. Pour over melted butter. Cook in hot oven 10 to 15 minutes.

Serve on slices of toast.
BUCKWHEAT PANCAKES
Mrs. Dennison

\[
\begin{align*}
\frac{1}{2} \text{ cup fine bread crumbs} & \quad \frac{1}{2} \text{ cup lukewarm water} \\
2 \text{ cups scalded milk} & \quad 1\frac{3}{4} \text{ cups buckwheat flour} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 1 \text{ tablespoon molasses} \\
\frac{1}{4} \text{ yeast cake} & \\
\end{align*}
\]

Pour milk over crumbs and soak thirty minutes; add salt, yeast cake dissolved in lukewarm water and buckwheat, to make a batter thin enough to pour. Let rise over night and in the morning stir well; add molasses, \(\frac{1}{4}\) teaspoon soda dissolved in \(\frac{1}{4}\) cup of lukewarm water, and cook the same as griddle cakes. Save enough batter to raise another mixing instead of using yeast cake. It will require \(\frac{1}{2}\) cup.

Try “Elders” Whole Wheat Flour for Pastry and have better health

BUTTER BEAN PIE
Elsie Gibbs

\[
\begin{align*}
\frac{1}{2} \text{ pt. white beans} & \quad 1 \text{ large onion} \\
\frac{1}{2} \text{ lb. tomatoes} & \quad \text{Mashed potatoes} \\
1 \text{ oz. butter} & \quad \text{Pepper and salt} \\
\end{align*}
\]

Soak beans, boil in the same water, when done, strain off water. Boil onion and potatoes, mash potatoes, butter a pie dish and put first, a layer of beans, then the onion cut up and the tomatoes, with small pieces of butter and seasoning, repeat and finish with a layer of mashed potatoes. Bake in slow oven.

CHEESE AND EGGS
Mrs. Sandilands

Cut up cheese in small pieces about \(\frac{1}{2}\) cup, \(\frac{1}{2}\) cup bread crumbs, sprinkle with a little mustard, season. Beat up 1 or 2 eggs, add about \(\frac{1}{2}\) cup milk, pour over the cheese and crumbs. Dot with butter. Bake 20 minutes.

CORNISH PASTIES
D. Williams

Mince \(\frac{1}{2}\) lb. cooked beef, and mix with \(\frac{1}{2}\) lb. cold mashed potatoes and one onion finely chopped; add seasoning and \(\frac{1}{4}\) teaspoon of beef extract. Make some short crust, cut into rounds of about 4 inches; put a tablespoon of the mixture into the centre of each, form into turnovers, or press the edges together, and fashion into a frill at top. Brush over with beaten egg, and bake in a sharp oven for 35 minutes.

CURRIED EGG RISSOLES
J. Kinlock

Take 3 hard boiled eggs, 3 tablespoons boiled rice, 2 tablespoons curry sauce, 1 raw yolk of egg, a little lemon juice, seasoning of salt and pepper, egg and bread crumbs, and a little flour. Chop the hard boiled eggs, and mix with rice, curry sauce and yolk of egg. Season, then spread the mixture on a plate and allow to stand for some time. Form into cutlets, dip in egg and bread crumbs and fry in boiling fat until a nice brown color. Serve hot, and garnish with cut lemon and parsley.
EGG CROQUETTES
M. J.

Take 2 hard boiled eggs, ¼ tablespoon white sauce, a teaspoon chopped parsley, a squeeze of lemon juice, salt and pepper to taste, and some scraps of pastry. Chop the eggs, and add sufficient white sauce to bind them together; season with pepper, salt, a squeeze of lemon juice and parsley. Cut some scraps of pastry into rounds, place a little mixture of one-half of these, moisten the edges, and press well together. Egg and bread crumb the croquettes, and fry in hot fat till a golden brown.

EGGS WITH CHEESE
Gwen Evans

Take 2 eggs, salt and pepper, 2 ozs. grated cheese, ¼ oz. butter. Melt the butter in pan, break into it the eggs, add half cheese, salt and pepper. Stir with a whisk over a brisk fire until it commences to thicken, dish on pieces of buttered toast, sprinkle the remainder of cheese, and brown quickly under the gas grill.

EGGS A LA PARMENTIER
Reta James

Take 4 hard boiled eggs, ½ lb. cooked potatoes, 1 egg, 2 ozs. grated cheese, salt and pepper to taste, 1 teaspoon chopped parsley, egg and bread crumbs, and some tomato sauce. Sieve potatoes and beat up with the egg and cheese, seasoning with pepper and salt. Cut the eggs in halves length-wise, and spread on the cut side with some of the mixture, keeping them as near the size and shape of the original egg as possible. Brush over with beaten egg, and toss in fine white bread crumbs, with which a little chopped parsley has been mixed. Fry in boiling fat, and pour tomato sauce around.

EGG SOUFFLE
M. Dransfield

2 tablespoons butter 4 eggs
2 tablespoons flour 1 teaspoon salt
1 cup milk Few grains cayenne pepper
1 cup cream

Cream the butter, add flour and pour on gradually, scalded milk and cream. Cook in double boiler five minutes and add yolks of eggs, beaten until thick and lemon colored, remove from fire, add seasoning and fold in whites of eggs, beaten until stiff and dry. Turn into buttered dish or buttered individual moulds, set in pan or hot water and bake in a slow oven until firm.

FISH CUSTARD
Mrs. Wm. MacInnes

1 fillet haddock or 2 eggs
1 lb. fresh filleted fish 1 ½ breakfast cups milk
1 oz. butter Pepper and salt

Cook and flake haddock and place in baking dish. Beat eggs well and add milk. Season and pour over fish. Cut butter in pieces over top and bake for half an hour or until firm and brown.
INDIAN EGGS
Agnes Bailey

Cut a small slice from each end of some hard boiled eggs, and cut them into halves, the round way. Take out the yolks and pound them, and mix them well with a mixture made as follows:—

A heaped teaspoon curry powder, 2 ozs. butter and a dessertspoon of essence of anchovy, well blended and cooked in a stewpan. Fill the eggs with this mixture, dish up, garnished with watercress and rolled bread and butter.

INDIAN GOOLAH
Supper dish
Geraldine Tobin

1 tin shrimps
1 tin French mushrooms
1 pt. milk
2 eggs, hard boiled
2 tablespoons flour
1 oz. butter

Make white sauce of milk, flour and butter, add shrimps and mushrooms and hard boiled eggs. Serve on hot toast.

MACARONI AND CHEESE
Mrs. Alfred Maguire

12 sticks macaroni
3 tablespoons butter
3 tablespoons flour
2 cups milk
Salt
Pepper
1 1/2 cups grated cheese
1 cup bread crumbs

Break macaroni into 2-inch pieces, cook in salted boiling water 1/2 hour, when tender put in colander and run cold water through. Make white sauce, melt butter, add flour, then milk and seasoning, add this to macaroni and cheese, cover with bread crumbs, bake until brown, 20 minutes. Serve with tomato sauce.

GREEN PEPPERS STUFFED WITH RICE
Mrs. W. J. Wilkinson

6 small green peppers
1 egg
1/4 teaspoon poultry dressing
4 slices bacon or 1/4 cup bacon fat
1/2 cup uncooked rice
2 tablespoons butter
1/4 teaspoon salt

METHOD
Cut green peppers in halves lengthwise, wash well to remove all seeds; scald with boiling water and let boil 3 minutes; drain. Boil rice in salted water until tender; drain; add butter and seasoning; stir well till mixed thoroughly; then add egg and beat well. Fill pepper shells. Put bacon or fat in baking pan, lay in filled peppers. Bake until firm and lightly browned; using bacon fat for basting. Serve with lamb fricassee. Time in combining, 20 minutes. Time in cooking, 20-45 minutes. Temperature, about 350 degrees.
POACHED EGGS WITH MINCE
B. Owen

Take 4 eggs, 4 rounds butter toast, ¼ lb. cooked veal or chicken, 2 ozs. cooked tongue or ham, 2 tablespoons gravy, a little chopped parsley, and seasoning to taste. Mince the meat very finely, and heat with the sauce in a saucepan, season to taste. Spread the mixture on rounds of hot buttered toast, place a poached egg on top, and sprinkle with parsley.

PLAIN OMELETTE
G. M. C.

3 eggs
1 tablespoon cream or milk

Beat the eggs very light, add the cream or milk, salt and pepper, heat small piece of butter in omelette pan, pour in the egg mixture and stir gently until the eggs begin to set; fold one half over the other, allow the omelette to brown slightly under grill, before folding over.

RICE CROQUETTES AND CHEESE
Clair Rees

6 ozs. rice
1 pt. milk
1 pt. water
1 oz. butter
2 tablespoons grated cheese
2 eggs
Salt and pepper to taste

Cook the rice in the milk and water until soft and fairly dry, add the cheese, salt and pepper, when cold divide into cone-shaped pieces, coat with egg and bread crumbs and fry in boiling fat.

SPANISH RICE
Mrs. George H. Power

Cook ½ cup rice in about 2 quarts boiling salt water for 20 minutes. Drain. Fry a medium sized onion in either bacon or ham fat or butter, put into this either a small can of tomatoes or a can of tomato soup. When hot, add rice. If you have cooked meat left-overs, they may be added to this dish. Very delicious luncheon dish.

SHRIMP TOAST
M. E. Bantick

1 tin shrimps
Sm. piece wh. cheddar cheese
1 tablespoon Corn flour
About cupful of milk
Salt and pepper to taste

Make a white sauce by adding to the hot milk the cornflour, which should be already mixed to a smooth paste with a little cold milk. Stir well and flavor slightly with a little salt and pepper. Now scrape the cheese and add it to the sauce, stirring until it is smoothly melted in. Drain off the liquor from the tin of shrimps and put them into the cream sauce, stirring gently until they are heated through. Serve on sippets of hot toast.
STUFFED EGGS
C. Niell

3 hard boiled eggs 1 tablespoon white sauce
\(\frac{1}{2}\) oz. butter Salt and pepper to taste
1 oz. grated cheese Few browned bread crumbs

Remove the shells from eggs, cut in half crosswise, cut off a small piece from the rounded end of each half, so that they will stand upright. Rub the yolks through a wire sieve, add to them the butter, cheese, white sauce, and seasonings. Mix well and fill the hollow whites with the mixture; sprinkle with bread crumbs, and place each half egg on piece of toast; pour a little melted butter on each and put into a moderate oven until hot.

TOASTED CHEESE SANDWICHES
Mrs. L. H. Cornbrook

1 cup milk 1 egg
1 teaspoon corn starch Paprika, salt

Mix corn starch with a little of the milk, gradually adding remainder. Stir in egg, paprika and salt. Cook in double boiler until thick and add \(1\frac{1}{2}\) cups grated cheese. Spread between thin slices of buttered white bread and toast on both sides. Serve hot.

TOMATO-RICE EN CASSEROLE
Mrs. W. M. David

3 cups cooked rice Salt and pepper
\(1\frac{1}{2}\) cups chopped cooked meat 2 tablespoons melted butter
1 onion \(\frac{1}{2}\) cup bread crumbs
1 tin tomato soup

Have casserole well greased and arrange the rice, meat and onion in layers, with a layer of rice on top. Over this pour the tomato soup and cover with bread crumbs. Bake in oven until nicely browned.

TOMATO EGGS
A. J. Careless

4 tomatoes \(\frac{1}{2}\) oz. butter
4 eggs Salt and pepper to taste
1 large teasp. chopped parsley Bread crumbs
\(\frac{1}{2}\) teaspoon Chopped onion

Choose large and firm tomatoes. Wipe them and cut a slice off the stalk end, and scoop out the inside. Mix the parsley and onion together, and sprinkle a little into each tomato, then break a small fresh egg into the centre of each. Cover the surface of the eggs with bread crumbs, pour over a little melted butter, and bake in a greased dish, in a moderate oven, 10 to 15 mins. Serve the tomatoes in the dish in which they were cooked.

FRITTERS
A. E. S.

Batter: 1 cup flour, 2 tablespoons baking powder, 1 large tablespoon sugar, \(\frac{1}{4}\) teaspoon salt and enough milk to make a stiff batter. Then add a beaten egg, slice fruit into it. Stir well and drop into deep lard and fry until a golden brown. Drain and serve with maple syrup. Use bananas, oranges, etc.
CORN FRITTERS

To one-half pint of corn pulp, fresh or canned, add one egg, pepper, salt and sufficient flour to make a batter. Fry on a buttered griddle or in deep lard until nicely browned. Make into little cakes.

DELICIOUS FRITTERS

Thoroughly mix equal quantities of cold boiled rice, cold mashed potatoes, a dash of flour, one egg, a little salt and enough milk to make pastry thickness. Roll out on a floured board, cut into rounds, fry a golden brown in boiling fat. Serve instead of plain potatoes for dinner.

BAKED BATTER PUDDING FOR MEAT

Mrs. Able

4 eggs, yolks and whites, beaten separately 1 teaspoon baking powder
1 pint milk ½ teaspoon salt
2 cups sifted flour Whites of eggs in last

Bake in earthen dish 45 minutes. Serve with gravy or sauce.
"Health is the first good lent to man."
—HERRICK

The Natural Health Drink

ENO is just a sparkling pleasant health drink that in a perfectly natural manner stimulates sluggish organs, clears away injurious residues, and invigorates and fortifies the entire system. Throughout the world for half a century Eno has been acknowledged the standard restorative for digestive ailments. Take just a dash of Eno in a glass of water every morning on rising.

ENO'S "FRUIT SALT"

Prepared only by J. C. Eno, Ltd.
London, Eng.

Sales Representative for North America
Harold F. Ritchie & Co., Ltd.
10-18 McCaul St. Toronto.
JAMS and JELLIES

APPLE BUTTER
Mrs. A. J. Abernethy

Remove pulp from jelly bag; measure, and add one-half as much brown sugar as you have pulp; add sufficient water to keep pulp from burning. Flavor with spices if desired. Boil fifteen minutes, and bottle.

TOMATO BUTTER
Eva G. Stewart

Pour one pint vinegar over ten pounds peeled tomatoes and let stand overnight. Drain in a colander. Make a syrup of one quart white wine vinegar, three pounds sugar, one and a half cups only of tomato juice, one tablespoon salt, one-half teaspoon red pepper, one teaspoon whole cloves, one teaspoon allspice, one teaspoon stick cinnamon. Tie spices in muslin bag. Let syrup get hot before adding tomatoes. Boil slowly three hours.

CHERRY CONSERVE
Mrs. J. C. Sandilands

3 oranges 1 lb. English walnuts, chopped
5 lbs. stoned cherries 1 lemon, juice and peeling, chopped fine
5 lbs. sugar

Boil until transparent.

STRAWBERRY AND PINEAPPLE CONSERVE
Mrs. Jas. W. Wilson

2 cups strawberries 1½ cups sugar
1 cup pineapple, cut small

Put sugar on pineapple and cook until tender. Add strawberries and cook 15 to 20 minutes.

PEACH CONSERVE
Mrs. P. B. Graham

2 doz. peaches, sliced fine Grated rind of 4 oranges
½ doz. oranges, peeled fine 16 cups sugar
½ lb. shelled almonds 1 pt. water

Boil slowly until thick, about 2½ hours. Add almonds just as you remove from fire.

PEACH CONSERVE
Mrs. Sydney Smith

Peel and slice 3 quarts of ripe peaches, add grated rind of 3 oranges and 1 lemon, 1 lb. of seeded raisins, and 1 cupful of walnut meats, chopped together, 1 teaspoon each of cinnamon, ginger and mace; for each quart of fruit allow 1 pound of sugar. Boil slowly for one hour, stirring to keep fruit from burning.
PEACH CONSERVE
Mrs. J. C. Sandilands

5 lbs. peaches
5 lbs. sugar

Boil slowly 1½ hours. Add 1 cup brandy.

PLUM CONSERVE
Mrs. J. Milligan

10 cups sugar
4 oranges, sliced
Rind of 2 oranges

Boil slowly 35 minutes.

PRUNE PLUM CONSERVE
Mrs. Sydney Smith

5 lbs. prune plums
5 lbs. white sugar

Boil 10 minutes. Add 1 lb. walnuts, chopped; 1 lb. seedless raisins. Boil until thickens, about 20 minutes.

PLUM CONSERVE
Mrs. A. H. Birmingham

Chop fine the yellow rind of 1 lemon and 2 oranges; add 3 lbs. plums (cut up), 2½ lbs. sugar, 1 lb. raisins (cut up). Cook until thick, about 3 hours. Fifteen minutes before taking up, add walnuts cut finely.

CRAB APPLE JELLY
Mrs. A. J. Abernethy

Wash apples; put them in a preserving kettle, and add cold water to come nearly to the top of apples. Cover, and cook slowly until the apples are soft; mash them and drain through a coarse sieve. Then allow the juice to drip through a double thickness of cheesecloth or jelly-bag. Do not squeeze the bag or the jelly will be cloudy. Measure the juice; boil it for twenty minutes, and add an equal quantity of heated sugar; boil five minutes, skim, turn in glasses. Put in a sunny window and let stand 24 hours. Cover with paraffin and keep in a cool, dry place.

CRANBERRY JELLY
J. L. Kelly

Wash one pint of cranberries, put in a saucepan with a half-pint of water, cover the saucepan, boil for twenty minutes, press through a colander, reheat and boil for ten minutes; add half a pound of sugar, stir until the sugar is dissolved, boil five minutes and turn into a mould.

CRANBERRY JELLY
Mrs. Roblin

Cook 1 qt. cranberries in 2 cups water over a hot fire for 5 minutes or stir till sugar is dissolved, then pour into moulds to cool. The sauce will not jelly if boiled after sugar is added.
GRAPE JELLY
Mrs. A. H. Birmingham

Put the fruit over the fire in a double boiler without water. Cover closely and cook until fruit is broken up. Put through a colander, then squeeze through a bag. Measure the juice and to each pint allow a pound of granulated sugar. Put the sugar first in pans and set in oven to heat, being careful not to let it melt, and stirring to prevent scorching. Return the juice to the fire in a preserving kettle and bring to a boil. Cook for 20 minutes, add heated sugar, boil up once, and put in jelly glasses.

HAW JELLY
Mrs. A. J. Abernethy

One peck ripe haws. Wash carefully and take off stems. Boil with one dozen snow apples, cut in quarters, until a soft pulp. Press through a coarse sieve, then strain through a jelly bag. Add the juice of a lemon to each quart of juice and then proceed as for any jelly, adding one pound sugar to one pint juice, and boiling until it jells. Test by putting a little on a saucer.

QUINCE JELLY
Mrs. W. J. Wilkinson

Cut up the contents of a six quart basket of quince; put in preserving kettle and boil until tender and pulpy. Place all in a jelly bag and strain for 24 hours. Measure juice into preserving kettle; let this come to a boil, then measure in sugar which has been warmed in the oven. Boil from half an hour to three-quarters, when it is ready to put in hot jelly glasses. (To one pint of juice the same of sugar.)

BLACK CURRANT JAM
Mrs. J. Milligan

To 1 cup of fruit take 2 of sugar and \( \frac{3}{4} \) of water. Make syrup and boil 20 minutes; add fruit and boil hard 10 minutes.

FIG JAM
A. G. Garfat

3 lbs. rhubarb, enough water to start cooking; 4 lbs. sugar, and when getting soft add 1 lb. figs, which have been put through chopper, and boil one hour.

PEACH JAM
Helen Baird

24 peaches
3 oranges
3 lemons

Weigh grated rind and juice of lemons, oranges and peaches, and take same amount sugar. Dissolve sugar in fruit and boil 1 hour or until juice will jell.
"CATARACT"
That is the term that means "Clean" washing.

The "1900" Cataract Washer is the choice of thousands of Toronto homes ask the lady, your neighbor who has one.

Electricity is the cheapest thing in Toronto see that you use more of it.

"1900" WASHER STORE
357 YONGE ST. MAIN 0530

The People Who Make
DR. THOMAS’ ECLECTRIC OIL
are also the makers of
DR. J. D. KELLOGG’S
ASTHMA REMEDY

NO OTHER REMEDY IS MADE
that gives greater relief to the attacks of this dread disease.

It is not sold as a cure, but it will give relief, almost instantly.

By constantly affording this relief, attacks may disappear and thus dispose of this distressing malady.

Your druggist has it or can readily obtain it for you.

IN USE FOR MORE THAN FORTY YEARS.

You’ll enjoy
Dominion Chocolate

-- it has the fineness and smoothness of the purest of rich chocolate. Its delicious flavor is a revelation!

Dominion Chocolate Co.
Limited
Toronto Ontario
PEAR AND CRANBERRY JAM
Mrs. A. J. Abernethy

Take two parts of pears and one part cranberries; run through a chopper and add the juice of 1 orange for each quart of fruit. Allow the fruit to simmer, uncovered, for half an hour, and add a pound of sugar to every pound of fruit. Boil slowly about 10 minutes after sugar is added, stirring often to prevent burning. Pour into jam pots and cover with paraffin.

VEGETABLE MARROW JAM
Mrs. A. J. Abernethy

2 lbs. brown sugar, 5 pints. water; stir over fire until it boils and sugar is thoroughly dissolved. Put into an earthenware vessel the marrow peeled and cut into inch lengths. Pour syrup over it and let stand two days. For each pound of marrow (weighed before putting into syrup) take 1 lb. lump sugar, 1 oz. ginger root (well bruised), a tiny pinch cayenne, the juice and the yellow rind (finely cut) of two lemons. Stir together over fire until sugar is quite dissolved. Now strain marrow from first syrup and lay in this. Cook until vegetable is transparent. The jam will look and taste like preserved ginger.

SPICED GRAPES
Margaret Bruce

Remove the seeds of grapes as you do for preserves. To 5 pounds of fruit put four pounds of white sugar, one pint of best vinegar, two tablespoons each of ground cinnamon and cloves. Simmer slowly for 2 hours. Any well flavored grape may be used.

SPICED RHUBARB

5 lbs. rhubarb
3½ lbs. sugar
1 pint vinegar

Boil this. Use with cold meat.

BLACK CURRANT PRESERVE
Mrs. M. Reid

5 lbs. fruit
10 lbs. sugar

2 qts. water

Let sugar and water boil 20 minutes; after they come to the boil, add fruit and boil 10 minutes.

PRESERVED BLUEBERRIES
Mrs. Canham

To each quart basket of firm berries and picked over, allow one-half of a pound of sugar, juice of half a lemon, and one cup of water. Cook sugar, water and lemon for ten minutes; add a small spice bag; remove the bag; skim carefully, and add the berries. Cook ten minutes, skim and seal hot.
CITRON PRESERVE
Mrs. J. C. Sandilands

Pare and seed the citron; cut in squares 1 inch thick. Take pound for pound of sugar and citron. Make syrup of sugar and water. Boil 20 minutes; add citron and boil until tender. When boiled add 2 lemons cut fine, and a few seeded raisins.

PRESERVED VEGETABLE MARROW
Mrs. Joe Vaughan

Cut marrow in small pieces, about 1 inch square; 1 lb, loaf sugar to 1 lb. marrow; leave both for 24 hours. To every 5 lbs. marrow add 2 ozs. preserved ginger and 3 lemons (squeeze juice and strain and cut peel in small strips). Boil gently for 4 hours.

GINGER PEARs
Mrs. La Londe

Six lbs. of sugar, 8 lbs. of pears, peeled, sliced thinly or chopped; 1 pt. water, ½ lb. of preserved ginger, grated peel of 3 lemons, and juice of 1. Boil 4½ to 5 hours until clear and dark as ginger.

PINEAPPLE PRESERVE
Mrs. F. C. Brunke

½ lb. sugar to 1 lb. fruit, cut up in chunks. Let stand over night. Put on in morning and let come to boil for one minute only. Seal.

SUN-BAKED STRAWBERRIES
Mrs. W. A. Cockburn

To 1 lb. of fresh ripe strawberries add 1 lb. of granulated sugar. Bring to boiling point in aluminum saucepan, turn at once to a porcelain platter, and place out in hot sun, covered entirely with glass. Keep in sun until they are rich and thick. The length of time required to sun-cook the fruit will be from two to four or five days, according to strength of sun. This process is delicious also for cherries.

AMBER MARMALADE
A. Smalley

1 grape fruit
1 lemon

Then to each cup of fruit add 3 cups of water; let stand 12 hours, then boil 10 minutes. Let stand 24 hours, boil 2 hours; add 1 cup of sugar to 1 of liquid. Boil till thickens.

GRAPE FRUIT MARMALADE
Mrs. A. R. Murphy

3 grape fruit and 4 lemons put through fine mincer; add 8 pints cold water; let stand 24 hours, then boil quickly 2 hours; let stand over night, then boil ½ hour with 10 lbs. sugar. Boil seeds with 1 pint water, strain and add to above.
ORANGE MARMALADE
Mrs. T. H. Sears

One dozen Seville oranges, 2 lemons, all grated, and what is left cut up very fine. To every pound add 3 pints cold water; let stand over night, then boil ½ hour. Let stand until next day, and then add 1 lb. and 3 (or 4) ozs. of granulated sugar to every pound, and boil till jellies—from 30 to 40 minutes. Pour 1 pint boiling water on the seeds and let stand over night, then strain and allow for this pint in the first count. This makes perfect marmalade.

ORANGE MARMALADE
Mrs. A. H. Birmingham

2 grapefruit
3 oranges

Cut up finely. Let stand over night in 9 pints of water. Boil up about 1 hour, then add 8 lbs. granulated sugar, and boil slowly for 1 hour more.

PEAR MARMALADE
Mary E. Beal

1 basket pears
3 lemons
8 lbs. sugar
4 lemons

Slice lemons, quarter pears, and boil two hours.

PEAR MARMALADE
Mrs. Frank Goldie

8 lbs. chopped pears
8 lbs. sugar
½ lb. ginger (preserved) chop it

Boil one hour. 4 lemons boiled until tender, seed and chop; add lemons and boil another hour.

VERY GOOD MARMALADE IN TWO HOURS
Mrs. Canham

1 grape fruit
1 orange
1 lemon

12 cups of cold water
12 cups granulated sugar
Juice of 2 more lemons

Put through chopper 1 grape fruit, 1 orange, 1 lemon, taking out nothing but seeds; cover with 12 cups of water and put on to boil. Put 12 cups of sugar in pan in oven to heat until so hot it sizzles, when put in fruit and water. Boil one hour, why I do not know, but I add at the end of hour the juice of two lemons, one cup of sugar; in a few minutes it will jelly, and you have ten jars of clear jelly.

GRAPE FRUIT MARMALADE
Mrs. A. V. Rowland

Quarter grape fruit; separate seeds and core from pulp; cover seeds and core with cold water; cut up pulp and rind fine and cover with cold water, two measures of water to one measure of fruit. Let stand 12 hours. Boil seeds and core, then strain and pour in with pulp and rind. Boil ¾ hour. Measure 1 ¼ sugar to 1 measure of fruit. Put sugar in fruit after fruit has boiled ½ hour.
GRAPE FRUIT MARMALADE
Mrs. P. B. Graham

3 grape fruit  
3 lemons  

Slice fruit very thin, add water and let stand 24 hours. Boil two hours covered, 1 hour uncovered; add sugar and boil briskly 25 minutes. Do not seal till cold.
PICKLES and RELISHES

PICKLED BEANS
Mrs. J. M. Childerhose

1 peck butter beans; cook in salted water.

DRESSING

3 pts. cider vinegar
3 lbs. granulated sugar
½ cup mustard
1 tablespoon tumeric
2 ozs. celery seed
1 cup flour

Cook as mayonnaise and pour on beans.

BEAN RELISH
A. G. Garfat

1 peck butter beans cut small and boiled in salted water for ½ hour; a little celery and onion chopped with it improves. Drain and add 4 pints vinegar, 3 lbs. brown sugar. Let come to a boil, then add 1 cup flour, 1 cup mustard, 2 tablespoons tumeric, 2 tablespoons celery seed. Mix altogether in a little cold vinegar and add to boiling vinegar.

CHILI SAUCE
Mrs. C. F. Porter

12 ripe tomatoes
3 red peppers
3 onions (fine)
1 head celery (chopped)
2 cups sugar
3 cups vinegar
2 tablespoons salt
2 dessertspoons cinnamon

Boil one hour.

CHILI SAUCE
Mrs. W. H. Cutts

Peel 30 large red tomatoes and cut in quarters; squeeze out seeds a little. Chop finely 10 sweet apples (peeled and cored), 1 head celery, 12 onions and 2 red or green peppers. Add 16 level tablespoons granulated sugar, 5 tablespoons salt, ½ teaspoon cayenne pepper, 1 pint malt vinegar. Mix all together and boil 1 hour or until thick.

CHILI SAUCE
B. Abernethy

1 peck ripe tomatoes
6 onions, sliced thin
3 green peppers, chopped fine
4 tablespoons salt
8 tablespoons brown sugar
1 tablespoon each ginger and cinnamon
1 teaspoon cloves
3 cups vinegar

Boil about three hours.
CORN SALAD
Mrs. J. H. Martin

18 large ears of corn  1/2 gal. vinegar
1 medium cabbage  1 tablespoon tumeric
5 large onions  4 tablespoons salt
5 peppers, 1/2 red, 1/2 green  1/2 cup mustard
6 cups brown sugar

Boil the corn on cob, cut it off and put it in the cold vinegar; bring to a 
boil, then add the cabbage chopped fine, then the other ingredients. Boil 20 
minutes and bottle.

CORN SALAD (Pickle)
Mary E. Beal

20 ears of corn, cook 20 min-  6 onions
utes and cut from cobs  3 red peppers
1 large head cabbage  2 celery

Put through chopper, add 1/2 cup salt and boiling water and let stand one 
hour. Drain and add 3 pints vinegar, 2 quarts water, 3/4 cup mustard; 5 cups 
sugar, 1/2 cup flour, 1 teaspoon tumeric. Put vegetables in the dressing and 
cook five minutes.

SLICED CUCUMBER PICKLES
Mrs. George H. Power

Select rather small cucumbers, and wash thoroughly, but do not pare. 
Slice round, not lengthwise, enough to fill a gallon jar. Put in a layer of 
cucumbers, then sprinkle over it one tablespoon of salt. Continue until jar 
is full. Cover and let stand 3 hours. Drain cucumbers carefully from the 
salt, and put in layers in jar with the following between:—

1 oz. black mustard seed  1/2 pint olive oil
1 oz. white mustard seed  2 medium sized onions, chopped fine
1 oz. celery seed

Method—Put in a layer of cucumbers, then sprinkle in some of the seeds 
and chopped onion, and about 2 tablespoons of oil. Continue in this manner 
till jar is full. Pour on the remaining oil and fill jar to the brim with good 
cold vinegar.

RIPE CUCUMBER PICKLES
Mrs. J. L. Brown

1 qt. ripe cucumbers (remove 1 pt. onions (chopped)
seeds)  3 cups cider vinegar
1 qt. ripe tomatoes (chopped 2 cups sugar
and drained)  1 tablespoon salt

Boil until tender, about 30 minutes. Mix with water to a creamy paste 
the following:—

1 tablespoon mustard  1 teaspoon tumeric
2 tablespoons flour  1/2 teaspoon cayenne

Add to boiling pickles and let boil a few minutes until thick. Seal in 
sterilized jars.
CUCUMBER SALAD (Pickle)
Mrs. E. J. Banfield

½ basket cucumbers, sliced 2 teaspoons white pepper
12 onions 2 teaspoons tumeric
1 head of celery 3 teaspoons flour
4 cups vinegar 2 cups sugar
8 tablespoons mustard

Slice cucumbers, onions and celery; sprinkle with salt; let stand over night; drain. Add ingredients; boil 15 minutes.

CHUNK PICKLE
Louisa A. Holleyhead

Seven lb. pickles (Dill size). Let stand in strong salt water two days whole (brine strong enough to hold an egg); change each day. Let stand over night in plain water. Cut in chunks and boil up in weak vinegar with a tablespoonful of alum. When tender (about 20 minutes) take out the pickles and put into a syrup made of 3 pints of cider vinegar, 2½ lbs. brown sugar, 1 oz. whole allspice, 1 oz. casha buds, 1 oz. celery seeds (in a bag). Boil 5 minutes, let stand over night in syrup, in the morning pack pickles in jars cold. Boil syrup until thick, and pour over pickles when cold.

CUCUMBER RELISH
Mrs. Ralston

4 qts. cucumbers, green 1 head cauliflower
2 qts. onions

Let stand over night in light brine, then run through chopper.

4 tablespoons mustard 1 oz. white mustard seed
1 tablespoon tumeric 1 oz. celery seed
2 cups white sugar ¾ cups flour
2 red peppers

Bring 2 qts. vinegar to a boil; mix mustard and flour in cold vinegar and add to hot. Add all together and let stand on back of stove, but do not boil.

CUCUMBER RELISH
Mrs. Passmore

12 large cucumbers 1 red pepper
12 large onions 12 heads celery
6 green peppers 1 large head cauliflower

Chop whole mixture fine; put in brine over night; cook until tender.

Dressing, cooked until thoroughly mixed:—2 qts. vinegar, 2 cups sugar, 2 tablespoons ground mustard, 1 teaspoon corn starch, 1 teaspoon tumeric powder.

VEGETABLE MARROW CHUTNEY
Mrs. A. J. Abernethy

Four lbs. marrow, cut in small pieces; sprinkle with salt, and leave over-night. In the morning strain. Boil together ½ oz. ground ginger, ½ oz. mustard, ½ oz. turmeric, ½ oz. loaf sugar, 6 red peppers and 2 doz. small onions, chopped very fine, a few cloves, 3 pints vinegar. Boil for ten minutes, Then add the marrow and boil until tender. When cold, it is ready for use.
INDIAN CHUTNEY
J. Cooper

4 lbs. sour apples 1 lb. small raisins
4 oz. almonds 2 lbs. brown sugar
1 oz. cayenne pepper (chilles) About 2 ozs. salt
1 lb. dates 1 quart vinegar
4 ozs. ginger 1 oz. garlic

Wash in vinegar (use no water). Boil vinegar and sugar 20 minutes; add salt and chillis last. Boil for 2 hours. Add vinegar or sugar if too sweet or too sour.

CHERRY OLIVES
Mrs. W. H. Price

Wash large English cherries, leaving stems on. Put gently in pint jars. Add 1 dessertspoon salt. Fill jars up with white wine vinegar.

DUTCH PICKLE

1 qt. ripe cucumbers 1 cabbage
1 qt. onions 3 red peppers
1 cauliflower ½ cup salt

Let it stand ½ hour, then drain.

DRESSING

8 level teaspoons mustard 1 cup flour
2 level teaspoons tumeric 3 pints vinegar
5 cups sugar

Cook dressing, add pickle. Boil 15 minutes.

FRENCH PICKLE
A. Abernethy

1 qt. chopped onions 1 qt. cauliflower
1 qt. chopped cucumbers 2 red peppers chopped fine
1 qt. celery

Put all ingredients in salt and water over night; in the morning strain off and pour boiling water over it, and let that drain off.

DRESSING

6 tablespoons mustard 1 cup white sugar
½ tablespoon tumeric 1 cup flour
1 tablespoon curry powder 2 qts. vinegar

Boil 1½ hours, stirring often; if it gets lump strain it. When dressing has cooked for 1½ hours, put all ingredients in dressing and boil for one minute. Then bottle.

FRUIT RELISH
Mrs. J. C. Sandilands

20 ripe tomatoes 2 tablespoons salt
8 pears 6 large onions
8 peaches 2 red peppers
4 cups white sugar 2 tablespoons whole spice, tied
1 qt. vinegar, white wine in a bag.

Chop (not too fine), boil 2 hours, bottle and seal while hot.
FRUIT CHILLY
Mrs. Thos. Jack, Lefroy

30 large tomatoes
6 onions
6 peaches
6 pears
4 red and 4 green peppers, chopped fine

Put spices in bag and boil 1½ hours.

FRUIT CHILLA RELISH
Edna Lundy

45 red tomatoes
9 peaches
9 pears
9 apples
1½ tablespoons vanilla.
9 onions
Boil 1½ hours.

GREEN SAUCE
B. Abernathy

Slice one peck of green tomatoes, sprinkle over them 1 cup salt; let stand over night and drain, and add vinegar enough to cover; then 3 cups sugar, 6 green peppers chopped fine, 4 onions sliced thin, ground spices to taste, and boil together for two hours.

GREEN TOMATO CHOW-CHOW
Mrs. Frank Babcock

½ bu. green tomatoes
1 doz. green peppers, chopped fine

Sprinkle with salt and stand over night. In morning drain off water thoroughly. Cover with vinegar, cook slowly 1 hour; then drain and put in a crock.

Make dressing of 2 lbs. brown sugar, 2 tablespoons gr. allspice, 2 tablespoons gr. cloves, 1 tablespoon gr. curry powder, 2 tablespoons gr. pepper, ½ cup mustard, and enough vinegar to mix. When boiling, pour over pickles. Let all come to boil, stir, and put in jars.

H. P. SAUCE
Mrs. Hugh W. Martin

3 qts. ripe tomatoes
1 cup salt
3 cups brown sugar
½ lb. currants
½ lb. garlic
1 oz. chillies

Add 1 qt. of vinegar, boil 2½ hours, drain, then add another quart of vinegar and boil until thick. GOOD.
SWEET GRAPE PICKLE
Mrs. A. J. Abernethy

To 8 lbs. fruit allow 4 lbs. sugar and 1 quart cider vinegar. Put fruit in a jar; boil and skim the syrup and pour it over the grapes boiling hot. Repeat this process for four days; then seal and put jars in a cool, dry place. The syrup may be flavored with spices to suit.

MEAT SAUCE
Mrs. W. J. Banfield

12 large ripe tomatoes
12 large cooking apples
6 large onions
1 lb. raisins

Boil 1 hour, then put through sieve, adding—
½ lb. mustard
1 oz. ginger

Mix with a little cold vinegar and add to sauce. Boil gently ½ hour.

MUSTARD PICKLE
Mrs. George A. MacLeod

2 qts. small onions
2 qts. cucumbers
2 large cauliflowers

Cut up and soak over night in salt water. Drain and scald in water and vinegar half and half. Drain. Put in following dressing:—
6 cups white sugar
2 cups flour
½ lb. mustard

Mix with a little vinegar to paste, add 1 ⅔ gallon vinegar. Pour this dressing over pickles. Seal in jars.

MUSTARD PICKLES
Dora Kirkpatrick

2 qts. silver skin onions
1 cauliflower
3 pts. cucumbers
1 head celery
3 green or red peppers
1 large onion

After peeling and preparing the ingredients, put all to soak in water with large handful of salt for two days (except cauliflower, which is cooked for 5 minutes and added to the brine ½ day before making pickles). Then take two pints of water and one pint of vinegar, and after draining off the salt water, place pickles in the vinegar and water, and boil a few minutes; then drain again. Pour on pickles enough vinegar to cover them nicely, then add the following ingredients to make the mustard sauce:—
5 level tablespoons mustard
2⅔ cups brown sugar

Mix all dry ingredients well, then add to them enough water or vinegar to make a wet paste before adding to hot vinegar and the pickles; and let cook a few minutes, stirring well to keep from burning. Seal in jars or may be tied down in crock.
PICKLES AND RELISHES

MUSTARD PICKLE
Mrs. John Rowland

1 qt. cucumbers, cut fine 1 large cauliflower, cut fine
1 qt. onions, cut fine 3 strong red peppers, cut fine
1 qt. small onions, left whole 3 large cooking apples, cut fine

Put in separate dishes, cover with hot brine, stand over night, and then drain. Add 8 cups brown sugar, 1½ qts. vinegar, ¼ lb. white mustard seed, and let come to a boil. Then make a paste 3/4 cup flour, ⅛ lb. mustard, ⅛ oz. tumeric powder. Stir in slowly and let come to a boil. Pour over pickles and boil.

MUSTARD PICKLE
Mrs. J. S. Robinson

1 qt. small onions 3 stalks celery
1 qt. cucumbers 1 green pepper
1 head cauliflower

Let all stand together in a weak brine 24 hours, then drain through a colander.

DRESSING FOR PICKLE

1 cup sugar 1 dessertspoon tumeric
½ cup mustard 1 dessertspoon curry powder
½ cup flour 2 qts. vinegar

Boil vinegar and ingredients together and pour on the pickles hot; let simmer slowly for one hour.

MUSTARD PICKLE
Mrs. Herbert Burgess

1 qt. cucumbers, small 1 head celery, cut in pieces
1 qt. large cucumbers, cut up ½ lb. Kean's mustard
1 qt. small green tomatoes 1 oz. tumeric
1 qt. large green tomatoes, cut 6 cups brown sugar
2 qts. small onions 1 cup flour
6 red peppers, cut in pieces

Make paste of flour, mustard and tumeric, blend with a little tepid vinegar; stir into 1 gallon boiling vinegar; scald long enough to cook paste, then put in pickles that have been soaked in brine over night, and stir for five minutes.

MUSTARD PICKLES
Mrs. J. H. Martin

1 qt. large cucumbers, 1 qt. large onions, cut fine; 1 qt. small cucumbers, 1 qt. small onions, left whole; 3 green peppers, 3 red peppers, 1 large head cauliflower, cut. Let stand in brine over night, drain and add

9 cups brown sugar ¼ lb. mustard seed
½ gal. white wine vinegar 2 ozs. celery seed

Let come to a boil; make paste of

½ cup flour ½ oz. tumeric
¼ lb. mustard

Wet this with vinegar, stir in the other, boil ½ hour, pour over pickles and bottle.
ONION PICKLES
Mabel S. Macpherson

100 silver skin onions 1 small red pepper
1 cup sugar 1 small piece alum
1 tablespoon mixed spice 4 cups white wine vinegar

Peel and pour hot salt brine (strong enough to hold up an egg), and let stand over night. In the morning rinse onions in clear cold water. Pack onions in bottle. Have ready the white wine vinegar and sugar, mixed spices, red pepper (cut in small pieces), and alum. Let them come to the boil; pour over the onions in bottles, and seal.

OLIVE OIL PICKLES
A. Abernethy

50 small cucumbers 2 cups olive oil
1 qt. or 3 pts. small onions, sliced 4 ozs. white mustard seed
1 cup salt 2 tablespoons celery seed
2 qts. vinegar

Put cucumbers and onions in a crock in alternate layers, sprinkling salt between; let stand over night and then drain; add olive oil and remaining ingredients. Mix thoroughly and let stand three or four days, stirring occasionally; then put in jars or leave in a large crock.

PICKLED Pears
Mrs. J. C. Sandilands

½ lb. brown sugar to each pound of pears
1 quart vinegar
3¼ lb. mixed whole spice Stick cinnamon
Cloves, whole

Put spice in a bag and boil with vinegar and sugar. Cook slowly from 2 to 3 hours.

PEPPER RELISH
Margaret Jull

1 doz. green peppers 1 doz. onions
1 doz. red peppers

Put through chopper (coarse); cover with hot water and drain at once; add 2 cups sugar, 3 cups vinegar, 3 tablespoons salt or more. Bring to a boil and simmer 20 minutes.

RELISH
Mrs. Lou Scholes

2 large qts. cucumbers 4 cups brown sugar
2 large qts. onions ½ gal. W. W. vinegar, scant
2 large qts. cauliflowers 1 oz. celery seed
Let come to boil. Add:

⅔ cup flour
⅓ cup mustard
½ oz. tumeric
Salt to taste

Make paste with vinegar; stir in gently. Boil for 10 minutes.
SOUTHERN RELISH
Mrs. J. B. Brennan

1 qt. cucumbers cut fine, not peeled (much better peeled), 1 qt. onions, 1 qt. small onions left whole, 1 large cauliflower cut fine (cabbage will do), 1 bunch celery. Put in separate dishes and cover with hot brine; let stand and drain. Add 2 red peppers, 8 cups brown sugar and 8 sour apples chopped fine, 1¼ qts. cider vinegar, ¼ lb. white mustard seed, and let come to a boil, then set back off stove. Then make a paste of 2½ cups flour (more if needed), ¼ lb. mustard (about ½ of small tin enough). Stir in slowly, and let come to a boil again.

FIG TOMATO
Mrs. Davidson

7 lbs. green tomatoes, quartered
4 lbs. white sugar
½ oz. whole cloves
½ oz. whole cinnamon
1 pint malt vinegar

Cover tomatoes with water and ½ cup salt over night, drain and put in pan with the other ingredients, bring to a boil and simmer very gently for six hours.

TOMATO MUSTARD
Mrs. J. H. Martin

1 pk. ripe tomatoes
12 large tart apples
1 lb. raisins, chopped

Boil all together, strain through a sieve, and add—
1 teaspoon cayenne pepper
2 lbs. brown sugar
1 cup salt
½ gal. white wine vinegar
½ lb. best mustard

Mix mustard with vinegar, boil till quite thick, and bottle.

SPICED TOMATOES
Mrs. G. H. Nichol

Scald and peel ripe tomatoes, put into a jar and cover with vinegar; let stand three days; drain off vinegar. To every seven lbs. of tomatoes put five lbs. of brown sugar. Pour on vinegar again. Spice to taste and let simmer until thick. Very good.

TOMATO CHUTNEY
Mrs. La Londe

½ bushel tomatoes
3 lbs. apples, chopped
¾ lb. salt
2 lbs. brown sugar
1 lb. raisins
2 oz. ground ginger
½ oz. cayenne pepper
1 oz. allspice
1 nutmeg, grated
4 lemons
3 qts. vinegar

Boil tomatoes, apples, raisins and lemons together, then strain and add spices and vinegar, and boil as thick as you like; tie spices in cheese cloth.
GREEN TOMATO PICKLE
Mrs. C. G. Smith

One peck green tomatoes, peel and put in pot of boiling water, to which a small cup of salt has been added. Boil ten minutes or until the tomatoes look transparent; remove with a spoon each tomato into a colander to drain over night. Add 1 quart vinegar, 3 lbs. brown sugar, 5 cents worth of white mustard seed thrown in, and 5 cents worth of mixed spice put in a cheese cloth bag. Let this come to a boil. Add tomatoes and cook until tender. Lift out into gems, then boil liquid until sticky; pour over tomatoes and seal.

TOMATO JELLY
Mrs. J. C. Sandilands

1 can tomatoes 1 tablespoon whole allspice
½ nutmeg, grated 1 stick cinnamon
1 teaspoon salt 1 tablespoon cloves
½ teaspoon red pepper ½ box Knox’s gelatine
2 tablespoons sugar

Soak gelatine in ½ cup cold water. Add sugar and spices. Boil ½ hour, add gelatine last, bring to a boil, mould while hot.

WORCESTER SAUCE
Mrs. John Scholes

½ oz. cayenne pepper ½ oz. salt
½ oz. ground cloves 2 drams cinnamon, ground
2 oz. garlic, pounded ½ dram nutmeg, ground
6 oz. onions, chopped fine 12 grains cardaman seed
2 oz. white sugar 3 pts. spring water

Boil together 20 minutes and strain; when lukewarm add 3 pints English malt vinegar, 2 oz. acetic acid, 1 bottle Indian soy. Bottle when cold.
CANDIES

BUTTER SCOTCH
Ted Bailey, North Bay, Ont.

2 cups light brown sugar 1 tablespoon vinegar
1 cup butter 1 tablespoon water
Mix altogether and boil. Test in cold water. When crisp pour into buttered tins.

CARAMEL WALNUTS
Mrs. Barr

½ lb. shelled walnuts 10 ozs. icing sugar
¼ lb. ground almonds White of an egg
Mix sugar, almonds and egg into a stiff paste. Make into small balls, stick half a walnut on each side of it and when done put aside for a few hours to harden. Then take ½ lb. granulated sugar, ¼ teaspoon cream of tartar, ½ teacup water and boil till it hardens like toffee. Dip walnuts in this, and put on waxed paper to harden, then place in paper cases.

DIVINITY FUDGE
Mrs. Laird Thompson

2 cups white sugar ½ cup cold water
½ cup Edward’s corn syrup
Beat whites of 2 eggs stiff; boil ingredients till it cracks in cold water. Pour into beaten whites; add nuts and marashino cherries if desired.

Use Fry’s Cocoa

FUDGE CANDY
Mary E. Beal

3 cups brown sugar 2½ cup milk
2/3 cup coffee (cold from ½ cup cocoa
breakfast)
Cook all 10 minutes then add 2 tablespoons butter and cook until it forms a ball, then add vanilla and 1 cup chopped walnuts and beat.

MARSHMALLOWS
Mrs. Patterson

1 oz. Knox’s gelatine 2 gills water
1 lb. sugar 2 tablespoons orange essence
Put the gelatine into a basin and add half of the water. Mix the sugar and the rest of the water in a saucepan. Bring slowly to boiling point then boil to 217° Farenheit. Do not stir after it boils. Pour slowly over the gelatine beating vigorously all the time, then beat for 10 minutes. Add the essence and continue beating until thick. Pour at once into tins which have been buttered and dusted with cornstarch. Leave in a cool place over night. Remove from the tins, cut into small squares with a cutter and roll in equal parts of cornstarch and icing sugar.
MAPLE CREAM
Mrs. Laird Thompson

2 cups brown sugar  
Butter the size of 1/2 an egg
1/2 cup milk or cream
Boil 5 minutes and add 2 teaspoons flour and beat; add nuts.

MARZIPAN POTATOES
Mrs. Wm. MacInnes

1 lb. icing sugar  
1 teaspoon vanilla extract
1 egg  
2 teaspoons cinnamon
1/4 lb. tin ground almonds  
2 teaspoons cocoa

Mix almonds and icing sugar, beat egg and add vanilla to it. Make a bay in centre, and add egg gradually. Mix well. Form into little balls and roll in cocoa mixed with cinnamon, take the handle of a fork and score over each potato to show the white. Place on waxed paper and allow to stand over night.

NUT CANDY
Mrs. James Taylor

1/2 lb. almonds  
1 cup boiling water
1/4 cup walnuts  
1 salt spoon cream tartar
2 cups granulated sugar

Dissolve without allowing to boil; when perfectly clear place on a gas and boil rapidly without touching until syrup changes color. Have nuts in a shallow tin and pour syrup over, let cool.

CANDIED ORANGE PEEL
Mrs. T. J. Coo

Select thick orange peel; cut in strips. Place in cold salted water; bring to boil till peel is easily pierced by fork. Drain, run cold water on peels until they are chilled. Make syrup of say 2 cups of sugar to 1 cup water; let come to boil. Place peels a few at a time in syrup and let boil until they become transparent, or about 15 minutes. Remove peels from syrup and roll them one by one in granulated sugar. Arrange on plate separately so they can dry without sticking to each other.

CANDIED ORANGE PEEL
Mrs. F. E. Ramsay

Cut orange peel in strips and place in cold salted water. Let boil until tender, pour off water and let cool. Make syrup (1 cup water and 3 sugar) and boil 20 minutes. Remove from syrup and roll in granulated sugar.

PEPPERMINT CREAMS
Mrs. Barr

Whites of 2 eggs  
As much icing sugar as will
A few drops of peppermint  
form a stiff paste

Mix well and roll out to 1/4 inch, cut in small moulds and spread on sheets of waxed paper to set. Ready next day.
SALTED ALMONDS
Mrs. Samuel Taylor
Blanch the almonds by pouring boiling water over them. Let them stand for 10 minutes then throw into cold water and the skins will slip off. Spread on a dish to dry and put in a warm place. If the almonds are not dry they will be tough when salted. To each pint of almonds allow two tablespoons of melted butter. Pour this over them turning with a spoon. Take a shallow tin, place the almonds in a single layer and put in a moderate oven until lightly colored. Take out at once and dust thickly with fine salt.

SEA FOAM
Mrs. James F. McGraw
1 cup brown sugar
½ cup chopped nutmeats
½ cup water
1 egg white (beat stiff)
Boil sugar and water until it forms soft ball in water and add to 1st. white of egg, 2nd, nut meats and 3rd, vanilla; beat all until mixture starts to stiffen; drop on wax paper.

SUGARED DATES
Mert Lendon
Remove stones from dates; put a nut meat in each one. Have a candy syrup made. Add ¼ teaspoon cream tartar to sugar when putting it on to boil. Boil until it will spin a hair. With a fine knitting needle dip each date in hot syrup and roll in powdered sugar. Nuts, grapes and oranges may be done the same way; but they must be used the day they are made.

GLACE NUTS AND FRUITS
Mrs. P. R. Snider
1 cup sugar
1 cup corn syrup
Boil until the syrup brittles instantly in ice water. Keep hot in double boiler. Dip in nuts and fruits one at a time, taking out on the points of a fork and laying on plate, well oiled to prevent sticking.
Make The Icing This Way

Mix four tablespoons FRY’S Baking Chocolate with two cups powdered sugar; then add two tablespoons milk, and a teaspoon of vanilla. Beat until smooth when it will be ready for your cake.

To add a delicious finishing touch to your cake, make the icing with—

Fry’s Baking Chocolate

The same splendid quality and flavour that made FRY’S Breakfast Cocoa the favorite for over two hundred years are found in Fry’s Baking Chocolate. Icing made the FRY way adds a touch of infinite daintiness that will please the most fastidious appetite.

“Remember, it must be FRY’S”
BEVERAGES

APRICOT WINE
A. Wilson

5 lbs. brown sugar  2 lbs. muscat seeded raisins
5 lbs. corn meal  2 qt. tins apricots

Put apricots and raisins through food chopper. 6 pts, luke warm water, add 1 yeast cake. Ferment 10 days; strain and let stand 4 or 5 days then strain and bottle.

BLUEBERRY WINE
M. Thompson

Rhubarb or any fruit. One quart of berries, three quarts of water, five pounds of sugar granulated, a handful of raisins. This makes one gallon of wine. Mix all together, put in jug, and set away for forty days at least to ferment; then smash all the berries so as to have all the juice and strain well. Put in bottles or jug, cork up tight. Use when ready.

BOSTON CREAM
L. Clarke

4 qts. warm water  Whites of 4 eggs well beaten
4 ozs. tartaric acid  1½ ozs. lemon essence
4 lbs. white sugar

Boil sugar and water to syrup, when nearly cool add tartaric acid and egg whites and lemon. Bottle and seal; use wine glass to a glass of water with sufficient baking soda to foam.

CIDER CUP
M. Lyon

Fill a pitcher with cracked ice. Pour over it one quart of sweet cider, one bottle of soda, and sugar syrup enough to sweeten. Add sliced peaches, bananas, cherries, strawberries and pineapple. Serve with a sprig of mint.

CLARET CUP
Mrs. Sandilands

1 doz. oranges, juice only  2 doz. lemons
1 jar pineapple  6 bottles ginger ale
2 qts. claret, or less  Maraschino cherries
Fruit sugar to taste

CURRANT JULEP
L. Simpson

Crush a box of washed and stemmed currants into half a pound of sugar. Add to this two grapefruit from which the seeds and pulp have been removed, a tablespoon of preserved ginger, one quart of water, and three tablespoons of sugar syrup. Pour over cracked ice, and serve with cinnamon toast.
DANDELION WINE
Mrs. Miles

2 gallons dandelion tops or 2 gallons boiling water flowers

Let it stand 24 hours, strain, and to each quart of juice add 1 pound of sugar and the juice of 4 lemons. Let it boil 1 hour, then put it in a crock, make a piece of toast and put a yeast cake on it and set both on top of the liquid and let stand one week, or until it has finished working. Then strain and bottle.

DANDELION WINE
Mrs. J. C. Sandilands

To 1 quart of dandelions add 2 quarts of boiling water. Let stand 24 hours, then add (after straining) 1½ pounds sugar, 1 lemon. Boil until sugar dissolves.

FROSTED COFFEE
M. Neish

Make strong coffee, by any of the percolator methods. Add to this half a cup of rich cream and one-half cup of marshmallows that have been melted over the fire in a double boiler. Sweeten with sugar syrup. Serve in frosted glasses, over crushed ice.

FRUIT PUNCH
S. Lyon

1 cup water
2 cups sugar
1 cup tea infusion
1 qt. apollinaris or plain soda
2 cups strawberry syrup

Make syrup by boiling water and sugar 10 minutes, add tea, strawberry syrup, lemon and orange juice and pineapple. Let stand ½ hour, strain and add cherries and apollinaris. Serve in punch bowl with ice.

GINGER CORDIAL
L. Clarke

1½ ozs. tartaric acid
1 oz. tincture ginger
1 oz. chili peppers

Pour boiling water over the acid and sugar, when cold add ginger and Chili peppers. Let stand a day or two. Brown a small portion of the sugar; add to the cordial to give it nice brown color. Strain and bottle.

GINGER WINE
E. Ross Walker

5 drams essence ginger
3 drams essence of capsicene
1 oz. burnt sugar

3/4 oz. tartaric acid
4 lbs. loaf sugar
5 qts. boiling water
BEVERAGES

GRAPE BOUNCE
M. Lyon

To 1 pint of grape juice add 3 lemons, their grated rinds, 1/2 cup of sugar syrup and a pint of charged water. Serve ice cold.

GRAPE JUICE (Unfermented)
Mrs. J. C. Sandilands

Mash 1 quart of grapes removed from stems, add 1 quart of water. Cook until soft. Press through a strainer covered with a double cheese cloth. To each quart of juice add 1 cup (scant) of sugar. Boil and skim. Bottle while hot.

GRAPE JUICE
F. Sutherland

Wash and stem grapes and put in kettle and cover with cold water and let boil until grapes are soft. Strain through a jelly bag and next day to 1 quart of juice add 1 cup of sugar. Let come to a boil and stir until sugar is dissolved and bottle.

GRAPE WINE
E. C. Wilson

20 lbs. grapes 6 qts. boiling water
When cool squeeze and let stand in stone jar 3 days. Strain juice and add 10 lbs. sugar. Let stand 1 week, skim and strain and put in a barrel.

HOME BREW ALE
E. C. Wilson

3/4 lb. hops 5 gals. water
2 1/2 lbs. malt extract 1 yeast cake
1 1/2 lbs. sugar

Boil hops and water 1 1/2 hours, add malt and boil 1/2 hour more. Strain and when luke warm add yeast cake and stir well. Let stand 70 hours, skim morning and night, then strain and bottle.

ICED CHOCOLATE MINT
H. Ball

Make a rich, sweet chocolate. Melt one-half dozen peppermint creams, and add to the chocolate. Fill a glass with crushed ice and two fingers of cream, and pour into the chocolate mint.

LEMON POP
L. Clarke

2 lbs. granulated sugar 2 ozs. cream of tartar
2 ozs. ginger root Juice 7 lemons
8 qts. boiling water

Put ginger root, crushed in pot; add sugar and boiling water, lemon juice and cream of tartar. Let stand until luke warm, then add yeast, dissolved in 1/2 cup water, stir well. Cover and let stand 8 hours in a warm room, strain and bottle. Set bottles in cool place and put on ice as required.
LEMON PUNCH
G. Murphy

Extract the juice of six lemons, and add to it one bottle of ginger ale, one-half cup of grated cocoanut, two cups of sugar syrup, and one tablespoon of preserved ginger. Mix well and serve in a punch bowl, over ice.

LEMON SYRUP
L. Clarke

2 lbs. sugar
1 oz. citric acid

Juice and rind of 2 lemons

Pour over all 1 quart of boiling water, let it stand until cold, stirring occasionally. Strain and bottle, a wineglass to a tumbler of water.

LEMON SYRUP
Mrs. Robinson

4 oranges, 2 lemons grated rind, 2 oz. tartaric acid, 4 lbs. sugar, 2 quarts water. Mix well, let stand over night. Strain and bottle.

ORANGE SHAKE
J. Kelly

Take the juice and fruit of one dozen oranges. Add sugar enough to make very sweet. Pour over it a bottle of charged water. Shake thoroughly, and serve in tall, frosted glasses full of cracked ice.

PARSNIP WINE
M. Manyard

Six pounds parsnips to each gallon of water, four pounds sugar, juice of three lemons, two ounces lump ginger, two ounces cream of tartar, yeast and four pounds raisins. Measure water, parsnips and ginger, put in boiler and boil four or five hours, strain twice, add sugar, lemon juice and cream of tartar. Break a yeast cake to every four gallons, put in and stir. Let stand until next morning, skim off yeast. Allow to stand three weeks. Bottle or put in a brandy keg. Four pounds of raisins to clear.

PEACH WINE
A. Wilson

2 pts. preserved peaches
2 lbs. muscat seeded raisins
2 lbs. brown sugar

2 gals. lukewarm water
1 yeast cake dissolved in cup lukewarm water

Stand 3 weeks, stir daily, strain through muslin and filter paper and bottle.

PINEAPPLE ADE
T. Lyon

Peel, eye, and chop into fine pieces a ripe pineapple or use a can of pineapple, chopped. If the ripe fruit is used, cook as in preserving, to get juice. Add half a cup of sugar syrup, a half pound of stoned red cherries, the juice of three lemons, and a quart of water. Put a stick of cinnamon in each glass.
RASPBERRY VINEGAR
Mrs. Wickware

To four quarts red raspberries, put vinegar to cover, and let stand twenty-four hours; scald and strain it. Add a pound of sugar for each pint of juice. Boil twenty minutes and bottle.

RASPBERRY WINE
M. Bertheolte

6 quarts of ripe raspberries, 6 quarts of water, loaf sugar. Put the raspberries into an earthenware or wooden vessel, bruise them well with a heavy wooden spoon, and pour over them the cold water. Let them stand until the following day, stirring them frequently then strain the liquid through a jelly-bag or fine hair-sieve, and drain the fruit thoroughly, but avoid squeezing it. Measure the liquid; to each quart add 1 lb. sugar; stir occasionally until dissolved, then turn the whole into a cask. Bung loosely for several days, until fermentation ceases, then tighten the bung, let it remain thus for three months, and bottle for use.

STRAWBERRY FLUFF
L. Simpson
Crush a box of strawberries, making them very soft. Cover with sugar, and leave over night. Add half a cup of cocoanut, grated, a can of Hawaiian pineapple, half the pineapple syrup, a quart of soda, and the juice of three lemons. Fill glasses with crushed ice, and pour this in.

SWEET CIDER PUNCH
S. M. Lyon
Mix 1 cup of sweet cider, 1 cup of grape juice, ½ cup of grape fruit juice, 2 tablespoons lemon juice and 2 pint bottles of mineral water. Add sugar to taste and pour into a bowl over a large cake of ice. Serve in punch glasses. You can add a little grated nutmeg if liked.

TEA PUNCH
T. Logan
To a quart of tea, add the juice of six lemons, six whole cloves, three sticks of cinnamon, and a cup of the sugar syrup. Serve over cracked ice.

WHITE CURRANT FRAPPE
H. Ball
To one box of white currants, which have been crushed, and covered overnight with a pint of sugar, add diced citron, six whole cloves, three lemons, four cream peppermints crumbled up, a quart of charged water, and sugar syrup to taste. Serve over cracked ice, with a cream peppermint hung on the rim of each glass.

WINE
L. Hanley

2 lbs. wheat 4 lbs. brown sugar
2 lbs. raisins 1 yeast cake
2 lbs. prunes 2 gals. water

Dissolve yeast cake in luke warm water and mix all together and let stand 21 days and bottle.
CROSSE & BLACKWELL

The difference in taste and quality of Crosse & Blackwell products is instantly apparent. This marked difference is due to purity of ingredients, skill and experience of over 200 years in the manufacture of quality goods.

AN ORIGINAL RECIPE—A GOOD FRENCH SALAD

First rub the salad bowl with a bead of garlic, then throw in some dried fresh lettuce leaves, dressing the salad with plenty of oil, a little tarragon vinegar pepper and salt.

Tarragon vinegar is particularly suitable for most kinds of fish sauce. It is also used to flavor that well-known sauce called 'Sauce Hollandaise.'

The flavor of tarragon vinegar is always an improvement in cold sauces, such as Remoulade, Cambridge Sauce and Tartar Sauce.

Tarragon vinegar, pepper and salt and finely chopped parsley makes an excellent dressing for boiled artichokes, asparagus, etc.

Ask Your Grocer For:
                   C & B Meat & Fish Pastes.
INVALID COOKING

BEEF JUICE JELLY
Mrs. Russell L. Parr

1 cup stock chicken or beef 1 teaspoon Knox gelatine
Moisten gelatine with 3 teaspoons of cold water. Heat stock, add gelatine, stir till dissolved. Pour into a cold mould and set aside to cool.

BARLEY GRUEL WITH BROTH
Mrs. Russell L. Parr

2 cups beef broth 2 tablespoons cold water
2 tablespoons barley flour 1 saltpoon salt
Mix barley, flour and salt with water to form a smooth paste; add gradually to the boiling stock and boil one-half hour. Strain and serve very hot.

BEEF JUICE (1)
Broil a thick piece of steak three minutes. Squeeze all juice out with a lemon squeezer into a cup. Salt very slightly and give like beef tea.

BEEF JUICE (2)

1/4 lb. lean beef steak 2 tablespoons cold water
Put beef through food chopper; add cold water. Let stand 2 hours, strain through cheese cloth or meat press.

OATMEAL GRUEL
Mrs. Ewan McPhee

1/4 cup rolled oats 1/4 teaspoon salt
1 1/2 cups boiling water Milk or cream
Add oats mixed with salt to boiling water, let boil two minutes, then cook over hot water one hour, strain, bring to boiling point, and add milk or cream.

BEEF TEA I.
Mrs. Bernard Davidson

1 lb. beef-steak cut from round Salt
2 cups cold water
Remove fat, wipe and cut beef in small pieces or put through meat chopper. Put in canning jar, add cold water, cover and let stand twenty minutes. Place on trivet in kettle of cold water, having water surround jar as high as contents. Heat water gradually, keeping temperature moderate for two hours, then increase temperature slightly until liquid becomes a chocolate color; otherwise the beef tea will have a raw taste. Strain, season and serve.

BEEF TEA II.
Mrs. Bernard Davidson

Put beef in top of double boiler; add cold water and a two and a half inch cube of ice; cover and let stand twenty minutes. Place on range, heat slowly and keep water just below boiling point for two hours. Strain and season.
RICE WATER
Miss J. Haggart

2 tablespoons rice
Few grains salt
3 cups cold water
Cream or milk

Wash rice by placing in strainer and allowing cold water to run through. Soak thirty minutes in cold water, heat gradually to boiling point and let boil until rice is soft. Strain, reheat rice water, season with salt, and if too thick, dilute with boiling water. Add milk or cream as the case may require.

BARLEY WATER
Miss J. Haggart

2 tablespoons barley
1 quart cold water
Wash barley, add water and let soak for four hours. Cook in same water until water is reduced one-half, if it is to be used for infant feeding; for adults reduce to one cup. Salt and cream may be added, or lemon juice and sugar, as the case may require.

ALBUMEN WATER, WITH BEEF EXTRACT
Miss J. Haggart

White 1 egg
Few grains salt
1/4 teaspoon beef extract
Few grains celery salt
1/4 cup boiling water

Dissolve beef extract in boiling water, stir white of egg, using silver fork; then pour on gradually while stirring constantly, to mixture. Season with salt and celery salt.

FLAXSEED LEMONADE
Mrs. Bernard Davidson

2 tablespoons flaxseed
2 tablespoons lemon juice
2 cups boiling water
Syrup

Pick over and wash flaxseed; cover with boiling water and let simmer one hour; strain, add lemon juice and syrup to taste, serve hot or cold. Flaxseed lemonade is especially desirable in kidney troubles. It proves a soothing drink to the throat and bronchial tubes.

FLAXSEED TEA
Mrs. Bernard Davidson

2 tablespoons flaxseed
1 quart boiling water
1 1/2 tablespoon cream of tartar
Syrup
Slices of lemon

Pick over and wash flaxseed; add boiling water and cream of tartar, and let simmer until mixture is reduced one-half, strain, cool, sweeten, and serve with thinly cut slices of lemon.

EGG-NOGG
Mrs. Bernard Davidson

1 egg
1 1/2 tablespoons sherry, or
3/4 tablespoon sugar
1 tablespoon brandy or rum
Few grains salt
2/3 cup cold milk

Beat egg slightly, add sugar, salt and slowly, liquor; then add gradually milk. Strain and serve.
PINEAPPLE EGG-NOGG
Mrs. Bernard Davidson

1 egg
2 tablespoons cold water
1/4 cup finely crushed ice

Beat egg slightly, add water and fruit juice; strain over crushed ice and sweeten with syrup or sugar to taste.

ORANGE EGG-NOGG
Mrs. Bernard Davidson

1 egg
1 tablespoon sugar
1/8 teaspoon salt

Juice of 1 orange
Juice of 1 lemon
1/4 cup crushed ice

Beat white of egg until stiff, add gradually one-half sugar, salt, orange juice. To yolk of egg add remaining sugar, fruit juices and beat until thick. Put ice in glass, pour in first mixture, then fold in gently second mixture, and serve.

BEEF EGG NOGG
Mrs. Russell L. Parr

1 egg
Speck of salt
1 tablespoon sugar

1/2 cup hot beef broth
1 tablespoon brandy

Beat the egg slightly. Add salt and sugar, add gradually the hot broth. Add brandy and strain. Sugar and brandy may be omitted if preferred.

COFFEE EGG NOGG
Mrs. Russell L. Parr

1 egg
1 tablespoon sugar

1/2 cup strong coffee

Separate egg, beat yolk, add sugar and coffee (cold); beat white until stiff, put into glass and pour coffee mixture through white.

JUNKET EGG NOGG
Mrs. Russell L. Parr

1 egg
1 cup milk
1 tablespoon sugar

2 teaspoons new brandy or wine
1/4 junket tablet

Beat yolk and white of egg separately, very light, blend the two. Add the sugar dissolved in the wine. Heat milk luke warm, stir into the egg mixture and add quickly the tablet dissolved in cold water. Pour into small warm glasses and sprinkle grated nutmeg over the top. Stand in a warm room until firm, then cool in refrigerator. This can be retained by the most delicate stomachs.
ALBUMINIZED DRINK
Mrs. Russell L. Parr

1/2 cup milk or 1/2 cup water
(sterile)

Juice of 1 orange

White of 1 egg
Salt and sugar

Put liquid and white of egg in glass fruit jar, cover with cap and rubber band, shake until thoroughly blended. Strain into glass. Few grains of salt may be added if desired. Sweeten to taste.

PINEAPPLE LEMONADE
Mrs. Russell L. Parr

1/2 cup grated pineapple or
juice

2 tablespoons sugar

1 cup ice cold water
Juice of 1 lemon
1/2 cup boiling water

Mix pineapple, lemon juice and sugar and add the boiling water. Cool, add ice cold water and serve.

BROWN STOCK
Mrs. Russell L. Parr

2 lbs. raw beef

1 quart cold water

Cut beef in cubes. Brown in hot pan. Add one quart cold water; let stand half an hour to dissolve out meat juices. Allow to simmer for six hours. Seasonings added during last hour of cooking.

SEASONINGS AND VEGETABLES

Salt, pepper, cloves, thyme, carrots, turnips, celery, onions, etc.

TWO PLATE COOKERY FOR INVALIDS
Mrs. A. J. Careless

WHITEFISH, OR SOLE

Butter two plates, lay fillets of fish on one, squeeze a little lemon juice over, add pepper and salt, set over pan of boiling water and cover for lid with other plate. Steam from five to fifteen minutes according to size.

Lamb, veal or mutton cutlets, or portions of chicken or a small steak may be cooked in above way also and are very light and appetizing. Prepare a little sauce to pour over before serving.

CALF'S FOOT JELLY
Miss Muriel Smith

1 quart calf's foot stock

A little gelatine if required

Rind and juice of 3 lemons

2 inches cinnamon stick

6 ozs. sugar

2 cloves

Whites and shells of 3 eggs

Put stock, lemon, cinnamon, cloves and sugar into pan. Beat shells and eggs in two tablespoons of water. Add to pan and stir occasionally till jelly boils. Let it boil well up till it reaches top of pan, draw to one side and let it stand 10 minutes. Prepare jelly bag or cheese cloth by pouring through it one quarter boiling water, then the jelly. If not clear the first time pour it back into the bag till it runs clear. Pour into small moulds or glasses.
SWEETBREADS IN WHITE SAUCE
Miss Muriel Smith

If possible use lamb sweetbread but if not then ox sweetbread. If it can be got, a throat one. Soak in salt and water for an hour or two, put in pan and cover with cold water and bring slowly to the boil. Plunge into cold water again. Remove any skin or fat and cut into neat pieces.

**Sauce**

1 oz. butter
1 oz. flour

Put butter and flour into dry saucepan, stir well with wooden spoon until butter takes up all the flour, add liquid very slowly and allow to boil. Put in sweetbreads and simmer very slowly for thirty or forty minutes. If ox sweetbread it will take one and a quarter hours. Serve with sauce over and fingers of toast. Sweetbreads must be fresh. Won't keep a day. Never touch with a knife as this makes them tough. Trim with fingers or silver forks.

CHICKEN PUREE
Mrs. John Childerhouse

Joint the chicken and stew gently with a very little salt till tender, in sufficient water to form jelly when chicken is cooked. Take the white meat and pound well in a mortar or in a bowl with a wooden spoon. Pour strained liquor over then set in a wooden mould.

Given in teaspoonfuls in cases of extreme weakness it is wonderfully efficacious.

WINE JELLY
Mrs. Russell L. Parr

1 tablespoon orange juice
1 tablespoon lemon juice
1 tablespoon sugar (more if necessary)
4 tablespoons wine

Soak gelatine in cold water for 10 minutes. Add boiling water, stir until dissolved over hot water. Add sugar, wine, lemon and orange juice. Strain through cheese cloth into chilled mould.

APPLE SOUFFLE
Miss M. Muriel Smith

1 or 2 apples
1 white of egg
A little grated rind of lemon

Wash apples and put into oven to bake (or they can be used pared and grated very finely). Beat egg very stiff and add apples, having taken white parts. Mix in gently, add sugar, salt and lemon juice. Can be used when all mixed or put into pie dish and baked in a slow oven for fifteen or twenty minutes.
BAKED CUSTARD
Mrs. John Childerhose

1 egg 2 level tablespoons sugar
1 breakfastcup new milk 1 teaspoon vanilla extract

Break the egg into very small baking dish, add sugar and vanilla and beat together. Add gradually the milk. Place baking dish in larger vessel filled with water, level with contents of baking dish, and bake in moderate oven until brown.

EGG WINE
H. M. London

A good pick-me-up after illness is made as follows:—Put five new laid eggs, unbroken into a dry basin. Squeeze over them the juice of six lemons and allow to stand for forty-eight hours. The egg shells should then be dissolved by the lemon juice. Take away carefully any skin that is left; stir in half a pound of honey, one gill of cream and one gill of rum. Beat thoroughly and bottle. Dose, one wine glassful before breakfast.
USEFUL HINTS

Stains. Be sure to remove stains before washing, as boiling water makes them permanent.

To remove ink stains from linen apply lemon juice at once. Ripe tomatoes are also good for ink and other stains on linen.

To remove grease spots or paint stains from cotton or woollen goods, sponge with turpentine. If the stain is fresh it will disappear at once; if it is of long standing, saturate the part and let it remain for several hours, then rub off the paint. To remove paint from a wooden surface, soak with spirits of turpentine, and rub off with pumice-stone. To remove paint from window rub well with hot vinegar.

Carbonate of soda will generally remove the most obstinate mud stains.

To remove coffee stains from delicate material, brush the spot with pure glycerine, rinse in lukewarm water, and press on wrong side.

Hot tea and coffee stains removed by soaking in cold water. Wring, spread out, and pour a few drops of glycerine on. Stand several hours, then wash with cold water and soap.

Tea, coffee, chocolate and fruit stains in tablecloth may be completely removed, if done at once. Place stain tightly over large basin and pour boiling water over the mark till it has gone. When nearly dry press with an iron and no trace of the accident will remain.

A lump of sugar put in the teapot will prevent tea staining damask, however fine.

Kerosene (coal oil) removes ink stains and fresh paint, while nothing takes blood stains out better than cold soap suds to which a little kerosene has been added. Salt and water is also good.

Blood stains on silk, satins, etc., can be easily removed by making a thick paste of starch and water and covering the stain with it. Leave till dry and then brush starch off with soft brush, when all traces of blood will have gone and no harm will be done to the material.

Grass stains can be removed by rubbing on molasses and afterwards washing the garment in tepid water. Alcohol or ether for unwashable materials.

Mildew can be removed by rubbing the affected part with lemon juice and exposing to the sun until the stain disappears. If one application is not sufficient repeat the process.

To remove rust stains dip a piece of flannel in solution of oxalic acid or salts of lemon. Rub stain rapidly, then rinse thoroughly to remove the acid.

To take paint out of clothing take equal parts ammonia and turpentine. Saturate spots two or three times, then wash in soap suds.

Use soda for washing anything greasy. The alkali turns the grease to soap which will do its own cleaning.

To remove the smell of paint, put a pail of water in the room and change it every few hours. The water will absorb the smell of the paint, but it will do the work more quickly if a sliced onion or lemon or some ammonia be put into it.
To loosen articles that have become fixed, if tumblers, tap gently round with another tumbler and like magic they will come apart. If a glass stopper is fixed, tap gently round it with another and it will be loosened. If two flower pots are fixed, tap with another flower pot. The rule is to tap each article with one of a similar kind.

A cup of coffee is an unfailing barometer. If you drop a lump of sugar to the bottom of the cup and watch the air bubbles arise without disturbing the coffee, you will find if the bubbles collect in the middle, the weather will be fine. if they adhere to the cup, forming a ring, it will either rain or snow and if they separate without assuming any fixed position, changeable weather may be expected.

To absorb damp in a cupboard, fill a small box with lime and place upon a shelf. This will result in the air in the cupboard being kept dry and sweet.

Old brass may be cleaned to look like new by pouring strong ammonia on it, scrubbing with a scrubbing-brush and rinsing in clean water. Chased brass or Benares work should be washed in hot soapy water and dried, then cut a lemon in half and rub the brass with it. When it looks clean, rinse and dry and polish with a chamois leather.

To exterminate green-fly on house plants use a strong solution of borax.

Mice hate the smell of peppermint, so place oil of peppermint round their haunts to drive them away.

Chloride of lime is an infallible preventive of rats. It should be put down their holes and spread about wherever they are likely to appear.

Fleas. A little salt sprinkled in the morning between bedclothes and round the edges of mattresses and brushed or shaken off at night will effectually clear them away.

To get rid of moths in a carpet rub over the wrong side with hot water made exceedingly salty, and sprinkle the carpet once a week with the same solution before sweeping till the pests disappear.

Clusters of cloves hung up in rooms will drive away flies.

To keep moths out of drawers mix together equal parts of oil of cedar, oil of cajeput, oil of cloves. Put a little of this on a piece of flannel and thoroughly rub the inside of the drawers with it. In the course of time the wood will acquire a pleasant spicy scent and the moths will not go near it. Turpentine is also excellent for the same purpose though the smell is less pleasant.

To keep mosquitoes away from children during the night, put a few drops of carbolic acid on a bit of cloth and suspend it out of reach over the cots. This has to be renewed every night. Oil of Citronella is also very good. Touch the face and arms lightly with it here and there.

To keep away insects from birds’ cages, suspend a small bag of sulphur inside.

A lump of camphor in a chest where silver is kept will keep it free from tarnish. Wash silver ornaments in borax and water to make them bright.

To clean gold jewellery with the stones in, wash in warm suds made with yellow soap, with 10 or 15 drops of sal-volatile in it. This makes the jewellery very brilliant.
To clean leather chairs mix one part vinegar and two parts linseed oil. Shake well. Apply sparingly and polish well.

When replacing stoppers in bottles, give them a twist around and they will never stick.

To prevent salt from lumping, mix it with cornstarch, allowing one teaspoon cornstarch to six of salt.

To remove white spots from furniture, dip a cloth in hot water nearly at boiling point and place over spot. Remove quickly and rub over with a dry soft cloth. Repeat if necessary. Alcohol or camphor quickly applied may also be used.

Furniture polish can be made by using equal parts of linseed oil and turpentine.

To clean piano keys, use a soft cloth dipped in alcohol.

Should the sink become clogged, pour into it a solution of ¾ pound copperas dissolved in two quarts of boiling water.

Rust stains can be removed with equal parts of table salt and cream of tartar. Wet the spot and spread mixture on.

Olive oil will remove gum from a child’s hair as if by magic.

Hot vinegar will take the shine from clothing. Sponge then press as usual.

Average loss of weight in meats during cooking:

<table>
<thead>
<tr>
<th>Method</th>
<th>Loss of Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled</td>
<td>10 per cent.</td>
</tr>
<tr>
<td>Fried</td>
<td>15 per cent.</td>
</tr>
<tr>
<td>Steamed</td>
<td>15 per cent.</td>
</tr>
<tr>
<td>Boiled</td>
<td>20 per cent.</td>
</tr>
<tr>
<td>Baked</td>
<td>25 per cent.</td>
</tr>
<tr>
<td>Stewed</td>
<td>17/20 per cent.</td>
</tr>
<tr>
<td>Roasted</td>
<td>30 per cent.</td>
</tr>
</tbody>
</table>

Emery powder will remove ordinary stains from white ivory knife handles.

To keep flies off windows, add a little coal oil to the water used for washing them. It gives a brilliant polish as well.

**TABLE OF WEIGHTS AND MEASURES**

Lottie Thomas

<table>
<thead>
<tr>
<th>Measuring Unit</th>
<th>Equal To</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 speck</td>
<td>1 saltspoon</td>
</tr>
<tr>
<td>2 saltspoons</td>
<td>1 coffeespoon</td>
</tr>
<tr>
<td>2 coffeespoons</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>60 drops</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>1 oz</td>
</tr>
<tr>
<td>¾ teaspoons</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>4 tablespoons</td>
<td>½ gill or 1 wine glass</td>
</tr>
<tr>
<td>2 wine glasses</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 tablespoons liquid</td>
<td>1 oz,</td>
</tr>
<tr>
<td>16 tablespoons liquid</td>
<td>1 lb.</td>
</tr>
<tr>
<td>2 gills</td>
<td>1 cup</td>
</tr>
</tbody>
</table>
2 cups ........................................ 1 pint 1 pint ........................................ 1 pound 1 level teaspoon baking powder .......... ½ oz. 1 cup bread crumbs ................................. 4 ozs. 1 cup bread dough ................................. 6 ozs. 1 lb. butter ..................................... 1 pint 1 lb. butter ..................................... 2 cups 2 tablespoons butter ......................... 1 oz. 1 tablespoon butter soft rounded ......... 1 oz. Soft butter, size walnut ..................... 1 oz. 10 average eggs ................................. 1 lb. 10 whites (average size) ................. 1 cup 13 yolks (average size) ..................... 1 cup 1 cup white's or yolk's ................. ½ lb. 2 yolks ........................................... 1 oz. 1 egg ............................................. 1 oz. 1 teaspoon baking powder ................................. 1 lb. 1 qt. unsifted flour ................................ 1 lb. 4 cups pastry flour ................................. 1 lb. 4½ cups Graham flour ......................... 1 lb. 3½ cups Entire wheat ......................... 1 lb. 4½ cups Rye flour ................................. 1 lb. 1 cup sifted flour ................................ 4 ozs. 4 level tablespoons ............................. 1 oz. 2 heaping tablespoons ......................... 1 oz. 3 cups Indian meal ............................... 1 lb. 2 cups lard ..................................... 1 lb. 1 cup milk ...................................... 8 ozs. 1 pt. milk ....................................... 1 lb. 1 cup chopped nuts .............................. ½ lb. 2½ cups oatmeal ................................ 1 lb. 5 cups rolled oats ................................. 1 lb. 2 cups raisins ................................... 1 lb. 1½ cups rice ................................... 1 lb. 1 tablespoon salt ................................ 1 oz. 2½ cups brown sugar ........................... 1 lb. 2½ cups confectioner's sugar ........... 1 lb. 1 cup confectioner's sugar ............... 6 ozs. 1 cup granulated sugar ....................... ½ lb. 2 tablespoons powdered sugar ........... 1 oz. 1 cup suet chopped ............................ 4 ozs.
**MISCELLANEOUS**

**FLAXSEED JELLY, FOR A COUGH**

*Mrs. J. B. Fisher*

\[ \frac{1}{2} \text{ lb. flaxseed} \quad 1 \text{ quart water} \]

\[ 2 \text{ sticks of liquorice} \]

Put on the flaxseed to boil with the water. Break up the liquorice into small pieces and add. Bring to the boil and allow to simmer until the liquorice is all melted and the seeds burst. There will be quite a heavy jelly. Strain and bottle. Keep in a cool place or on ice. A tablespoon three or four times a day will lift the most stubborn cough.

**A SPLENDID EMBROCATION**

*Mrs. J. B. Fisher*

\[ 1 \text{ cup turpentine} \quad 1 \text{ egg} \]

\[ 1 \text{ cup vinegar} \]

Put all in bottle together, after having beaten the egg well, and shake until thick and creamy.

**A LITTLE STRONGER EMBROCATION FOR SPRAINS**

\[ \frac{1}{2} \text{ pint turpentine} \quad 2 \text{ eggs} \]

Put these into a large bottle and shake till it becomes a thick cream. Add gradually.

\[ 1 \text{ pint vinegar} \]

\[ \frac{1}{2} \text{ oz. ammonia} \]

Shake all well together and bottle for use. This mixture will keep for years.

**HAND CREAM**

*Nellie Roy*

\[ 3 \text{ dr. powd. gum tragacanth} \quad 4 \text{ oz. rose water} \]

\[ 4 \text{ oz. alcohol} \quad 4 \text{ oz. witch hazel} \]

\[ 4 \text{ oz. cologne} \quad \text{Add sat. sol. boracic acid to 40 oz.} \]

\[ 6 \text{ oz. glycerine} \]

Mix tragacanth and alcohol, add cologne and glycerine, shaking thoroughly; then add witch hazel and rose water, again shaking well; and lastly the boracic acid solution. Boracic solution made 1 oz. in 16 oz. water.

**HAND LOTION**

*Mrs. John Scholes*

\[ 1\frac{1}{2} \text{ dr. gum tragacanth} \quad 1\frac{1}{2} \text{ oz. glycerine} \]

\[ 1\frac{1}{2} \text{ oz. alcohol} \quad 20 \text{ oz. distilled water} \]

\[ 1\frac{1}{2} \text{ oz. cologne} \]

**HAIR TONIC**

*Mrs. John Scholes*

\[ \frac{1}{2} \text{ pint bay rum} \quad \frac{1}{4} \text{ oz. carb. ammonia} \]

\[ \frac{1}{4} \text{ pint alcohol} \quad \frac{1}{8} \text{ oz. tincture of cantharides} \]

\[ \frac{1}{4} \text{ oz. castor oil} \]

Shake well and apply frequently.
FOR GRAY OR FADED HAIR
SEVEN SUTHERLAND SISTERS' COLORATOR gives a natural color to the hair by a simple, harmless method. Application cannot be detected. Inexpensive. Results durable. Ask to see card showing eight different shades.

Gentlemen!
— it removes dandruff also grows hair and keeps it in place

7 Sutherland Sisters HAIR GROWER

Ladies!
— it grows hair and imparts lustre.

NO-MO-ODO TOILET WATER

No More Odor or Perspiration
Do away with Dress Shields and
Preserve your Gowns

According to recent scientific knowledge, the condition of the skin glands necessitating Dress Shields, is unhealthy the excessive secretion being due to oversensitive nerves. Dress Shields only aggravate this condition. Application of No-Mo-Odo, which is antiseptic and harmless, restores the skin glands to a healthy condition, thus making Dress Shields unnecessary.

Invaluable for Troublesome Feet
50 cts.
Manufactured only by
Charles G. Whebby
Toronto

Klim is nothing but pure fresh milk powdered. Use Klim separated milk for all cooking—in the blue and white cans. In the powdered form, will keep indefinitely. Your grocer has it.

Canadian Milk Products, Limited
347 Adelaide St., W., Toronto
366 St. Paul St., 128 Main St.,
British Columbia Distributors,
Kirkland & Rose, 130 Water St.
Vancouver, B.C.

Klim in the brown and yellow tin is pure fresh milk containing all the cream-powdered.

S. M. P. Enameled Ware THREE FINISHES

PEARL WARE
Two coats of pearly grey enamel inside and out.

DIAMOND WARE
Three coats of light blue and white outside white lining.

CRYSTAL WARE
Three coats pure white inside and out, with Royal Blue Edging.

THE SHEET METAL PRODUCTS CO.
OF CANADA LIMITED
MONTREAL TORONTO WINNIPEG
EDMONTON VANCOUVER CALGARY
HAIR TONIC
Mrs. Allen Weir

1 oz. strong liquor ammonia
3 ozs. spirit of rosemary
1 oz. tincture of cantharides

1 oz. almond oil
2 ozs. lavender water

Mix and apply to the hair roots with a piece of sponge or a fine brush when the hair is falling out.

To promote the growth of the hair, mix equal quantities olive oil, spirits of rosemary and a few drops oil of nutmeg. Rub a little into the hair roots every night.

Cantharides and castor oil in the proportion of one drachm to an oz. of oil is also a good mixture.

A SIMPLE REMEDY FOR DIARRHOEA
Mrs. J. B. Fisher

Juice of 2 lemons
A little hot water to melt the honey

2 tablespoons honey
Stir together till honey is melted. Take 2 tablespoons two or three times a day. Keep in a cool place.

GOOD HAND LOTION
Mrs. E. H. Schoales

4 eggcups flaxseed. Add 1½ pints of water and boil to a pint. Strain to remove seeds and while hot add 2 ozs. glycerine. Allow to cool and add 2 ozs. lavender water. If too thick add a little boiled water and bottle.

CAYENNE CLOTH FOR ANY PAIN
Mrs. Hearn

1 teaspoon cayenne, ½ pint water or half vinegar and water, or whole vinegar, according to the sensitiveness of the skin.

Boil five minutes, then infuse for three hours. Strain, and wring cloth out of this. Keep on all night. One cannot take cold after this so it is all right to go out soon after the application.

TO PREVENT CHAPPED HANDS
Mrs. John McKay

Keep a box full of common starch ground to a fine powder beside the wash basin. After washing and drying, while they are still a little damp, rub a pinch of the starch well over them. The effect is magical, and the skin is cooled and healed.

TO CURE A HEADACHE

Caused by over-fatigue or excitement, press a sponge wet with hot water to nape of neck or temples. Or bathe back of neck and forehead in water as hot as can be borne, to which has been added a good dash of vinegar or eau-de-Cologne.
STINGS

Apply 1 part carbolic acid and three parts vinegar. Ammonia is very good or a slice of onion laid on the sting. They may be bathed also with peroxide or dampen a little baking soda and lay it on the sting.

FOR ANY SORE OR GATHERING

Mrs. Henderson

1 teaspoon Calendula

½ oz. glycerine

Apply lotion on linen rag.

A CURE FOR INDIGESTION

Mrs. M. B. Smith

A quick and safe remedy for indigestion is to mix half a teaspoon of baking soda with the same amount of powdered magnesia and dissolve it in a half cup of water. May be taken cold but acts quicker if hot.

HOW TO COOK A HUSBAND

"Many a good husband is spoiled in the cooking. Some women keep them constantly in hot water, while others freeze them with conjugal coldness; some smother them with contention, and still others keep them in pickle all their lives. These women serve them with tongue sauce.

"Now it is not to be supposed that husbands will be tender and good if treated in this way, but they are, on the contrary, very delicious when managed as follows:—Get a large jar, called the jar of carefulness, place your husband in it and put him near the fire of conjugal love; let the fire be pretty hot, especially let it be clear. Above all let the heat be constant. Cover him with affections, garnish him with the spices of pleasantry, and if you add kisses and other confections, let them be accompanied with sufficient portion of secrecy, mixed with prudence and moderation."
Canada's Greatest Credit Clothier

Clothes for all the Family.

Ladies' and Misses' Suits, Coats, Dresses, Blouses, Boots and Shoes.

Men's Ready-Made Suits and Coats, Boots and Shoes.

CUSTOM TAILORING

Five Stores: 318 Queen St. W., 61 Danforth Ave.
1155 St. Clair 2969 Dundas W. 2345 Yonge St.

THE CHOICE OF CONNOISSEURS,

Knylers

COCOA and CHOCOLATE

Store 222 Yonge Street, Toronto
Factory 36-38 Sydenham St., Toronto

THE BOTTLE

THERMOS

KEEPS HOT
KEEPS COLD
A NEED IN EVERY HOME.

Gendron

MAKERS OF

HIGH GRADE BABY CARRIAGES
CHILDREN'S TOYS and VEHICLES
KITCHEN and BATHROOM ACCESSORIES
REED FURNITURE

THE GENDRON MFG. CO., LTD.
TORONTO - - CANADA

RESERVED BY
EIGHT WELL WISHERS

Danforth Sweets
BROADVIEW AND DANFORTH AVE.
TORONTO

ALWAYS FRESH

Brown's DRUGS & KODAKS

151 RONCESVALLES AVENUE

R. F. WILKS & CO.

"The uptown piano house"

854 YONGE STREET

Pianos, Player Pianos
and Grands

Phonographs and Records.

Tuning and Repairs

North 4278

THE IDEAL KITCHEN

Is one phase of home planning
that receives the most careful consideration in HOMES DESIGNED and
BUILT by—

JOHN G. KENT and SON, Limited

441 Confederation Life Building
Toronto Telephone Main 6296

We are always delighted to welcome dinner parties, clubs, societies and business conferences at the shortest notice.

Breakfast 50c. Lunch 40c.
Dinner 60c. and 85c.

ALL MEALS SERVED OPEN ON SUNDAYS

INGLENook

"Toronto's Homiest Tea Salons"

C. J. Higgins Prop.

AT BLOOR & SPADINA

For Special Weekly Rates Phone TRINITY 3526

Lord Salisbury Chapter, I.O.D.E., COOK BOOK
HOTEL ELLIOTT LIMITED
CHURCH and SHUTER STS.
Ladies unaccompanied are especially invited.
Cafeteria in Connection.

Compliments of
LYONS and MARKS
38 Yonge Street
Toronto

DOLLAR TAXI LIMITED
40-46 TEMPERANCE ST.
AND
MERCHANTS RAPID DESPATCH
Trunks Carried To and From the Union Depot
ADELAIDE 0450

THE HOME OF SHEET MUSIC
J. H. REMICK & CO.
SONG SHOP 127 YONGE ST.

THE VOKE'S HARDWARE CO. LIMITED
Builders' Cabinet Hardware.
Fireplace Furnishings.
40 QUEEN STREET EAST

J. A. DONOVAN
INSURANCE BROKER
540-545 Confederation Life Building
Main 4458-9

T. B. SMITH
PLUMBING and HEATING CONTRACTORS
182 Avenue Road Hillcrest 3926

Your Patronage Respectfully Solicited.

DOYLE MOTORS LIMITED
1391 Yonge St. North 0600
Authorized Ford Dealers.

For Your Health's Sake, Eat
NASMITHS BREAD
FOR SUPPLY
Phone MAIN 6535

FRED PAGE HIGGINS & CO.
Chartered Accountants
Liquidators, Trustees.
47 Adelaide Street East Toronto, Canada
Telephones: Main 1860 Junction 0208

CHAS. M. HENDERSON & CO.
ESTABLISHED 1848
128 KING STREET EAST

The T. A. LYTLE Co., Limited
Manufacturers of “Sterling Brand” Food Products.
Head Office and Factory
STERLING ROAD TORONTO