

SAGUENAY
COOK BOOK

CORRIGENDA

p.9 - Cheese Bread:
should read: 3-4 c. sifted all-pur.flour.

p.12 - (1) Upside-Down Orange Biscuits:
should read: 3-4 tbsp.shortening, & add to receipt 3 tsp.B.P.

(2) Empire Biscuits:
should read: ½ tsp. baking soda instead of B.P.

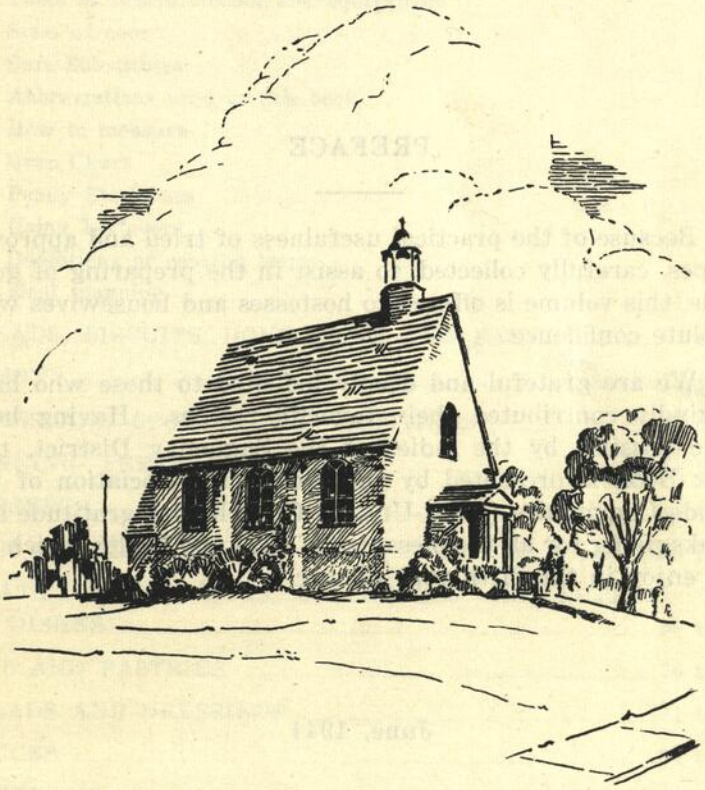
(3) Cheese Delights:
should read: 2 tbsp.shortening.

p.22 - Gumdrop Cake (Mrs.Thicke's)
should read: ½ c.milk (instead of flour), & add: 2 c. flour 1 tsp. vanilla.

p.44 - Blueberries canned without sugar: oven...275° F.

ARVIDA FIRST UNITED CHURCH

Jct. Moissan and Rodin Rd.



THE COMMUNITY CHURCH

REV. M. W. BOOTH, B.A., B.D., MINISTER

The Community Church is a Church of the Open Door, the Open Mind, the Friendly Spirit and the Community Heart. Many Denominations are worshipping here and working together for the common good.

THE SAGUENAY CHURCHES COOK BOOK

PREFACE

Because of the practical usefulness of tried and approved recipes, carefully collected, to assist in the preparing of good foods, this volume is offered to hostesses and housewives with absolute confidence.

We are grateful and deeply indebted to those who have so kindly contributed their favorite recipes. Having been made possible by the ladies of the Saguenay District, this Cook Book is presented by the Women's Association of the Arvida Community (First United) Church with gratitude and thanksgiving for all the blessings of food and health which we still enjoy in this fifth year of war.

June, 1944

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TABLE OF MEASURES AND EQUIVALENTS

3 tsp.—1 tbsp.
4 tbsp.—¼ cup.
1 fluid oz.—2 tbsp.
2 tbsp. butter—1 oz.
2 c. butter—1 lb.
4 tbsp. flour—1 oz.
4 c. flour (unsifted)—1 lb.
2 c. sugar—1 lb.
2½-3 c. powdered sugar—1 lb.
2⅔ c. brown sugar—1 lb.
4 c. cocoa—1 lb.
1 oz. chocolate—1 square or 3 tbsp. grated.

SIZES OF CANS

No. 1 can—1½ c.
No. 2 can—2½c.
No. 2½ can—3½ c.
No. 3 can—4 c.
No. 10 can—1 gallon.

SAFE SUBSTITUTES

Instead of:

1 c. fresh sweet milk—½ c. evaporated milk+½ c.water or ¼ c. dried milk powder+ 1c. water and 3 tsps. melted fat, or— 1c. skim milk+2 tsp. melted fat.

1 c. sour milk—1 c. fresh sweet milk+1-1⅓ tbsp. vinegar, or 1½ tbsp. lemon juice.

1 square unsweetened chocolate—3 tbsp. cocoa+1 tbsp. shorten'g.

1 tbsp. flour (for thickening)—½ tbsp. cornstarch.

ABBREVIATIONS USED IN THIS BOOK

tsp. ..... teaspoon
tbsp. ..... tablespoon
c. ..... cup
pt. ..... pint
qt. ..... quart
oz. ..... ounce
lb. ..... pound
pkg. ..... package
hr. ..... hour
min. ..... minutes

HOW TO MEASURE

Measuring cups need less washing if you measure dry ingredients before measuring liquids.

FLOUR, which has a very great tendency to pack closely, must be sifted once before measuring.

LIQUIDS — the measuring cup should be set on the table and filled to the required mark.

SOLID FATS are hard to measure, but not if you use the water displacement method. Suppose your recipe calls for ⅔ c. fat. Simpiece until the water is just at the one cup mark. Pour off the water and there's your fat, all measured.

SUGAR—white sugars should be measured with a light touch, and brown sugar should be packed quite tightly in the cup.

SYRUP AND MOLASSES will not cling to the cup or spoon if you rinse the spoon or cup in cold water or grease it lightly.

DRY INGREDIENTS should be well stirred up and handled lightly. ply fill the measuring cup ⅓ full of cold water, add the fat piece by

PENNY STRETCHERS

Plan, *Plan*, PLAN. Plan meals by the week and you're sure to save monev. Buy in larger quantities—buy in the largest amounts practicable for your family.

Eat more of what you pay for. Cook beet tops, cauliflower leaves and stems, tough stalks of celery, outside leaves of lettuce and serve them as extra vegetables or in soups. Ask the butcher to give you the trimmings with the meat, make soup with the bones.

Save bacon drippings and use them for such cookery purposes as frying eggs, 'buttering' the crumbs for a vegetable casserole topping, greasing the pans for corn muffins, etc.

Make sensible substitutions—such as buying sliced peaches instead of matched halves for pies and compotes, pink salmon instead of red for salmon loaf or scalloped salmon, standard quality instead of choice quality vegetables and fruits when they are to be used in a cooked dish.

Waste nothing.

OVEN CHART

Very slow oven 250-300
Slow oven 300-325
Moderate oven 325-400
Hot oven 400-450
Very hot oven 450-550

m.—minute; hr.—hour.

Breads

Baking Powder Biscuits: 475 for 10-15 m.
Muffins: 400-425 for 20 to 30 m.
Cornbread: 450 for 20 to 30 m.
Popovers: 450 for 30 m. then 350 for 15 m.
Quick loaf breads using molasses, nuts, or fruit: 325 for 45 to 60m.
Gingerbread: 350 for 50 m.
Bread (yeast): 375 for 60 m.
Rolls (yeast): 425 for 10-15 m.

Cookies

Rolled sugar cookies: 425 for 8 to 10 m.
Other forms: 375 for 10-15 m.

Butter Cakes

Layer Cake: 300-375 for 30 -35 m.
Loaf Cake: 300-375 for 40-45 m.
Cup Cakes: 300-375 for 25 m.
Fruit Cake: 325 for 1 hr. or more (depending on size).
Angel Cake: 300 for 1 hr.
Sponge Cake: 300 for 1 hr.

Pies

Pastry Shell: 450 for 15 m.
Custard Pie: 450 for 10 m., then 325 for 25 m.
One-crust Pie with cooked filling: 450 for 20-30 m.
Two-crust Pie with cooked filling: 450 for 30 m.
Two-crust Pie with uncooked filling: 450 for 15 m., then 350 for 35 to 45 m.
Meringue: 300 for 15 m.

Puddings

Baked Custard: 325 for 40 m. in water.
Rice Pudding with egg: 325 for 40 m.

Fish and Meats

Baked Fish: 400 for 45-60 m.
Roasts:
Veal: 300, 30 m, per lb.
Beef (rare): 350, 18-20 m. per lb.
Beef (medium): 350, 22 to 25 m. per lb.
Beef (well done): 350, 27 to 30 m. per lb.
Pork: 350, 30 m. per lb.
Cured Pork: 300, 30 m. per lb.
Fowl: 300, 2-4 hr. (depending on age of fowl).
Lamb: 325, 30 m. per lb.
Meat Loaf: 350, 20 m. per lb.

COOKERY TERMS AND DEFINITIONS

Bake—to cook by dry heat, usually in an oven.
Baste—to ladle water, drippings or other liquid over food while baking or roasting.
Batter—a semi-liquid mixture of flour, liquid, etc., thin enough to be poured.
Beat—to mix smooth and light with a brisk, even, rotary motion.
Blanch—to submerge in boiling water for a short time and then plunge into cold water.
Blend—to combine gently until even and smooth.
Braise—to brown meat or vegetables in a small amount of fat or salad oil; then to cover and cook slowly in the juices or in a small amount of added liquid.
Bread—to cover with fine bread or cracker crumbs before cooking.
Broil—to cook by direct heat.
Coats spoon—when a mixture forms a thin even film on the spoon.
Coddle—cook slowly and gently in a liquid just below the boiling point.
Cream—to make soft, smooth and creamy.
Cut in—to distribute a solid mixture in small pieces evenly through a dry mixture, using a cutting motion.
Dredge—to coat with a dry substance.
Dust—to sprinkle or coat lightly with a dry substance.
Flour—to cover with a thin film of flour.
Fold—to combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.
Julienne—to cut food in match-like strips.
Knead—to roll and press firmly with the heel of the hand.

Marinate—to mix with an oil and acid mixture and chill.

Pan-broil—to cook, uncovered, in hot skillet (greased or ungreased), pouring off fat as it accumulates.

Parboil—partially to cook in boiling water.

Puree—to make a smooth, semi-liquid mixture by rubbing through a sieve.

Roast—to cook, uncovered, in the oven without added moisture..

Saute—to cook in a small amount of fat or salad oil until brown and tender.

Scald—to bring to a temperature just below the boiling point.

Score—to cut narrow grooves or gashes.

Shred—to cut or tear in thin strips or pieces.

Simmer—to cook in a liquid just below the boiling point.

Skewer—to pierce with, or string on, pointed thin pieces of wood or metal.

Steam—to cook, covered, over boiling water.

Steep—to extract flavor by soaking in hot liquid.

Stock—a liquid in which food has been cooked.

Whip—to incorporate air into a mixture by beating with a brisk, even, rotary motion.

USING LEFTOVERS, a few suggestions:

Left over *Bread*
- Cheese casserole
- Bread Pudding
- Cinnamon Toast
- Croutons
- French Toast
- Melba Toast
- Stuffed Green Peppers

Left over *Egg Whites*
- Angel Food
- Boiled Frosting
- White Cake
- Sherberts
- Meringue
- Frostings
- Snow Pudding

Left over *Egg Yolks*
- Gold Cake
- Chocolate Cake
- Custards

Left over *Fish*
- Creamed Mushrooms and flaked fish
- Creamed salmon and corn
- Fish salad
- Sandwiches
- Fish Chowder
- Fish Cakes

Left over *Fruit*
- Applesauce cake
- Fruit ice cream
- Berry muffins
- Fruit cup
- Crystallized fruit peels
- In cold slaw
- Fruit sauces

Left over *Meat*
- Meat salad
- Casseroles
- Sandwiches (hot or cold)
- Omelet
- Croquettes
- Hash
- Creamed with rice ring
- Curried
- Meat Pies (large or individual)
- Creamed with hard boiled egg on hot biscuits

Left over *Poultry*
- Chicken a la King
- Croquettes
- Salad
- Hash
- Sandwiches (hot or cold)
- Casserole
- Soup

Left over *Sour Milk*
- Chocolate Cake
- Pancakes
- Cottage Cheese

Left over *Vegetables*
- Scallop
- Corn Chowder
- Corn Griddle Cakes
- Souffle
- Creamed Vegetables
- Salad

MEAL PLANNING:

Serve simple meals.

Serve a variety of food over a period of days.

Think of the day's meals as a whole, and plan so that no meal will have an excess of any one type of food: e.g. (don't have macaroni and rice pudding the same meal).

Do not have the same food in more than one form at the same meal, and try not to have it in the same form twice in one day—excepting bread, butter and milk.

Provide contrast in flavor, color and texture.

Serve combinations of foods that seem to go together whenever possible.

Soup, tart fruits, and other appetizers (also meat) which stimulate digestive juices should be served at the forepart of a meal.
Sweets dull the appetite so should appear at the last of a meal.
Keep the seasons of the year in mind — we do not need such heavy meals in Spring and Summer. Serve foods in season.

BREADS, BISCUITS, DOUGHNUTS AND PANCAKES

General directions:

1. Doughs for rolls are mixed softer than for plain bread; as soft as can be handled without sticking.

2. Use enough yeast. Large amounts of sugar and fat retard the action of yeast and for that reason more yeast is needed in making rolls than in making bread.

3. Use fresh yeast. If compressed yeast is used see that it has no black , mouldy streaks in it. It should break with a clean edge and have a clean pleasant odor.

4. Doughs should be handled as lightly as possible when being shaped for the pans. The moulding board may be dusted with flour, but excess flour and too much kneading at that time tend to yield a tough product. If dough pulls back while being shaped, let it rest for a few moments until it feels tender again.

5. Dough should never become dry or crusted over while rising. Keep it well covered at all times with a lid or plate, or invert a pan over any dough which rests on the board before being shaped.

6. To insure a light, fluffy texture let these doughs rise each time until they are fully doubled in bulk. Let rolls rise in pans until 2½ to 3 times their original size.

7. Right baking is most important. Rolls with but little sugar should be baked rather quickly and in a fairly hot even—425 at first, reduced to 400 after 5 to 8 minutes.

8. Sweet rolls and coffee cake require a moderate oven in order that they may not brown too much before being fully baked.

9. Crusty rolls should be baked rather slowly in a moderate oven (350). After baking they may be dried until crisp in a cool oven or in the warming closet.

10. When baked the bread should shrink from the tin and have a hollow sound when tapped on the bottom.

11. As soon as it is taken from the oven the bread must be removed from the pans and placed on racks or across the edges of the tins so that it will cool quickly. If you desire a soft crust, grease the tops of the leaves when they come out of the oven.

BANANA BREAD

5 tbsp. banana flakes }
5 tbsp. cold water } mix
¼ c. shortening or crisco
2 eggs, 1½ c. flour.
1 tsp. soda, 1 tsp. vanilla
¼ tsp. salt

Mix in order given, bake 45 minutes in moderate oven. Use loaf pan.

Mrs. R. Jolicoeur.

GRAHAM BREAD

1½ c. flour
4 tsp. baking powder
1¼ tsp. salt
2 tbsp. sugar
1½ c. Graham flour
1 tbsp. melted shortening
2 c. milk (more or less)

Sift flour, baking powder, salt and sugar together, add Graham flour, melted shortening and milk. Beat until smooth. Put into greased loaf pan. Smooth top with melted shortening. Bake in moderate oven (375°F.) about one hour. If cooled in pan it is much easier to cut in thin slices.

Mrs. F. B. Rogers.

BAKED BROWN BREAD

1½ c. sour milk
1 c. molasses
1½ c. white flour
1½ c. Graham flour
1 tsp. salt, 1 heap. tsp. soda
1 c. raisins

Mix milk and molasses together. Add salt, flour, soda and raisins. Mix well. Let rise for 20 minutes. Bake in moderate oven.

Hazel Fullerton.

DANISH COFFEE BREAD

¼ lb. butter, ½ c. sugar
½ c. milk, 3 c. flour
2 tsp. B.P., 3 eggs

Make it in two braids.
Bake it until it is light brown and put icing sugar on top of it.

Mrs. O. Bertelsen.

BROWN BREAD

3 shredded wh. biscuits
3 c. boiling water,
¾ c. molasses, 1 tbsp. salt
1 tbsp. ea. butter & lard

Mix together and let cool. Then add: 1 yeast cake dissolved in a little warm water. Flour enough to make dough come clear of dish. Let rise until double in size. Put in pans. Let rise again. This makes 3 loaves.

Mrs. Wm. McNutt.

CORNBREAD

1¼ c. yellow cornmeal
¾ c. white flour
1 tbsp. sugar 4 tsp. B.P.
1½ c. milk
2 tbsp. melted fryings or shortening, 1 tsp. salt

Bake in moderate oven from 20 to 30 minutes.

ROLLED OATS BREAD

2 c. boiling water
½ c. molasses
2 tsp. salt, 1 tbsp. butter
1 yeast cake dissolved in ½ c. lukewarm water
1 c. rolled oats, 5 c. flour

Add boiling water to oats and let stand one hour; add molasses, salt, butter, dissolved yeast cake, and flour. Beat thoroughly, let rise and beat again. Turn into buttered bread pans, let rise again and bake in oven 450°, from 40-60 minutes.

Mrs. S. Pergau, Riverbend.

DATE AND NUT BREAD

1 c. chopped dates
1 level tsp. soda
¾ c. boiling water
1 egg, ¾ c. brown sugar
1 tsp. salt (scant)
1 tsp. vanilla, 1½ c. flour
1 tsp. baking powder
¼ c. melted shortening (optional)
¾ c. chopped walnuts (optional)

Stone and cut dates, place in bowl, add soda, pour over boiling water. Mix well and let stand until cool. Beat egg until light, add sugar gradually, beating between additions. Add salt and vanilla. Combine with date mixture. Add sifted dry ingredients and floured nuts. Add melted, but not hot, shortening. Mix well. Pour into well-greased bread pan and bake in a moderately slow oven (300°F.) 1 to 1¼ hours.

Lillian Elliman.

BRAN NUT BREAD

1 egg, ⅔ c. sugar, 1 c. milk
2 tbsp. melted shortening
¾ c. bran
2 c. all-purpose flour
1 tsp. salt, 3 tsp. B. P.
½ c. nuts

Beat egg and sugar until light, add milk, melted shortening and bran. Sift flour, measure and sift again with baking powder and salt. Add to first mixture with the nuts, stirring only until blended. Bake in greased loaf pan in moderate oven—1 hr.

Florence G. McDonald.

CHEESE BREAD

1 c. hot water
¼ c. granulated sugar
1½ tsp. salt
1 cake Fleischman's yeast
2 tbsp. lukewarm water
1 tsp. granulated sugar
1 egg, well beaten
2 c. grated cheese
¾ c. sifted all-pur. flour

Combine the hot water with the ¼ c. sugar and the salt. Cool until lukewarm. Meanwhile, soften yeast cake in the lukewarm water; add the 1 tsp. sugar, and add to the first mixture. Next, add the beaten egg, grated cheese, and as much of the flour as can be stirred into the dough without kneading. Then knead on a well-floured board until easily handled, 2-3 min. Shape into 1 loaf, and place in greased loaf pan. Cover and let rise in a warm place until double in bulk. Bake in a moderately hot over (375°F.) for about 45 m. Remove from pan and brush with melted butter.

Dorothy Miller.

ORANGE MARMALADE BREAD

1½ c. flour, 2 tsp. B.P.
1 tsp. salt
1 tbsp. grated orange rind
1 egg, well beaten
2 tbsp. sugar, ½ c. milk
¼ c. orange marmalade
2 tbsp. melted shortening

Mix ingredients together, stirring in melted shortening and the marmalade last. Let stand in pan for 20 min. before baking. Bake in moderate oven till done. Bake in a loaf pan.

Miss Nancy Machen,
Kenogami.

YEAST BREAD

1 yeast cake
2 c. milk, 2 c. water
¼ c. sugar
¼ c. shortening
1½ tbsp. salt
12 or more c. bread flour

Scald milk and cool lukewarm. Add yeast, sugar and melted shortening. Add water and ½ of the flour and beat 2 or 3 min. Cover and let rise 1½ hr. in warm place. Add salt and remaining flour. Knead until elastic to touch. Cover and let rise double in bulk. Shape into loaves, let rise double in bulk. Bake at 400°, 1 hr.

Elda Morris, Kenogami.

SWEET CHRISTMAS BUN

1 yeast cake,
¼ c. warm water, ⅞ c. sugar
1 c. milk (scalded) or water
½ c. butter or shortening
3¼ c (or slightly more) bread flour, ½ tsp. salt
½ tsp. cinnamon,
⅓ c. chopped almonds
1 c. raisins, ¼ c. peel
(peel, cinnamon, optional)

Dissolve yeast with sugar in warm water. Melt shortening in milk, combine when lukewarm. Sift flour, salt and spice. Mix into liquids. Add fruit and let rise in warm place. After two hours knead and put buns on flat pan. Let rise, and bake 45 m. at 375°. Sprinkle with powdered sugar.

Margaret Gussow.

ICE BOX ROLLS

2 cakes compressed yeast
½ c. sugar
1½ tsp. salt
2 c. lukewarm water
1 c. lukewarm milk
1 egg
4 tbsp. shortening
10 c. flour (more or less, depends on flour—use all-purpose flour)

Crumble yeast in large bowl. Add sugar, salt and water, add well beaten egg. Add half of flour and beat well. Add melted shortening and mix in remainder of flour. Knead well. Let rise to double its bulk. Punch down and cover tightly, place in Frigidaire and use as needed. About an hour before baking remove dough and shape into rolls, place on a greased pan and let rise to double their bulk. Keep in a warm place. Bake in oven 425°F. for 20 to 25 min. Rolls may be used right after first rising if desired—just shape into rolls, let rise again and cook in the usual way. Grease the top of the dough to prevent a hard crust when rising, and grease top of rolls before baking — crisco and butter mixed give the rolls a nice brown crispy top.

Viola Bell.

THREE HOUR ROLLS

1 c. warm milk
1 yeast cake (dis. in a little warm water)

Flour enough to make sponge. Let stand one hour. Add to this the following:

1 c. warm milk
1 tbsp. sugar
1 egg

Salt and flour enough to make come clear of dish. Let stand one hour. Then turn out on board and make rolls. Let rise one hr. Bake 7 to 10 min. in hot oven. Watch time closely.

Phyllis Mason.

REFRIGERATOR ROLLS

1¼ tbsp. shortening
⅓ c. sugar
¾ tbsp. salt
1¼ c. boiling water
1 yeast cake
¼ c. lukewarm water
1 egg, well beaten
4 - 5 c. flour

Add first four ingredients and when lukewarm add the egg and the yeast which has been dissolved in the lukewarm water, then the flour. Cover bowl with two layers of wax paper tightly and let stand overnight in the ice-box. When needed form into buns in greased muffin tins and let rise double in size in a warm place (about two hours). Bake 10 min. at 425°.

Mrs. W. J. Thomson.

PARKER HOUSE ROLLS

2 c. milk
3 tbsp. butter
2 tbsp. sugar
1 tsp. salt
2 c. flour
1 yeast cake (Fleischmans)

About 8 a.m. scald milk, butter, sugar and salt together. Cool and add flour and yeast cake (dissolved in warm water). At 9.30 a.m. add flour to knead. Rise until light. Roll ½ in. thick. Cut and brush with melted butter, fold half-way over. Rise again and bake.

Bessie Boddy.

DINNER ROLLS

½ c. scalded milk
2 tbsp. white sugar
½ tsp. salt
½ yeast cake dissolved in 2 tbsp of warm water
2 c. flour
2 tbsp. melted butter
1 egg
grated rind of lemon

Add sugar and salt to milk, cool to lukewarm. Then add dissolved yeast cake and ¾ c. flour. Cover and let rise until three times original bulk. Then add butter, well beaten egg, grated lemon rind and 1¼ c. flour. Then let rise again until 3 times its bulk. Roll to ½ in. thickness. Shape with biscuit cutter and place on buttered pans close together. Let rise again until double in bulk. Bake in moderate oven (375°F.) for 20-25 minutes. These rolls may be ready to serve in 3 hours if 1½ yeast cakes are used.

Ruth Thompson.

THREE DAY BUNS

First evening at 5 p.m. put ½ c. warm water in a sealer, ½ yeast cake, ½ c. flour. In the morning at 9 mix with:

3 c. warm water
¾ c. sugar, 1 tbsp. salt
½ c. shortening
1 c. raisins
Flour, to make stiff batter

Knead at 4 in the afternoon. Only knead once; if they are mixed more they will not be good. Put in pans at bedtime. Bake before breakfast.

Hilda Coffey.

SUGAR PLUM LOAF

¾ c. scalded milk
½ c. melted shortening
⅓ c. brown sugar
1 tsp. salt, ⅛ tsp. mace
1 cake compressed yeast
2 eggs well beaten
¼ c. lukewarm water
4 c. all-purp. flour (approx.)
1 c. whole wheat flour
½ c. raisins, ½ c. currants
½ c. mixed peel
½ c. nuts, if obtainable

Combine the scalded milk, shortening, sugar, salt, mace; blend; let stand until lukewarm. Crumble the yeast into the lukewarm water; beat into the milk mixture. Add the well beaten eggs. Add 2 c. white flour and beat well. Add the whole wheat flour and enough of the white flour to make a soft dough. Turn on a floured board and knead in the fruit. Place in an oiled bowl, cover and let stand in a warm place till doubled in bulk. Turn on a floured board and knead lightly. Divide in half, cover, and let stand 10 min. Shape into 2 loaves, place in oiled loaf pan and let rise till light. Bake in moderate oven till done. Remove from the pan and cool. Ice with a thin icing made by combining powdered sugar and lemon juice.

Mrs. M. Ross.

OATMEAL FRUIT BREAD

2 c. boiling water
1 c. uncooked Quick Quaker Oats, 1 yeast cake
½ c. white sugar
½ c. warm water
4½-5 c. sifted flour
3 tsp. salt
2½ tbsp. melted shorten'g
½ c. seedless raisins
8-10 cherries, cut up

Pour boiling water over oats; cool. Cream yeast cake, add: ¼ c. sugar, ½ c. warm water, ½ c. flour. Add rolled oats, mix well. Stir in other ½ c. sugar, salt, and shortening. Add fruit to remaining flour, and all should be added to yeast mixture. Mix well, should be fairly moist. Let rise to double its bulk. Knead dough. Shape into leaves. Brush tops with melted butter. Let rise again. Bake in moderate oven 30-40 min.

Rose Duncan.

ICE BOX ROLLS

¾ c. shortening,
2½ c. water
2 eggs
¾ c. sugar
2 yeast cakes,
1 tbsp. salt
7 c. flour

Mix shortening with 1 c. boiling water, add 1 c. cold water, melt yeast in other ½ c. of tepid water, beat eggs and add to water, shortening, etc. Add salt, flour and sugar. Beat well, put in refrig. overnight, make buns and let rise for 1½ or 2 hours.

Grace Walker, Kenogami.

DUMPLINGS

1 c. flour
1 egg
1 level tbsp. shortening
pinch salt
2 tsp. B. P.

Rub shortening into flour. Then add egg and enough milk to make a stiff dough. Dip spoon into boiling broth and then cut off a small spoonful of dough and drop into *boiling* broth. Cover kettle and keep boiling steadily for 5-10 min. Can then remove cover — slip spoon under dumplings and turn them over and cover and boil a couple more minutes.

UPSIDE-DOWN ORANGE BISCUITS

¼ c. butter
½ c. orange juice
½ c. sugar
2 tsp. grated orange rind
2 c. flour, ½ tsp. salt
¾ tbsp. shortening
¾ c. milk
¼ c. sugar
½ tsp. cinnamon

Combine butter, orange juice, ½ c. sugar and orange rind; cook 2 min. Pour into 9 muffin pans. Sift flour, salt and B.P.; cut in shortening. Add milk; stir until dough follows fork around bowl. Knead ½ min.; roll ¼ in. thick. Sprinkle with ¼ c. sugar and cinnamon. Roll as for jelly roll. Slice 1 in. thick and place, cut side down, over orange mixture. Bake in hot oven (450) 20-25 min. Makes 9 biscuits.

Anna McDonald.

EMPIRE BISCUITS

½ lb. flour, 4 oz. butter
2 oz. sugar, 1 egg
1 tsp. cream of tartar
½ tsp. B. P.

Beat sugar and butter to a cream, add egg and other ingredients. Knead into a soft dough. Roll at once very thin and cut in rounds. Bake in a quick oven for 10 m. Ice with jelly, putting two together.

Mrs. McDonald, Kenogami.

CHEESE DELIGHTS

1 c. flour
2 tsps. Magic B. P.
¼ tsp. salt
2 tsps. shortening
½ c. milk
½ to ¾ c. grated cheese

Sift flour and baking powder and salt. Cut in shortening. Add milk to make soft dough. Toss dough on floured board and do not handle more than necessary. Roll biscuit dough ¼ inch thick and sprinkle with cheese. Roll up like a jelly roll and cut into 1 in. squares.

Mrs. R. J. Smith, Kenogami.

COCOANUT BISCUIT

½ sieve flour
2 tsps. cream of tartar
1 tsp. baking soda
½ tsp. salt,
½ c. shortening
1 egg, beaten; ½ c. sugar

To flour add cream of tartar and baking soda and salt. Sieve flour and cut in shortening, egg and sugar, and enough milk to make a soft dough. Make balls size of teaspoon, roll in cocoanut, bake in hot oven.

Mrs. Gordon Cunningham.

TEA BISCUITS

1 cake Fleischman's yeast
½ c. milk, scalded & cooled
½ c. lukewarm water
1 tbsp. sugar
3½ c. sifted flour
1 scant tsp. salt
2 tbsp. lard or butter melted

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter and half the flour. Beat until smooth. Add salt and remainder of flour. Knead thoroughly. Cut off small pieces of dough and shape in palm of hand. Place in greased pans slight distance apart, cover and set to rise about 2 hours or until double in bulk. Bake in hot oven 10 min.

Mrs. Kenneth Ramier,
Riverbend.

CINNAMON BUNS

2 c. flour
3 tsp. baking powder
¼ tsp. salt
2 tbsp. butter (melted)
Mix above with
1 egg
milk, almost 1 cup

Roll out and spread with brown sugar, butter, cinnamon, raisins or nuts.
Form like jelly roll and slice. Place, together, in hot oven, 450°, 15-20 min.

Frances North.

SCOTCH SCONES

2 c. flour
2 tsp. baking powder
¼ c. castor or gran. sugar
¼ c. raisins
2 oz. butter, 1 egg, milk
¼ tsp. salt

Sift flour with baking powder. Mix with raisins and sugar. Then rub butter into the flour until consistency of breadcrumbs. Add salt. Add one well beaten egg, save a little for top. Add enough milk till dough is easily handled. Cut in scone shape. Bake in hot oven about 10 to 15 min.

Miss K. Prideaux.

OATMEAL SCONES

3 c. rolled oats, 1 c. flour
2 tbsp. shortening
2 tbsp. sugar
1 heaping tsp. salt
⅓ tsp. soda
add ⅓ tsp. B. P.
1 c. (about) sour cream; sour milk, if rich

Mix dry ingredients, rub in shortening, then cream. Roll out on bakeboard till thin. Cut in squares about 3 ins. Mark in three or four places. Bake in moderate oven until slightly brown.

Anne McIver, Isle Maligne.

CREAM SCONES

2 c. flour, 2 tsp. B.P.
½ tsp. salt,
¼ c. butter, 2 eggs
½ c. sweet cream

Rub egg white on top and sprinkle with powdered sugar.

Mrs. L. M. Shore,
Riverbend.

RICH OATMEAL SCONES

1 c. crisco
½ c. brown sugar
3 c. oatmeal
2 c. flour, ½ c. milk
¾ tsp. salt
3 tsp. baking powder

Combine crisco and sugar, and beat until fluffy. Add the oatmeal, salt and B. P. Mix well. Add milk. Mix in the flour, turn out on a board and knead until the flour is well worked in and the dough is soft and pliable. Roll thin, cut in rounds, and bake in moderate oven to a delicate brown. Butter and spread with strawberry jam.

Rita A. White.

BRAN MUFFINS

1 egg, ½ c. brown sugar
3 tbsp. molasses
½ c. bran, salt
1 tsp. baking powder
1 c. sour milk, 1 c. flour
1 small tsp. soda dissolved in boiling water
raisins, pastry spice

Rene Polack, Kenogami.

CRANBERRY MUFFINS

1 c. cranberries, cleaned and washed, ½ c. sugar
2 c. flour, 4 tsp. B. P.
¾ tsp. salt
1 egg, slightly beaten
1 c. milk
3 tbsp. melted butter

Chop cranberries and sprinkle with ½ the sugar. Sift remaining sugar, flour, baking powder and salt together. Combine egg, milk and melted butter and add to dry ingredients, stirring only until dry ingredients are nicely coated. Fold in cranberries. Put in greased muffin tins and bake in 425°F. oven for about 25 min.

Mrs. W. J. Monovan.

SOY BRAN MUFFINS

⅔ c. sifted flour
⅔ c. rolled bran flakes
⅔ c. sifted soy flour
4 tsp. B. P., ½ tsp. salt
3 tbsp. brown sugar
1 egg, well beaten
⅔ c. milk
3 tbsp. melted shortening

Mix and sift dry ingredients and add bran. Combine egg, milk, shortening, and add to flour mixture. Stir only until mixed. Fill greased muffin tins ⅔ full. Bake in hot oven (425°F.) for 20 to 30 min. Yield—12 medium muffins.

Joan Christie.

DOUGHNUTS

Beat 3 eggs or 6 yolks,
add ¼ c. cream and small glass of rum
pinch of salt

Add enough flour to make a stiff dough. Roll with rolling pin till it is as thin as paper. Cut in strips about 1 in. wide and 3 ins. long. Cut the middle and turn one side out. Cook in deep fat. Sprinkle with icing sugar. Mrs. Peter Timofeeff,
Isle Maligne.

DOUGHNUTS WITH APPLES

9 to 12 small apples. Peel them and cut out seeds. In the hollow place some jam.

DOUGH: Beat the yolks of 6 eggs. Add 6 tsp. sugar. Blend until mixture is white. Add the well-beaten egg whites, and 6 tsp. flour.

Now take the prepared apples and dip them in the dough. Cook in hot melted shortening (½ butter and ½ shortening) until they are brown. Sprinkle with icing sugar.

Mrs. Peter Timofeeff, Isle Maligne.

DOUGHNUTS

⅓ c. sugar
1½ tbsp. Crisco
1 egg, 2 c. flour
⅓ c. milk
2 tsp. baking powder
⅛ tsp. cinnamon
⅛ tsp. clove
1/16 tsp. mace
½ tsp. salt

Cream sugar and crisco together. Add well-beaten egg and milk and mix well. Mix and sift flour, baking powder, cinnamon, clove, mace and salt. Add to the first mixture and mix thoroughly. Turn out on slightly floured board and roll to ½ in. thickness. Cut with a doughnut cutter and fry in deep hot Crisco until a delicate brown. Drain on unglazed paper. Sprinkle with confectioners sugar before serving. This recipe makes 24 doughnuts.

Mrs. Ember.

RASPBERRY DOUGHNUTS

1 c. milk
¼ tsp. salt
½ tsp. nutmeg
¼ c. shortening
½ c. sugar
1 egg
1 yeast cake
¼ c. warm water
about 5 c. flour

Method: Scald milk and pour over shortening. Add salt, sugar and nutmeg. Cook till lukewarm, add beaten egg and the yeast which has been dissolved in warm liquid (about 2 tbsp. of water). Add enough flour to make a stiff dough and knead well. Let rise till doubled, knead again and roll out to ¾ in. thick. Cut with small cutter and place on floured board well apart. Let rise twice their size and fry in hot deep fat about 2½ min., temperature 360°. This makes 2 dozen doughnuts. When done, place on platter, cut small slit and place a teaspoon of raspberry jam. These are delicious when served hot or warm.

Mrs. A. E. Davies, Bagotville, Que.

RISEN DOUGHNUTS

2 c. warmed milk
¾ c. sugar
¼ c. butter, 1 tsp. salt
½ yeast cake, 2 eggs
some nutmeg; flour

Dissolve yeast in lukewarm milk, add salt and flour enough to make a thick batter, let rise overnight. In the morning add melted butter and eggs beaten with sugar. Work more flour in, if necessary. Let rise again. Roll out to ½ in. thickness. Fry until light brown. Dip in powdered sugar.

Mrs. S. Lehtola.

LEA'S GINGER BREAD

½ c. butter or shortening
1 c. hot water, 1 egg, beaten
1 c. molasses, ½ c. sugar
2½ c. flour
1¼ tsp. soda
1 tsp. cinnamon
1 tsp. ginger, ½ tsp. cloves
½ tsp. salt

Sift dry ingredients together three times. Cream butter and sugar, add egg and molasses, then flour, and at last add water and beat until smooth. The batter is soft. Bake in moderate oven about 35 minutes.

Mrs. M. Mahto.

NORWEGIAN PANCAKES

200 grams (½ lb. about) flour
½ litre (1 pt. about) milk
3 - 5 eggs
½ tsp. salt
½ tsp. cardamom
2 tsp. sugar

Mix flour and salt in a bowl, add sugar, cardamom and eggs, ½ the milk and beat well for 15 min. Add rest of milk. Let batter stand for a couple of hours. Beat well. Fry in butter in cast-iron skillet turning well so batter covers bottom completely and evenly, about 1/16 in. thickness. Fry till golden over rather hot fire. Sprinkle with sugar and lemon and serve with your favourite jam or cranberry sauce.

Ragnhild Lokken.

SHORTBREAD

13 oz. plain flour
3 oz. rice flour
½ lb. butter
¼ lb. fruit sugar.

Rub all together between the fingers and thumb. Then form into a lump. Divide it in two and mould each piece into a round cake about 1 inch thick. Pinch the edges and bake in a moderate oven for 20 min.

Mrs. McDonald, Kenogami.

CANDY

CREAMY BUTTERLESS FUDGE

Melt in saucepan held over hot water 2 sq. unsweetened chocolate. Add and mix well: 2 c. sugar, ¼ tsp. salt, 2 tbsp. white corn syrup, 1 c. evaporated milk.

Cook over flame, stirring constantly, until sugar dissolves. Boil slowly to 236°F., stirring occasionally, or until a few drops form a soft ball when dropped into cold water. Cool at room temperature, without stirring, until lukewarm, or until the hand can be held comfortably on bottom of pan.

Add: 1 tsp. vanilla, ¾ c. chopped nuts or 1 c. marshmallows, quartered. Beat until candy holds its shape. Turn into a greased pan.

(For fudge made with cocoa, mix ½ c. cocoa with sugar, salt, corn syrup and milk. 4 tsp. butter need to be added just before beating to replace butterfat in chocolate.)

Pat Skillan.

GINGERBREAD CANDY

5 tbsp. brown sugar
4 tbsp. molasses (light)
3 tbsp. vinegar

Mix together and boil till a little becomes crisp when dropped into a cup of cold water. Beat in 1 tsp. of baking soda. Turn into pan to cool. Hilda Nichols.

PLAIN MINTS

Mix in bowl:
1 unbeaten egg white
1 tbsp. evaporated milk
Stir in slowly:
2½ c. powdered sugar (about)

Candy should be stiff enough to handle. Flavor with 1½ tsp. mint extract or 6 drops oil of peppermint. Shape with fingers into small balls, then flatten into patties. Chill on waxed paper.

BOSTON CREAM CANDY

Mix in a saucepan:
3 c. sugar
1 c. white corn syrup
1 c. evaporated milk

Cook to the boiling point, stirring constantly. Continue cooking, stirring occasionally, to 236°F., or until a few drops form a soft ball when dropped into cold water. Cool at room temperature without stirring, until lukewarm, then add 1 c. chopped nuts and 1 tsp. vanilla. Beat until candy holds shape and turn into a greased pan or form into a roll and slice when cold.

MAPLE FUDGE

2 c. maple syrup
1 tbsp. white corn syrup
¼ c. evaporated milk
few grains of salt

Mix well in saucepan. Cook to boiling point, stirring constantly. Continue cooking slowly to 236° or until a few drops form a soft ball when dropped into cold water. Cool at room temperature, without stirring, until lukewarm. Add ¾ c. chopped walnuts. Beat until candy holds its shape. Turn into a greased pan.

HOW TO DIP CHOCOLATES

Use ordinary commercial milk chocolate or special cakes of dipping chocolate. Cut into pieces and melt slowly in the top of a double boiler, over hot water. Do not place the boiler on the flame. As the water cools, replace it with more hot water. It will take about 20 min. to melt the chocolate. When entirely melted and smooth, cool to about 76° or enough so that the coating will set immediately on reaching the air. Then drop in the centres, one at a time, and remove with a two-tined fork. Put on wax paper to harden. If chocolate becomes too cool, place again over the hot water.

TAFFY APPLES

1 c. sugar
2 c. white corn syrup
¼ tsp. salt

Boil in saucepan to 245°. Add gradually so mixture does not stop boiling: 1 c. milk and ⅛ tsp. soda. Cook rapidly to 242°, stirring constantly. This mixture burns easily, so watch it carefully. Add: ½ tsp. vanilla. Cool mixture at room temperature to 235°, without stirring. Arrange apples on skewers. Dip into mixture and place on greased pan to harden. Makes sufficient to dip 1 doz. medium-sized apples. (If syrup hardens while dipping, hold over hot water).

UNCOOKED FONDANT

Melt ¼ c. butter in a bowl set over hot water. Add 4 c. powdered sugar. Then stir in ¼ c. evaporated milk. Knead the mixture until

smooth and well blended. Then use it for any of the following variations:

Stuffed Dates: Remove pits from dates and fill cavity with small piece of fondant. Roll dates in granulated sugar or dip in chocolate.

Fruit Filled Bonbons: With the fingers mold fondant around candied cherries, pineapple or nuts.

Cream Filberts: Mold fondant around a whole filbert, shape into a ball and roll in granulated sugar.

Chocolate drops: Mold fondant into small balls. Dip in melted chocolate. Put on wax paper to harden.

Nut Patties: Shape fondant into balls or patties. Press half pecans or English walnuts on the top, flattening the candy down.

Pineapple Drops: Shape fondant into balls or patties. Press a small piece of candied pineapple on top.

PENOCHE

1 c. brown sugar
2 c. granulated sugar
1½ c. evaporated milk
2 tbsp. butter
⅛ tsp. soda

Mix saucepan and cook to the boiling point, stirring constantly. Continue cooking, stirring occasionally, to 236°F. or until a few drops form a soft ball when dropped into cold water. Remove from heat. Cool at room temperature, without stirring, until lukewarm. Add 1 tsp. vanilla and 1 c. chopped nuts or shredded cocoanut. Beat until candy holds its shape. Turn into greased pan.

CAKES AND COOKIES

GENERAL DIRECTIONS FOR CAKES WITH SHORTENING:

1. See to proper heating of oven, and prepare pans.
2. Cream shortening until very soft and smooth.
3. Blend in sugar gradually, and cream until light and fluffy.
4. Beat egg until very light, add to shortening and sugar, beat thoroughly.
5 Sift the flour, and re-sift with the salt and baking powder or soda. (It is conveinent to sift the flour from one rather large sheet of paper to another—it is easy to set the sifter on one sheet and put the flour into it from the other).
6. Add about ¼ of the flour to the butter-egg-sugar mixture and beat only until all the flour is combined.
7. Alternate adding the remainder of the dry ingredients and the liquid—beat only until combined after each addition.
8. Stir in flavoring. In a batter for which the egg whites were held out separately, beat them until stiff, but not dry, and fold them into the batter.
9. Pour batter into greased, floured pans, filling only ⅔ full and drawing it well to sides and corners with scraper or spoon.
10. Drop pan 8-10 times, from an inch or so above the table-level, to knock out large air bubbles (except in rich mixtures raised only by eggs and all fruit cakes).
11. Bake at once. Do not jar cake during baking. Do not open door for first ten minutes, and after that, briefly.
12. Cake is baked when:
    it begins to draw away from the sides of the pan;
    no hissing sound is heard from the cake when the oven is opened;
    the cake is evenly risen and the crust lightly browned;
    slight finger pressure in the centre of the cake leaves no permanent mark;

a cake tester (a clean straw, knitting needle or toothpick) inserted into the centre of the cake, comes out clean.

13. When cake is baked, let it stand on wire cooling rack for 3-5 min. before loosening from the edges of pan with a spatula, invert over cake cooler and shake out gently. If it sticks, place a cold damp cloth over bottom of tin—this will make a little steam inside and loosen the cake.

14. Cool cake in place free from draught; fill and frost as soon as cold.

GENERAL DIRECTIONS FOR SPONGE CAKES:

1. See to heating of oven.

2. Separate the whites from the yolks of the eggs.

3. Measure out and set aside 2 tbsp. sugar for each egg white.

4. Beat yolks until very thick and light, then gradually beat in the remainder of the sugar, continue beating for 2 min.

5. Add flavoring if lemon juice.

6. Sift flour, measure and re-sift five times.

7. Beat the whites with the salt until stiff but not dry. Gradually beat in the sugar which was saved out for this purpose. (A wire whisk is often preferred to the Dover beater for sponge cakes).

8. Carefully fold the egg whites into the egg yolks. Make as few strokes as possible to combine them, because the air must be kept in the beaten eggs.

9. Sift the flour over the top of the mixture, a little at a time, and fold it in lightly.

10. Fold in flavoring with last of flour when extract is used.

11. Turn into an ungreased tube, loaf or square pan which has never been greased. Fill pan only ⅔ full (for jelly roll, pan should be greased and floured or lined with greased paper).

12. When baked, invert at once over a wire cake cooler. Let cake hang suspended in its pan out of a draught, until cold.

(Never drop pan to knock out air bubbles if cake is of sponge type).

CAKES

WARTIME CAKE

Butter or shortening size of egg, 1 c. brown sugar
1½ c. applesauce, unsweetened and cold
1 tsp. soda in applesauce
2½ cups flour
2 tsp. baking soda
Cinnamon, nutmeg
pinch of salt
raisins or fruit if desired

Bake in moderate oven.

Mrs. J. M. Walkinshaw,
Kenogami.

APPLE SAUCE CAKE

½ c. butter
1 c. sugar
1 c. cold unsweetened apple sauce
2 c. flour, 1 tsp. soda
1 tsp. cinnamon
½ tsp. powdered cloves
½ c. raisins, ½ c. nuts

Method: Cream butter, add sugar gradually. Add applesauce. Add flour sifted with soda and spices. Add floured raisins and nuts. Bake in floured tin 40 min. in moderate oven (350°F).

Kaye McColm,
Chicoutimi.

BANANA CAKE

½ c. butter
1 c. gran. sugar
1 egg
3 mashed bananas combined with
1½ tsp. soda
2 tbsp. milk
1½ c. sifted flour

Grace Hartwick.

CHERRY CAKE

¾ c. sugar
½ c. shortening
2 eggs
juice of ½ orange
½ c. milk
1 tsp. baking powder
½ c. maraschino cherries (chopped)
¼ c. citron or mixed peel
½ tsp. salt
1¾ c. flour

Mix like all cakes and bake 1½ hours (loaf pan) at 225° F. Keeps well.

Jean Ball.

CHERRY CAKE

¾ c. shortening
½ tsp. vanilla
½ c. drained and finely chop'd marasch. cherries
½ c. Carnation milk diluted with ½ c. water
3 c. cake flour
¼ tsp. salt
1½ c. sugar
¼ tsp. lemon flavoring
3 tsp. baking powder
4 egg whites

Cream the shortening and sugar. Add the flavoring and chopped cherries, then mix. Add the milk alternately with the flour which has been sifted with the baking powder and salt. Beat only until smooth, then fold in the egg whites beaten stiff. Place in a greased and floured shallow loaf pan measuring 8 x 12 in. and bake 40 to 45 min. in a moderate oven (350-375°). Cool and ice with boiled icing.

Mrs. M. Luscombe.

MARASCHINO CHERRY CAKES

2 eggs
¾ c. white sugar
½ c. butter
2 tbsp. cherry juice or contents 29c. bot. cherries
1 tsp. baking soda
2 c. Five Roses flour

Cream butter and sugar well. Add well beaten eggs and cherry juice. Sift flour and soda 3 times. Add to above. Grease small patty tins and put spoonful of mixture in each. Garnish with cherry. Bake until done 350°.

Mrs. W. Wishart,
Kenogami.

CURRANT CAKE

¾ lb. flour
¼ lb. butter or Crisco
¼ lb. sugar
3 eggs
½ pt. milk
½ c. currants
2 tsp. baking powder
a little lemon juice or ground peel of ½ lemon

Soften butter and beat with sugar until white. Add eggs, one at a time, and beat thoroughly. Add sifted flour and baking powder alternately with the milk. Add lemon and scalded dried currants. Pour batter into greased deep baking pan and bake slowly 1 hour.

Elise Hansen.

CHOCOLATE ROLL

6 tbsp. flour
6 tbsp. cocoa
½ tsp. baking powder
¼ tsp. salt
¾ c. sugar
4 egg whites (beaten stiff)
4 egg yolks (beaten thick)
1 tsp. vanilla

Sift flour, measure. Add cocoa, baking powder, salt and sift together 3 times. Fold in egg yolks and vanilla. Fold in flour. Pour into 15 x 10 in. pan, greased and lined with paper. Bake in hot oven 400°, 13 min. Turn on damp cloth to cool. Fill with cream or boiled frosting.

May Horwood.

CHOCOLATE ROLL

4 eggs
2 tbsp. cocoa
½ c. sugar

Beat egg yolks until light. Add cocoa and sugar. Beat well. Fold in egg whites stiffly beaten. Pour on well buttered brown paper (or wax paper). Bake in moderate over 10-15 mins. Let cool on paper. Remove paper, cover roll with whipped cream and roll like jelly roll. Serve with or without following sauce:

2 tbsp. icing sugar
1 tbsp. cocoa
vanilla

Moisten with few drops of hot water.

Elsie Fee.

EGGLESS CHOCOLATE CAKE

1 c. brown sugar
4 tbsp. butter or other shortening
2 sqs. melted chocolate or 3 tbsp. cocoa
¼ c. boiling water

Mix well in bowl and add:

1 c. sour milk
alternately with:
1½ c. Swans Down flour
⅞ tsp. soda
1 tsp. baking powder
½ tsp. salt
1 tsp. vanilla

Bake 350° ½ hour.

Delicious with orange icing:
1½ c. icing sugar
2 tbsp. butter
rind and juice of 1 orange

Cream all together.

Gladys Alexander.

CHOCOLATE CARAMEL CAKE

½ c. Crisco
1½ c. sugar
½ tsp. salt
1 tsp. vanilla
2 eggs
1¾ c. sifted flour
1 tsp. soda
⅓ c. cooca
1 c. sour milk

Blend Crisco, sugar, salt, vanilla and eggs. Sift flour with soda and cocoa. Add alternately with sour milk. Bake in "Criscoed" 8 in. layer pans 350° 30-35 mins. Cool and frost with Caramel Fudge Icing.

Caramel Fudge Frosting

1⅓ c. brown sugar
2 tsp. Crisco
2 tsp. corn syrup
⅓ c. milk
¼ c. Crisco
1⅔ c. confectioners sugar
2 tbsp. hot milk

Boil together sugar, Crisco, corn syrup and milk to 238°F. or until soft ball in cold water. Combine ¼ c. Crisco, confectioner's sugar and hot milk. Beat until smooth. Pour hot syrup over Crisco mixture. Beat until creamy thick. If icing gets hard, add a little hot milk. Ice between layers and on top.

Mrs. E. Elliman.

CHOCOLATE FUDGE CAKE

1¾ c. flour
1¼ c. white sugar
½ c. butter
½ c. sweet milk
2 eggs
1 tsp. vanilla
2 ozs. grated chocolate
1½ tsp. baking powder
½ tsp. bak. sod. dissolv. in ¾ c. boiling water

Cream butter. Add sugar gradually, creaming well. Add eggs, then flour to which baking powder has been added. Add vanilla and milk while beating in flour, soda and hot water.

Mrs. W. E. McGaughey.

CHOCOLATE CAKE

2 c. sifted cake flour
1 tsp. soda
¼ tsp. salt
½ c. butter or other shortening
¾ c. corn syrup or honey
2 eggs (unbeaten)
2 or 3 sqs. unsweetened chocolate (melted)
¾ c. milk
1 tsp. vanilla

Sift flour once, measure. Add soda and salt. Sift together 3 times. Cream shortening. Add sugar gradually. Cream thoroughly. Add syrup or honey gradually. Beat well. Add eggs, one at a time, beating after each. Add chocolate and blend. Add flour, alternately with milk, little at a time, beating until smooth. Add vanilla. Bake in 2 greased 9 in. layer pans, moderate oven for 25 mins. or until done.

Sugarless Frosting: Melt 2 sqs. unsweetened chocolate in top of double boiler. Add one can condensed milk gradually. Mix well. Add 1 tbsp. water and little salt. Blend. Cook 5 mins. over rapidly boiling water, stirring constantly. Remove from fire. Add vanilla and cool.

Mrs. P. Arseneau.

AMBASSADOR CHOCOLATE CAKE

2 c. sifted Swans Down flour
1 tsp. soda
½ tsp. salt
1 c. Crisco
1⅓ c. brown sugar (firmly packed)
3 eggs (well beaten)
4 sqs. unsweetened chocolate (melted)
⅔ c. water.

Cream Crisco thoroughly. Add sugar gradually. Cream until fluffy. Add eggs and beat well. Add chocolate and beat until smooth. Sift flour, salt and soda and add alternately with water, small amount at a time, beating after each addition until smooth. Bake in 9 in. layers at 350° 30 min. Use Seven Minute frosting to which 1 c. quartered marshmallows has been added just before spreading on cake.

Mrs. H. Hurley.

CHOCOLATE WONDER CAKE

2 sqs. unsweetened chocolate
1 c. milk
⅓ c. shortening
1 tsp. vanilla extract
1 c. brown sugar
1¾ c. cake flour
¾ tsp. salt
¾ tsp. soda

Combine chocolate and milk. Cook in double boiler over rapidly boiling water 5 mins. Stir occasionally. Blend with rotary beater. Cool. Thoroughly cream shortening, vanilla and sugar. Add sifted dry ingredients alternately with chocolate mixture. Pour into waxed-paper-lined 8 in. square pan. Bake in moderate oven 350° 35 mins. Cool. Spread with confectioner's frosting. Sprinkle with chopped walnut meats.

Mrs. E. Lattimore.

CHOCOLATE CHIP CAKE

⅓ c. butter
8/9 c. sugar
⅔ c. milk
1 tsp. vanilla
⅓ c. shaved unsweetened chocolate
1⅓ c. Swansdown flour
2 tsp. baking powder
⅓ tsp. salt
2 egg whites

Cream first two ingredients together. Add next three ingredients. Sift in together flour, baking powder and salt. Lastly add egg whites. Bake at 350°.

Frosting

⅓ c. butter
¾ c. icing sugar
2 egg yolks

Beat well and spread over cake. Melt square of chocolate and pour over.

Molly Callon.

DANISH JELLY ROLL

⅓ lb. butter
¾ c. icing sugar
2 eggs
1 tsp. B. P.
¾ c. flour

Bake it light brown. Put marmalade on top and roll it fast while it is hot—otherwise it will break.

Mrs. O. Bertelsen.

DUNDEE CAKE

1 c. butter
1 c. sugar
½ c. blanched and chopped almonds
1 tsp. lemon essence
4 eggs
1 tsp. vanilla
1 tsp. B. P.
2 c. flour
1 c. sultana raisins
grated rind and juice of 1 orange.

Beat butter and sugar till creamy. Beat eggs and add. Mix flour and B.P. and sift thoroughly. Add gradually to the mixture. Add fruit and flavoring. Pour into a prepared tin covering top with almonds. Bake in a moderate oven 1½ hr.

Mrs. James Clifford,
Riverbend.

FINNISH SUGAR CAKE

6 eggs
6 tbsp. sugar
6 tbsp. flour
3 tbsp. potato flour
vanilla to taste

Mix together egg yolks and sugar and beat until mixture is very thick. Add vanilla and flour. Beat egg whites and fold into first mixture. Pour into "angel food tin" and bake in a moderate oven. When cool, sprinkle with powdered or fruit sugar.

Mrs. S. Makila,
Isle Maligne, Que.

GUMDROP CAKE

3 c. pastry flour
1 tsp. soda, 1 tsp. salt
1 tsp. cinnamon
½ tsp. cloves
1 tsp. nutmeg, 1 c. butter
1 c. white sugar, 2 eggs
3 c. seedless raisins
1 c. unsweet'd apple sauce
1 c. walnuts
1½ c. coloured gumdrops

Cut gumdrops in small pieces. Wash raisins and dry in warm oven. Cream butter. Add sugar, eggs and apple sauce. Beat well each time. Add sifted ingred. alternately with raisins, nuts and gumdrops. Place in 2 moderately sized pans, lined with well greased paper. Bake 2½-3 hours at 275°F.

Mrs. T. Erskine,
Port Alfred, Que.

GUMDROP CAKE

2 c flour
1 c. sugar
½ c. butter
2 eggs
½ c. ~~flour~~ milk
½ tsp. salt
1 heap. tsp. B.P.
1 c. finely chop. gumdrops
1 c. sultana raisins
1 tsp vanilla

Bake 1 hour in loaf tin 350°. (Gumdrops should not be too fresh as they will fall to the bottom).

Mrs. J. E. Thicke,
Isle Maligne, Que.

SOUR CREAM (MILK) HONEY CAKE

1¾ c. cake flour
2¼ tsp. B. P.
⅓ tsp. salt
⅓ tsp. mace, 1 egg
⅔ c. liquid honey
⅔ c. sour cream (or milk)

Beat egg till thick and lemon colored. Gradually beat in honey, beating between additions. Then alternate flour and cream. Bake 350°, 40 min.

Helen M. Cairncross.

HONEY CAKE

1 c. sugar
3 eggs
1 c. honey
1 c. mazola
1 lemon (juice and grated skin)
1 c. warm water
1 tbsp. soda, 3 c. flour

Beat eggs and sugar, then add 1 c. honey and 1 c. mazola, beat well. Dissolve soda in warm water and add to mixture. Then the juice and rind of the lemon. Add 3 c. flour. Bake for 1 hour.

Mrs. L. Stopen.

HOT MILK CAKE

2 eggs
1 c. sugar
1 c. flour
1 tsp. B. P.
½ c. hot milk
1 tsp. butter
¾ tsp. vanilla

Beat eggs well. Add sugar gradually, beating continually. Add flour mixed and sifted with B. P. twice. Add hot milk in which butter has been melted. Add flavoring. Bake in sheet cake pan 35 min., oven 350°. May be used as cottage pudding, cup cakes, etc. Gretchen Finley.

LEMON CHEESE CAKE

2 c. sugar
½ c. butter & dripping mixed
¾ c. sweet milk
3 cups flour
3 tsp. baking powder
whites of 6 eggs and little salt

Filling—Grated rind and juice of 2 lemons and yolks of 3 eggs, ½ cup butter, 1 cup sugar. Cook filling together until as thick as sponge, taking care not to burn. Make into a layer cake.

Mrs. J. B. Phin, Isle Maligne.

LAYER CAKE

1 c. sugar
½ c. butter, beaten to a cream
2 eggs
½ c. milk
2 c. flour
2 tsp. B.P. and salt

Filling for Cake—1 tart apple grated, 1 cup sugar, white of 1 egg. Beat all together and flavour with vanilla.

Mrs. J. B. Phin, Isle Maligne.

LOUISE CAKE

½ lb. butter
1½ c. sugar
1 c. milk
3 eggs
2½ c. flour
3 level tsp. Magic B.P.
1 pinch salt
½ lb. currants
¼ lb. walnuts.

Flavorings: nutmeg, grated orange, lemon peel or vanilla. Cream butter and sugar. Put in yolks of eggs, pinch of salt and milk and mix together. Then save enough of the flour, which has been sifted with baking powder, for dredging the fruit. Mix all together, then mix in the nuts and flavoring, fold in the whites of eggs. Place in a deep tin lined with buttered paper and bake one hour in a moderate oven.

Mrs. Peter Brown, Kenogami.

LIGHT FRUIT CAKE

1 c. butter
2 c. brown sugar
½ c. warm milk
4 eggs
1 ½tsp. B. P.
1 tsp. vanilla
2 c. raisins
½ lb. peel, or more
1 small bot. cherries and juice
3 c. flour

Add egg whites last and bake in slow even 1½ - 2 hrs.

Mrs. John Fairley. Riverbend.

LIGHT FRUIT CAKE

1 lb. white raisins
1 lb. citron
1 lb. candied pineapple
1 lb. cherries
¼ lb. mixed lemon and orange peel, 1 lb. nuts
3 cups all-purpose flour
1 cup shortening
1 cup white sugar
5 eggs, ¼ tsp. salt
2 tsp. baking powder
¼ c. fruit juice
1½ tbsp. vanilla

Method: Cut up fruit and nuts coarsely. Mix with 1 c. flour. Cream butter, add sugar, cream well. Add eggs one at a time, beating vigorously after each addition. Sift 2 c. flour with salt and B.P. and add to mixture alternately with fruit juice and vanilla. Fold in floured fruit, etc. Bake 300°, 2¼ - 2½ hrs. Makes 2 loaves (6 lbs.). A deliciously flavored white fruit cake.

Mrs. Gordon J. Morrisette,
Port Alfred, Que.

LIGHT FRUIT CAKE

Prepare the fruits, cut very finely: ½ lb. candied citron, ½ lb. candiced cherries, ½ lb. sultana raisins, ¼ lb. almonds.
Sift, then measure: 2½ c. pastry flour.
Place the fruits and nuts in a sifter and sift the flour through, thus coating the fruits.
To the flour which has been sifted through add: 1 tsp. B.P., ½ tsp. salt,
Sift together the flour, baking powder, salt.
Cream until very light and fluffy ½ lb. butter.
Beat in gradually 1 c. fruit sugar.
Beat until thick and light, 4 eggs.
Add to the butter and sugar mixture with 1 tsp. vanilla.
Beat the flour mixture little by little into the butter, sugar, egg mixture.
Fold in floured fruits and nuts. Turn into pan which has been lined with greased brown paper. Bake in slow oven 325° 2 hrs.

Vi Finney.

WARTIME DARK FRUIT CAKE (2½ lb.)

2¼ c. all-purpose flour
1 tsp. baking powder
¼ tsp. soda, ½ tsp. salt
⅔ c. mild flavored fat
⅔ c. sugar (white or br.)
4 c. raisins
⅔ c. sliced candied or maraschino cherries
1½ c. mixed peel
2 eggs
½ c. grape juice
¼ c. molasses
1 tsp. vanilla
1 tsp. lemon extract
½ tsp. almond extract

Sift flour, B.P., sugar and salt. Add fat and sugar and rub together until there are no lumps of fat. Add fruit and mix well. Combine slightly beaten eggs, grape-juice, molasses and flavoring. Add to flour mixture and mix thoroughly. Line a deep pan with greased paper and fill ⅔ full of batter. Bake in a slow oven (300°) for about 3 hrs. Seedless raisins can be substituted for currants or seeded raisins, mixed peel for citron and maraschino or candied cherries.

Rosina Worthington.

FRUIT CAKE

1 large c. (or 1½ sm. c.) shortening (butter or butter and lard mixed)
2 c. brown sugar
3-6 eggs
1 c. molasses (small)
1 c. sour cream
1½ lb. raisins
½ lb. currants
a little mixed peel, nuts
few glazed cherries, also figs and dates
wine glass brandy or wine will improve flavor
2 dessert sp. cocoa
1 tsp. soda, dissolved in cream
1 tsp. allspice
2 tbsp. cinnamon
1 tsp. nutmeg, 3 c. flour
1 tsp. cloves

Cream sugar and shortening very well, add well-beaten eggs, add molasses, followed by sour cream with the soda. Add cut-up fruit (on which you will have sprinkled quite a bit of the flour and spices which have been well sifted), alternately with the flour, until you have what you consider the right consistency. If a little stiff add a little wine or brandy. Bake in a very slow oven for 3 hours.

Margaret Tessier.

DARK FRUIT CAKE

½ lb. butter
½ lb. sugar
¾ lb. flour
2 lb. raisins
1½ lb. currants
¼ lb. citron
1 c. molasses
5 eggs
½ c. strawberries
⅙ oz. each kind of spice
½ tsp. soda.

Add whites of eggs last. Steam 2 hours and bake ½ hr.

Mrs. Harry Boddy.

ORANGE CAKE

1½ c. brown sugar
½ c. butter
2 eggs
¾ c. sour milk
1 c. raisins
2 c. flour
1 tsp. soda
1 orange—rind, pulp and juice—put through food chopper

Frosting: Mix 1 c. icing sugar, juice and rind of orange, and butter.

Irene McCabe, Chicoutimi.

ORANGE COFFEE CAKE

1⅓ c. flour (all-purpose)
2 tsp. B. P.
1 tsp. salt
½ c. sugar
1 egg
½ c. milk
3 tbsp. melted short'g
2 tsp. grated orange rind

Sift flour, measure and sift again, with B.P. and salt. Combine with sugar. Beat egg. Add milk, shortening and orange rind—add to flour mixture, stirring just enough to mix. Pour in greased pan (8 x 8 x 2 in.). Sprinkle with 3 tbsp. sugar mixed with 2 tsp. grated orange rind. Bake in moderate oven (400°) 25 min. Can use cinnamon instead of orange if desired.

Mable Dunn, Chute à Caron.

NUT SHORTCAKE

Dough—
¼ lb. melted butter
1 c. flour
¼ c. icing sugar
Filling—
1 c. walnuts (cut fine)
1 c. cocoanut
1 c. brown sugar
2 eggs
2 tbsp. flour
½ tsp. baking powder
1 tsp. vanilla
pinch of salt

Beat eggs and sugar. Add ingredients.

Mrs. Ember.

PINEAPPLE CHRISTMAS CAKE

½ lb. butter
1 c. white sugar
juice 1 tin pineapple
2 tsp. vanilla and 1 tsp. almond extract
½ c. shredded cocoanut
3 eggs
½ tin pineapple rings cut small
2½ c. all purpose flour
1 lb. raisins (large)
orange, lemon, citron and small green and red gum drops
1 tsp. baking powder

Cream butter and sugar and eggs together. Add other ingredients and bake in slow oven.

Laura Simser Munro.

RAISIN CUP CAKES

⅓ c. butter or Crisco
1 c. sugar
1 egg, well beaten
½ c. milk
3 tsp. B. P.
1½ c. pastry flour
½ tsp. vanilla
⅔ c. raisins or currants

All measures level. Cream butter, add sugar and cream again. Add egg. Add milk alternately with the sifted flour and B. P. Mix well and add vanilla and raisins which have been floured. Bake in baking cups, filling ½ full. Use moderate oven (350°).

Mrs. L. R. Elvin.

SPIDER JOHNNY CAKE

¾ c. corn meal
¼ c. flour
2 tbsp. sugar
½ tsp. salt, ½ tsp. soda
1 egg, ½ c. milk (sweet)
½ c. milk (sour)
2 tbsp. butter

Sift corn meal, flour, sugar, salt and soda, add egg well beaten. Then sweet and sour milk. Melt butter in spider, turn in the mixture, and pour 1 c. sweet milk over it. Bake in moderate oven 1 hour.

S. E. Douglass.

SOUR CREAM CAKE

2 eggs (break into a cup) and fill with sour cream. Pour into a bowl and add 1 c. sugar. Beat well with an egg-beater until very light. Add flour (1¼ c.) which has been sifted with: 1 tsp. B.P., ⅛ tsp. salt, ½ tsp. soda. Add 1 tsp. vanilla. Bake in moderate oven.

Note: If the cream is not very sour, use a little less soda.

Dot McKay.

SOUR CREAM CAKE

½ c. butter
1 c. brown sugar
1 egg
1 c. sour cream
2 c. flour
1 tsp. soda
1 orange rind grated into cake
1 c. chopped raisins

Bake in a moderate oven. Pour juice from one orange over cake while still hot.

Elizabeth Jenkinson.

SOUR CREAM CAKE

2 c. sugar
1 c. butter
2 eggs
2 c. sour cream
1 tsp. soda
½ tsp. nutmeg
1 c. raisins
½ c. mixed peels
4 c. flour

The baking soda should be mixed with the sour cream, then add the other ingredients. Bake one hour at low temperature.

Mrs. G. Heinoo.

DAD'S SPONGE CAKE

1 c. sugar and 3 eggs creamed together. Add 1 c. flour, 2 tsp. B.P., pinch salt, ½ c. boiling water, and flavor with lemon or orange.

MOTHER'S RUFFLE CAKE, same as sponge cake except with milk and a little butter, and flavor with vanilla.

Mrs. H. Amy, Riverbend.

SPONGE CAKE

3 eggs
3 tbsp. cold water
1 c. white sugar
1 c. all-purpose flour
1 tsp. B. P.
1 tsp. vanilla

Beat yolks until light. Add sugar and water alternately. Beat again. Measure flour after sifting 3 times. Sift again with B. P. and add to first mixture. Beat egg whites until stiff and fold in. Add vanilla. Bake in ungreased tube pan in a slow oven for about 50 min. Oven 325°. Invert and cool.

Bee Gummer.

SPONGE CAKE

1 c. flour
1½ tsp. B. P.
¾ c. sugar
2 eggs
½ c. water
pinch salt
1 tsp. vanilla

Separate eggs—beat yolks until light, add water. Beat continuously. Add sugar gradually. Add sifted flour to which has been added B. P. and salt. Continue beating. Add flavoring and fold in well beaten whites of eggs. Do not grease pan. Bake from 40-50 min. in oven 350°. Leave cake in pan upside down until cool.

E. M. FitzRandolph.

SPONGE CAKE

4 eggs
1 c. sugar
½ tsp. lemon extract
1 c. flour
1 tsp. B. P.

Separate eggs, beat yolks until very light. Add sugar gradually. Add flavoring, then fold in stiffly beaten egg whites. Sift flour and B.P. 5 times, add lightly to other mixture. Bake 30 min. in moderate oven.

Mrs. H. A. Coakley.

SANDKAGE (Sandcake)

¾ lb. butter
¾ lb. icing sugar
¼ lb. flour
¼ lb. potato flour
¼ lb. ground rice flour
3 eggs
1 tsp. B. P.
1 tsp. vanilla
1 tsp. almond extract
grated rind of ½ lemon

Cream butter and icing sugar well. Add 1 whole egg and stir well, repeat with the rest of the eggs. Add the three kinds of flour and B. P., mixed and sifted together, a little at a time. Beat well after each addition. Last add grated lemon rind and flavorings. Bake in well greased loaf pan in a 300°F. oven for about 1¼ hr. This cake will keep nice and moist for a long time if kept in a cake tin. Makes 2 loaves.

Mrs. J. Enslev.

SPICE CAKE

1 c. brown sugar
½ c. butter
1 egg
2 c. flour
1 tsp. B. P.
½ tsp. allspice
½ tsp. nutmeg
1½ tsp. cinnamon
1 c. raisins & nuts mixed
1 c. buttermilk or sour milk
1 tsp. soda

Margaret Tessier.

SPICE CAKE

1 c. brown sugar
½ c. butter or shorten'g
1 egg
¾ c. sour milk
½ tsp. soda
½ tsp. B. P.
½ tsp. salt
½ tsp. cloves, cinnamon, nutmeg
1¼ c. pastry flour

Cream shortening and sugar, add egg. Dissolve soda in sour milk. Add the rest of the mixture and beat well. Bake in moderate oven.

Cheese Frosting for cake: 1 pkg. cheese, 1 tsp. grated lemon rind, 1 tsp. lemon juice (or more), ½ c. icing sugar.

Beat till light and fluffy. Spread on cake when cold.

S. E. Douglass.

CUP CAKES

½ c. shortening
1 c. sugar
2 tbsp. grated orange rind
2 beaten eggs
2 c. flour
½ tsp. salt
1 tsp. soda
1 tsp. cinnamon
½ tsp. cloves
½ tsp. allspice
⅓ c. orange juice
½ c. walnut meats
1 c. seedless raisins
⅔ c. buttermilk or sour milk

Cream shortening, sugar and rind. Add eggs; beat well. Sift dry ingredients and add alternately with liquids. Add next the nut meat and raisins. Fill greased cup cake pans ⅔ full. Bake in moderate oven 25-30 min.

Mrs. Wm. McNutt.

WHITE CAKE

1¾ c. flour
4 tsp. B. P.
½ tsp. salt
⅓ c. butter
1 c. sugar
2 eggs
1 tsp. vanilla
1 c. milk

Cream butter, sugar and eggs. Add vanilla. Gradually add dry ingredients to mixture, with milk. Bake in moderate oven 375° for 25 min.

Mrs. G. W. Henry.

TOMATO SOUP CAKE

1 c. sugar
¼ c. butter
2 c. cake flour or 1½ c. bread flour
1 tsp. cinnamon
1 tsp. gr. cloves or allsp.
1 c. canned tomato soup
1 tsp. lemon extract
1 tsp. B. soda dissolved in a little warm water
1 c. floured raisins or chopped nutmeats

Cream butter and sugar. Add remaining ingredients. Bake in a fairly hot oven (375°F.) for 15 min., then reduce temperature to 325°F. and continue baking until cake is done.

Freda Eves, Isle Maligne.

WARTIME LOAF CAKE

1 c. raisins
1 c. brown sugar
1 c. boiling water
1 tsp. allspice
1 tsp. cinnamon
½ tsp. cloves
¼ tsp. mace
Boil all these ingred. 7 m.

Add ½ c. shortening—cool.
Then add:
1½ c. flour
¼ tsp. salt
1 tsp. soda
¼ tsp. bak. pow.

Bake in slow oven 1½ hrs.

Mrs. E. W. McKernan, Isle Maligne.

FROSTINGS

CREAM CHEESE CHOCOLATE FROSTING

1 pkg. cream cheese
2 c. sifted icing sugar
2 sq. unsweetened chocolate, melted
few grains of salt
2 to 3 tbsp. milk

Cream the cheese, softened with milk. Add sugar gradually. Add melted chocolate and salt. Beat until smooth. If tightly covered this will keep in refrigerator several days.

Helen M. Cairncross.

COFFEE BUTTER

¼ lb. butter
¼ lb. fruit sugar
1 yolk of egg
black coffee to flavor

Cream sugar and yolk of egg for about 10 min. Add coffee to taste and the softened butter gradually. Work until thoroughly mixed and smooth. Let it remain on ice until firm. Stir again, then use as cake filling or decorating, by using a forcer.

Mrs. E. Willows.

MOCK WHIP CREAM ICING

7 tbsp. icing sugar
2 tbsp. milk
4 tbsp. butter
2 tbsp. boiling water

Mix icing sugar and butter, add milk and beat with egg-beater. Gradually add boiling water while beating. If mixture curdles, let stand about five minutes, pour liquid from under cream, beat cream and gradually beat liquid into mixture again. Add a drop of vanilla.

Mrs. W. F. Jarrett, Isle Maligne.

TO DECORATE CAKES:

Color—pure vegetable coloring may be used to tint any white icing. Tint a small portion, then work into the main part. For boiled icing, tint the beaten egg. Keep all colors very delicate.

1. Nutmeats can be arranged or sprinkled generously over the icing before completely set, such as: almonds, brazils, cashews, cocoanut, filberts, hazel nuts, hickory, pecans, pistachios, walnuts (English and black).

2. Candied rose or violet leaves.
3. Candied fruit peels—chop or sliver.
4. Chocolate 'shot'—sprinkle thickly over icing.
5. Chocolate—melt over hot (not boiling) water, cool slightly, streak thinly over white icing .
6. Grate chocolate over white icing.
7. Cinnamon—sift over light colored frosting.
8. Colored granulated sugar—sprinkle lightly over top of cake.
9. Cherries—use green or red, either bottled or glace; halve, slice or sliver. Also colored pineapple, thinly sliced.
10. Gum drops or flower-shaped bon-bons—use on children's party cakes.
11. Iced animal crackers—use on children's party cakes.
12. Raisins, currants—useful for making designs on children's party cakes.
13. Silver dragees—use both round and elongated types.
14. Silver leaves—use with dragees for wedding cakes.
15. Slice bananas over frosting just before serving.

COOKIES AND SMALL CAKES

BEST BROWNIES

1½ ozs. unsweetened chocolate (1½ squares)
3 tbsp. butter
1 c. white sugar
½ c. milk
1 c. pastry flour
2 tsp. baking powder
2 eggs, unbeaten
1 tsp. vanilla
1 tbsp. grated orange rind

Melt unsweetened chocolate and butter together; blend well. Measure into a bowl the sugar, milk, flour, baking powder and unbeaten eggs; add the chocolate mixture. Beat vigorously with dover beater till mixture is smooth and thick. Add vanilla and orange rind. Pour into an oiled pan 8 in. x 8 in. x 2 in. and bake in moderate oven till firm. Immediately on removing from oven, cut in squares. Cool slightly and lift from pan. If desired, frost with a thin coating of your favourite chocolate icing.

Kate McGowan.

CHOCOLATE BROWNIES

½ c. butter
1 c. sugar
2 oz. bitter chocolate
2 eggs
½ c. flour
½ c. nut meats
¼ tsp. salt

Place butter in bowl and with large spoon stir until it is creamy. Add the sugar and stir. Add the whole eggs and beat the whole mixture well. Melt the chocolate and add, stir thoroughly. Sift in the flour and beat the whole mixture; then stir in the nutmeats and salt. Spread the mixture in buttered square layer cake pan (about 8 ins. ss.), and bake in a moderately slow oven (350°) for 30 min. When baked, remove from oven and immediately remove from pan and cut in squares.

Mrs. Peter Gregory.

BOSTON COOKIES

½ c white sugar
½ c. brown sugar
½ c. Crisco
2 eggs
½ c. nuts
1 tsp. soda dissolved in 1 tbsp. hot water
1 tsp. vanilla
1½ c. sifted flour
1 c. dates

Alice Brothers.

BUTTER SCOTCH COOKIES

2 c. brown sugar
2 eggs (well beaten)
1 c. shortening (butter preferred)
1 tsp. soda
1 tsp. baking powder in 3 c. flour
½ tsp. salt

Mix in order given and drop from spoon.

Mrs. P. H. Gale.

CEREAL-COATED COOKIES

⅓ c. shortening
½ c. sugar
1 egg, well beaten
1½ tbsp, milk
1 c. sifted flour
½ tsp. baking powder
¼ tsp. soda
¼ tsp. salt
½ tsp. vanilla
½ c. finely chop. raisins
½ c. nuts, chopped (optional)
-½ c. crushed cereal

Cream shortening with sugar and blend in egg and milk. Sift together flour, baking powder, soda and salt and stir into creamed mixture. Blend in vanilla and raisins and nuts. Drop dough by tbsp. into the crushed cereal and toss around to competely cover balls of dough. Bake 3 in. apart on greased heavy baking sheet about 12 min. in moderately hot oven (400°). About 3 doz. cookies.

Mrs. R. B. Beckett.

CARAMEL COOKIES

½ c. butter
2 c. brown sugar
2 eggs
3 c. flour
½ tsp. salt
1 tsp. baking powder
1 tsp. soda

Sift flour, soda, baking powder and salt. Work in other ingredients. Mold into roll. Let stand over night. Slice and bake.

Mrs. H. A. Coakley.

CHERRY ICE BOX COOKIES

⅔ c. butter or Crisco
½ tsp. salt
1 c. brown sugar
1 egg
2 c. flour
½ tsp. almond extract
1 tsp. cherry juice
½ c. almonds
small bottle cherries, or glazed cherries (cut)

Cream butter and sugar. Add egg, then flour and salt. Add fruits, nuts and flavoring. Shape into long roll. Wrap in wax paper. Chill over night. Bake in moderate oven.

Esther Lawson.

CHOCOLATE CHIP COOKIES

½ c. shortening
5 tbsp. brown sugar
5 tbsp. white sugar
1 tsp. vanilla
1 egg (well beaten)
1¼ c. flour
½ tsp. salt
½ tsp. soda
½ c. semi-sweet chocolate chips, or
1 bar Rowntrees choc.

Cream shortening, brown and white sugar and vanilla. Add the well-beaten egg. Add sifted dry ingredients and chocolate chips. Chill the batter. Drop by spoonfuls on an oiled cookie sheet. Bake 375°F. 8-10 min. Makes 40 cookies.

Mrs. McIntosh,
Kenogami.

CHEESE TARTS

¼ lb. Velveeta, or 1 pkg. Philadelphia cr. cheese
¼ lb. (½ c.) butter
1 c. flour (about)

Cream cheese and butter together well. Add flour. Roll a tsp. into a ball. Place on cookie sheet. Press down with thumb and fill cavity with tart jelly. Bake in moderate oven 12-15 mins. (If oven too hot tarts will run.)

Lela Booth.

JELLIED CHEESE WAFERS

½ c. butter
4 oz. Velveeta cheese
½ tsp. salt
2 tbsp. white sugar
1 tbsp. cream
1 c. flour

Cream butter and cheese—add sugar, cream, salt and flour. Mix well. Chill in frig. overnight. Roll out thin using plenty of flour. Cut 2 rounds with small cookie cutter. Place jelly on one and cover with other. Slit top to let steam out. Place cookie sheet in frig. a few minutes to harden. Bake with oven at 350°.

Mrs. S. Pergau, Riverbend.

CHERRY COOKIES

1½ c. flour
2 tsp. baking powder
½ c. white sugar
1 egg
½ c. butter
2 tbsp. milk
pinch salt
Small bottle cherries and juice

Mix dry ingredients, rub in butter, add cherries cut small, and all juice, egg and milk. Batter fairly stiff. Drop by spoon, bake in hot oven 10-15 mins. While warm, roll in icing sugar.

Lillian Morrison.

CHOC-O-PUD COOKIES

1 c. flour
1 c. rolled oats
½ c. shortening or butter
1 tsp. B. P.
1 egg
1 pkg. Choc-O-Pud, or (choc. or butterscotch pudding powder)

Mix, roll thin. Cook in slow oven.

Eva Wyber.

CHOCOLATE NUT DIAMONDS

2 sq. unsweetened choc.
½ c. butter
2 eggs
1 c. chopped walnuts
¾ tsp. baking powder
¾ c. flour
1 c. sugar
1 tsp. vanilla
½ tsp. salt

Melt chocolate in double boiler. Add eggs beaten with the sugar. Sift in dry ingredients. Add walnuts and melted butter last. Mix well and spread thinly on pan 8 in. x 16 in. or 2 pans 8 in. x 8 in. spreading ¼ in. thick. Bake 350°. Allow to cool in pan before frosting.

Frosting for above Cookies

2 sqs. unsweetened choc.
1 c. icing sugar
1 egg beaten (or 2 egg yolks)
2 tbsp. butter
1 tsp. vanilla

Melt chocolate in top of double boiler. Add to it sugar, egg, butter and vanilla. Remove from heat at once. When cookies are cool spread thinly with frosting. Let cool thoroughly in pans before cutting into diamond shapes with sharp knife.

Mrs. W. M. Gaunce, Chicoutimi.

CUSTARD CREAMS

Cream together:
¼ lb. butter
3 tbsp. sugar
1 egg
10 tbsp. flour (1½ c.)
4 tbsp. custard powder
1 tsp. baking powder

(No other moisture is needed.) Mix all together and roll out very thin and cut into rounds. Bake until just pale yellow in very moderate oven. When cold put a little icing (or jam) on one, cover with another.

Mrs. Arthur Shepherd, Riverbend.

DUTCH CHEESE CAKES

24 medium tart shells
red jelly
Batter:
1 c. sugar
⅓ c. butter
1 egg (slightly beaten)
½ tsp. vanilla
⅓ c. milk
1½ c. sifted flour
1 tsp. baking powder
salt

Line 24 patty tins with a rich pastry. Place a tsp. of jelly in the bottom of each. Add a tbsp. of batter on top. Sift and measure flour. Sift again with baking powder and salt. Combine remaining ingredients in order given, lastly adding sifted dry ingredients alternately with milk, blending well. Bake at 375° for 10 mins. Reduce to 350°F. and bake 20 mins. longer.

Catherine Bell.

FROSTED CHOCOLATE DROP COOKIES

1 c. brown sugar
½ c. fat
2 sqs. melted chocolate
1 egg
¼ c. Carnation milk, dil. with ¼ c. water
1½ c. cake flour
¼ tsp. salt
½ tsp. soda
1 tsp. baking powder
1 c. black walnuts, chop.
1 tsp. vanilla

Use cake method of mixing. Add melted chocolate to creamed fat and sugar. Add floured nuts last. Drop by teaspoons on slightly greased sheet. Bake in moderate oven 15-20 min. (410°F.). Spread frosting on hot cookies.

Frosting

1 egg yolk or half an egg
3 tbsp. Carnation milk, undiluted
1½ c. powdered sugar
1½ sqs. melted chocolate

To melted chocolate add slightly beaten egg and milk. Stir in gradually sifted sugar until consistency to spread. Frosts three dozen cookies.

Jo. Boutillier.

COCOANUT MACAROONS

2 egg whites
¾ c. white sugar
1½-2 c. cocoanut
2 tsp. cornstarch
½ tsp. vanilla

Beat egg whites until stiff, adding sugar gradually and cornstarch. Place bowl in pan of hot water on top of stove for five minutes. Remove, add cocoanut and vanilla. Drop in spoonfuls on greased baking sheet and bake 12-15 minutes in very moderate oven until a delicate brown.

Mrs. James Clifford, Riverbend.

COOKIES

3 c. flour
½ pint sour cream
½ c. shortening
⅓ c. butter
3 tsp. baking powder
¼ tsp. baking soda
3 eggs
¾ c. sugar
pinch salt

Mix flour, sugar, baking powder, soda. Add shortening and butter. Add salt and eggs. Add sour cream to make a smooth dough. Bake.

Mrs. W. Olyarchuk.

DROP COOKIES

1 c. brown sugar
½ c. butter or shortening
2 eggs
1¼ c. flour
¼ tsp. cloves & cinnamon
1 tsp. soda dissolved in 2 tbsp. hot water
½ c. dates chopped fine
½ c. walnuts, chopped fine

Mrs. James Wilson, Kenogami.

DANISH FANCIES

4 tbsp. mild flavored fat
¼ c. brown sugar
1 egg yolk
½ tsp. vanilla
1½ tbsp. finey chopped mixed peel
1 c.+2 tbsp. all-purpose flour
1 tsp. baking powder
½ tsp. salt
¼ c. chopped raisins
1 slightly beaten egg wh.
½ c. crushed corn or wheat flakes, jelly

Cream fat, gradually blending in brown sugar, then egg yolk, vanilla and mixed peel. Sift flour, baking powder and salt. Add raisins and combine well. Roll small pieces of dough into balls. Dip in slightly beatten egg whites and roll in crushed corn or wheat flakes. Place on greased baking sheet. Using thimble or fingertip make a deep depression in centre of each ball. Bake in slow oven at 325°F. 20-25 mins. Fill depressions with jelly or jam.

Rosina Worthington.

DREAM CAKES

2 c. flour
½ c. butter
2 tbsp. granulated sugar
few grains salt

Work together with finger tips. Bake 5 minutes.

Cover above mixture with:
3 c. brown sugar
1 c. walnuts
1 c. cocoanut
1 egg (beaten)
1 tbsp. flour
1 tsp. baking powder
1 tsp. vanilla

Cook half an hour.

Mabel Crump, Isle Maligne.

FILLED COOKIES

Filling:
1 c. chopped raisins
½ c. sugar
⅛ tsp. salt
2 tbsp. flour
juice half lemon
¼ c. boiling water

Mix in order given and cook together until thick. Cool before using.

Dough for Filled Cookies:
1 c. sugar
1 egg, well beaten
1 c. sour cream
4 c. pastry flour
2 tsp. baking powder
½ tsp. soda
1 tsp. lemon extract
½ tsp. salt

Mix together sugar, beaten egg and sour cream. Sift together dry ingredients and add to first mixture. Add lemon extract. Roll thin and cut in rounds. Place 1 tsp. of the filling on half the cookies and cover with the remaining cookies. Press together lightly. Sprinkle tops with sugar and bake in hot oven 400° for 10 mins.

Mary Elizabeth Carey.

FIG FILLED COOKIES

¾ c. shortening
½ c. sugar
½ c. molasses
1 egg
½ tsp. salt
2 tsp soda in 3 tbsp. hot water
1 tsp. vanilla
flour to make soft dough to roll

Filling: 1 pkg. black figs run through chopper. Cook until smooth and thick with ½ c. sugar and small amount of water. Put filling between cookies before baking. Press edges together firmly. Bake in moderate oven.

S. MacLellan.

GINGER BARS

2 eggs
¼ tbsp. vanilla
4 tbsp. milk
2 c. brown sugar
1½ c. shred. cocoanut
½ c. stoned dates
½ c. candied cherries
½ c. flour (scant)
6 tbsp. finely diced candy ginger

Beat eggs until light, adding vanilla and milk. Sift flour, then measure. Prepare dates, cherries and ginger and sprinkle with 2 tbsp. of the flour. Add sugar to the egg mixture blending thoroughly. Add flour gradually, then other ingredients. grease shallow pan and bake 350° for 20 minutes.

Mrs. R. O. Kennedy.

GINGER PUFFS

½ c. molasses
½ c. sugar
¼ c. melted butter
1¼ c. flour
1 tsp. soda
½ tsp. ginger
¼ tsp. cloves
¼ tsp. cinnamon
½ tsp. salt
½ c. boiling water
1 egg

Put egg in last. Bake about 20 mins. at 400° in muffin tins. When cool make vertical cut in cake. Put rich butter icing in and pile a little on top. A cherry may be used on top.

Hazel Petrie.

RICH GINGER SNAPS

2 c. sugar
2 c. molasses
2 eggs (well beaten)
2 tbsp. butter
2 tbsp. ginger

Put in all spices according to your taste (nutmeg, allspice, cinnamon, cloves and mace). Mix above ingredients and set pan on stove until contents are as hot as the finger can bear. Then add the following: 2 tsp. soda dissolved in 2 tbsp. vinegar. Add flour quickly and roll thin. Keep batter in warm place. Bake in very quick oven.

Mrs. Graham Perry, Riverbend.

MOLASSES GINGER SNAPS

1 c. molasses
3 c. flour
1 tsp. soda
¾ c. shortening
2 tsp. ginger
¼ tsp. cinnamon
1 tsp. salt
1 tsp. vanilla

Boil molasses for 2 mins. in a good-sized pot. Add soda and pour over softened shortening. Mix well. Add dry ingredients. Form into two rolls. Chill over night. Slice very thin and place in moderate oven.

Mrs. J. E. Dyck.

GINGER SNAPS

1 c. shortening
2 c. molasses
1 heaping tsp. ginger
1 large tsp. soda
1 tsp. salt

Boil shortening, molasses, ginger and salt for a few minutes. Remove from fire. Stir in soda a little at a time and cool. Add flour to make a rather stiff dough. Roll thin. Bake in moderate oven.

Florence G. McDonald.

HERMITS

¾ c. shortening
2 tsp. grated orange rind
1 tsp. salt
1 tsp. cinnamon
¼ tsp. cloves
½ tsp. nutmeg
¾ c. brown sugar
2 eggs beaten
2½ c. cake flour
½ c. raisins (chopped)
1 tbsp. orange juice
½ tsp. soda

Combine shortening, orange rind, salt and spices. Blend well. Add brown sugar. Cream until fluffy. Add beaten eggs and orange juice. Mix thoroughly. Add sifted dry ingredients, then raisins. Drop from teaspoon on oiled baking sheet. Let stand a few minutes. Flatten cookies with the bottom of a tumbler which is dipped in flour. Bake in moderate oven 12-15 mins. (Six dozen cookies.)

Mrs. M. Ross.

MAGIC HERMITS

¾ c. butter
2 eggs
1½ c. brown sugar
1 cup raisins
1 c. chopped walnuts
1 c. chopped dates
1 tsp. vanilla
½ tsp. nutmeg
1 tsp. cinnamon
2 c. pastry flour
½ tsp. baking powder
2 tbsp. milk
½ tsp. soda

Mix thoroughly. Drop by spoonfuls on a greased shallow pan. Bake in moderate oven 15 to 20 minutes.

Mrs. Stewart, Kenogami.

JELLY JUMBOS

½ c. butter
¼ c. brown sugar
1 c. flour
1 egg yolk
salt

Cream butter and sugar. Add flour, egg yolk and salt. Beat white of egg stiffly. Roll balls in white and then roll in nuts.

Mrs. Gordon D. Cunningham.

KISSES

1 egg
6 tbsp. sugar
2 drops vinegar

Beat egg whites until stiff. Add sugar and vinegar. Mix well. Drop by teaspoonfuls on a well greased baking sheet and in very slow oven. Not more than 250°.

Gudrun Pedersen.

KIPLINGS

1 c. chopped almonds
1 c. butter
2 c. pastry flour
3 tbsp. sugar

Mix all ingredients together. Shape or rol and cut with cookie cutter. Bake in a slow oven. When cooked roll in granulated or powdered sugar. Myra Masterson.

LEMON CUSTARD SQUARES

22 rolled graham crackers
½ c. sugar
½ c. butter

Rub three ingredients thoroughy and take out one scant cup. Pat remainder in 9 in. sq. pan and bake five minutes.

Cook in double boiler until very thick:

3 beaten egg yolks
¾ c. sugar
juice, rind of 1 lemon
3 tbsp. flour
3 tbsp. water

Make meringue of 3 egg whites and 3 tbsp. sugar. Add to mixture. Spread over crumbs. Sprinke other crumbs on top.

Bake.

Jean Honeywell.

LEMON CRUMBLES

½ c. white sugar
¾ c. butter
1¾ c. rolled cracker crumbs
¾ c. flour
1 tsp. B. P.
½ c. cocoanut
1 tbsp. milk

Put half of quantity in bottom of baking pan and pat firmly with hand. Cover with filling and again cover all with other half of first mixture. Bake in moderate oven until crumb mixture is firm and golden brown.

Filling:
1 c. white sugar
1 egg
2 tbsp. cornstarch
1 c. cold water
butter (size of egg)
1 lemon (juice and rind)
pinch salt

Cook in double boiler until thick.

Marion Griffin.

LEMON SQUARES

1 c. white sugar
2 lemons (juice & rind)
2 tbsp. butter
2 eggs (slightly beaten)

Mix in order given. Cook in double boiler until thick as honey.

Bottom and Top:
14 soda biscuits (crushed)
1 c. brown sugar
8 tbsp. butter
1 c. flour
1 tsp. baking powder

Mix in order given. Spread ¾ of mixture in buttered pan. Pour in lemon filling and sprinkle remainder on top. Bake in oven 350°F. 15 mins.

Mrs. E. G. Allwright.

MELTING MOMENTS

¾ c. butter
1 c. brown sugar
1 egg
1 tsp. B. P.
salt and vanilla
1¾ c flour

Make into small balls. Roll in crushed walnuts and put in oven for about 10 min.

Mrs. J. E. Lilly.

MELTING MOMENTS

Beat together:
1 c. butter
1 c. brown sugar
1 egg
1 tsp. flavoring
Add:
2 c. sifted flour
¼ tsp. salt
½ tsp. cream tartar
½ tsp. baking soda

Should be a very stiff dough. Bake in moderate oven. Molly Callon.

FROSTED MOLASSES SQUARES

¼ c. butter or shortening
½ c. sugar
1 egg
½ c. molasses
½ c. milk
½ c. raisins
½ c. nut meats
2 c. flour
1½ tsp. baking powder
¼ tsp. soda
¼ tsp. salt
½ tsp. vanilla

Cream butter. Add sugar and unbeaten egg. Beat well. Add molasses and vanilla. Sift and measure flour. Add baking powder, soda and salt to flour and sift 3 times. Add flour mixture alternately with milk. Add nuts and raisins. Pour in greased pan and bake 375° for 15-20 mins. Ice while hot with butter cream icing: 1 c. powdered sugar, 1 tbsp. butter, 1 tbsp. milk, 1 tsp. vanilla. G. Zuercher.

MARATHON NUT COOKIES

1⅓ c. (1 can) sweetened condensed milk
1 c. finely chop. walnuts (peanuts may be used)
1⅓ c. dry bread crumbs
½ tsp. salt
2 tsp. cinnamon

Thoroughly blend milk, bread crumbs, nuts, salt and cinnamon. Drop by spoonfuls on buttered baking sheet. Bake in moderate oven (350°) 12 mins. or until brown. When baking with electricity, turn top and bottom elements off while cookies are in the oven to prevent scorching, bringing oven to 350° again if there is more than one lot. Remove from pan at once.

Mrs. James E. Ellis, Riverbend.

MOLASSES COOKIES

1 c. sugar
1 c. molasses
1 c. butter or shortening
1 tbsp. vinegar
1 tbsp. soda
1 tbsp. ginger
½ c. boiling water
2 eggs

To ingredients, add sufficient flour to make stiff enough to roll out thin. Bake in a fairy hot oven.

Mrs. Oscar Berry,
Isle Maligne, Que.

MOLASSES DROP COOKIES (Sugarless)

¾ c. melted shortening
1 c. molasses
2 eggs, beaten
2¼ c. sifted flour
4 tsp. baking powder
¼ tsp. salt
1 tsp. cinnamon
½ tsp. ginger
½ c. milk
½ tsp. soda
½ tsp. lemon extract
1 c. raisins (chopped)

Mix shortening and molasses. Add eggs. Stir until blended. Sift together dry ingredients. Add to first mixture alternately with milk in which soda has been dissolved. Add lemon extract and raisins. Drop by teaspoons on greased baking sheet. Bake at 425°F. 8-10 minutes. (4-5 doz. cookies.)

Kathleen M. Atkinson.

PARKINS COOKIES

2½ c. rolled oats
2½ c. gran. sugar
3 c. sifted flour
1 tsp. salt
4 tsps. baking soda
2 tsps. ginger
1 tsp. cinnamon
1 tsp. allspice
½ c. butter
⅔ c. shortening
½ c. warmed corn syrup
2 beaten eggs

Mix rolled oats with sugar, sift flour with salt, baking soda and spices. Rub in butter and shortening. Mix in corn syrup and eggs. Roll mixture in small balls and put on greased sheet 1 in. apart and bake in medium oven for 10 minutes.

Mrs. W. Stewart, Isle Maligne.

SCOTCH PARKINS BISCUITS

½ lb. lard or butter
¼ c. molasses
1 egg
¾ c. brown sugar
1 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
1 tsp. spice
2 c. flour
1 c. Scotch oatmeal

Mix together. Roll into balls and pat flat. Place half almond in centre. Moderate oven. Mrs. John Fairley, Riverbend.

PEANUT KRIMBLES

½ c. butter
½ c. brown sugar
salt
½ tsp. vanilla
½ tsp. soda dissolved in ⅛ c. warm water
1 c. flour
1 c. rolled oats
½ c. chopped peanuts

Drop on buttered pan and press flat with fork. Edna Bauman.

PORCUPINES (Pre-War)

1 egg (well beaten)
1 c. brown sugar
1 c. chopped dates
1 c. chopped nuts
1 tbsp. butter

Mix all ingredients together and form into small rolls. Then roll each in cocoanut. Oven 350° 2025 mins. or until rolls are a light brown.

Mrs. L. Keay.

4 tsp flour

PEANUT BUTTER DAINTIES

1 c. peanut butter
1 ½c. powdered sugar
4 egg whites (unbeaten)

Cream together and drop mixture in small spoonsful on parchment paper. Bake in moderate oven (350°F.) for 20 minutes.

Mabel Crump, Isle Maligne.

PINEAPPLE DROP COOKIES

½ c. shortening
1 c. brown sugar
1 egg
¾ c. drained crushed pineapple
2 c. sifted flour
¼ tsp. salt
1 tsp. baking powder
¼ tsp. soda
½ c. chopped walnuts
1 tsp. vanilla

Cream together first three ingredients. Add pineapple. Sift other dry ingredients together. Add to first mixture. Lastly add walnuts and vanilla. Mix well. Drop by teaspoons on oiled baking sheet. Bake in oven 450° for 12 min. (3½ dozen.)

B. Lavoie.

CREAM PUFFS

¼ c. butter
½ c. boiling water
½ c. flour
2 eggs

Put water and butter in a saucepan and heat to boiling point. Add all the flour and stir until smooth and paste leaves the sides of pan (3-5 mins.). While still warm add unbeaten eggs, one at a time, and stir until perfecty smooth. The mixture should be stiff enough to hold its shape without spreading. Drop from a spoon on baking sheet. Chill. Bake 425-450°F. for 40 - 45 mins. Fill with whipped cream.

Nancy Morrison.

PUFFS

(These can be filled with cream and iced with chocolate. Or filled with any sweet mixture for serving as cakes. Also are good with chicken or tuna fish and served instead of sandwiches. If using as sandwiches, add a little salt when baking.)

1 c. sifted flour
½ c. butter
1 c. boiling water
3 unbeaten eggs

Sift flour once and measure. Melt butter in water. Sift flour into steadily boiling water and butter. Cook and stir until mixture leaves sides of pan in compact mass. Turn into bowl and beat in 1 egg at a time. Form into small mounds from a teaspoon about 2 in. apart. Bake 350° for 30 mins. Try one carefully to see if baked. They will fall if not done.

Marion Reeve.

PIGS IN BLANKETS (Cookies)

1 c. brown sugar
1 c. butter or Crisco
2 eggs
3 c. flour
1 tsp. soda
2 tsp. cream of tartar
salt
vanilla

Roll thin and cut out like cookies. Lay a date on and fold half the cookie over the date and pinch sides.

Kaye McColm, Chicoutimi.

ROLLED OAT COOKIES

1 c. brown sugar
¾ c. shortening
2 c. rolled oats
1 c. flour
1 tsp. soda
¼ c. hot water (liberal)
little salt
raisins

Mrs. E. N. Coulthart.

ROLLED OAT COOKIES

1½ c. rolled oats
1½ c. flour
1 tsp. baking soda
1 tsp. baking powder
1 c. brown sugar
½ c. butter
½ c. shortening
2 eggs beaten

Drop from a teaspoon on a buttered pan and press each flat with a fork dipped in boiling water.

Elizabeth Jenkinson.

RAISIN SQUARES

2 c. flour
2 tsp. baking powder
1 c. white sugar
1 c. butter
1 egg

Mix flour, baking powder and sugar. Cut in butter as for pie paste. Add beaten egg. Keep half of mixture to sprinkle on top. Bake ½ at 300°.

Boil following for 10 mins.
1¾ c. raisins
2 tbsp. flour
¼ c. sugar
¼ tsp. salt
1 c. boiling water.

Pour this over the cooked mixture. Sprinkle with remaining mixture, and bake.

Eva Wyber

NUT AND RAISIN SLICES

Mix together 1 c. flour, ½ c. brown sugar, ½ c. butter. Put into well-greased cake tin and bake for eight min. in quick oven. While this is cooking mix together the following: 2 well-beaten eggs, 1 c. brown sugar, 2 tbsp. flour, ½ tsp. baking powder, 1 tsp. vanilla, 1 c. nuts or raisins, ½ c. cocoanut, salt. Pour this over cooked mixture, bake in oven 12 min., cut in strips while warm. Grace Walker, Kenogami.

CURRANT OR RAISIN SQUARES

Filling—
1 pkg. raisins or currants
1 c. brown sugar
½ tsp. cinnamon
1 egg
1 c. cold water
Pastry—
2 c. flour
½ tsp. salt
½ c. lard

Wash fruit. Put in saucepan. Add sugar, cinnamon, egg (well beaten) and one cup cold water. Cook slowly til sugar is all dissolved. Make pastry in usual way and line a cookie tin. Pour fruit mixture in and cover with pastry top. Cook in quick oven, 400° When brown remove and cut in squares.

Mrs. F. T. Ring.

RASPBERRY JAM SQUARES

1 c. flour
½ tsp. salt
1 tsp. baking powder
½ c. butter
1 egg
1 tbsp. milk
Cake Topping:
1 egg
1 c. white sugar
1 tbsp. melted butter
2 c. cocoanut

Sift dry ingredients. Rub in butter. Add beaten egg and milk. Spread in flat greased pan about 9 in. square. Put a layer of raspberry jam—then spread on the "topping" mixture.

Mrs. L. Keay.

SOUR CREAM COOKIES

⅓ c. soft shortening
1 c. sugar
2 eggs
½ c. sour cream
2 c. sifted flour
pinch salt
½ tsp. soda
½ tsp. nutmeg
½ tsp. vanilla

Blend shortening and sugar. Then add eggs—beat thoroughly. Add sour cream and beat again. Stir in sifted flour—sifted with soda, nutmeg, salt. Lastly add vanilla. Drop by spoonsful on greased sheet and bake on top shelf of hot oven (400°F.) 10 minutes. Mrs. J. L. Garneau, Kenogami.

SIMPLE COOKIES

½ c. sugar
1 c. cornflakes
2½ tbsp. peanut butter, or substitute
1 egg white

Beat egg white, and mix next 3 ingredients. Drop from a tsp. in buttered pan and bake in slow oven 15 to 20 min.

Mrs. Roy W. Johnson.

SUGAR COOKIES

2 eggs (beaten & added to)
1 c. butter (scant)
1 c. sugar
½ tsp. baking soda

Flour to make a stiff dough. Take off small pieces and press down with the tines of a fork. Bake in moderate oven (300°) for 10 minutes, or until a golden brown.

Mrs. Arthur Shepherd, Riverbend.

WARTIME SHORTBREAD

¼ c. mild-flavored fat and
¼ c. butter
(*or* ½ c. butter)
¼ c. brown sugar
⅛ tsp. salt
1 egg yolk
1½ to 1¾ all-purp. flour
or
1¾ to 2 c. pastry flour

Soften fat and butter slightly but do not allow to become oily. Stir in sugar, egg yolk and salt, using a wooden spoon. Mix in flour, adding a little at a time until mixture becomes stiff. Turn onto a floured board. Knead lightly. Work in more flour until surface of dough begins to crack. Roll ¼ in. thick. Cut into desired shapes. Bake in slow oven, 325°F., 20 mins. (3-4 dozen.)

Dorothy Miller.

VANILLA TREATS

1 c. sugar
1¼ c. butter or Crisco
2 eggs
1 tsp. vanilla
3 c. flour

Cream butter and sugar. Add eggs and beat thoroughly. Add flour gradually to make a soft dough. Press through cookie maker, or roll into balls and press with fork. Decorate with nuts, cherries or cake candies. Bake in hot oven 8-10 mins., or until brown around edges.

Myrtle Samis.

WALNUT CURLS

1 c. chopped nuts
3 tbsp. flour
1 c. brown sugar
pinch salt
2 beaten eggs

This is a thin mixture. Drop a small tsp. on greased pan, well apart. Immediately on taking from oven roll until edges meet. Work fast.

Mrs. Gordon W. Baker, Kenogami.

VANILLA COOKIES

1½ lb. flour sifted
½ lb. sugar
1 lb. butter
1 tsp. vanilla

Mix sugar with sifted flour. Work butter and vanilla into flour and sugar until it forms a soft dough. Put through cookie press.

Mrs. J. Enslev.

WHOLE WHEAT COOKIES

¾ c. shortening
1 c. brown sugar
1 c. flour
1 c. whole wheat flour
1 tsp. baking powder
1 egg
1 tsp. baking soda
vanilla
salt

Cream shortening and sugar. Add well-beaten egg, then dry ingredients sifted together. Add vanilla. Form into small balls. Place on greased cookie sheet and flatten with fork. Bake 375° 12 mins.

Mrs. W. F. Campbell.

CANNING AND PRESERVES

Methods:

Acid fruits and tomatoes may be canned in the open kettle, the oven, the steamer, or pressure cooker; non-acid vegetables should be canned in the pressure cooker to insure thorough sterilization.

In fruit canning, peaches canned by the open-kettle method seem to have a more delicious flavor than those cooked in their jars.

Amounts:

1. 1 crate of strawberries yields approximately 25 pints.

2. 1 bushel of peaches canned in halves yields 16 qts. if not canned too solidly. The yield of Bartlett pears is the same.

3. 1 crate of pineapples canned in the diced form yields 32 pts.

4. I bushel of greens yields from 10 to 13 pts. depending upon the succulence of the greens. Spinach, for example, yields but 10, while mustard greens will yield 13.

5. 1 bushel of tomatoes will yield 18 qts. as canned whole for salads or 25 pts. as canned in broken or puree form with very little water added.

6. There is less shrinkage in green beans than in most any other vegetable. ½ bushel of the thick, fleshy Kentucky Wonder variety of beans will yield 10-12 qts.

Preserves:

To be perfect, the conserves, jellies, and preserves must be made in small quantities, for cooking large quantities causes the fruit to cook unevenly, lose shape and lengthens the period of cooking.

In testing whether or not jelly is "done", the spoon test is easy and reliable. Dip a clean silver spoon into the jam or jelly, hold it above the boiling mixture, and let the syrup run off. If it "sheets" or flakes off the spoon in a jellylike mass, it is ready to be skimmed for the last time and poured into glasses or jars.

Approximate number of quarts of fruit which may be canned with 10 pounds of sugar:

R. Kirkby.

Type of Syrup	Amt. of syrup per qt. (large fruit)	Quarts of canned fruit	Amt. of syrup per qt. (small fruit)	Quarts of canned fruit
Very Thin (1 c. sugar to 3 c. water)	1½ cups	40 qts.	1 cup	65 qts.
Thin (1 c. sugar to 2 c. water)	1½ cups	30 qts.	1 cup	55 qts.
Moderately Thin (1 c. sugar to 1½ c. water)	1½ cups	27 qts.	1 cup	40 qts.
Medium (1 c. sugar to 1 c. water)	1½ cups	20 qts.	1 cup	30 qts.

TIME TABLE FOR CANNING FRUITS AND VEGETABLES

Product	Preparation	Processing Time in Boiling Water Pint & Quart Jars	Processing Time in Pressure Canner Pint & Quart Jars	Processing Time in Preheated Oven at 275 Degrees Pint & Quart Jars
Apples	Pare, core, quarter, and cover with boiling thin syrup; or pack hot in form of apple sauce	20 mins.		30 mins.
Apricots	Halve and pit, pack in jars, and cover with a boiling thin syrup	20 mins.		40 mins.
Asparagus	Tie in uniform bundles, or cut in ½-inch lengths, and pre-cook for 5 minutes	•	40 mins. at 10 lbs. pressure	•
Beans (string)	Heat to boiling with water to cover and pack hot into containers	•	40 mins. at 10 lbs. pressure	•
Beans (lima)	Use only tender young beans. Bring to boil with water to cover and pack hot into containers	•	60 mins. at 10 lbs. pressure	•
Berries, Grapes, and Currants	Pack into containers, cover with boiling medium syrup	20 mins.		35 mins.
Cherries	Pack into containers, cover with boiling syrup, using thick syrup for sour cherries, and medium for sweet; or remove pits, add sugar as desired, bring to boil, and boil for 2 minutes. Pack into containers	20 mins.		30 mins.
Corn	Cut off without pre-cooking. Add half as much boiling water as corn by weight. Heat to boiling and pack piping hot into containers	•	80 mins at 15 lbs pressure	•
Figs	Let stand for 5 minutes in soda bath (1/4 cupful of soda to 1 quart of water). Drain and rinse well. Pre-cook in boiling medium syrup.	20 mins.		30 mins.
Greens	Steam until completely wilted and pack hot into containers. Do not pack too solidly. Add liquid to cover.	•	90 mins at 10 lbs pressure	•
Peaches	Pare and halve and cook for 4-8 min. in boiling syrup and pack hot; or pack into containers and cover with boiling medium syrup.			40 mins.
Pears	Pare and cook for 4 to 8 minutes in boiling syrup and pack hot; or bake as for serving, cover with medium syrup and can without further cooking	20 mins.		40 mins.
Peas (green)	Same as for lima beans	•	50 mins at 10 lbs pressure	•
Pineapples	Peel, remove eyes, cut into cubes. Pack into containers and cover with boiling thin syrup; or cook in open kettle for 20 minutes and can without further cooking	30 mins.		40 mins.
Plums	Prick, fill containers, cover with boiling medium syrup; or bring to boil in open kettle, using sugar as desired, and cook until tender. Pack hot	15 mins.		45 mins.
Rhubarb	Cut into ½-inch lengths. Pack and cover with boiling thin syrup	16 mins.		40 mins.
Strawberries	Cook gently for 15 minutes in thin syrup. Let remain in syrup for several hours	16 mins.		35 mins.
Tomatoes	Scald, cold dip, and peel. Pack whole or cut into pieces. Cover with hot tomato juice or boiling water	25 mins.		45 mins.

• Method not recommended for non-acid vegetables. Use pressure cooker.

CARROT MARMALADE

3 c. carrots
4 lemons
4 c. water
7 c. white sugar

Wash carrots and lemons. Put carrots through finest mincer knife. Then measure the three full cups. Cut lemons in halves, squeeze juice, remove seeds, leave pith in, cut in small pieces, put through mincer. Put lemons and juice+4 c. cold water in a bowl. Let stand overnight. In morning add carrots, lemon, sugar. Cook slowly over low heat 1 hr. Bottle. Let stand a few days before using.

Betty Snow.

CARROT MARMALADE

1 grapefruit
3 oranges
3 lemons
3 carrots

Slice the fruit as you usually do for marmalade and to it add 3 grated carrots. To each cup of fruit and carrots add 3 c. of water and boil until the rind is soft. Let stand over night and next day add ¾ cup of sugar for every cup of fruit. Boil until marmalade jells when cool.

Mrs. A. E. Loup, Isle Maligne.

CRAB-APPLE JELL

Wash the apples thoroughly, remove the stems, and cut into quarters. Make sure that the apples contain no worms. Put them into a kettle, add about half as much water as apples, and cook slowly until the apples are soft. Strain the juice through a jelly bag. Before it stops dripping, return the pulp to the kettle, add half as much water as pulp, and allow the fruit to cook again. Make a second extraction, and in the same way make a third one. Then combine the juice, and strain all of it through a bag to make it clear. Measure 6 or 8 cupfuls of juice, and pour it into a preserving kettle. Boil for about 5 minutes, straining off the scum that rises to the top. To each cupful of juice, add ¾ to 1 c. of sugar that has been heated. Crab-apples will require 1 c. of sugar, but apples milder in flavor will not need more than ¾ c. Boil until the test shows that it has boiled long enough (until two drops run together and sheet off edge of spoon). Pour into hot glasses, cool, and seal.

Enid Hamilton, Isle Maligne.

TOMATO JAM

Peel a small basket of Rose tomatoes. Pour boiling water over them and peel immediately. Weigh them and put 1 lb. of sugar for 1 lb. of tomatoes. Put on fire to boil for 1 hr., stirring and skimming often. When cooked, add the rind of one lemon, either finely cut or grated. Take the inside of the lemon and cut in slices. Put all in the jam. Cook for 5 min. more, then put in sterilized jars. Leave for one or two days before sealing with wax.

Louise Flaschner.

GRAPE JELL

Use very ripe blue grapes. Take from stems, wash and drain and cook over low flame until juice comes out of grapes (about 10 min.). Pour in jelly bag and squeeze out the juice. (If you do not care about clear jell you can put through a strainer and thus use all the grape except the skin and seed.) Heat the juice just to the boiling point. Use a measuring cup and fill it half-full of the hot juice, then finish filling the cup with sugar (fruit sugar is best). Stir until thoroughly dissolved. Pour into jelly glasses and set aside. It will turn to jelly as it cools, sometimes it takes several weeks to really set and it will not often be as solid a jell as that made with Certo, but it is most delicious. Cover with parafin.

Lela Booth.

GRAPEFRUIT MARMALADE

1 grapefruit
2 lemons
2 oranges

Cut up and measure juice and pulp. Add three times the amount of water. Let stand overnight. Boil for one hour until the peel is soft. Then add the sugar—one scant lb. to every pint of liquid. Stir well. Boil for another two hours. Test, by putting a little out on a saucer. If the marmalade does not jell boil a little longer. Test again before putting into jars.

Note—about 3 c. of liquid are equal to 1 pt. Mrs. T. L. Brock.

FIG AND RHUBARB JAM

Wash and cut up 2 lbs. of figs. Soak overnight in water to cover. In morning measure figs. To each measure of figs add 2 measures of rhubarb and 2½ (or a bit less) measures of sugar. Cook until rhubarb is clear—about 1 hour. Mrs. Gordon J. Morrisette,
Port Alfred, Que.

PURE STRAWBERRY JAM

4 pints berries
3 pints boiling water
3 lbs. sugar

First wash berries and then hull them and *strain well.* Then place berries in pot and pour boiling water on them. Let stand for one minute then *strain well.* Add 2 lbs. of sugar and put on to boil. When boiling commences, boil for 5 min. then add 1 lb. sugar and boil 5 min. more. Then let cool, stirring occasionally, and place in refrigerator for 3 days, stirring 3 or 4 times a day. Bottle cold. Mrs. H. Gilbert.

BLUEBERRIES CANNED WITHOUT SUGAR

Wash the blueberries, allowing about 6 c. of berries for each quart sealer. Crush part of the berries in the preserving kettle, add a very little water and the rest of the berries. Heat slowly to extract the juice. Pack into hot sterilized sealers, crushing fruit down if necessary until juice fills the sealers. Adjust sterilized rubber rings and tops.

Partially seal and process:

Boiling Water Bath	Pints, 20 min.	Quarts, 25 min.
Oven	Pints, 35 min.	Quarts, 45 min.

Mrs. S. J. Patterson.

Steam Cooker	Pints, 30 min.	Quarts, 35 min.

DESSERTS

A dessert is the happy ending to a successful meal. Its classification is varied, ranging from simple uncooked fruit to the elaborate steamed or frozen puddings. In choosing just the right dessert to "top off" the meal, thought should be given to its relationship to the rest of the food in the menu. Many desserts run high in food calories and if a rich, heavy meat and vegetable course is served, the dessert should be of a refreshing nature and low in calories. The seasons of the year determine to a great extent the selection of a dessert. Frozen desserts are more popular in summer while the steamed or baked puddings are tempting in winter.

FRESH PEAR DESSERT

6 *fresh* pears
unsweetened chocolate
fresh cream

Peel pears and cut in two, lengthwise. Fry in butter till transparent. Remove from frying pan to another container, but do not let the pears cool. Then add unsweetened chocolate to the butter remaining in frying pan and when melted fold in enough cream to make a rich, thick sauce. Pour over pears and serve warm. (Canned pears will not be suitable.)

Mrs. M. Baxter, Kenogami.

APPLE AND SHREDDED WHEAT CUSTARD

2 tbsp. butter
1 c. crushed shred. wheat
2 c. apple sauce
2 eggs
2 tbsp. sugar
¼ tsp. salt
1½ c. milk
⅛ tsp. nutmeg

Dot bottom of a casserole with butter. Sprinkle with shredded wheat and cover with apple sauce. Repeat layers of butter, shredded wheat, and apple sauce. Make a custard by stirring eggs slightly with a fork, adding sugar, salt and milk. Pour over casserole and sprinkle with nutmeg. Bake in a moderate oven (350°) 30 min. or until set. Mrs. W. F. Campbell.

APPLE DUMPLING

6 med. sized apples (peeled and cored)
½ tsp. cinnamon
1½ c. sugar (½ brown, ½ white)
¼ c. butter
1 c. pineapple juice
plain pastry

Mix ½ c. sugar with cinnamon, place each apple on circle of pie pastry, fill centres with sugar and cinnamon, fold pastry over apples, make sauce of pineapple juice, rest of sugar and butter, boil 5 min. then pour over apples and bake 25 min. or until done. *Note*: less sugar may be used if desired. Mrs. Finley McLeod.

APPLE UPSIDE-DOWN CAKE

¼ c. butter
3 apples
¾ c. brown sugar

¼ c. butter or shortening
⅓ c. white sugar
1 egg
¼ c. molasses
1 c. flour
1 tsp. baking powder
½ tsp. soda
⅛ tsp. salt
1 tsp. ginger
½ tsp. cinnamon
⅓ c. boiling water

Melt ¼ c. butter in baking dish, add brown sugar and blend together. Peel and core apples. Cut each apple in half to make 2 thick rings. Arrange rings of apples in butter and sugar mixture. Cream ¼ c. butter, add white sugar and cream well. Add well-beaten egg and molasses. Beat thoroughly. Sift dry ingredients and add to mixture. Lastly add boiling water, mixing quickly. Pour over apples and bake in moderate oven (325°) for 40 min. Turn out on plate and serve with whipped cream.

Serves 6. Betty Waite.

APPLE CRISP

6 med. sized apples
½ c. hot water
¼ c. brown sugar
1 tsp. cinnamon
¾ c. white sugar (or br.)
½ c. flour
⅓ c. butter

Pare, core and slice apples. Place in 1½ qt. casserole which has been oiled. Mix together the water, brown sugar, and cinnamon; pour over the apples. Blend the white (or brown) sugar and flour; rub in the butter until crumbly in consistency. Pat this mixture on top of the apples. Bake uncovered in moderate oven till the apples are tender. The length of baking will vary from 30 to 60 min., depending on the variety of apples used. Serve hot with cream. Serves 6. Anna McDonald.

APPLE FLAKE CRUNCH

6 c. sliced apples
2 tbsp. brown or gran. sugar
⅓ c. orange juice
⅓ c. brown sugar
2 tbsp. shortening
½ c. corn flakes
½ c. flour
½ tsp. nutmeg or cinnamon
1 tbsp. grated orange rind
1 tbsp. butter

Arrange apples in a greased 10 in. x 6 in. x 2 in. baking dish. Sprinkle the two tbsps. sugar on top; then pour about half the orange juice over this. Now work the ⅓ c. brown sugar and shortening together until creamy. Add corn flakes, flour, spice and orange rind and mix until crumbly. Spread on top of apples. Sprinkle rest of orange juice over top; then dot with butter. Bake in moderate oven, 375°F., for ¾ hour. Serve warm or cold with vanilla or lemon sauce, or cream. Serves 4 to 6.

Barbara Cooper, Isle Maligne.

BACHELOR PUDDING

½ tsp. salt
1½ c. flour
2 level tsp. B. P.
⅓ c. white sugar
½ c. or more raisins.
Add about ½ c. milk to make stiff batter, place in casserole

Mix: 1 c. brown sugar, 2½ c. boiling water, 1 dessert sp. butter. Pour this hot over batter. Bake in moderate oven about 40 minutes.

Mrs. W. A. Semple.

BAKED ALASKA

A plain cake put on a piece of board covered with paper. Place mould of ice cream on cake (have cake slightly larger than ice cream). Cover with meringue (2 tbsp. sugar to 1 egg). Make sure no holes are in meringue to show ice cream. Put in a very hot oven until meringue is slighty browned. Serve at once.

Frances Kent.

BUTTERSCOTCH APPLES

¾ c. soft bread crumbs
¼ c. butter
½ c. brown sugar
¼ tsp. salt
3 large apples
1 tbsp. melted butter
2 tbsp. brown sugar

Peel and cut apples in half and core. Cream butter, add sugar, bread crumbs and salt. Mix well. Put melted butter in bottom of baking pan. Sprinkle the 2 tbsp. of brown sugar over butter. Spread bread crumb mixture on top of inner side of apples. Place in baking pan with spread side up. Pour in enough hot water to cover bottom of pan and bake 1 hr. in moderate oven (375°). Serve with cream.

Mrs. Stewart, Kenogami.

CHERRY ROLL

2 c. cherries (1 can)
½ c. sugar
¼ tsp. cinnamon
rich biscuit dough
1 c. boiling water with red colouring

Pour cherry juice, boiling water and sugar in shallow pan and boil 5 min. Roll out dough ¼ in. thick, spread cherries on dough and sprinkle with cinnamon and dot with melted butter. Roll up as for jelly roll, and place in pan of hot syrup. Bake 25 min. Serve with whipped cream (is also very good without).

Mrs. Finley McLeod.

COCOANUT PUFF

½ c. butter
1 c. sugar
2 eggs
½ tsp. soda
2 c. flour
2 tsp. baking powder
1 c. sour milk (or sweet milk curdled with 1 tsp. vinegar)
½ c. shred. cocoanut (or 1 c. Rice Krispies)

Cream the butter and add the sugar. Beat the yolks of the eggs and add them. Sift the dry ingredients with the flour and add alternately with the milk. Fold in the cocoanut (or Krispies). Beat the egg whites until stiff and fold them in. Bake in buttered muffin pans in quick oven.

Lemon Sauce for Puffs:

½ c. sugar
1 tbsp. corn starch
few grains of salt
1 cup boiling water
2 tbsp. butter
2 tbsp. lemon juice

Mix the sugar, corn starch, and salt, and add the water gradually, stirring constantly. Boil 5 min., remove from fire, add the butter and lemon juice and serve.

Enid Hamilton, Isle Maligne.

COMPANY DESSERT

Cream together ½ c. shortening and ½ c. sugar. Add 4 egg yolks beaten and one tsp. vanilla. Sift together 1 c. flour, 1 tsp. baking powder, ¼ tsp. salt and add alternately with 5 tbsp. milk. Spread in two 8 in. layer cake pans greased and floured.

Beat 4 egg whites until stiff and add 1 c. sugar gradually. Beat thoroughly after each addition. Spread over each layer and cover with chopped walnuts. Bake ½ hr. in moderately slow oven, 325°. Turn out carefully, cool, then put layers together with custard filling. Meringue top may be covered with whipped cream.

Custard Filling: Combine 2 tbsp. sugar and 1 tbsp. corn starch and pinch of salt. Then stir in 1 egg yolk and 1 c. milk, cool until thickened. Add ½ tsp. vanilla.

Mrs. E. G. Allwright.

EVE'S PUDDING

½ lb. dried apples
⅔ c. sugar
1½ c. flour
1 tsp. baking powder
4 tbsp. shortening
1 egg
milk

Soak the dried apples overnight. Put all dry ingredients in a bowl and rub in the shortening. Mix with the egg and enough milk to make a dropping consistency. Put the apples in a pie dish and spread the batter evenly over them. Bake in a moderate oven for one hour. Fresh apples may be used instead of dried apples.

Irene Fraser.

FLOATING ISLAND

2 c. milk
3 or 4 eggs
3 tbsp. sugar
½ tsp. vanilla or chopped almonds
salt

Separate the egg yolks from whites. Beat the whites until firm, add gradually 2 tbsp. powdered sugar, drop by the spoon into the boiling milk. Cook for 2 min. Remove from milk with a perforated spoon, place on a plate. Beat the yolks, add the milk gradually, beat in a pan of water until firm. Add vanilla or chopped almonds and salt; let cool. Pace the egg whites on top, garnish with bits of jelly or with berries.

Mrs. O. Wirtanen.

FRUIT DUMPLINGS

2 c. sifted flour
4 tsp. baking powder
½ tsp. salt
1 tbsp. sugar
3 tbsp. shortening
1 c. milk
1 c. fruit

Mix and sift flour, baking powder and sugar; cut in shortening, add milk, stirring quickly to make a stiff dough. Stir in 1 c. fruit such as seeded grapes or berries and drop from spoon into rapidly boiling salted water. Cover and cook 12 mins. Drain and serve with sauce. Makes 6 servings.

Mrs. Charles Cunningham,
Isle Maligne.

GINGERSNAP PUDDING

¼ lb. gingersnaps
3 c. milk
½ c. raisins
2 tbsp. sugar
1 tbsp. butter
2 eggs
1 tsp. baking powder

Break gingersnaps evenly into small pieces, cover with milk. Let stand twenty minutes. Add raisins. Mix sugar, butter, well-beaten eggs together and fold into first mixture with baking powder. Bake uncovered. Temperature of oven 350°. Baking time about 1 hr.

Marion La Mountain.

SUNSET GINGERBREAD

Split gingerbread squares. Fill with Philadelphia cream cheese softened with milk. Pour over them lemon sauce. Garnish squares with more softened cream cheese.

Make Lemon Sauce by mixing ⅝ c. sugar and 1¼ tbsp. corn starch. Add 1¼ c. boiling water gradually. Boil 5 min. Remove from heat. Add 1½ tbsp. lemon juice and few grains nutmeg. (*Note*: Gingerbread with sliced bananas and whipped cream is also 'yummy dessert.)

Mrs. John Harris.

GRAPENUT PUFF PUDDING

1 tsp. grated lemon rind
4 tbsp. butter
3 tbsp. lemon juice
2 tbsp. flour
1 c. sugar
3 egg yolks (well beaten)
4 tbsp. grapenuts
1 c. milk
2 egg whites, stiffly beaten

Add lemon rind to butter and cream well, add sugar gradually blending after each addition. Add egg yolks and beat thoroughly, then lemon juice. Add flour, grapenuts and milk, mixing well. Fold in whites of eggs. Turn into greased baking pan and place in pan of hot water. Bake in slow oven (325°) 1 hr. and 15 min. Serve cold with cream. Serves six.

Mrs. M. Luscombe.

HOT FUDGE PUDDING

1 c. sifted all-purp. flour
2 tsp. baking powder
¼ tsp. salt
¾ c. sugar
2 tbsp. cocoa
½ c. milk
2 tbsp. shorten'g, melted
1 c. chopped nuts, if available
½ tsp. vanilla
1 c. brown sugar
4 tbsp. cocoa
1¾ c. hot water

Sift dry ingredients together, stir in the milk and shortening, mix until smooth. Add nuts and vanilla, spread in pan. Sprinkle with brown sugar and second amount of cocoa, mix. Pour hot water over entire batter. Bake in a greased and floured 8 in. square pan in moderate oven (350°F.) for 40 to 50 min. Invert squares on plates, dip sauce from pan over each.

Gertrude E. Tayler.

INDIAN MEAL PUDDING

1 qt. milk
1 heap. tbsp. corn meal (scald meal in small quan. of the milk & let cool)
½ c. molasses
1 egg (beaten)
1 tsp. cinnamon
¼ tsp. salt
½ c. raisins
1 small lump butter

Bake 1 ½hrs. slowly, stirring occasionally..

Gertrude March.

LEMON SPONGE PUDDING

Cream 1 c. sugar with 1 tbsp. butter, add 2 tbsp. flour, the grated rind and juice of 1 lemon, 1 c. milk and beaten yolks of 2 eggs. Then fold in stiffly beaten whites and pour into baking dish. Set this dish in one filled with hot water and bake slowly till custard sets.

Mrs. F. W. Hill, Riverbend.

PINEAPPLE PUDDING

1½ tbsp. butter, ½ c. molasses, 7 slices pineapple (or 2 apples cut in pieces or other fruit). Put in cake tin on low fire while mixing the following: 3 tbsp. shortening creamed with ½ c. sugar. Add 1 egg and ½ c. molasses. Mix the following drp ingredients together and add to mixture and mix well:

1¾ c. flour
½ tsp. soda
1½ tsp. baking powder
1 tsp. ginger
1 tsp. cinnamon
1 tsp. nutmeg
½ tsp. salt
¼ tsp. cloves

Add ½ c. boiling water and mix very well. Put on top of the fruit and syrup in the cake tin. Cook 30 or 35 min. in oven 375°.

Mrs. Ray Van.

PRUNE SOUFFLE

1 c. cooked prune pulp
¼ c. prune juice
2 tbsp. sugar
2 egg whites
½ c. bread or cracker crumbs
½ c. nut meats, chopped (optional)
1 tsp. vanilla

Mix pulp, juice and crumbs. Stir well. Add sugar and vanilla. Stir again. Add nuts. Beat egg whites and fold into mixture. Pour into buttered dish. Set dish in pan of hot water. Bake in a moderate oven until firm. Serve with whipped cream or custard sauce made from yolks. Bake 45 mins. at 325°.

Ethel Farmer, Chicoutimi.

QUICK MAPLE PUDDING

1 c. maple syrup
1 tbsp. shortening
3 tbsp. sugar
1 egg
½ c. milk
1 c. sifted pastry flour
2 tsp. baking powder
¼ tsp. salt

Heat syrup to boiling point and pour into well greased baking dish. Cream shortening and sugar together. Add beaten egg and combine thoroughly. Mix and sift flour and baking powder. Add alternately with milk to first mixture. Pour into hot syrup in baking dish. Bake in oven 400°F. for 25 min. Turn on serving dish and garnish with chopped nuts. Cream or a marshmallow sauce may be used.

Mrs. T. Erskine, Port Alfred, Que.

WARTIME WHIP CREAM AND RICE

Soak 4 marshmallows cut in small pieces in ½ pt. table cream over night or until soft. It will whip and is sufficiently sweet for shortcake and pudding toppings.

Boil ½ c. rice in salted water till cooked. Blanch with cold water and drain in sieve. Add to whipped cream and serve piled in sherbet glasses and sprinkled with scraped maple sugar (or brown).

Gwen Muirhead, Kenogami.

RICE BUTTERSCOTCH

⅓ c. rice
2 c. milk
1 c. brown sugar
¼ tsp. salt
2 tbsp. butter

Cook rice and milk together in double boiler until rice is tender and milk has almost disappeared (1 hr. or more). Add other ingredients and serve hot with top milk or cream. Serves six.

Helen Mason.

BAKED RICE

3 tbsp. rice
2 c. milk
1 c. water
small piece butter
scant ½ c. sugar
½ tsp. nutmeg
pinch of salt

Put all together in dish and bake for 2 hrs. at 325° without disturbing rice. If raisins are added, drop them in ½ hr. before removing from the oven.

H. Crerar.

ROLY-POLY

Roll biscuit dough into oblong 6 x 12 and spread with any kind of fruit you might have. Steam or bake 30 min. If steamed, roll in wax paper or cloth and place in top of steamer. Slice and serve with hot sauce made with fruit juice.

Laura Robinson.

STEAMED PUDDINGS

STEAMED APPLE PUDDING

1½ c. apples grated
1 c. carrots grated
1 c. raisins chopped
1½ c. sugar
1½ c. beef suet chopped
2 c. flour
1 tsp. soda
1 tsp. cinnamon
½ tsp. cloves
¼ tsp. salt

Sift soda and spices with salt. Mix in order given; if too dry a small amount of milk may be added. Steam 3 hrs. Serve with hot pudding sauce.

S. MacLellan.

SUET CRUST

1½ c. flour
1 ½c. suet
1½ tsp. baking powder
1 tsp. salt

Water to mix to soft dough.

Line bowl with half the dough. Peel, core and slice apples. Add 1 tsp. butter. Cover with dough and steam for 2 hrs.

Margot Calder.

YORKSHIRE PUDDING AND APPLE BATTER PUDDING

1 c. flour
½ tsp. salt
2 eggs
2 c. milk
1 tbsp. cold water
2 tbsp. dripping

Sift flour and salt into a mixing bowl. Break each egg into a small basin—then drop both (unbeaten) into the centre of the flour. Mix in a little of the flour, then take a quarter of the milk and add gradually mixing in the flour by degrees until you have a smooth batter. Beat it well—then gradually beat in the remainder of the milk and let it stand for an hour or more.

To Cook—Melt fat in a baking tin—stir water into the batter. Pour batter into hot fat and bake in a fairly hot oven about 45 mins.

Apple Batter: A nice dessert may be made by adding about 4 cooking apples—peeled, quartered, cored and sliced—and 2 tbsp. sugar to batter after it has stood for an hour or more. Bake as above.

Rosa R. Hutchin.

STEAM CHOCOLATE PUDDING

⅓ c. butter or shortening
¾ c. sugar
2 eggs
1 c. milk
2 c. flour
2 tsp. baking powder
pinch salt
2 squares chocolate
1 tsp. vanilla

Cream butter, add sugar and beaten egg yolks, then the melted chocolate. Mix, add flour and milk and egg white beaten stiff. Steam 1 hr. Serve with a chocolate sauce.

Sauce: 1 c. water, 1 c. sugar, 1 square chocolate or 2 tbsp. cocoa; a little cornstarch to thicken.

Mrs. A. McDonald.

GINGER SPONGE PUDDING

2 c. flour
1 dessertsp. ginger
3 ozs. brown sugar
¼ lb. butter
1 tsp. soda
½ c. raisins
a little mixed peel if desired

Mix flour, sugar, ginger and raisins. Add soda and butter. Mix to soft batter with milk. Steam for 3 hrs. Serve with your favorite sauce.

Mrs. A. E. Loup,
Isle Maligne.

HALF PAY PUDDING

½ c. butter or shortening
½ pt. milk
1 c. bread crumbs
1 c. flour
½ tsp. baking powder
2 tbsp. molasses
1 egg
1 c. currants
1 c. raisins

Soak bread crumbs in milk. Mix like cake, steam 2 hours.

Sauce: 1 tbsp. flour, 1 tbsp. butter. juice and grated rind of 1 lemon, ¾ c. sugar, 1 .c hot water.

Blend flour and butter, then add sugar and lemon. Mix well—add hot water and cook until thick and smooth.

Jean Ball.

STEAMED FIG OR RAISIN PUDDING

¼ c. shortening (⅛ lb.)
1 egg
1 c. sugar
1 c. milk
1½ c. chopped figs, or whole raisins
2 c. flour
4 tsp. baking powder
⅛ tsp. salt
½ tsp. vanilla

Pour into well-greased pudding dish, and steam 2 hrs. Serve with sauce or cream. Make half quantity for small family, using egg but reducing milk by about 1 tbsp.

Mrs. James E. Ellis, Riverbend.

STEAMED MOLASSES PUDDING

1 tbsp. butter
1 c. molasses
½ c. hot water
1 egg (beaten)
1 tsp. soda (small)
1½ c. flour
½ tsp. salt

Mix together butter, molasses, hot water, soda and salt. Add flour and beaten egg. Steam 2 hrs.

Sauce: ½ c. butter, 1 c. brown sugar, ½ c. milk, ½ tsp. vanilla. Cook 15 min., stirring constantly.

Katharine de Chazal.

STEAMED RAISIN PUFF

1½ c. all-purpose flour
½ tsp. salt
1 tsp. soda
1 egg, well beaten
¾ c. molasses
½ c. warm water
2 tbsp. melted shorten'g
1 c. chopped fruit (raisins, currants. prunes, apples, etc.)

Sift together the flour, salt, soda. Beat the egg well; add the molasses and again beat. Add together the flour mixture. Add the water, shortening and fruit. Mix lightly, turn into 2 oiled pudding moulds. Cover tightly and place in a steamer. Cover and steam 2 hrs. Serve with a velvet sauce.

Velvet Sauce:

1 c. brown sugar
2 tbsp. corn starch
⅛ tsp. salt
2 c. boiling water
3 tbsp. butter
1 tsp. grated lemon rind
3 tbsp. lemon juice

Blend the sugar, corn starch and salt. Add the boiling water slowly, stir well. Cook and stir.

Mrs. J. Wood, Kenogami.

CARROT PUDDING

1 c. grated carrots
1 c. grated potatoes
1 c. flour
2 tsp. baking powder
1 tsp. salt
1 c. sugar
1 tsp. nutmeg
1 tsp. cinnamon
1 c. raisins
1 c. currants
lemon peel
1 c. suet

Mix suet, fruit and sugar. Sift flour, salt, baking powder and spices. Mix first with grated carrots and potatoes. Add flour mixture. Steam three hours.

Mrs. W. M. Gaunce, Chicoutimi.

CHRISTMAS PLUM PUDDING

1½ lb. flour
¾ lb. suet
1 lb. currants
1 lb. raisins
1 bottle cherries
½ lb. mixed peel
½ lb. bread crumbs
1 c. brown sugar
1 c. molasses
1 c. milk
5 eggs
1 tsp. soda
½ tsp. salt
½ tsp. spices

Steam 4 hours and when ready to use steam 1 hour more.

Mrs. H. Brown.

PLUM PUDDING

1 lb. brown sugar
1 lb. suet
1 lb. raisins
1 lb. currants
½ lb. mixed peel
½ lb. flour
1 oz. brandy
1 large carrot (grated)
1 lb. bread crumbs
4 eggs
1 grated nutmeg
1 tsp. soda
1 tsp. cinnamon or allsp.
2 lemons (juices & grated rind)
1 tsp. vinegar
½ pt. milk
2 tbsp. syrup and a little salt

Mix and steam well. Eight puddings.

Florence Walker.

REFRIGERATOR DESSERTS

REFRIGERATOR BREAD PUDDING

1 envelope Knox gelatine
2 c. milk
⅓ c. sugar
¼ tsp. salt
4 slices white bread, cubed
2 eggs, slightly beaten
1 tsp. vanilla
nutmeg, if desired

Soften gelatine in ¼ c. cold milk. Scald remaining milk with sugar and salt in double boiler. Add gelatine. Stir until dissolved. Pour hot milk slowly over beaten eggs. Return to double boiler. Add bread cubes. Remove from heat. Add vanilla. Beat with rotary beater until frothy. Turn into mold. One c. cherries or chopped raisins may be added after beating mixture to a froth.

Nancy Morrison.

CHOCOLATE MARSHMALLOW CREAM

15 marshmallows
1 tsp. vanilla
1 c. milk
½ pt. whipping cream
¼ c. cocoa
¼ tsp. salt

Place cocoa in a saucepan and add milk gradually to form a smooth paste. Then add marshmallows and steam over hot water until they are thoroughly melted. Add vanilla and salt and cool. When quite cold and slightly stiffened, carefully combine with partially whipped cream. Freeze 1 hr. at coldest, and 1-2 hrs. at heavy duty.

Gertrude Tayler.

COFFEE MARLOW

Melt 30 marshmallows in 1½ c. hot, strong coffee, stirring until smooth. Add few grains salt; cool. When quite cool and slightly thickened, fold in 1½ c. cream which has been whipped until stiff. Pour into trays of refrigerator chilling unit and freeze without stirring.

Lois Collins.

ICE BOX BARS

2½ c. vanilla wafer crumbs, save ½ c. for top
½ c. soft butter

Mix well. Press in pan 8 in. x 10 in. Cook 15 minutes at 325°. Let stand until very cold. This is the only part to be cooked.

Second layer—
½ c. soft butter
1½ c. icing sugar
2 eggs

Cream butter. Blend in sugar. Add eggs one at a time. Beat mixture until very light. Spread on top of first layer.

Third layer—
1 can crushed pineapple
½ pt. whipped cream

Drain juice from pineapple. Fold whipped cream into the pineapple. Spread on top of second layer. Sprinkle the ½ c. of wafer crumbs on top. Place in Frigidaire chiller for 7 hours.

Mrs. E. G. Allwright.

ICE CREAM

To 40 marshmallows add ½ c. milk and dissolve on top of stove, stirring constantly. Allow this to cool. Whip 1 pt. cream and add this to marshmallows. Put 1 pt. milk in saucepan and bring to boiling point. Add ½ c. sugar mixed with 3 tbsp. corn starch. Stir briskly. Pour slowly over 3 eggs slightly beaten. Cool and add to above mixture. Flavour with strawberry jam or vanilla. After freezing for 30 mins. remove from container and beat for 5 mins. Return to refrig. and freeze for 2 hours.

Mrs. A. McLaren, Kenogami.

ICE CREAM

2 eggs
1 c. cream
⅓ c. white sugar
pinch of salt
flavouring

Beat the egg yolks with the sugar till fluffy. Fold in the cream, after it has been whipped. Fold in the stiffly beaten egg whites. Add salt and any desired flavouring. Freeze.

Katherine Cox.

MOCHA SPONGE

Soak: 1 tbsp. gelatine in ¼ c. cold water. Dissolve it in 1½ c. strong boiling coffee. Add: ⅓ c. sugar, ½ c. milk. Cook and stir these ingredients over a low flame until they are hot. Do not permit them to boil. Beat in a separate dish: 3 egg yolks, ¼ c. sugar.

Pour part of hot mixture over them. Return it to the pan and cook and stir it for two mins. to permit the yolks to thicken slightly. Do not permit it to boil. Cool these ingredients until they are thick.

Add: ½ tsp. vanilla. Whip them until they are fluffy.

Whip until stiff: 3 egg whites, ⅛ tsp. salt. Fold them into gelatine mixture. Pour sponge into mold. Chill it thoroughly. Unmold it and serve with cream. Serves 6.

E. M. FitzRandolph.

MAPLE MOUSSE

½ tbsp. gelatine
2 tbsp. cold water
1 c. maple syrup
2 c. cream (whipped)

Soften gelatine in cold water. Heat syrup to boiling; pour over gelatine, cool. When partly set—at the gummy stage—beat until foamy; fold in whipped cream. Let set for 4-6 hrs. in refrigerator.

Elizabeth Smith.

MARSHMALLOW PUDDING

whites 3 eggs beaten stiff
1 c. sugar
2 tsp. gelatine dis. in ½ c. hot water

When gelatine is dissolved, beat sugar and eggs into it. Flavour to taste. Beat 20 min.

Sauce: Beat yolks 3 eggs stiff, stir into a c. milk with 2 tsp. sugar. Cook to consistency of cream.

Gretta McGaughey.

NORWEGIAN ROSEHIP DESSERT — NYPESUPPE

1 litre (about 1 qt.) rosehips
4 litres (about 4 qts.) water
50 grams (about 2 oz.) potato flour
sugar to taste
whipped cream

The washed and prepared rosehips are boiled in the water until tender. Pass through sieve. Return to the fire, add sugar and bring to a boil. Add potato flour mixed in a little cold water while stirring constantly. Let boil only a few seconds. (Potato flour must not boil any longer as it is used for thickening and boiling makes it liquid again.) Chill. Serve in soup plates with an island of sweetened whipped cream as a garnish.

Ragnhild Lokken, Port Alfred, Que.

ORANGE ICE CREAM

½ tin condensed milk
½ c. orange juice, strained
1 tbsp. lemon juice
1 c. cream whipped to custard-like consistency

Add fruit juice to the condensed milk and mix well, stir this into the whipped cream and partially freeze. Remove from ice-box and beat well, return and finish freezing.

Mrs. W. J. Thomson.

PINEAPPLE-MARSHMALLOW DESSERT

Cook 1 c. crushed pineapple and ½ lb. marshmallows until marshmallows are dissolved, cool. Add 1 c. heavy cream, whipped. Line bottom and sides of pyrex baking dish (10 x 5) with whole graham crackers. Pour mixture in dish. Sprinkle top with 1 crushed graham cracker. Place in refrigerator or cool place and chill thoroughly.

Mrs. R. Jolicœur.

PRUNE PUDDING

½ lb. dried prunes
3 c. water
1 one-in. stick cinnamon
¾ c. sugar
⅛ tsp. salt
5 tbsp. corn starch
½ c. cold water
1 tbsp. lemon juice
½ c. chopped nut meats (optional)

Wash prunes, cover with 3 cups water and let stand 2 hrs. Using same water, cook in covered saucepan until soft—about 20 min. Drain, reserving juice, and pit prunes. Return fruit and juice to saucepan, and add cinnamon. In a bowl combine sugar, salt and corn starch. Mix with ½ c. cold water, stirring until smooth and well blended. Add gradually to fruit. Cook over low heat, stirring constantly until mixture thickens, about 5 mins. Remove cinnamon, and stir in lemon juice and nutmeats. Pour into mould and chill. Serve plain or with whipped cream.

Mrs. Ron Lewis.

JELLIED PLUM PUDDING

1 pkg. orange or cherry flavoured gelatine
¾ c. sugar
2 c. boiling water
1 c. seedless raisins
1 c. cooked prunes or dates (chopped)
½ c. candied cherries
¼ c. candied pineapple
¼ c. shred. citron peel
1 c. nut meats
f. g. salt
1 tsp. cinnamon (or ½ tsp. mace & ¼ tsp. cloves)

When jelly begins to thicken, add other ingredients, after pouring some boiling water over raisins and then draining them. Fruits should be chopped. Currants make a good substitute for pineapple or cherries. When gelatine is beginning to thicken, add other ingredients. Serve with whipped cream. Can use 1 c. prune juice instead of 1 c. of the water.

Margaret Saunders.

RASPBERRY DESSERT

1 pkg. raspberry jello
1 c. hot water
1 c. hot raspberry juice, 5 or 6 marshmallows dissolved in it
1 c. whipping cream
½ c. nuts (optional)
1 c. raspberries
vanilla wafers or graham crackers

Dissolve jello in hot water, add juice and when it begins to congeal, beat until frothy. Whip cream — crush raspberries. Mix cream, raspberries and nuts. Crush wafers, put in bottom of pan, then mixture, and cover with crumbs. Let chill in refrigerator until well set.

Barbara Booth.

PINEAPPLE MINT SHERBET

1 tsp. gelatine
½ c. water
1 c. pineapple juice
½ c. sugar
1 c. crushed pineapple
2 egg whites
2 tbsp. prepared mint or 1 tbsp. chopped fresh mint, or
1 drop essence peppermint
2 tbsp. lemon juice

Mix water, pineapple juice and sugar. Boil three mins. Add soaked gelatin and dissolve. Cool. Add crushed fruits, chopped mint and lemon juice. Freeze for 1 hr. Turn into bowl, add unbeaten egg whites and beat until very light. Return to refrigerator and freeze 2-3 hrs. Other fruits may be substituted in place of the pineapple.

Lois Collins.

LEMON CREAM SHERBET

1 pt. milk
1 c. sugar
½ pt. cream
juice of 2 lemons
grated rind of 1 lemon
2 egg whites
2 tbsp. sugar

Add sugar to milk and let dissolve. When thoroughly dissolved add lemon rind and juice, stir while adding. Turn into freezer tray and freeze 1 hr. Beat egg whites—adding 2 tbsp. sugar. Whip cream to custard consistency—combine with egg whites; add to frozen mixture and mix lightly. Return and freeze. Requires no stirring.

Lorna Radley.

FISH AND POULTRY

To cook poultry:

Singe off down and hair quickly over open flame or turning slowly over low heat. Remove pinfeathers with tweezers. Cut out oil sack just above tail. Wash bird well inside and out and wipe with a damp cloth. (Oily birds like goose should be parboiled or steamed before stuffing.)

Rub inside lightly with salt. Lightly stuff neck cavity; fold skin over back; fasten. Lightly stuff body cavity. Close cavity by fastening with skewers and lacing with string or by sewing. Fold wing tips under back of bird. Tie together ends of legs with string; bring string around tail piece. Turn bird on breast; cross string on back, bringing up around wings. Tie securely in centre of back. Before serving, remove any skewers and string. Clean gizzard, heart and liver. Cover gizzard and heart with boiling water. Add ½ tsp. salt. Neck may be cooked with giblets. Cover, simmer 1-2 hrs. adding liver ½ hr. before cooking is completed. Drain giblets, reserving stock for gravy, etc. Chop giblets for use in gravy or stuffing. Have plenty of bacon drippings or unflavored fat in the roasting pan and baste the bird with it regularly—every 15 to 20 min. It is a good plan to lay a few strips of fat side bacon over the breast of chicken or turkey—after the skin has browned. To test when done, thrust tine of cooking fork into leg flesh and twist slightly; if flesh leaves bone, bird is cooked. Remove it to hot platter. Pour off extra fat in pan, carefully saving brown sediment and 2 tbsp. fat for each cup of gravy desired

Stewing is the second most popular way to cook chicken—and this is also a very delicate way to cook turkey. An older bird, which would not be suitable for roasting, will make many delicious dishes if it is first stewed properly until tender. It should be simmered gently with seasonings, always below boiling point, until meat is tender enough to leave bones easily.

Selection: Meaty breast, and thighs and clean smooth skin are signs of good poultry. It is customary to allow from ½ to ¾ lb. of poultry for each person to be served.

CORN AND OYSTER CASSEROLE

2 tbsp. butter
4 tbsp. flour
2 c. milk
¾ tsp. salt
⅛ tsp. pepper
1½ c. whole kernel corn
2 eggs, slightly beaten
1½ c. oysters
bread crumbs

Melt butter, add flour and blend well. Add milk and seasoning and cook until thickened. Stir in corn and eggs. Pour into a buttered baking dish and on top arrange well-drained oysters which have been seasoned with salt and pepper. Cover with buttered bread crumbs and bake in a moderate oven (375°F.) for 30 minutes. Serves 4-6.

L. Middleton, Kenogami.

CLAM PIE

1 can whole or minced clams
1 large onion, sliced
2 tbsp. salad oil or fat
2 c. cubed cooked potatoes
salt
pepper

Saute onion until soft, add clams, potatoes, salt, pepper. Heat well. Pour into casserole and add pie crust. Prick well to allow steam to escape. Bake in hot oven (400°F.) 20 mins. or until crust is brown. Serves 4.

Joan Christie.

FLAKED FISH EN CASSEROLE

2 c. milk
½ c. grated cheese
2 c. fish flaked (crabmeat, salmon or lobster may also be used)
2 eggs
3 crackers (rolled)
2 tbsp. butter (melted)
juice of one lemon

Combine fish flakes and cheese. Add beaten eggs and milk, and pour into buttered casserole. Cover top with crackers rolled and mixed with melted butter. Pour over all lemon juice. Cover, set casserole in a pan of warm water. Bake in moderate oven 30 minutes.

E. M. FitzRandolph.

FISH PIE

2 c. flaked cooked fish
2 tsp. minced parsley
1½ c. white sauce
3 c. mashed potatoes
1 c. grated cheese

Butter baking dish, line with mashed potatoes, allowing potatoes to come about ½ inch above dish on all sides. Put layer of fish, then layer of white sauce with parsley, then layer of cheese. Repeat, ending with cheese. Bake at 425° for 20 min., or until cheese is brown. Gladys Gillis.

BAKED TUNA CASSEROLE

5 tbsp. flour
2 tbsp. butter
3 tbsp. onion, finely chopped
1½ c. milk
1¼ c. condensed mushroom soup
1½ c. flaked tuna fish (7 oz. tin)
¾ tsp. salt
1 c. crushed potato chips

Saute butter and onion for 3 min. Blend in flour. Add milk gradually and stir well. Add mushroom soup. Cook until thickened. Add tuna fish and salt. Place alternate layers of tuna mixture and potato chips (crumbs) in casserole, topping with potato chip crumbs. Bake at 350° for 30 minutes. Serves 6.

Evelyn Stangeby, Chicoutimi.

KEDGEREE

finnan haddie
½ c. rice
eggs

Boil rice. Cook and flake finnan haddie. Chop up hard boiled eggs. Add pepper, salt and melted butter to taste.

Kay Prideaux.

SALMON AND PICKLE LOAF

1 1-lb. tin salmon, flaked
½ c. crumbs
½ c. milk
½ c. sweet gherkins, coarsely chopped
1 egg
1 tsp. butter
1 tsp. salt
{1 c. white sauce, hot
{2 hard boiled eggs
{6 stuffed olives

Mix ingredients in order given, then form loaf with hands and bake in uncovered greased casserole set in shallow pan of water for about 1 hour, until firm (375°). Serve hot, garnished with white sauce and slices of hard cooked eggs and olives.

Lillian Morrison.

SIMPLE SIMON FISH PIE

2½ c. cooked rice
2 tbsp. chopped parsley
1 1-lb. can salmon, flaked
2½ c. med. white sauce
salt and pepper
½ tsp. celery seed
⅛ tsp. nutmeg
2 tbsp. lemon juice
1 c. grated cheese

Mix rice and parsley. Combine remaining ingredients; place over rice in greased casserole. Cover with Flaky Crust:

1 c. flour
¼ tsp. salt
¼ tsp. B. P.
⅓ c. shortening
3 tbsp. cold water
1 tbsp. lemon juice

Sift dry ingredients. Cut in shortening. Add cold water and lemon juice; mix. Roll. Cut slashes in a fish shape for escape of steam. Bake in moderate oven (350°) for 30 min. Serves 6.

Anna McDonald.

SHRIMP SALAD

1 pt. shrimps
1 head lettuce
1 hard-boiled egg
beets
lettuce
celery tips
salt and pepper

Drain shrimps; chop lettuce; slice eggs. Place in salad bowl a layer of shrimps, then a layer of lettuce. Season with salt and pepper. Spread over all mayonnaise dressing and garnish with beets, celery tips and egg.

Mrs. P. Arseneau.

SAVORY SALMON STEAKS

3 slices fresh salmon
1½ c. milk
1 tsp. grated onion
1 tbsp. butter
4 tsp. flour
1 tsp. salt
¼ tsp. paprika
3 tbsp. grated cheese
pepper to taste

Pour the milk and flour into a well-greased baking dish. Lay in the salmon steaks and add the seasonings. Dot fish with butter and grated cheese. Place in a medium oven and bake for 45 min. or an hour, depending on the thickness of the steaks.

Marion LaMountain.

CHICKEN PIE

Steam or boil a chicken or fowl weighing three to five pounds. Skin it and remove all the meat from the bones while warm, placing meat in greased casserole. Skim the broth if very fat, season with salt and pepper, onion and celery if desired, and thicken with flour combined with enough cold water to make a thin paste. Let this simmer a few minutes, strain and pour over chicken. Cover with the following batter: sift together 2 c. flour, 2 tsp. baking powder, ½ tsp. salt. Work in 2 tbsp. shortening (fat skimmed from broth may be used). Moisten with ¾ c. milk to which 1 beaten egg has been added. Drop by spoonfuls on the prepared chicken and bake in a moderate oven for ½ to ¾ of an hr.

Gretchen Finley.

MEATS, CHEESE, EGGS, CASSEROLES AND SUPPER DISHES

Meat: the main course, what the French master-chefs call the *pièce de résistance*, the hub around which the planning of the meal revolves, the issue upon which the worth of the meal is adjudged. Meats contribute importantly to the maintenance of the human machine, and when carefully prepared they replenish energies and provide new strength and vigor.

The high cost of meat is largely due to lack of knowledge of the equal food value of cuts other than choice steaks, chops and tenderloins. The cheaper cuts are usually less tender but they are just as nutritious, and in many cases more so, provided they are properly cooked and served. Meats are more tender and shrink less when cooked at a low temperature.

GENERAL MEAT COOKING METHODS

Broiling—Exposing the meat to direct heat. In pan-broiling the meat is put into a very hot ungreased utensil of heavy cast iron or cast aluminum. After the surface is well-seared, the heat is reduced to finish cooking. In broiling over or under direct heat, a better job is accomplished if the meat is turned frequently. This method is only for tender steaks and chops.

Frying or Sauteing—Frying in a small amount of fat.

Roasting—Meats cooked in dry heat in the oven. When the pan is covered moisture accumulates and we think of the meat as baked. Delicious roasts result from a constant, medium or low temperature, though it is quite all right to raise the heat at the beginning if a rich, "browner" flavor is desired. Fowl turn out best when the pan is covered the main share of the cooking time—then uncovered during the last few minutes to give a crispy, brown surface.

Pot-roasting—Searing the meat on top of the stove and then adding a small quantity of water and permitting the meat to cook slowly until tender. This is an excellent way to cook the less tender cuts of meat.

Braising—Similar to pot-roasting but used more often with the smaller cuts of meat.

Simmering—The method for soups and stews. The meat is put into cold water and gradually heated to boiling. The heat is then reduced and the meat simmered at about 180°.

HOW TO JUDGE MEAT.

Beef: Ask for young beef. Loog for the porous reddish bones of the young animal. Meat should be a bright red colour when fresly cut, mottled all through with white or creamy (not yellow) fat, with an outer layer of fat. Fine smooth grain, velvety appearance to tender cuts, with no gristle or long fibres; in parts less tender the fibres are longer.

Lamb: Pinkish red in color, fine-grained firm meat, smooth and velvety; lightly mottled and covered with fat; porous reddish bone.

Veal: Flesh of the calf is very light grayish pink, becoming more pink as older; thin covering of firm fat. Fine-grained velvety texture, no mottling; porous, soft reddish bone.

Pork: Grayish white lean meat when young, deepening to rosy tone in older animal; marbled and covered with white firm fat; firm, fine smooth-grained texture; juicy but not wet.

CUTS TO BUY.

Beef:

Steaks for broiling: porterhouse, sliced tenderloin, sirloin, small wing, T-bone or club steaks.

Oven roasts: tender, prime ribs with bone, or boned and rolled, sirloin, tenderloin, porterhouse, wing top round of baby beef.

Pot-roast, beef à la mode, braised beef: round, rump, chuck, brisket, short ribs, flank (for stuffing).

Stews, meat pies, boiled beef: neck, shoulder, chuck, rump, flank steak, round steak.

Chopped beef: lower round, flank, shoulder, neck.

Soup: neck, shank, also oxtails.

Edible organs: tongue, sweet breads, liver, heart, kidneys, tripe.

Lamb:

Roast: leg, shoulder, loin (the crown ribs), the rack.
Braised: shoulder.
"Boiled" (really simmered): leg, shoulder, breast.
Stew, ragout, curry: breast, neck, chuck—or left-over cooked meat.
Chops: loin, ribs, shoulder.
Lamb steaks: cut from leg.
Casserole cuts: shoulder, chuck, neck.
Chopped lamb: shoulder, chuck, neck.
Edible organs: tongue, heart, kidneys.

Veal:

Roast: leg, shoulder loin.
Veal steak or cutlet: top leg, shoulder.
Stuffed roast shoulder: boned shoulder, not rolled.
Stuffed veal breast: roasted or in casserole.
Pot roast: shoulder (gash it and insert strips of fat bacon).
Stew, fricassee: shoulder or breast.
Veal birds: stuffed—leg slices.
Jellied veal: knuckle and stewing cuts.
Chops: ribs, loin, shoulder.
Edible organs: sweetbread, liver, heart, tongue.

Pork:

Roast: loin, butt, shoulder, tenderloin, spareribs.
Ham—fresh or smoked.
Crown roast—ribs.

Chops: loin, ribs; less tender—butt or shoulder.

Casserole cuts: shoulder chops, shoulder butt.

CARVING

Tools: two or three sharp knives and a strong two-pronged fork, well guarded—and a sharpening steel. It is well to sharpen the knives on the steel in the kitchen before each meal.

Poultry: The roast chicken or turkey should be placed with its back on the platter, the drumsticks to the left, and the neck to the right of the carver. The legs should be carved first. Insert the fork held firmly in the left hand diagonally towards the neck, plunging one tine in the drumstick and the other in the thigh. With the knife in the right hand, cut all around the bone very close to the body. Then pressing the knife against the side of the bird pull the handle of the fork down and backwards towards the tail to separate the hip joint and remove the leg. With the fork still in its first position lay the leg flat on the platter or side plate with the jointure to the right. Run the knife between the two tines of the now vertical fork. The knife should neatly sever the knee joint between the drumstick and the thigh. The wing is cut off in much the same fashion. Insert the fork with a tine in each joint, cut around the bone, press the fork away from the body and remove the wing. Next, with the fork firmly implanted low between the ribs, slice the white meat on the breast, cutting downward parallel to the breast bone and ribs. Carve enough to generously serve each person at the table with a fair division of the white and dark meat.

BEEF—*Beefsteak*: First remove the bone by cutting all around its edge with the knife point. Then following the grain of the steak, cut in sections an inch or so wide beginning with the bone end of the meat. *Rump, loin, and round roasts*: are always to be carved straight across the grain in very thin slices. The *standing rib roast*: is cut in thin slices across the grain of the meat up to the bone, the carver steadying the meat by holding the top rib or plunging his fork into the meaty centre. After several slices have been cut, the knife point is drawn down parallel and close to the rib bone to sever the slices from the ribs. The *rolled rib roast*: is also cut across the grain of the meat.

LEG OF VEAL AND LAMB: Two methods of carving. With the bone end to the left of the carver, insert the fork near the small end of the roast. Then cut thin slices from the right at an angle of about 30°, cutting back to the left until the bone is reached. The other method is to carve directly across the grain with the first cut made about the middle of the roast, and subsequent slices then taken from either side. The first method is the more economical with larger slices cut almost straight across the grain, though the texture of each slice is not so fine. If the lower portion of this roast is also needed for the meal, remove the long bone by cutting the meat on either side running the knife underneath between the meat and the bone. Then slice the under part, just as was the upper portion, the size of the slices being determined by the angle of the knife.

RIB ROAST OF VEAL, PORK AND LAMB: The backbone should be cut before cooking, then just slice the meat between the ribs in serving.

HAM: The simplest and most economical way is to begin at the end and cut thin slices on each side of bone. If choice portions are desired, make a crosswise incision through thick part of flesh near the small end and shave thin slices.

MEATS

BARBECUE BURGERS

2 tbsp. shortening or butter
1 lb. hamburger
2 large onions chopped
½ c. diced celery
1 c. sliced mushrooms
¼ c. catsup
1 c. tomatoes
1 c. water
1 tsp. chili powder
salt
pepper
2 tbsp. tapioca
soft rolls

Fry hamburgers, onions, celery and mushrooms in hot shortening until brown. Add catsup, tomatoes, water and seasonings. Cover, simmer 15 min. Add tapioca. Cook until slightly thick.

Split rolls, brown in frying pan in a little hot butter. To serve—surround a bowl of burger mixture with the pan-toasted rolls.

Mrs. J. G. Campbell.

BEEF UPSIDE-DOWN PIE

sift together 1½c. flour,
3 tsp. baking powder
½ tsp. salt
1 tsp. paprika
1 tsp. celery salt
¼ tsp. white pepper
add 3 tbsp. shortening and mix in thoroughly with a fork
add ¾ c. milk and stir until blended.

Melt 2 tbsp. shortening in a 9 in. frying pan and cook onions until soft. Add 1 can tomato soup (condensed), ½ tsp. salt, ½ lb. ground beef. Bring to a boil. Spread baking powder mixture on top of meat mixture and bake in a hot oven, 475°F. for about 20 min. Turn upside down on a large plate. Serves 8.

Mrs. W. Forsythe, Kenogami.

HAMBURG AND MACARONI

1 lb. hamburg
1 onion sliced
4 strips bacon
1 tin tomato soup
2 c. cooked macaroni or spaghetti

Fry sliced onion in fat. Fry bacon till crisp. Toss salted hamburg in bacon fat. Dice bacon and combine with cooked macaroni, fried onion, tomato soup and milk as required. Serve hot in casserole.

C. M. Skelton.

MEAT LOAF

1 lb. round steak
½ lb. raw ham
1 c. bread crumbs
½ small tin. tomato soup
1 egg
seasoning

Mince steak and ham together, add other ingredients, steam 2 hours. Serve cold.

Helen Mason.

MEAT LOAF

¾ lb. round steak
½ lb. pork—both ground
1 egg
¾ c. dried bread crumbs
1 c. milk
1 onion minced
1 tsp. sage
salt and pepper

Mix egg, bread crumbs, onion, seasoning, add milk; mix well. Add meat, Shape into a loaf. Place in a well-greased roasting pan—spread dripping over top of meat. Roast in a hot oven—covering for half the time with the oven turned a bit lower. Cooking time: 1¼ hours.

Mrs. C. J. Tanner.

MEAT LOAF

1 lb. fresh pork
1 lb. veal
2 lbs. beef
1 c. bread crumbs
1 c. milk
1 tbsp. salt
⅛ tsp pepper
3 eggs slightly beaten
6 slices fat salt pork

Chop meat finely, mix, and add remaining ingredients (except salt pork) in order given. Shape in loaf, put in pan and lays across top 6 thin slices fat salt pork. Roast 1½ hrs. in hot oven (400°F.), basting every 10 mins. at first with ½ c. hot water and after that has gone with fat in pan. Remove to platter, pour around tomato sauce or brown sauce, and garnish with parsley. One small onion may be added, finely chopped.

Mrs. K. Low, Kenogami.

RICE AND MEAT BALLS

1½ lbs. ground beef
½ c. uncooked rice
1 tsp. salt
⅛ tsp. pepper
1 tbsp. grated onion
1 can tomato soup or mushroom soup
1 c. water
2 tbsp. chopped green pepper if desired

Mix the beef, uncooked rice, salt and pepper. Shape into small balls and drop into the hot tomato soup, to which the water, onion, and chopped green pepper have been added. Cook slowly for 40 min. Serve on a hot plate with tomato sauce, thickened with a little flour, if desired. Or can be baked in a casserole in a moderate oven for 1½ hr. Remove cover during the last 15 min. of baking to allow to brown.

Rosella Lathangue.

NORWEGIAN MEAT BALLS

1 lb. round steak minced
1 c. cracker or bread crumbs
2 tsp. corn starch
1 tsp. ginger
1 tsp. salt

Knead with milk into soft balls and fry.

Gertrude March.

BEEF ROLL

Filling:
2 c. ground cooked beef
1 c. gravy
2 tbsp. minced onion
2 tbsp. chopped green pepper (optional)
salt and pepper
Biscuit Dough:
2 c. sifted flour
¼ c. shortening
4 tsp. baking powder
1 tsp. salt
⅔ c. milk
gravy or sauce

1. Combine meat, 1 c. gravy, onion and green pepper.

2. Make baking powder biscuit dough.

3. Roll dough into rectangular sheet about ⅓ in. thick.

4. Spread with beef mixture and roll up as for jelly roll. Cut into slices 1 in. thick.

5. Bake with the cut side up at 400°F. for about 30 min.

6. Serve with extra gravy or tomato sauce.

Serves 6. Helen Soldan.

SWISS RECIPE

2 large onions
⅓ c. chopped parsley
4 level tbsp. butter (2 oz.)
1 tbsp. flour
½ lb. lean round steak
½ lb. veal
vinegar, lemon or wine
salt and pepper

Put butter in frying pan (use a pan for which you have a lid to fit). When butter is hot add finely chopped onion and parsley, sprinkle with salt and pepper and sift in the flour. Allow to stew slowly until onions are soft. Then add the round steak and veal cut into very small pieces. Fry over quick fire for about 2 min. stirring constantly to prevent any of the ingredients becoming burned. After frying 2 min. reduce the heat to very low fire, stir the ingredients, cover the pan and allow to simmer very slowly until the meat is well cooked (about 45 min.). Add some vinegar, lemon juice or wine, and serve immediately with small dumplings or noodles.

Mrs. Peter Gregory.

STEAMED STEAK

1 lb. steak (cut thin)
few rashers lean ham
or bacon
carrot and turnip
pepper and salt
flour

Cut the steak into strips about 2 in. long and 3 in. broad. On each piece of steak put a strip of bacon and roll up into a cork shape. Roll each piece in flour well seasoned with salt and pepper, then put into a bowl which has been carefully greased. Pack the rolls firmly together, this saves the trouble of tying each roll with thread, cover with greased paper and steam 3 hrs. When carrot and turnip is used cut into neat pieces and place in bowl with the meat.

Mrs. John E. Towers, Riverbend.

SPICED STEAK EN CASSEROLE (Mexican)

2 lbs. round steak
8 whole peppers (black)
8 whole cloves
3 small bay leaves
salt
milk

Have steak tenderized or pound on both sides with knife. Rub flour well into both sides. Fry as ordinarily but only till brown on both sides, using plenty of shortening or butter. Remove steak from frying pan. Sprinkle pan with flour and brown it, and add about 1 qt. milk to make thick gravy. Place steak in well-greased casserole and pour milk gravy over it. Season with salt. Add the whole peppers, cloves and bay leaves. Cover and bake in slow oven for 2½-3 hrs. or until meat is easily broken with a fork. Remove condiments from gravy before serving. This dish is especially nice with crisp hot rolls or creamed potatoes and green peas.

Esdaile Boyle.

CROSS-CUT SHANK STEW

Yield: 4 servings
2 lbs. beef shank (cut in 2 in. pieces)
2 tbsp. lard or blended shortening
2 tsp. salt
1 c. cooked tomatoes
1 onion sliced
½ c. diced celery
1 c. water

Brown meat in hot fat. Season. Add tomatoes, water, onion and celery. Cover and cook slowly; or bake, covered, in moderate oven (350°F.) about 2 hours.

Mrs. Ron. Lewis.

POT ROAST SPICED

4 lb. pot roast of beef
1 tsp. each nutmeg, cinnamon and cloves
½ c. brown sugar
1 c. apple or grape juice
mustard (dry)
1 tbsp. salt
2 bay leaves
1 c. vinegar
3 onions sliced
boiling water as required
1 clove garlic (optional)

Wipe meat with damp cloth and place in bowl. Mix salt and spices and rub into meat. Add sliced onion, garlic, bay leaves, sugar, vinegar and fruit juice and let stand, covered, in a cool place for 2 hrs. or more. Pour off liquid and save. Rub meat with dry mustard and then brown in hot fat. Add the spiced liquid, cover and cook slowly for 3 to 3½ hrs., adding hot water as needed. Vegetables (onions, carrots, celery, etc.) may be added at the end, just long enough to cook.

Katharine R. Cox.

CASSEROLE SWISS STEAK

2 lb. round steak (no bones)
1 large onion
2 tbsp. flour
1 large can tomatoes
6 soda biscuits
salt and pepper to taste

Cut beef in small amounts. Roll in flour and pound well on both sides with edge of saucer till flour is well cut in. Cut onions and saute in fat or butter. Add meat and brown slightly. Remove from pan and make a thick brown gravy. About 2 cups of hot water or stock, flour and seasoning to taste and a little coloring if necessary. Arrange meat in casserole and pour brown gravy over steak. Cover and cook in a temperature 250° to 300° for over 2½ hrs. Heat tomatoes and add rolled biscuits. Serve at once. Serves 6.

Mrs. A. E. Davis, Bagotville, Que.

YORKHIRE PUDDING FOR ROAST BEEF

3 eggs, well beaten
1 pt. milk
1 c. flour and salt to taste
mix well

Pour into a baking pan in which you have *real hot* beef dripping (make sure your fat is smoking hot or the pudding will not be a success). Bake from 30 to 40 mins. in moderate oven. Pour off dripping as pudding cooks. Serve with roast beef and beef gravy piping hot, just as you take the pudding from the oven.

Note: Canadians sometimes cook the pudding in individual muffin pans instead of the large baking pan. Mrs. J. Blenkiron.

SHERRY HAM LOAF

Pour 1½ c. scalded milk on 6 large crackers crumbled and rolled. Add 1 lb. ground ham, 1 lb. ground fresh lean pork, 2 beaten eggs, pepper and a pinch of celery salt. Stir together well. Generously cover the bottom of a buttered bread pan with a mixture of 4 finely chopped dill pickles, 2 chopped pimentos, 1 scant c. California sherry wine. Pack the meat in and bake 1 hr. in slow oven. Chill thoroughly in baking pan. Turn out on platter just before serving. Decorate base with stars and crescents of aspic tinted green. Mrs. J. Wood, Kenogami.

HAM ROLLS WITH CHEESE SAUCE

2 c. flour
4 tsp. baking powder
½ tsp. salt
4 tbsp. shortening
¾ c. milk or water and milk
1 c. ground cooked ham
2 tbsp. soft butter
1½ tbsp. prepared mustard

Add butter and mustard to ground ham and mix well. Sift together flour, baking powder and salt. Add shortening and mix in well with fork. Add liquid to make soft dough. Turn out on floured board and toss lightly until outside looks smooth. Roll out ¼ in. thick in sheet 12 in. long by 10 in. wide. Spread with ham mixture. Roll up lengthwise like jelly roll and cut into slices 1½ in. thick. Flatten each slice down to 1 in. thick and place on greased pan. Bake in hot oven at 475°F. about 14 min. Serve with cheese sauce. Irene Fraser.

HAM AND MACARONI CASSEROLE

2 c. macaroni and cheese
½ c. bread crumbs
1 c. ground cooked ham
1 tbsp. butter, melted

Place thin layer of macaroni in a buttered casserole, top with one of ham. Repeat layers, using all of each. Mix bread crumbs and butter and sprinkle over the top. Bake in moderate oven (375°) for about 20 min., or until well heated through. This is an excellent method for using left-over ham. Mrs. E. G. Allwright.

HAM LUNCHEON RING

1 pkg. lemon gelatin
1 c. boiling water
2 tbsp. lemon juice
¾ c. mayonnaise
1½ c. cold diced ham
2 tbsp. minced green pepper
2 tbsp. minced dill pickle

Dissolve gelatin in boiling water, add lemon juice with cold water to make ¾ c. in all, set in ice box till it begins to thicken. Beat in mayonnaise and stir in ham, pepper and pickle, chill until firm and serve on a bed of crisp lettuce.

Mrs. A. H. Tait.

JELLIED HAM LOAF

Soak 2 tbsp. gelatine in 4 tbsp. cold water for 5 min. Add ½ c. boiling water and stir until geatine is dissolved. Add ½ tsp. salt, ¼ tsp. pepper; let cool.

Add 2 c. cooked ham, ¼ c. chopped pickle, ¼ c. chopped celery, 1 tbsp. chopped onion, ½ c. salad dressing.

Pour into mold and chill. Serve on lettuce and garnish with mayonnaise.

Dot MacKay.

THRIFTY LAMB PIE

2 c. cooked lamb (cut in small pieces)
1 c. diced potatoes
⅓ c. chopped green peppers
⅔ c. celery
⅔ c. canned tomatoes (drained if preferred)
½ tsp. salt
1 onion chopped fine
2 c. meat stock

Gently boil together for 10-15 min. until vegetables are done. Transfer to pyrex baker. Bake for about 20 min. Prepare biscuit dough, roll ½ in. thick—put 1 in. strip around top of dish. Cut remaining dough in biscuits for top. Brown at 400°F. Serves 6.

Ethel Farmer, Chicoutimi.

LAMB STEW WITH MUSHROOM DUMPLINGS

3 lbs. lean lamb cut in pieces
½ c. sliced onions
3 carrots
5 c. boiling water
2 tbsp. chopped parsley

Roll lamb in seasoned flour, brown with onions in hot fat in kettle. Add carrots and boiling water. Simmer slowly about 2 hrs. Drop dumplings in and cook 10 minutes.

Dumplings:

1 c. flour
2 tsp. baking powder
½ tsp. salt
½ c. tinned mushroom soup
3 tbsp. water

Sift dry ingredients. Add soup and water to make a soft dough. Drop by spoonfuls into hot stew. Cover tightly. Cook 10 min.

Lottie Scott.

LIVER CAKES

Put through the meat grinder: ½ lb. liver (calf, pork or beef), 1 onion about 1½ in. in diameter, 2 or 3 slices cooked bacon (omit this if you have coupon trouble), ½ slice bread to absorb onion and liver juices.

To this mixture add: 2 lbs. flour, 1 well-beaten egg, salt and pepper.

This should make a batter which can be dropped by spoonsful into a frying pan, like griddle cakes. Remember that liver should not be over-cooked.

Bertha M. Rough.

MOCK PÂTE DE FOIE GRAS

Cook slowly and not too long one pound of sliced liver (calf, pork or beef) in a frying pan, being careful not to let it brown too much.

Put through the meat grinder:
the cooked liver,
1 green pepper
1 onion about 2 in. in diameter

To this mixture add:
½ tsp. French mustard
½ tsp. Worcestershire sauce
¼ tsp. ground cloves
¼ c. melted butter
few drops Tabasco sauce
salt and pepper

This should produce a dough-like mixture which can be shaped with the hands into a roll about 2 in. in diameter. Roll in wax paper and slice as wanted. In this form it will keep about a week in the refrigerator. If made in larger quantities to be kept longer, pack into sterile jars and seal with melted lard. This recipe provides scope for experimenting with other seasonings such as thyme, savory, etc. Good with salads in the summer.

Bertha M. Rough.

BRAISED LIVER EN CASSEROLE

1 lb. beef liver
¼ c. flour
1½ tsp. salt or to taste
¼ tsp. pepper
2 tbsp. shortening
2 carrots, cubed
1 onion, sliced
2 potatoes, sliced
1 c. meat stock, or
1 bouillon cube dissolved in 1 c. hot water
1 c. canned tomatoes
1 small bay leaf

Cut liver into 2 in. squares. Roll in flour which has been seasoned with the salt and pepper. Brown in melted shortening. Remove liver and brown carrots, onion and potatoes slightly. Remove vegetables and blend in any remaining flour left from dredging the liver; stir in meat stock and tomatoes. Combine gravy with liver and vegetables, add bay leaf and pour into casserole. Cover. Bake in a moderate oven (350°F.) 1 hr. Other vegetables may be added or substituted.

Freda Eves, Isle Maligne.

LIVER PUDDING

1½ c. rice
1 pt. water
1 qt. milk
1 lb. calves liver
1 or 2 eggs
3 tbsp. butter
1 tbsp. sugar or raisins
1 tbsp. salt
¼ onion and pepper

Cook a porridge of rice, water and milk. Put aside to cool. Mix with ground liver, eggs well beaten, onion fried in butter, sugar, and spices. Put into a buttered mold, bake for 1 hr. Flavor with raisins according to taste. The liver may be parboiled before grinding so as to make the grinding easier.

Mrs. S. Lehtola.

INDIVIDUAL PORK PIES

¾ lb. smoked ham
½ lb. lean pork
½ lb. lean beef
½ tsp. salt
1 onion, chopped fine
1 c. fine dry bread crumbs
1 egg, well beaten
¾ c. milk

Have butcher grind meat fine. Mix all ingredients together with a light, quick stroke. Pack lightly into individual small pie tins or large muffin tins. Bake in moderate oven (350°) about 50 mins. Serve with Apple-Horseradish Sauce.

Apple-Horseradisn Sauce — To apple sauce (1 lb. apples) add: 3 tbsp. grated horseradish root, 3 tbsp. sugar, 2 tsp. lemon juice, few grains cinnamon. Cook over low heat about 5 mins. Let cool before serving.

Mrs. W. Stewart, Isle Maligne.

STUFFED PORK CHOPS

2 double pork chops
½ c. bread crumbs
¼ tsp. salt, dash of pepper
1 tsp. minced parsley (optional)
⅛ tsp. sage
1 tsp. grated onion
¼ c. diced apple
3 tbsp. milk

Cut a pocket on the bone side of each chop. Combine remaining ingredients and mix well. Stuff each chop, place in shallow pan and bake in moderate oven (350°F.) or until tender.

Mrs. Roy W. Johnson.

BAKED PORK CHOPS WITH DRESSING

8 pork chops
6 slices stale bread
milk or water to moisten
1 finely minced onion
1 tsp. salt
¼ tsp. pepper
1 tsp. powdered sage
1 egg

Pan fry chops until golden brown, cover with water and simmer for 25 mins. Add enough milk or water to bread to just moisten it. When soft, press out excess liquid and combine with the onion, salt, pepper, sage and beaten egg. Put pork chops into baking dish, cover with dressing and bake in moderate oven about 1½ hrs., basting the dressing frequently with the liquor in which the chops were simmered.

Barbara Cooper, Isle Maligne.

BAKED PORK TENDERLOIN OR CHOPS

Roll chops in egg and crushed corn flakes. Put in pan and cover with milk (just so top of chops are showing above milk). Bake for ¾ hr. at 350°.

H. Crerar.

PORK FILLETS WITH PARSLEY

2 pork fillets
2 oz. butter or other shortening
¾ c. water,
1 c. top milk
salt and pepper

Pound fillets until flat. Place cleaned and dried parsley on one of the fillets, dot with butter and season with salt and pepper. Place the other fillet on top and tie them together. Brown butter or shortening in the pot, place the fillets in it, and brown them well on all sides, add boiling water at once and about 10 mins. after the top milk. Let the fillets roast for ½ hr. Remove from pot and take off strings. Add a little more milk to gravy and when boiling thicken it with a little flour mixed with water. Serve with boiled whole or mashed potatoes.

Gudrun Petersen.

ROUGAILLE (MAURITEAN)

½ lb. salt pork
1 lb. tomatoes
½ lb. onions
fat or lard

Put onions cut thinly in hot melted fat, let cook slowly until soft. Add salt meat cut up in small square pieces, let it cook well without browning. Add chopped tomatoes, cover pan for a short time until well on the boil, then uncover and let cook until gravy is quite thick. Add salt and pepper to taste. To be eaten hot with rice.

Katharine de Chazal.

CORN SOUFFLE WITH SAUSAGES

1 lb. sausages
2 c. canned corn
½ c. milk
2 eggs (separated)
1 tbsp. flour
¼ tsp. black pepper
¼ tsp. salt

Fry sausages until brown. Drain off fat, and place sausages in bottom of a baking dish. Beat egg yolks, add corn and milk. Sift dry ingredients and blend smoothly with liquid mixture. Beat egg whites until stiff. Fold into corn mixture. Pour over sausages. Bake 30 min. at 300°F. (Serves 4 to 6). Mrs. John Harris.

STUFFED SAUSAGE ROLL

2 c. sausage meat
2 c. diced raw apples
½ c. sliced onion
1½ c. crumbled soda crackers

Flatten the sausage into an oblong cake about 1 in. thick. Mix apples, onions and crumbled crackers and spread mixture on sausage. Roll and press overlapping edges firmly against roll. Place in baking dish and bake covered in hot oven. Serve hot in slices 1 in. thick.

Mrs. E. Beresford.

SAUSAGE AND BANANA CASSEROLE WITH RICE

Slice four large bananas down middle and place sausage in opening. Bake in a well-buttered tin until tender. Serve with rice ring and desired sauce. Mrs. Guy Beaudry, Riverbend.

(Ed. note:)
A good rice ring:
1 c. uncooked rice
3 eggs
1 c. cream, or top milk
½ c. grated cheese

Boil rice. Have it dry and light. Add beaten eggs, cream and grated cheese. Butter a ring mould, pour in rice mixture, set mould in pan of water. Bake in moderate oven (350°) for 1 hr.

This rice ring may also be used as a one-dish meal by filling the centre with green peas and surrounding it with creamed leftover meat, dried beef or fish.

SAUSAGE PIE

1 lb. sausages
½ c. water
pastry

Skin sausages — mash with fork, add water and cook about 1 hr. Line pie plate with pastry—add sausage filling—cover with pastry and bake

Ethel M. Stewart.

SAUSAGE DISH

Slightly boil sausages and stuff into pared potatoes (raw). Place in casserole and cover with tomato soup. Can be made like scalloped potatoes, putting sausage layers between and sausages on top. Bake in oven. H. Crerar.

VEAL FRIKASSI (6 servings

3 lbs. front of veal
2 qts water
2 oz. flour
2 oz. butter
3-4 nice carrots
1 can green peas
parsley
salt

Boil the meat in water with salt and carrots until tender. Remove meat and carrot from soup. In separate pot melt butter, mix with flour until smooth, then gradually add enough of the soup to make a good sauce—boil a few minutes. Then add the meat cut in nice pieces, then the strained peas and small cut carrots. When ready to serve remove from fire and add chopped parsley. Serve with whole boiled potatoes.

Elesi Hansen.

VEAL LEG DRESSED

Prepare 5 to 6 lbs. leg roast, have centre bone removed. You can easily do it yourself with a sharp knife by cutting leg straight down to the bone and then cut meat as close to the bone as possible. Dress it with the following:

½ loaf stale bread
1 onion (med. size)
2 tbsp. sage
1 egg
salt, pepper
enough milk to make it stay together

Put this dressing where bone was removed, take string and tie it around roast to hold it together. Roast in oven 350°F. When done string can be removed.

Delorse Boland.

VEAL IN CURRY SAUCE (6 servings)

3 lbs. front of veal
2 qts. water
2 oz. flour
2 oz. butter
½ tsp. curry
1 tbsp. salt

Wash meat. Boil with the water until tender. Remove from pot. In a large saucepan melt the butter, mix with flour until smooth, gradually add hot soup until a smooth sauce is obtained (boil a few mins.). Mix curry with a little soup or water and add to sauce — more or less according to taste. Cut meat in nice pieces and put into sauce. Serve with whole boiled rice.

Elesi Hansen.

CORNISH PASTRY

2¼ c. Swansdown flour
1 tsp. salt
¾ c. shortening
6 tbsp. cold water

Combine flour, salt and shortening. Blend until the shortening is about the size of a pea. Add water and stir with a knife until mixed.

Filling—Dice to about ½ in. size the following: Round steak, carrots, potatoes, grated onion.

Method—Roll pastry to about 8 sq. in. for individual pies. Put on the pastry 2 tbsp. of the meat, 2 tsp. carrot, 3 tsp. potato. Add a little of the onion, pepper and salt. Pinch the edges of the pastry together, then prick with a fork. Bake in an oven 250° for 1 hr. Serve chilli sauce with these.

Bee Gummer.

HAM AND EGG PIE

¾ lb. or 2 c. cubed cooked ham
2 tbsp. chopped onion
¼ c. chopped celery
3 tbsp. butter
2 tbsp. cornstarch
2 c. milk
1 tsp. salt
2 hard cooked eggs
2 tbsp. chopped green peppers (if desired)

Brown onion and celery in butter. Add milk. Thicken with cornstarch. Cook until thick. Season. Add quartered eggs, pepper, ham. Cover with the following cheese-biscuit crust: Make regular biscuit dough (use only 1 c. flour). Add ⅓ c. grated cheese with flour. Pat dough into circle to cover casserole. Cut into pie-shaped wedges. Cover mixture. Bake 30 min. at 400°F. Serves 4.

Elsie P. Brayne.

MUSHROOM CASSEROLE

1 lb. ground round steak
1 small onion, cut fine
1 slice bread, cut fine
pepper and salt to taste

Mix all together. Add 1 beaten egg. Shape in roll about size of jelly roll. Place in pan and pour over 1 can of mushroom soup which has been diluted with ½ can of water. Bake in a moderately slow oven.

Mrs. E. W. McKernan.
Isle Maligne.

CHILI CON CARNE

1½ lbs. round steak (minced)
3 or 4 onions.
Cook above together in frying pan until brown, stirring frequently.

Put in a kette and simmer with: 2 tins tomato soup, 1 tin kidney beans, ½ green pepper (chopped fine), 1½ chilis, salt.

Mrs. D. Forbes Nasmith.

ITALIAN SPAGHETTI DE LUXE

¼ lb. salt pork
1 garlic minced
1 tbsp. salad oil
2 4-oz. cans mushrooms or fresh mushrooms—½ lb.
¼ c. minced onion
¼ c. minced parsley
1 No. 2½ can tomatoes
1 10½ oz. can consommé
1 bay leaf
1 tsp. sugar
⅛ tsp. pepper
1 pkg. spaghetti
1 tbsp. butter

Wash salt pork in hot water then finely dice. Sauté with garlic in salad oil till pork in golden brown. Drain mushrooms, cut ½ of them in pieces and add to salt pork with onions, continuing sautéing till mushrooms are golden brown. Add remaining ingredients and simmer 1½-2 hrs.

Cook spaghetti, drain, pour sauce over it and toss. Then arrange in casserole or on platter. Garnish with remaining mushrooms which have been sautéed in the butter till golden brown. Small beef or veal meat balls can be made, fried as usual and added to sauce before serving.

This dish served with either of these two salads makes a complete meal:—

1. COLD SLAW: Shred cabbage. For dressing: sprinkle cabbage with 2 or 3 tbsp. brown sugar, add 2 or 3 tbsp. vinegar, beat ¼ c. sour cream or evaporated milk and add to cabbage. Salt and toss well. May be necessary to vary amounts in the dressing for amount of cabbage used and for individual tastes. It should not be too juicy. Green pepper and onion may also be added.

2. WILTED LETTUCE: Use leaf lettuce or head lettuce. Wash and cut, but not very fine, into large bowl. Add finely cut onion. Salt. Fry several slices of bacon cut in small pieces. Add bacon to lettuce In the bacon fryings make a dressing of: 2 or 3 tbsp. brown sugar, 3 tbsp. cider vinegar, 3 or 4 tbsp. sour cream. Just before ready to serve, bring dressing to boil and immediately pour over lettuce. Toss well. Green pepper, radishes, parsley, or tomatoes may be added for variety.

Lela Booth.

CHOP SUEY

1 lb. shredded chicken, veal or pork (traditional shape of meat is 2 in. strips ¼ in. square).
¼ c. oil (sesame oil is proper, but cooking oil or butter will do)
1 c. peeled and sliced mushrooms
1 c. shredded celery (shredded diagonally is most attractive)
1 onion sliced very thin
2 c. bean sprouts (optional)—(may be purchased from proprietors of Chinese restaurants)
2 c. of white stock (if no broth is available, hot water may be used)
green peppers are a nice addition.

Method—Sauté the meat in oil or butter until lightly brown. Strain. Return fat to pan and add mushrooms, celery, onion and pepper if used. Sauté 5 min. Add cooked meat, sprouts and stock. Cover and simmer 30 min. Serve with fluffy boiled rice. Pass soy sauce at the table.

Mrs. J. G. Campbell.

MACARONI MELE

1 c. macaroni boiled in salted water until soft. Drain and run cold water over macaroni. Drain again.

6 slices bacon fried.

2 small onions cut fine and fried in bacon fat. Cut up bacon fine.

½ large tin tomatoes strained, poured over macaroni, bacon and onion in a casserole. Sprinkle with bread crumbs, dot with butter. Bake 20 minutes in a modern oven.

Marion Reeve.

YANKEE DOODLE MACARONI

2 med. onions, chopped
2 sprigs parsley, minced
¾ c. sliced fresh mushrooms, or 1 can condensed mushroom soup
3 tbsp. drippings
½ lb. macaroni
salt

Cook onions in heavy skillet with drippings until yellow and add mushrooms. Meanwhile cook macaroni in 3 qts. boiling salted water until tender. Drain and pour over onions and mushrooms and serve hot. Six servings.

Mrs. R. B. Becket.

SOUTH AMERICAN NOODLES

3 oz. noodles
½ lb. ground beef
1½ tbsp. fat
2 tbsp. flour
½ c. grated carrots
½ c. grated turnips
2 tbsp. grated onion
1 tsp. salt
few grains pepper
1 can tomato juice

Cook noodles. Brown the ground beef in the fat. Add flour, carrots. turnips, onions and seasonings. Lastly pour on the tomato juice and simmer covered, for 20 min. Serve on noodles, garnished with grated cheese. Serves 3.

Ruth Puxley.

EGGS AND CHEESE

Eggs and cheese need to be cooked at a low temperature.

CHEESE SOUFFLE

5 slices white buttered bread
2 c. strong grated cheese
2 c. milk
1 tsp. salt
1 tsp. mustard
½ tsp. paprika
3 eggs

Cupt bread into cubes, mix cheese into bread, add salt, paprika and mustard, then egg and milk gradually. Beat up the whites and add just before putting in oven. Bake ¾ hr. at about 350°.

Miss Jean McArthur.

RIC AND CHEEE BALLS

½ c. grated cheese
2 c. boiled rice
1 egg, beaten

Salt rice to taste. Stir in cheese and egg. Form into balls. Roll in bread crumbs and fry in deep fat. Serve with tomato sauce.

Mrs. D. H. Hobbs.

CHEESE RICE

2 eggs, separated
½ tsp. salt
f. g. paprika
½ c. grated cheese
⅓ c. rice
1 tsp. melted butter
½ c. milk

1. Cook the rice. Drain and rinse.
2. Beat the egg yolks until thick.
3. Combine the rice, egg yolks, milk, cheese and melted butter.
4. Beat the egg whites til stiff.
5. Fold the egg whites into the rice mixture.
6. Oven poach at 350°F. for 40 mins.

Helen Soldan.

CHEESE SOUFFLE

1 large tbsp. flour
1 large tbsp. butter
1½ c. milk
2 egg yolks
¾ c. grated cheese (Canadian cheddar or other strong cheese)

Blend flour and butter in top of double boiler, add milk, egg yolks, and cheese. Cook until smooth and thick. Cool. Add stiffly beaten egg whites. Bake 20 mins., moderate oven. Serve for lunch with lettuce and sliced tomatoes. Serves four.

Helen Mason.

MEXICAN SCALLOP (6-8 servings)

2 c. bread crumbs
2 c. milk
½ lb. cheese
1 tsp. Worcestershire sauce
1 tsp. salt
3 eggs, beaten

Soak crumbs in milk for 10 min. Melt butter and add grated cheese. Heat until all melted. Add crumbs and milk and cook until thick. Add beaten eggs, salt, sauce. Heat a minute. Bake in 350° for 20 min. Serve with hot chilli sauce.

Mrs. Robert Harvey.

SUPPER CASSEROLE

6 or 7 slices of lightly buttered bread
½ lb. cheese
2 eggs
2¼ c. canned tomatoes with juice
½ tsp. of salt, pepper
1 tbsp. grated onion

Cut the bread and cheese into small cubes and arrange in alternate layers in a greased baking dish. Beat the eggs slightly and combine with the tomatoes, salt, pepper and grated onion. Pour mixture over the bread and cheese and bake in mod. oven, 375°, for ¾ hr. Serve hot. 6 servings.

Mrs. E. N. Coulthart.

SCOTCH EGGS

6 hard cooked eggs
⅔ c. milk
⅔ c. dry bread crumbs
1½ c. minced cooked ham
1 or 2 eggs, beaten

Use freshly cooked eggs, shell while hot and keep hot. Cook milk and crumbs to make a thick paste (3 to 5 min.). Add ham and the beaten eggs. Mix well and cook. Roll the shelled eggs in the mixture and fry in deep fat until brown (about 3 min.). Serves 6.

Variation: Use pork sausage instead of ham—½ lb. sausage without skin. Mix with 1½ egg yolks for 6 hard cooked eggs; 1 c. brown sauce may be served with this. Nice for a Sunday night supper.

Jean McLellan.

TOMATO AND BAKED EGG CASSEROLE

1 can tomato soup
¾ c. water
1 c. soft bread crumbs
1 small onion
½ c. cooked peas
4 eggs
salt and pepper

Combine soup and water, crumbs, onion and peas. Turn into baking dish. Break eggs carefully on top. Sprinkle with salt and pepper. Cover with cheese and bake in moderate oven till eggs are set.

Elsie Fee.

BAKED EGGS

Select small tomatoes of uniform size. Cut around stem and remove seeds. Put in a dish and break an egg into each. Add salt and pepper and bake in moderate oven about 12 min. till the egg is set. Serve on hot buttered toast.

Aslaug Uhlèn.

HOT TOMATOES AND SCRAMBLED EGGS

6 tomatoes, uniform size
6 eggs
6 tbsp. cream or milk
1½ tsp. salt
dash of pepper
paprika

Scoop out the insides of the tomatoes. Set in a pan, in which there is about ¼ c. water, and bake in a slow oven (300°) for about 15 min. or until tomatoes have heated through. In the meantime scramble the eggs as follows: beat eggs and add cream, salt and pepper, and scramble. Fill and surround the hot tomatoes with the scrambled eggs. Sprinkle with paprika. Serves six.

Lottie Scott.

ASPARAGUS AND EGG LUNCHEON DISH

1 tin asparagus
bread crumbs
2 tbsp. butter
2 tbsp. flour
6 hard boiled eggs
2 tbsp. grated cheese
2 c. milk

Cut in pieces the asparagus and eggs and arrange in layers in baking dish, one layer of asparagus and egg and one of bread crumbs (corn flakes may be substituted). Make cream sauce of flour, butter, and milk. Pour over layers. Sprinkle with bread crumbs and then grated cheese. Cook in oven 30 min.

Mrs. D. H. Hobbs.

ONE-DISH MEAL

1 lb. left-over roast
6 carrots, medium size
8 spring onions
6 medium potatoes
½ c. chopped celery
pepper, salt, parsley

Put potatoes, carrots and onions in baking dish. Chop fine celery and left-over meat together and spread over the potatoes, carrots and onions. Then sprinkle with parsley, salt and pepper. Cover top all over with brown. gravy, made as follows:—

3 tbsp. bacon fat and 2 tsp. flour. Put in a hot frying pan and brown, add 2½ c. hot water, 2 tbsp. tomato ketchup. When well mixed, pour this over the ingredients in the baking dish. Bake in a medium hot oven over 2 hrs. Remove from the oven and place ½ in. thick baking powder biscuits on top of the mixture. Return to the oven and bake 12 mins. until biscuits are brown. Serves six.

Mrs. James Reid,
Isle Maligne, Que.

PICKLES

BEET RELISH

1 qt. cooked beets (chopped finely)
1 qt. raw cabbage (chopped finely) and juice
2 c. sugar
1 tbsp. salt
1 tsp. pepper
¼ tsp. red pepper (optn'l)
1 c. horseradish, grated

Cover with about 2 c. cold vinegar and bottle. Horseradish may be omitted but relish will keep longer if it is used.

Jean Saunders.

BREAD AND BUTTER PICKLES

6 qts. sliced cucumbers
6 large onions, sliced
¾ c. salt, 2 c. water
4 c. cider vinegar
4 c. white sugar
2 tbsp. celery seed
2 tbsp. mustard seed

Wash and wipe cucumbers, do not pare. Slice thinly and measure—there should be 6 qts. Peel and slice onions. Arrange alternate layers of cucumbers and onions in an enamel kettle; sprinkle each layer with salt. Cover and let stand 3 hours; drain—make a syrup of the water, vinegar, sugar, celery and mustard seed. Boil for 5 min. Add the cucumbers and onions and heat to boiling point, but do not boil. Pack in sterile jars and fill them to overflowing with hot syrup. This quantity makes 8 pints

Nancy P. Hand.

MOTHERS GOOD PICKLES

1 qt. cucumbers, cut fine
1 large cauliflower, cut fine
3 red peppers, cut fine
1 qt. onions, cut fine
1 qt. small onions, left whole
3 large apples, chopped fine

Place in a large kettle and sprinkle over all one cup coarse salt. Cover with boiling water and let stand overnight. Drain off brine in the morning, and add 1 qt. white vinegar and 2 tbsp. white mustard seed. Let all come to a boil. Make a paste as follows:—

1 c. flour
¼ c. mustard (Keen's)
1 tbsp. tumeric powder
8 c. white sugar

After sugar is dissolved, stir paste slowly into pickle, mix well and let cook 10 to 15 minutes until paste is well cooked. Taste pickle regards salt—1 tbsp. may be added while making the pickle.

Donalda Beatteay.

CUCUMBER PICKLES

2 qts. cucumbers, peeled and diced
1 qt. onions, cut fine
1 large cauliflower, cut fine
3 large apples, cut fine
3 red peppers, cut fine

Put in dish and cover with hot brine for 24 hours — then drain for dressing.

Dressing For Above

4 c. brown sugar
1 qt. vinegar (Heinz white)
1 c. water
¼ lb. white mustard seed

Let all come to boil. Make paste of ¾ c. of flour, 3 heaping tbsp. of mustard, 1 tsp. of tumeric powder, mix smooth with at least 1 c. of cold water. Add this mixture slowly, stirring quickly into the boiling liquid and boil up. Add vegetables and stir well while cooking slightly and bottle.

Muriel Ross, Isle Maligne, Que.

RIPE CUCUMBER PICKLES

2 qts. large cucumbers, seeded and chopped
1 qt. chopped onions
2 heads celery
1 red pepper, chopped
1 green pepper, chopped

Put 1 scant qt. vinegar in boiler with 3 lbs. white sugar and 2½ tbsp. salt. Put in vegetables and cook until tender. Add:

¾ c. flour
3 ts. mustard
1 tsp. tumeric

Blend together with a little vinegar, pour over mixture and cook until thickens. Bottle and seal.

Phyllis Mason.

RIPE CUCUMBER PICKLES

Cut large yellow cucumbers in finger-length pieces after removing seeds. Cover with alum water, allowing two tsp. powdered alum to each qt. of water. Heat gradually to boiling point, then let stand on back of stove for two hours. Drain off alum water and chill cucumber in ice-water.

Make a syrup, boiling two pounds of sugar, one pint white vinegar with two tbsp. each of cloves and stick cinnamon (put these in a bag). Add cucumbers and cook ten minutes.

Ruth Thompson.

CUCUMBER RELISH

Peel and cut in small pieces the following:

7 large green cucumbers
5 large onions

Sprinkle with salt and let stand 2 hours. Make a dressing of:—

3 c. vinegar
1 c. sugar
1 small c. flour
3 tbsp. mustard
¾ tsp. tumeric powder
little salt

Boil 5 minutes. Add cucumbers and onions and boil for 5 min. longer. Remove from heat and put in bottles and seal.

Hazel Fullerton.

FRUIT RELISH

2 qts. tomatoes, peeled and cut
1 c. chopped onion
2 c. chopped celery
2 c. diced peaches
2 c. diced pears
1 tsp. salt
2 c. vinegar
½ tbsp. allspice
½ tbsp. cloves
4 c. white sugar

Tie spices in a bag, add to other ingredients and cook 2 hrs., or until quite thick over low heat. Add sugar and boil 30 min., pour into sterilized jars and seal.

Mrs. J. E. Lilly.

SWEET MUSTARD PICKLES

12 large cucumbers
2 qts. silverskin onions
1 large cauliflower
½ c. salt

Peel cucumbers, cut in cubes, prepare onions and cauliflower, sprinkle with salt. Let stand overnight. Drain well.

1 qt. vinegar
3 tsp. celery seed
2 tsp. tumeric
1 tsp. curry powder

Bring to a boil vinegar, celery seed, tumeric, curry powder.

4 c. brown sugar
4 tbsp. mustard
8 tbsp. flour
1 c. cold water

Meanwhile mix with rotary egg-beater, brown sugar, mustard, flour and cold water. Add to vinegar mixture.

When mixture thickens, add vegetables and simmer covered 15 minutes.

Mary Antenbring.

FRUIT SAUCE

6 pears
6 peaches
30 tomatoes (green or red)
6 large onions
3 green peppers
4 c. white sugar
2 tbsp. salt
1 qt. malt vinegar
about 1 oz. mixed spice (tied in bag)

chop all together and boil about two hours.

Phyllis Jones.

PEPPER RELISH

1 doz. red peppers (hot)
1 doz, green peppers (sweet)
1 doz. onions (not too large)

Chop all fine. Put boiling water on the pepper and onions for about 5 minutes. Drain through cloth.

Syrup: ½ pt. vinegar, 2½ c. white sugar, 2 tsp. salt.

Boil well.

Laura Simser-Munro.

RED CHILI SAUCE

6 large ripe tomatoes
4 onions
2 sweet red peppers
1 tbsp. salt
1 c. brown sugar
½ c. cider vinegar.

Peel tomatoes and cut in pieces. Put onions and peppers (seeds removed) through the food chopper. Add other ingredients and simmer ½ hr. after it reaches the boiling point. Bottle while hot in sterilized airtight jars.

Mrs. J. B. Nayler.

COLD MEAT SAUCE

1 can tomatoes
3 large onions, finely chopped
1 c. brown sugar

Boil till thick.

Add: 1 tsp. salt, ½ tsp. cinnamon, cloves, allspice, ginger and mustard, ¼ tsp. cayenne pepper, ½ c. vinegar. Boil all together 5 min.

Mrs. F. B. Rogers.

PIES AND PASTRIES

BAKING TEMPERATURES:

Heat should come from the bottom of the oven for pastry. When pastry is being baked by itself, without fillings, a very hot oven should be used for ordinary paste. 1. Empty pie shells may be given 500° at first, the temperature made lower as the pastry shows color. 2. Fruit pies.—A hot oven at first—450°—and when paste takes on color the heat should be reduced and baking continued at a moderate temperature until the fruit is tender. If the top crust is in danger of becoming too brown, put a paper over it. 3. Meat pies—since their fillings have already been cooked, can be put into the hot oven and removed when pastry is baked. 4. Custard type pies.—Put pie into a hot oven at first, and give it long enough to "set" the paste, but not long enough to allow the filling to boil—about 10 min. should be time—the temperature then must be sharply reduced to moderate or rather slow heat and cooking continued until filling has set. Another way is to bake the empty shell first for 10 min. at 500°, take from oven, fill and return to the oven in which temperature has been reduced to moderate or slow.

Fruit Pies	Amount of fruit	Sugar	Flour	Butter
Blackberry	3 c. berries	⅓ to 1 c.	3 tbsp.	1 tbsp.
Cherry	3 c. pitted cherries	1 to 1½ c.	3 tbsp.	1 tbsp.
Gooseberry	3 c. berries; stew with the sugar and cool	1 c.	4 tbsp.	2 tbsp.
Raspberry	3 c. berries	½ to 1 c.	3 tbsp.	1 tbsp.
Strawberry	3 c. berries	¾ to 1 c.	3 tbsp.	1 tbsp.
Blueberry	3 c. berries	½ c.	4 tbsp.	1 tbsp.

Note—if berries are very ripe, or when sweet or canned fruits are used, add 2-4 tbsp. lemon juice for tartness (especially to blueberry pies).

MERINGUE TOPPING FOR PIES.

Allow 2 tbsp. granulated sugar for each egg white. Beat the egg whites until stiff, but not dry, then add sugar a little at a time and beat until very stiff. Add flavoring. Spread over pie and sprinkle with a little sugar. Put in a slow oven (275°) to brown delicately. Do not try to hurry it or it will be tough and watery. Give it about 15 min. to bake.

BAKING TEMP. AND NOTES:

Always moisten the top edge of the under crust—in a two-crust pie—before putting on the top crust.

Chil paste well before roling if possible as there is then a greater force to the expanding cold air when the intense oven-heat strikes it—and so the pastry is made lighter and flakier.

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CHEESE STRAWS

I.—
1½ c. flour
1 tsp. B. P.
cold water
paprika
1 tsp. salt
8 tbsp. lard
¾ c. grated cheese
2 tbsp. butter

Sift together flour, salt and B.P. Work in lard lightly. Add just enough cold water to make a dough. Chill. Roll out to ¼ in. thickness. On one-half sprinkle 4 tbsp. grated cheese, dash of paprika and dot with butter. Fold dough over, press edges together and repeat twice. Cut into desired shapes. Bake in hot oven (450°) for 15 min.

II.—
⅓ c. grated cheese
1 tbsp. butter
1½ tbsp. milk
4 tbsp. flour
½ c. fresh bread crumbs
seasonings

Cream together the cheese and butter. Add milk. Mix flour, bread crumbs, seasonings and add to mixture. Knead lightly until smooth. Roll to pastry thickness; cut in strips 6 in x ¾ in. Form a third of the strips into rings. Bake all on greased tins in hot oven until brown. Serve by slipping 2 of the straight sticks through the rings.

These cheese straws are delicious served with salads, soups or desserts.

Betty Smith.

BANBURY TARTS (English)

2 tbsp. butter
1 c. brown sugar
1 egg
1 c. raisins
½ tsp. vanilla
½ tsp. nutmeg

Line small tars tins with pie-crust. Fill and bake.

Grace Hartwick.

BAKEWELL TART

Line a pie-dish with short pastry. Spread a layer of raspberry jam on the pastry, and add the following mixture:

3 tbsp. sugar
2 oz. butter
2 eggs
1 small tsp. almond flavoring

Melt butter, then beat all together until light and creamy. Bake ½ hr. in a sharp oven. (Be sure to watch the top doesn't burn for it very easily does.)

Mrs. E. Willows.

DUTCH APPLE PIE

Line a plate with pie pastry, cut apples fine, and place in shell closely. Sprinkle with 1 c. sugar. Mix 2 tbsp. flour with ½ c. cream (or canned milk). Pour over apples. Sprinkle with nutmeg. Bake 20-30 minutes in a hot oven. Serve with whipped cream or ice cream. A grand Sunday special.

Mrs. J. Blenkiron.

BUTTERSCOTCH PIE

Make and bake a pie shell.
Filling:
2 eggs
1 c. dark brown sugar
1½ c. milk
3 tbsp. flour
2 tbsp. corn starch
2 tbsp. butter
¼ tsp. salt
1 tsp. vanilla

Melt butter in saucepan, add brown sugar and cook until mixture is melted and dark brown in color—stirring constantly to prevent scorching. Stir in cornstarch and flour, stir until smooth. Slowly add, while stirring, milk. Cook until thick and smooth, add a bit of the cooked mixture to the beaten egg yolks and add eggs to the filling. Cook slightly, remove from fire, add vanilla. Cool and turn into pastry shell. Top with meringue.

Mary MacLellan.

DEEP FAT PASTRIES

3 eggs
pinch of salt

Add flour to make dough as for macaroni. Roll thin and cut in squares. Fold two corners together. Cook in shortening enough to cover. Sprinkle with icing sugar if desired.

Mrs. W. Olyarchuk.

GRAHAM WAFER CREAM PIE

16-20 Graham wafers
1 tbsp. flour
½ c. butter
½ c. sugar (or less)
1 tsp. cinnamon

Crush wafers fine (save out 3 tbsp. for top of pie). Combine with remaining ingredients, blend thoroughly and press into an 8 in. or 10 in. pie plate evenly over bottom and sides.

Filling:
2 tbsp. cornstarch
¼ c. sugar
½ tsp. salt
2 c. milk (scalded)
3 egg kolks (beaten)
1 tsp. vanilla

Mix cornstarch, sugar and salt — add slowly to milk. Cook over double boiler 15 mins. stirring all the time. Add a little of the mixture to the egg yolks, return to double boiler and cook about 2 mins. Add vanilla and pour into pie shell.

Meringue:
3 stiffly beaten egg whites
4 tbsp. granulated sugar

Combine until it holds in peaks. Add to the top of pie and sprinkle with the 3 tbsp. crumbs. Bake in a slow oven (300°) for 20 min. Chill before serving

Mrs. T. Fritch, Kenogami.

LEMON CAKE PIE

2 eggs separated
5 tbsp. flour
1 c. sugar
2 tbsp. butter
1 lemon (juice & grated rind)
1 c. milk
pie pastry for 1 crust

Beat egg whites in bowl and add gradually 4 tbsp. sugar. Beat until combined. Mix remaining sugar and flour together in a large bowl. Add the egg yolks, lemon juice, rind and butter and beat well. Add milk slowly. Fold in egg white mixture. Line a pie plate. Cook in a moderate oven.

Mrs. H. Brown.

LEMON SPONGE PIE

1 c. white sugar
2 tsp. flour
1 tbsp. butter
rind of 1 lemon

Beat 2 egg yolks, juice of 1 lemon, 1 c. sweet milk. Fold in beaten egg whites.

Alice Brothers.

LEMON PIE FILLING

2 tbsp. cornstarch (level)
1¼ c. warm water
1 lemon (juice & rind)
1 c. sugar
2 eggs
1 tbsp. butter

Mix cornstarch and sugar together, add to the beaten egg yolks and lemon juice. Pour water on mixture. Place in double boiler. Stir and cook until thick. Add butter. Use egg whites for meringue.

Betty Snow.

MINCEMEAT PIE

2 c. chopped apples
1½ c. raisins
½ c. currants
¼ c. citron peel, sliced
½ c. chopped suet
½ to ¾ c. sugar
2 tsp. mixed spice
3 tbsp. rich fruit juice

Combine ingredients in order given. Place on low heat while making pastry. This amount makes 2 pies.

Elizabeth Smith.

MINCEMEAT

1 peck green tomatoes, chopped fine
2 lbs. raisins
3 lbs. sugar
1 c. vinegar
2 tbsp. cinnamon
2 tbsp. cloves
2 tbsp. mixed allspice
2 tbsp. salt

Cook 2½ or 3 hours and bottle airtight. Just before using as filling for pies break nuts up and mix with it.

Phyllis Jones.

ORANGE PIE

⅔ c. granulated sugar
1½ c. thick sour milk
rind of 1 orange
2 egg yolks

Beat above thoroughly and cook in unbaked pie shell. When cooked until dry on knife, beat 2 egg whites to a stiff meringue using 2 tbsp. sugar. Put on top of mixture and bake until light brown in not too hot an oven.

Mrs. Wm. Haines,
Isle Maligne, Que.

NEW LEMON PIE

3 eggs
1 c. white sugar
3 tbsp. hot water
juice and rind of one lemon

Beat egg yolks till light, add 3 tbsp. hot water and ½ c. sugar. Cook in double boiler until thickened. Add lemon juice and grated rind, remove from stove.

Beat whites until stiff, gradually adding ½ c. white sugar, fold into custard and pour into baked pie shell. Leave a little for top, and brown in oven.

Jessie Dick.

PRUNE PIE

1 tbsp. unflavored gelatin
¼ c. cold water
1 c. chopped cooked prunes
¾ c. prune juice
½ c. sugar
¼ tsp. salt
2 tbsp. lemon juice
1 tsp. grated lemon rind
2 egg whites, stiffly beaten

Soften gelatin in water 5 mins. Combine prunes, juice, sugar, salt, lemon juice and rind, and heat to boiling. Remove from heat, add gelatin and stir until dissolved. Cool. When slightly thickened, fold in egg whites. Pour into cooked pastry shell and chill. The prunes have to be cooked in sugar water. Serve cold with whipped cream topping.

Mrs. A. Heinoo.

PUMPKIN PIE

1 ½ c. pumpkin
⅔ c. brown sugar
2 eggs
2 tbsp. molasses
½ tsp. ginger
1 tsp. cinnamon
½ tsp. salt
2 c. rich milk

Mix and bake in one crust 35 to 40 mins. in a medium hot oven. Either canned or fresh pumpkin may be used.

Aslang Uhlèn.

PENNSYLVANIA PUMPKIN PIE

2 c. pumpkin
3 eggs separated
1 c. brown sugar
¼ tsp. salt
½ tsp. grated nutmeg
½ tsp. ginger
⅛ tsp. ground cloves
⅛ tsp. allspice
¼ tsp. cinnamon
3 c. scalded milk

To cooked or canned pumpkin add egg yolks, brown sugar, salt, nutmeg, ginger, cloves, allspice and cinnamon. Mix thoroughly. Add scalded milk and fold in stiffly beaten egg whites. Pour into pie plate lined with pastry and bake. Makes 2 medium or 1 large and 1 small pie. To serve, cool the pie slightly and arrange small mounds of unsweetened whipped cream in the centre of each individual piece of pie. Drop 1 tsp. honey in the centre of each mound of cream and serve at once.

Mary Elizabeth B. Carey.

PLAIN PASTRY

Sift together 1½ c. pastry flour, ½ tsp. baking powder and ⅛ tsp. salt. Cut into the flour ½ c. shortening. Use 2 knives or a pastry blender and work until the whole resembles a coarse meal. Gradually add cold water to make a stiff dough. Chill pastry for one hour if possible. Turn onto a slightly floured molding surface and pat the pastry into a long narrow sheet ¼ in. thick. Roll up like a jelly roll and cut off as needed. Roll out pastry and line pie plate.

Mary Elizabeth B. Carey.

FROZEN PUMPKIN PIE

1½ c. cooked or canned pumpkin (strained)
1 tsp. ginger
1 tsp. cinnamon
1 c. powdered sugar
⅛ tsp. salt
3 egg yolks, eaten well
3 egg whites, eaten stiffly
1 c. cream, whipped
Crust:
1½ c. crushed graham or vanilla wafers
½ c. melted butter
3 tbsp. powdered sugar
or regular pastry pie crust

To pumpkin add spices, sugar, salt and egg yolks. Cook in double boiler until it thickens, stirring constantly. Let it cool slowly for a few minutes, then fold in stiffly beaten egg whites and ⅔ c. cream, whipped, reserving the remainder for the topping. Place in freezing tray until thoroughly chilled and partially frozen. Before serving pack into the baked pie shell. Top with whipped cream.

Joan Booth.

FRENCH CREAM PIE

1 c. raisins
¾ c. granulated sugar
1 c. sour cream
2 eggs (keep white for meringue)
½ tsp. cinnamon
pinch salt
1 tsp. soda (added last)

Bake a good rich pie shell and cook filling on top of stove. Top with meringue.

Mabel Crump,
Isle Maligne.

RAISIN MERINGUE PIE

1½ c. seedless raisins
1 tbsp. butter
⅛ tsp. salt
¾ c. boiling water
¾ c. granulated sugar
2 egg yolks
⅓ c. flour
½ tsp. vanilla

Methods Cover the raisins with boiling water and cook gently until they are tender; drain well.

Cream the butter and sugar and add the well-beaten egg yolks, salt and flour. Pour the ¾ c. of boiling water over this, stirring all the time. Turn into a double boiler and cook until the mixture is thick and smooth. Remove from the fire, cool and add the vanilla.

Place a layer of the well-drained raisins in the bottom of a baked pie shell. Cover with half the filling, then add the rest of the raisins. Pour the remainder of the filling over this. Cover with a meringue made by beating the egg whites stiff, then adding gradually 4 tbsps. granulated sugar and continuing to beat until the mixture stands in peaks.

Flavor the meringue with a few drops of vanilla, and heap roughly over the pie. Brown in a slow 325° oven until the meringue is a delicate brown.

Mrs. W. J. Jarrett, Isle Maligne.

RAISIN PIE

1 c. brown sugar
1 c. seedless raisins
1 piece butter (size of walnut)
2 egg yolks
1 tsp. vanilla
½ tsp. lemon juice
pinch of salt

Beat mixture well; whip up egg whites and add to the mixture. Bake in unbaked pie shell in moderate oven for ½ hour until mixture comes out dry on knife.

Mrs. Wm. Haines,
Isle Maligne, Que.

SALADS AND DRESSINGS

The deliciousness of a salad depends upon its crispness, which denotes thorough chilling and freshness.

1. Have lettuce and other salad greens thoroughly clean and chilled. Keep covered closely in the refrigerator to maintain crispness.

2. Wash thoroughly about 30 min. before using, wrap in a damp cloth and return to refrigerator to chill.

Vegetables used in salads should be thoroughly dried so that they do not make the salad dressing watery.

4. To preserve crispness in a combined salad, add the dressing just before serving. Exceptions to this rule are potato, chicken, or meat salads, to which the dressing may be added 1 hr. before serving; or use a marinade of oil and lemon juice or vinegar with the seasonings (French Dressing), allowing the meat or potato salad to marinate for 1 hr. in a cool place. With the chicken salad, or meat salad, a mayonnaise dressing is served. This may be mixed with the salad ingredients just before serving, or it may be passed in a mayonnaise bowl.

Although it is the mark of a super-cook and a fine idea to avoid having leftovers, we know that it would take an archangel cooking for a family of cherubs to avoid them completely. Food value is highest when foods are freshly cooked or prepared and a second cooking or even a moderately long exposure to the air, cuts down vitamin value. One trick is to use leftovers in salads. No second cooking. Salads are perfect for combining a dib of this and a dab of that, and we must admit that good things often taste better in their second incarnation than they did in their first.

BOILED VEGETABLE SALAD

3 medium-sized beets
3 medium-sized carrots
3 medium-sized potatoes
1 medium-sized onion
salt to taste

Boil beets, carrots and potatoes and, when cool, dice; also chop onion fine. Toss together above ingredients in salad bowl and garnish with sliced hard boiled egg and parsley. If desired may be served with mayonnaise or French dressing.

Mrs. S. Makila,
Isle Maligne, Que.

FULL-O-VITAMIN SALAD

Use fresh raw carrots and cabbage. Grate carrots and shred cabbage very fine.

Mix together with a little salt, pepper and vinegar. Mayonnaise may be used if preferred. Pile on lettuce leaves and garnish with shredded green sweet pepper.

Mrs. W. S. Rumfeldt,
Isle Maligne.

TART TOMATO SALAD

1 pkg. lemon Jell-O
1 pt. canned tomatoes, strained
1½ tsp. lemon juice
dash of salt
1 tsp. Worcestershire sauce
½ c. celery, diced
½ c. sweet pickles, or ripe cucumber pickles, diced

Dissolve Jell-O in hot tomato juice. Add lemon juice, salt, and Worcestershire sauce. Chill. When slightly thickened, fold in celery and pickles. Turn into molds. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves 8.

Betty Smith.

TOMATO CREAM CHEESE SANDWICH SALAD

4 medium size tomatoes
2 pkg. cream cheese
½ cucumber, grated
2 tsp. onion juice
3 tsp. minced parsley
lemon juice
salt, pepper, paprika
½ c. heavy cream, whipped
¾ c. (about) salad dressing

Plunge tomatoes in boiling water, remove skins, and cut each tomato into three thick slices. Sprinkle with a little lemon juice, salt, and pepper, and let stand in refrigerator until thoroughly chilled. Mix cream cheese, grated cucumber, onion juice, minced parsley, salt and pepper and paprika with 3 tbsp. of boiled salad dressing or mayonnaise, beating into a thick creamy paste. Spread thickly on a slice of tomato, then place on this another slice of tomato and arrange on a bed of crisp lettuce or watercress. Mix ½ c. of dressing with the whipped cream and pour over the tomato sandwich. Serves 6.

Lottie Scott.

A SHEVILLE SALAD

1 can tomato soup
1 envelope Knox gelatin
1 c. chopped celery
2 pkg. cream cheese
1 c. mayonnaise dressing
½ c. cold water
a few chopped olives or nuts, or both

Soak gelatin in cold water, heat soup, add gelatin and mashed cheese. Let cool, add celery, mayonnaise, olives and nuts.

Mrs. S. J. Patterson.

JELLIED TOMATO AND CREAM CHEESE LOAF

2 c. tomato juice
2 dessert sp. prepared horseradish
2 dess. sp. vinegar
2 dess. sp. grated onion
1 tsp. salt
few grains cayenne
1 pkg. strawberry gelatin

Combine seasonings with tomato juice and simmer for 5 min. Pour this over strawberry Jello, stir until dissolved. Pour half mixture into greased dish, chill until set. Add remaining tomato mixture and chill again until firm. Unmold and garnish—serve with mayonnaise.

Cream Cheese Centre

Blend 2 small pkg. (½ lb.) cream cheese with ½ c. mayonnaise, 1 tsp. each of minced green pepper, lemon rind, and few grains of cayenne. Add 1 dessert spoon plain gelatin softened in 2 tbsp. cold water and dissolved over hot water. Mix thoroughly.

Helen M. Cairncross.

TOSS-UP SALAD

½ head lettuce
1 c. diced celery
2 fresh tomatoes
3 hard cooked eggs
1 small onion
1 cucumber
½ bunch radishes
French dressing

Shred lettuce, dice celery, and cut tomatoes in small pieces and slice radishes. Also cut eggs and cucumber in cubes. Add onion. Toss salad together, marinating for 1 hr. in French dressing. Serve in large salad bowl garnished with hard cooked eggs, sliced radishes and parsley.

Mrs. G. Padley.

FRENCH DRESSING

1 tsp. salt
1 tsp. dry mustard
½ tsp. paprika
½ tsp. pepper
½ c. granulated sugar
1 can tomato soup (condensed)
¾ c. vinegar
1 tbsp. Worcestershire sauce
1½ c. Mazola oil
1 med. onion, chopped fine
1 clove garlic

Leave garlic whole and remove after several days. *Will keep indefinitely.*

Muriel Ross, Isle Maligne, Que.

MAYONNAISE

1 heaping tbsp. sugar
1 heaping tbsp. mustard
1 heaping tbsp. cornstarch
1 egg
1 c. milk
⅓ c. vinegar
butter size of walnut

Heat vinegar, mix sugar, mustard and cornstarch with milk. Add well-beaten egg. Combine with hot vinegar and cook until thick. Add the butter.

Mrs. Kenneth Ramier, Riverbend.

SALAD DRESSING

Mix:
3 tsp. mustard
2 tsp. salt
4 tbsp. flour
½ c. sugar
Add:
2 eggs
1 c. vinegar
2 c. milk

Cook in double boiler until it thickens, then add butter size of an egg—4 or 5 tablespoons olive oil if desired. Sour milk may be used with same results.

Mrs. H. Amy, Riverbend.

SALAD DRESSING

1 tsp. mustard
1 tbsp. flour
3 egg yolks
2 tbsp. sugar
½ tsp. salt
½ c. vinegar
½ c. milk
butter size of egg
dash of pepper

Cook in double boiler until it thickens. Add 3 beaten egg whites after cooking.

Mrs. Mary McCartin.

MAYONNAISE DRESSING

dry ingredients:
1 c. sugar
1 small tbsp. flour
2 tsp. mustard
1 tsp. salt

Mix together: 2 beaten eggs, and add a little milk from 1 cupful. Pour into the dry ingredients and add alternately 1 c. vinegar and remainder of fruit. Cook in double boiler stirring constantly.

Mrs. Gordon W. Baker, Kenogami.

MAYONNAISE DRESSING

2 egg yolks
¼ c. vinegar
1 pt. salad oil
⅛ tsp. pepper
1 tsp. salt

Beat egg yolks and add few drops of vinegar, drop by drop, into egg mixture until ¼ c. is used. Then gradually increase the amount of oil added, beating constantly. As mixture thickens add the rest of the vinegar, a little at a time. Add salt. Lemon juice may be used in place of vinegar if preferred.

Edna Morris, Kenogami.

COOKED MAYONNAISE

1 tbsp. butter
3 tbsp. flour
1 c. boiling water
2 tsp. salt
2 tsp. sugar
dash of cayenne
¼ tsp. mustard
2 egg yolks
1 c. salad oil
3 tbsp. lemon juice
1 tbsp. vinegar

Of butter, flour and water make a drawn butter sauce, add the rest of dry ingredients. Beat together lightly with a fork the yolks and oil. Add lemon juice and vinegar, then hot sauce. Beat vigorously with egg beater 3 to 5 min. Chill before using. This is an easy method, giving an excellent cheap mayonnaise. Makes 2½ c.

Pauline McNutt.

SALAD DRESSING (Miracle Whip Type)

2 egg yolks
Mazola oil
½ tsp. mustard (more if desired)
vinegar
pinch of salt

To the *well*-beaten egg yolks add enough Mazola oil, *drop by drop*, beating continually until the mixture thickens. Then add the mustard dissolved in a little of the vinegar. Lastly, still beating, add enough vinegar, *slowly*, until the mixture becomes the desired consistency.

Mrs. L. L. Wetmore, Chicoutimi.

SALAD DRESSING

3 tbsp. butter
3 eggs
1 heaping tbsp. mustard
2 heaping tbsp. flour
1 tsp. salt
¼ tsp. pepper
1 small c. sugar
1 large c. milk
1 large c. vinegar

Cream all dry ingredients with butter, add eggs well beaten. Then milk, and vinegar last. Stir constantly in double boiler.

Jean Honeywell.

WHIPPED CREAM SALAD DRESSING

½ c. whipping cream
2 tbsp. sugar
3-4 tbsp. vinegar

Whip cream, stir in sugar, sprinkle vinegar on salad, add cream and stir.

Mrs. Staples.

SALAD DRESSING

3 eggs
1 tbsp. dry mustard
1 tbsp. flour
½ c. sugar (white)
½ c. vinegar
salt and pepper

Beat eggs well, mix dry ingredients together. Add to eggs and lastly the vinegar. Cook in double boiler and boil until thick. After removing from stove add 1 tbsp. butter and beat in. Cool. Put in covered jar in refrigerator and thin out, with sour cream or milk when using.

Mrs. N. MacCaghey, Kenogami.

SAUCES

RAW CRANBERRY SAUCE

1 pkg. red jello powder
2 c. cranberries
1 orange
1½ c. sugar
3 red apples
1½ c. boiling water
1 c. nutmeats (optional)

Dissolve sugar and jello powder in boiling water. When partly set add cranberries, orange (including skin) and apples which have been put through food chopper. Chill, and serve with meat or poultry.

Mrs. W. A. Semple.

RAISIN SAUCE AND BOILED HAM

½ c. ham water
¾ c. brown sugar
2 tbsp. chopped raisins
juice ½ lemon and grated rind
1 tbsp. butter

Put ½ c. water in which ham has been cooked in a saucepan with brown sugar, lemon juice, raisins and butter. Simmer gently until thick. Add grated lemon rind.

Mrs. Wm. J. Monovan.

LEMON OR VANILLA SAUCE

½ c. sugar
1 c. boiling water
1 tbsp. cornstarch
2 tbsp. butter
1½ tbsp. lemon juice, or
½ tsp. vanilla flavoring
few grains nutmeg
few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter, lemon juice, and nutmeg. Excellent on cottage pudding, and other puddings.

SANDWICH FILLINGS

50 Sandwich combinations:

1. Equal parts of finely cut nuts, and grated cheese, with salad dressing.
2. Equal parts of grated cheese and olives cut fine, mixed with mayonnaise.
3. Equal parts of cream cheese and pimento.
4. Ham, veal, or sweet breads sliced thin or minced fine, with hard-cooked egg cut fine.
5. Beef or tongue chopped fine and moistened with grape juice.
6. Raisins and nutmeats chopped fine and moistened with grape juice.
7. Nasturtium blossoms and stems, and bread and butter packed in a box overnight to perfume the bread. Use fresh blossoms between the layers of buttered bread.
8. Crushed maple sugar with thick cream, with whole-wheat or nut bread.
9. Marmalade and chopped nutmeats on white bread.
10. Sardines (split and boned), lemon juice and paprika.
11. Peanuts chopped and salted, with salad dressing, on white or whole-wheat or nut bread.
12. Minced chives with Swiss cheese on rye bread.
13. Cut fresh bread while warm, spread with a sweet mixture, roll up, and tie with ribbon.
14. Chopped green peppers with mayonnaise.
15. Fresh, crisp lettuce with mayonnaise.
16. Cold chicken or lobster, chopped, seasoned, and moistened lemon juice or salad dressing.
17. Preserved Canton ginger in thin slices, with plain bread and butter.
18. Cold chicken, lettuce, sliced ripe tomato, on white bread.
19. Alternate about 6 layers of white bread and graham bread. Use nut or fruit filling and slice across.
20. One-third c. chopped dates to ⅔ c. of chopped apples, mixed with salad dressing. Cut in various shapes.
21. Chopped hard boiled eggs moistened with tomato catsup, on lettuce with salt and pepper.
22. Chopped hard boiled eggs and chopped cucumber, mixed with Thousand Island dressing on white bread.

23. Mash hard-boiled eggs and combine with mayonnaise. Combine with chopped watercress.

24. Rub hard-cooked eggs through a sieve, and chop stuffed olives fine. Mix and moisten with mayonnaise.

25. Esual parts riced hard-cooked eggs and sardines, moisten with French dressing (using lemon).

26. Spread 1 slice of buttered bread with pimiento cheese. Spread thickly with coarsly chopped nuts (preferably pecan). Salt, lay on lettuce leaf, put another slice on top and cut into "fingers".

27. Blend cream cheese with chili sauce, and spread on buttered graham bread.

28. Mix equal parts of cream cheese and finely chopped, drained prunes which have been cooked with lemon juice and rind.

29. To 1 package of soft cream cheese add 1 rounding tbsp. of pineapple jam, and smooth to a paste. Spread on white or dark bread.

30. Grind 12 dates, add ¼ c. finely chopped nuts or peanut butter. Work to a paste with honey, and spread between thin slices of steamed brown bread.

31. Combine chopped meat or canned meat with chopped celery. Moisten with mayonnaise. Season with Worcestershire sauce.

32. Combine chopped cooked or canned ham and chopped cabbage. Moisten with mayonnaise or dressing. Season with prepared mustard.

33. Combine ground cooked or canned ham, chopped chutney and salad dressing.

34. Combine chopped cooked meat with chili sauce.

35. Combine chopped cooked or canned corned beef with a little prepared mustard. Moisten with mayonnaise.

36. Combine chopped cooked tongue with stuffed olives and mayonnaise and horseradish, salt and pepper.

37. Minced cooked liver, chopped hard-cooked egg, mayonnaise.

38. Liverwurst and cream cheese. Season with grated onion.

39. Chicken, chopped celery and chopped ripe olives with mayonnaise.

40. Tuna, salmon, shrimp, lobster or crab with chopped celery and mayonnaise.

41. Tuna and chopped hard-cooked egg with salad dressing and chopped chives.

42. Flaked salmon and chopped cucumber with salad dressing, salt and pepper.

43. Finely chopped celery, radishes and olives with salad dressing.

44. Chopped hard-cooked egg and watercress with mayonnaise, salt and pepper and chopped chives.

45. Peanut butter, mayonnaise and sweet pickle relish.

46. Combine cold baked beans and chili sauce or ketchup.

47. Chop tongue, add chopped celery, and mayonnaise. Spread between bread slices. Dip sandwiches in melted butter, sprinkle with grated cheese. Place in moderate oven until brown. Serve hot.

48. Toast 4 bread slices; top with creamed dried beef. Garnish with sliced hard-cooked egg and water cress. Serve hot.

49. Toast bread slices; top with hot roast beef slices. Cover with hot beef gravy. Garnish with broiled mushrooms. Serve hot.

50. Club Sandwich—For each sandwich toast 3 bread slices; spread with softened butter. Arrange lettuce and chicken slices on one toast slice; sprinkle with salt and pepper. Spread second toast slice with mayonnaise or salad dressing; place on top first filling, cover with tomato slices and crisp bacon strips. Top with third toast slice; cut in triangles. Garnish with stuffed olives or pickles.

51. CHEESE FILLING FOR SANDWICHES

1 c. sugar
½ c. butter
¼ pt. sweet cream
1 c. vinegar
3 eggs
3 tsp. mustard
3 tbsp. flour
1 tsp. salt
¼ lb. grated cheese (strong flavour)
1 small bottle olives } chopped finely
1 small can pimento }

Cook all together in double boiler till thick. We like it with less sugar, and dill pickles as well as olives, put through the mincer. This keeps well in cool place and is handy to have on hand.

Mrs. A. H. Tait.

52. BACON DELIGHTS (Supper dish)

Spread slices of bread lightly with butter and sprinkle with grated cheese (or spread lightly with only softened cheese). Place a slice of tomato on cheese and cover with a strip of bacon. Bake in hot oven until cheese is melted and bacon crisp. Cut slices of bread in two and serve hot (chopped green pepper or chopped onion may be added if desired).

Dot MacKay.

53. CHEESE AND ONION OPEN SANDWICHES

4 slices thick buttered toast or
2 large split buns
2 medium sized onions
⅔ c. grated or shredded cheese
1 tomato
seasonings to taste

Slice the onion and cover with boiling water for 3 min. Drain. Arrange on the buttered toast and cover liberally with the cheese. Place under broiler till the cheese is browned on top. Serve at once with tomato slices.

Ruth Puxley.

SOUPS

Supplies for Soup-making—

Cereals: Barley; pearl barley; rice, tapioca; macaroni; spaghetti; vermicelli.

Condiments and Spices: Allspice; celery salt; cloves; mace; onion salt; paprika; pepper; red pepper; curry powder; Worcestershire sauce.

Herbs: Bay leaf (dried); thyme (dried); majoram (dried); parsley.

Vegetables: Carrots; celery; onion; turnip; salsify; leeks; chives.

To give "character" to cream soups, season them with a small quantity of minced parsley and onion. The onion requires cooking; the parsley, only 1 min. in the steaming liquid. Save coarse celery leaves, dry them, and store to use in soups. These seasonings will make a very different kind of cream of celery, carrot, pea, spinach, peanut, mushroom, salmon, potato, and other soups.

To Garnish and Flavor:

Scant handful of freshly gathered petals of calendulas (pot marigold (shaken into a kettleful of soup that is nearly ready for serving will give a new flavor and a decorative finishing touch.

Note: Soda need not be used in making cream of tomato soup if the hot strained tomato is poured slowly into the white sauce which is also hot, just before serving.

BASIC RECIPE FOR BROWN SOUP STOCK

shin of beef, (3 lb.)
3 qts. cold water
2 tbsp. salt
3 whole cloves
few sprigs of parsley
½ c. canned tomatoes
½ c. diced carrots
½ c. diced onions
½ c. diced turnip, potato,
¼ tsp. sugar; pepper
celery or cabbage

Remove the greater portion of the meat from the shin and cut into small cubes. Brown the cubes in a hot skillet. Crack the shin bone in several places, put into kettle and cover with cold water. Add the browned meat and let stand 1 hr. before cooking. Add seasonings and vegetables and simmer slowly 4 hrs. Serve hot as it is or strain. It may be chilled, the fat removed, and used as a consomme or basis for other soups.

ONION SOUP (French Style)

Slice four large Spanish onions into buttered pan and fry until thoroughly cooked. Empty contents of one tin of consomme with one tin of water. Simmer five minutes. Place slice of hard toast in soup plate—cover generously with grated cheese and pour soup over mixture. Serve piping hot.

Mrs. Guy Beaudry, Riverbend.

ONION AND TOMATO SOUP

1 c. liquid drained from boiled onions
1 c. tomato juice
2 c. water
½ tbsp. mixed pickling spice
1 bay leaf
1 bouillon cube
Worcestershire sauce

Combine all the ingredients but the bouillon cube and simmer for thirty minutes. Add bouillon cube and stir until dissolved. Strain and serve piping hot. Six to eight servings.

Olive S. Wilson.

NOODLE SOUP

1 c. diced carrot
2 tbsp. chopped parsley
1 bay leaf
6 whole cloves
¼ c. chopped onion
1½ tsp. salt
⅓ c. broken noodles
pepper
pork shoulder bones

Cover bones of pork shoulder with water. Add everything except noodles; cover and let simmer for 2 hours. (There should be 3 cups of stock.) Gradually add noodles and simmer 10 minutes, or until noodles are tender.

Olive S. Wilson.

PEA AND CELERY SOUP

1 c. green split peas
1 small onion
soup bone
1 can condensed celery soup
1 qt. cold water
3 medium potatoes peeled
½ tsp. salt
1 c. milk

Soak peas in water overnight. Drain, add cold water, vegetales, soup bone and salt. Bring to a boil and simmer about one hour, or until peas are soft. Remove bone, put soup through a sieve and rub vegetables through with a metal spoon. Add the celery soup and the milk, and heat to boiling point. (Eight servings).

Olive S. Wilson.

ONE-HOUR SOUP

1 pkg. dehydrated vegetables
1 can tomatoes
¼ c. beef or bacon drippings
1 small onion, cut fine

Boil vegetables for ½ hour in a quart of water containing one tsp. salt; add onions and drippings and boil for another ½ hr. Ten minutes before using add the can of tomatoes. Add more water if needed.

Mrs. F. T. Ring.

RUSSIAN BORTSCH (Tomato Soup)

2 lbs. meat (with bone)
1 tin tomatoes
1 small beet
1 carrot
1½ lbs. cabbage
1 big onion
1 tbsp. flour
salt

Put meat in 3 qts. water. Strain tomatoes and add the juice. Then cut the beet, carrot, cabbage and potato into small pieces and add them to the juice. Chop onion and fry in a tbsp. of fat, add a little water, stir and add to the "Bortsch". Add salt, boil about 20 mins. and serve.

Mrs. Alex. Grecoff, Isle Maligne.

BEET SOUP (*Ukrainian*)

soup bone
5 beets
1 can tomato juice
½ pt. cream
¾ c. flour
1 tbsp. salt
1 egg

Cook soup bone for two hours. Cut beets into thin pieces and add to soup. Let it boil for 15 mins., then add large can of tomato juice and let it boil for 1 hr. Mix flour and cream with beaten egg and add to soup. Bring all to a boil, and then remove from the heat.

Mrs. L. Stopen.

CREAM OF MUSHROOM SOUP

¼ lb. fresh mushrooms
2 tbsp. butter
1 tbsp. minced onion
2 tbsp. minced celery
2 c. chicken broth
2½ tbsp. flour
2 c. milk
1 tsp. salt
⅛ tsp. pepper

Wash but do not peel mushrooms. Chop fine; simmer 5 min. with 1 tbsp. butter and the onion and celery. Add broth; simmer uncovered 10 min. Meanwhile, melt 1 tbsp. butter in double boiler, add flour; stir until smooth, and add milk, salt and pepper. Cook over boiling water, stirring constantly until smooth and thickened. Add mushroom mixture.

Mary Antenbring.

FRIKADELKI "JIFFY" SOUP

Not only is it colourful and tempting, but it conserves vitamins and minerals often lost in ordinary cooking. It also contains both meat and vegetables in a greater concentration than in commercial soups, and so may be used as an easily prepared and just as easily assimilated main dish for a meal. Crisp, golden Melba toast is the ideal accompaniment.

Ingredients may be varied according to the imagination, the inclination, and to what is available. Take stale bread, about 2 thick slices. Soak for a few minutes in cold water. Squeeze fairly dry and put in a bowl. Add not more than ½ lb. hamburger or minced beef and ½ tsp. salt. Mix thoroughly. Out of this mixture make tiny balls the size of marbles, and roll them in flour.

Have boiling on the stove in a saucepan about ½ to ¾ as much hot water as you would like to have of your finished soup. Into this drop your meat marbles (frikadelki). Let them boil merrily. Now add as goodly a combination of finely cut raw vegetables as you can assemble. Practically anything goes—carrots, potatoes, onion, celery, peas, turnip, cauliflower segments, cabbage. Use the strongly flavoured vegetables more sparingly than the others. If you intend to use beets or string beans, allow about 15 minutes longer cooking time. And do try using some of the fresh beet stalks and leaves—good, and good for you!

Your soup is ready for you as soon as the vegetables are tender. Season with salt, and, if you can get it, some chopped green parsley, young onion tops, dill or a few celery leaves.

If you are really in a hurry some day, omit all the vegetables. Add a tin of tomatoes or some fresh ones, skinned and chopped, and about ¾ c. of washed rice, as well as a hint of onion if you like it.

Mrs. G. Zotov.

SPINACH SOUP

½ c. cooked spinach
2 tbsp. butter
2 tbsp. flour
1 c. scalded milk
2 c. water spinach was cooked in
1 tbsp. grated onion
1 tsp. lemon juice

Put left-over spinach through sieve. Melt butter, add flour, milk and stock to which not too much salt has been added. Combine with spinach and onion. Simmer for 15 min. Add lemon juice just before serving. It is a pretty green. Good served with a topping of whipped cream on each portion.

— Margaret Gussow.

VEGETABLES

General Guides in Cooking Vegetables.

To save vitamins, cook vegetables at high temperatures for short periods rather than at low temperatures for longer periods. Don't overcook, and don't stir in air unnecessarily during cooking or heating. Use the smallest possible amount of water (except in case of some of the strong-flavored vegetables). Use left over water to make soups, gravies, sauces, etc.

Cooking canned or glassed vegetables—first empty the liquid from the can into a large skillet or saucepan. Boil it, uncovered, over high heat until half the liquid is evaporated. Add the vegetables, heat quickly, season and serve.

Baking vegetables in the skin shuts out air and preserves vitamins. Try baking: potatoes, sweet potatoes, squash, young onion, beets, and turnips. Serve with salt and butter.

Do not add soda to green vegetables to preserve their green color—it destroys the vitamins. Cook green vegetables uncovered to preserve the color.

The green outer leaves of cabbage and lettuce are far richer in vitamin A than the white inner leaves. Shred them and use them in salads.

To save vitamins—only cut or shred vegetables and fruit just before cooking or serving—do not let them stand exposed to the air any longer than is absolutely necessary. Avoid soaking.

Cook vegetables whole, or cut into large pieces whenever possible. Never mash or sieve vegetables and fruits while they are hot if it can be avoided; the heat increases the loss of vitamin C.

Eat vegetables and fruits raw as often as you can.

Many vegetables can be escalloped: place layers of raw or cooked vegetable in a baking dish, each layer covered with medium thick cream sauce. Potatoes can be dredged with flour but do not need the thick sauce. Tomatoes are done with layers of buttered crumbs, but no sauce. Cheese adds to the food value and flavor—add to the sauce or spread over the top with buttered crumbs. Besides potatoes one can escallop: cabbage (not cut too fine); corn; eggs; celery; asparagus; potatoes, peas, and carrots together

BAKED CARROTS

Grate carrots and place in casserole. Add butter, salt, dash of ginger, a little brown sugar. No water. Cover and bake until tender.

Hilda Nichols.

CARROT RING

2 c. carrot pulp
1 c. grated cheese
1 tsp. salt
¼ tsp. pepper
3 eggs
1 tbsp. onion
1 c. milk
½ c. cracker crumbs

Cook carrots and mash fine. Measure two cups, add salt, pepper, onion, cheese and eggs beaten slightly. Add milk. Bake in graeased mold till firm, in a moderate oven (375°) for about 35-40 min. Serve with cream sauce with peas.

Emily M. Calder.

CARROT PUDDING WITH RICE (Finnish)

1 c. rice
3 c. water
1 pt. milk
1 lb. carrots
1 tbsp. almonds
1 dessert spoon salt
½ tbsp. sugar
1 egg
2 tbsp. butter

Make a porridge of rice, milk and water. Peel, rinse and boil carrots until almost tender. Grate the carrots and almonds, and add to porridge with sugar and butter. Last of all, mix with the beaten egg. Bake in buttered mold about 1 hour in a moderate oven.

Mrs. M. Hahto.

MEXICAN CORN SOUFFLE

2 eggs, beaten separately
1½ c. milk
⅛ tsp. pepper
½ tsp. salt
1 can corn (cream)
½ each green and red sweet peppers

Beat egg yolks well, add milk and seasonings, corn and chopped peppers. Fold in stiffly beaten egg whites and pour into buttered casserole. Set in pan of water and bake covered 25 min. at 350°. Uncover to brown for 10 min.

Ethel M. Stewart.

SAVORY CORN

6 slices bacon
1 large green pepper
1 onion
1½ c. corn kernels
¼ lb. cheese (approx.)
½ tsp. salt
pepper
paprika

Cut bacon into small pieces and brown in saucepan over low heat. Remove bacon from pan, and add to remaining bacon fat the chopped green pepper and onion. Cook in fat until delicate brown. Add corn which has been drained, cheese cut in small pieces, seasonings and crisp bacon. Cook over low heat, stirring constantly, until corn is thoroughly heated. Serve on triangles of toast. Serves 6.

Gladys E. Palaisy.

POTATO AND CHEESE SOUFFLE

3 c. hot mashed potatoes
½ c. hot milk
2 tbsp. melted butter
1 tsp. salt
⅛ tsp. pepper
3 eggs
dash of paprika
½ lb. grated cheese

Add milk, butter, seasonings and the well-beaten egg yolks to the potatoes. Beat until blended. Fold in the grated cheese and stiff egg whites. Place mixture in a buttered dish and bake in a moderate oven (375°) for 30 minutes. Serves 6.

Mrs. J. E. Dyck.

SWEET POTATO PATTIES—"UALA MOMONA"

4 medium sized sweet potatoes
½ tsp. cinnamon
2 tbsp. brown sugar
1 egg, slightly beaten

Boil and peel potatoes; add cinnamon, brown sugar and slightly beaten egg. Shape into oblongs or round patties, roll in crushed cornflakes. Place in a very well-buttered baking pan and heat thoroughly in a hot oven (400°F). These may be made the day before, kept in refrigerator, and heated just before serving. Serves 6.

Evelyn Stangeby, Chicoutimi.

Sweet Potatoes are also delicious prepared in the following manner: Peel, slice in half and put in pan of hot salted water to boil. There should be enough water to cover the potatoes. Add 1 tbsp. brown sugar. When the potatoes are cooked make a sauce of the water on the potatoes by thickening the water with a thin paste made of melted butter, flour and a little water.

POTATO LOGS

3 to 4 c. cold mashed potatoes
1 tsp. salt
¼ tsp. pepper
1 to 2 tbsp. chopped onion
1 well-beaten egg
cornflakes

Add seasonings and chopped onion to potatoes. Add well-beaten egg and mix well. Roll mixture in form of small logs—dip in beaten egg. Roll in cornflakes and bake in moderate oven.

Mary Madill.

BELGIAN BAKED POTATOES

Allow 1 large potato for each serving. Pare and cut lengthwise in 8 or 12 strips. Place strips side by side in shallow pan, cover with melted butter, allowing 1 tbsp. fat for each potato. Bake in hot oven for 20 min. or until they are brown on the bottom. Turn so that the tops brown. Continue cooking until potatoes have a firm crisp brown crust and are tender. Drain on absorbent paper.

Mrs. E. Beresford.

RICE AND TOMATO CASSEROLE

⅓ c. rice
chopped or grated cheese
chopped or grated onion
1 can tomatoes or tomato juice or tomato soup
salt and pepper to taste

Wash rice and drain. Put into buttered casserole, add other ingredients. Bake in moderate oven about 1 hour, or until rice is fluffy. (*Note*: If tomato soup is used, 1½ c. of water must be added.)

Edna B. Johnson.

SPANISH RICE

4 tbsp. dripping (or butter)
1 c. rice (washed in several waters)
2 tsp. salt
¼ tsp. paprika
⅛ tsp. pepper
1 small onion chopped
2 stalks celery with leaves chopped (optional)
1 c. stock or boiling water
1 c. leftover meat cut in small pieces
4 c. canned tomatoes

Heat heavy frying pan and add fat. Fry raw rice until brown, stirring to keep from sticking. Add salt, paprika and pepper. Add onions and celery; stir and fry for 5 to 7 minutes. Add tomatoes, meat and stock, or boiling water. Lower heat, and cover closely. Simmer slowly until rice is tender — about 25 min. Stir occasionally.

Marion Beatteay.

VEGETABLE CASSEROLE

5 c. cooked mixed vegetables (carrots, string beans, celery, potatoes and onion)
3 tbsp. flour
3 tbsp. butter or fat
2 c. milk
⅛ tsp. cayenne pepper, powdered mustard and paprika
½ tsp. salt
¾ tsp. Worcestershire sauce

If canned vegetables are used they need only to be heated thoroughly. Make a white sauce of butter, flour and milk; add seasonings, combine with vegetables and turn into buttered casserole. Bake in slow oven (300°) for ½ hr. Serves 8.

Mrs. G. Padley.

TURNIP RING OR MOLD

2 tbsp. butter
1 tbsp. cornstarch
2 tbsp. flour
1 c. milk
1 tsp. salt
2 c. mashed turnip
½ tsp. pepper
½ c. grated cheese
3 eggs

Make sauce with butter, cornstarch, flour, milk and seasonings. Add turnips and cheese, and stir until thoroughly mixed. Beat egg until light and lemon-coloured. Fold into turnip mixture and bake in greased pan 1 hr. at 325°.

Gretchen Zuercher.

CORN RAREBIT

1 tbsp. shortening
1 tbsp. flour
⅓ c. milk
¼ c. grated cheese
⅛ tsp. salt
pepper
¼ c. corn
⅛ tsp. Worcestershire sauce
⅛ c. tomato catsup

Make white sauce with fat, flour and milk. Add cheese, stir till melted. Add remaining ingredients and remove from fire when well heated. Serves 2. Serve immediately on toast.

Gladys Gillis.

VEGETABLE PIE

½ c. diced celery
¼ c. dried onion
2 c. carrots (fresh or left over)
1 c. peas
1 c. leftover potatoes

Make an ordinary cream sauce. Make an ordinary pie crust with a cup of cheese added. Place the vegetables in a casserole and pour over this the white sauce. Place piecrust on top. Bake 25 min.

Mrs. J. R. Brands, Riverbend.

THE HOSTESS

The word "hostess" has a new meaning to-day. Practically every homemaker entertains her friends in small or large groups—and charmingly. She does it where necessary with little or no help, but with a simple perfection that is the result of careful planning or of ever-ready hospitable resources; and of never attempting anything too elaborate or difficult. Simplicity is smartest to-day. The great points are to suit your type of party to your type of guests—and to plan only such parties as lie well within your reach as to expense, facilities, and the work involved.

SETTING THE TABLE:

1. Silver should always be placed in the order in which it is to be used, working from the outside toward the plate.

2. The knife is placed next the plate at the right, with sharp edge turned toward the plate.

3. Spoons are placed to the right of the knife in the order of their use, from the outside in.

4. Place forks to the left of the plate.

5. The napkin belongs at the left of the forks, with the open corner toward the person to use it.

6. The bread and butter plate is placed at the left of the dinner plate above the napkin, with the butter-spreader either on it with its handle pointing toward the right or placed as the first knife with the other knives.

7. The water glass is placed just above the tip of the knife.

8. The cup and saucer are placed to the right of the spoons, opposite the bowl of the spoons.

9. All silver should be placed ½-1 inch from the edge of the table, in an even and compact row.

10. All linens must be lengthwise or crosswise—never diagonal.

SERVING:

There are apparently several schools of thought on this subject:

When the food is served by the host at the table, one etiquette book says, "the guest of honor or the lady on the host's right should be served first; other persons are served right around the table." Another says the hostess should be served first, then to her right and so on in regular order on that side of the table. The host then serves a plate to the guest at the left side of the hostess and so on in regular order down that side of the table. The host should say for whom the plate is intended to avoid confusion.

WAITING ON THE TABLE:

There are two types of service:

1. Place, pass and remove all dishes to the left of the person seated at the table, with the exception of beverages which must be placed at the right.

2. *In serving* stand at the right of the person whom you are serving and place plate with right hand.

In offering (to hold a dish from which the guest will help himself) stand on the left and use the left hand.

Remove used dishes while standing on the left and using left hand.

3. *General.*—Fill glasses without lifting them from the table.

Never reach across in front of a guest.

After each course, remove everything pertaining to one course before serving another. Remove all food first, then soiled dishes, glasses, silver and cutlery, then clean dishes, glasses, silver and cutlery.

Everything should be done quietly and without seeming haste.

Remove the plate of the hostess first unless she herself is waiting on the table, in which case she begins to remove the dishes at the cover on her right hand, and continues in regular order around the table.

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