



**Navy League Chapter
I. O. N. E.**



Victory Cook Book

Navy League Chapter J. O. D. E.

[October, 1941]

The Navy League Chapter was organized on September 24, 1912, in Victoria, B.C., with the hero of Trafalgar's great watchword "Closer Action" chosen as its motto.

The Chapter has always made the interests of the Navy foremost in its work. During the first Great War a \$100.00 Life Membership in the Navy League of Canada was purchased in the Chapter's name, also a Life Membership in the Red Cross.

In 1917 a Children's Fancy Dress Ball was organized during the Christmas season at the Empress Hotel and has been successfully carried on every year since, netting the Chapter approximately \$7,000.00 in the twenty-four years. Other activities, such as garden parties, card parties, raffles, etc., have enabled the Chapter to generously contribute to secondary Educational work and maintain its share in all the Order's philanthropic work.

Since the outbreak of the second World War, the Chapter has raised and spent an average of \$100.00 a month on war work and it is for this purpose that the members have collected these tested recipes in an endeavour to raise more money.

Our grateful thanks go to all who have contributed to make this book the success we hope for.

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NAVY LEAGUE CHAPTER, I.O.D.E., COOK BOOK

A Word of Appreciation

THE NAVY LEAGUE CHAPTER, I.O.D.E., wishes to express their sincere thanks to the women who have contributed the tried and tested recipes contained in this Cook Book, and to the business firms whose advertising made its publication possible. Their loyalty will always be appreciated.

Table of Measurements

All Measurements Are Level.

1 saltspoon= $\frac{1}{4}$ teaspoon.
3 teaspoons=1 tablespoon.
16 tablespoons=1 cup.
2 tablespoons liquid=1 ounce.
2 cups=1 pint.
4 cups=1 quart.
2 tablespoons sugar=1 ounce.
2 cups granulated sugar=1 pound.
 $2\frac{1}{2}$ cups powdered sugar=1 pound.
2 $\frac{2}{3}$ cups brown sugar=1 pound.
2 tablespoons butter=1 ounce.
 $\frac{1}{2}$ pound butter=1 cup.
1 square chocolate=1 ounce.
2 $\frac{2}{3}$ cups oatmeal=1 pound.
 $4\frac{3}{4}$ cups rolled oats=1 pound.
2 $\frac{2}{3}$ cups corn meal=1 pound.
4 $\frac{1}{3}$ cups rye meal=1 pound.
1 $\frac{7}{8}$ cups rice=1 pound.

4 cups flour=1 pound.
4 tablespoons flour=1 ounce.
1 quart flour=1 pound.
 $4\frac{1}{2}$ cups graham flour=1 pound.
4 $\frac{1}{3}$ cups coffee=1 lb.;
1 ounce coffee=5 tablespoons.
2 cups finely chopped meat=1 pound.
1 pound suet=4 cups chopped.
 $\frac{1}{3}$ cup chopped almonds=1 ounce.
 $\frac{1}{2}$ pound dried beans=1 cup.
1 average stalk minced celery=4 tbsp.
1 ounce grated cheese= $\frac{1}{2}$ cup.
 $3\frac{1}{2}$ pounds diced chicken=5 cups.
1 ounce cocoa=4 tablespoons.
1 cup shelled nuts=4 ounces.
1 large minced onion= $\frac{1}{2}$ cup.
Grated rind of 1 orange=2 tbsp.
1 cup raisins=6 ounces.
1 ounce salt= $2\frac{1}{8}$ tablespoons.

What to Serve with Meats, Fish, Etc.

With Mutton—Use Mint Chutney.
With Lamb—Currant Jelly with Mint and Lemon.
With Cold Roast Beef—Use East India Chutney.
With Fowl—Use Cranberry Sauce, Cranberry Jelly.
With Ham—Use Mustard Pickle.
With Corned Beef—Use Mustard Pickle.
With Sliced Tongue—Use Horseradish with whipped or sour cream.
With Veal—Use Currant Jelly, Chili Sauce.

With Roast Pork—Use Apple Sauce, Currant Jelly, Cranberry Sauce, Cabbage Chow Chow.
With Fried Scallops—Use Catsup.
With Oysters—Use Tartar Sauce.
With Clams—Use Russian Dressing.
With Raw Oysters—Use Horseradish, Pepper Sauce, Catsup.
With Baked Beans—Use Mustard Pickle, Chili Sauce, Picalilli.
With Boiled or Baked Fish—Use Sour Pickles, Pepper Relish.



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A Modern Kitchen Helps to Plan A Week of Meals

SUNDAY—

Breakfast	Luncheon	Dinner
Grapefruit halves	Toasted Cheese and	Tomato Juice
Waffles	Bacon Sandwich	Rollad Rib of Beef
Sausage Red Currant Jelly	Pears with Custard Sauce	New Potatoes Har. Beets
Toast Coffee	Milk and Tea	Jellied Vegetable Salad
		Ice Cream Strawberries

MONDAY—

Breakfast	Luncheon	Dinner
Orange Juice	Imperial Macaroni	Lamb Chops
Bran Flakes	Beet and Celery Salad	Hashed Brown Potatoes
Bacon and Eggs	Peaches Cookies	Green Peas
Toast Coffee	Milk and Tea	Lime Marshmallow Whip
		Coffee

TUESDAY—

Breakfast	Luncheon	Dinner
Stewed Prunes, Boiled Egg	Cheese Strata	Cold Roast Beef
Whole Wheat Toast	Sliced Tomatoes	Potato Salad
Jelly	Lemon Cake Pudding	Macedoine Veg. Salad
Coffee	Milk and Tea	Butterscotch Pudding
		Coffee

WEDNESDAY—

Breakfast	Luncheon	Dinner
Grapefruit Halves	Cream of Pea Soup	Biscuit Pinwheel with
Bacon and Eggs	Fresh Fruit Cup	Tomato Sauce
Toast Honey	Bran Muffins	Asparagus
Coffee	Milk and Tea	Whipped Jelly with Cream
		Cake (white)
		Coffee

THURSDAY—

Breakfast	Luncheon	Dinner
Cereal with Sliced Bananas	Spinach with Poacher Egg	Bouillon
Toast Jelly	Rice Pudding	Liver and Bacon
Coffee	Tea and Milk	Baked Potatoes
		Vegetable Casserole
		Stuffed Peaches
		Cookies
		Coffee

FRIDAY—

Breakfast	Luncheon	Dinner
Stewed Rhubarb	Luncheon Bean Sandwich	Boiled Salmon Egg Sauce
Cereal	Apricot Whip	New Potatoes, Green Peas
Toast Jam	Cookies	Banana Lemon Shortcake
Coffee	Tea and Milk	Coffee

SATURDAY—

Breakfast	Luncheon	Dinner
Orange Juice	Tomatoes Stuffed with	Old-Fashioned Beef
Bacon	Salmon Salad	Stew with Dumplings
French Toast Jelly	Apple Sauce	Fruit Trifle
Coffee	Heated Bran Muffins	Coffee
	Tea and Milk	

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KITCHEN HINTS

To keep sandwiches for any length of time, cream the butter with a little milk. It is more economical, also keeps the sandwiches fresh and moist.

If fruit juice is spilt on the table cloth, sprinkle over immediately with a little corn starch. It nearly always succeeds in removing stain in one application.

Lettuce will not become limp nearly so rapidly if it is stood in a bowl of water containing two or three slices of lemon.

HOW TO REMOVE STAINS

Whenever possible remove stains when fresh to prevent them from setting. Always use cold water to remove stains made by food containing proteins, such as milk, blood, egg or meat juice. Hot water will set these stains. Use hot water for fruit and similar stains, as cold water will set them.

Blood and Meat Juice—Soak in cold or lukewarm water until stains turn light brown. Do not use hot water, as it will set the stains. Then wash in hot water, unless material is silk or wool, in which case use cold or lukewarm water. For blankets apply a thick paste made of raw starch and cold water. Allow the paste to dry and then brush it off. Repeat until all signs of stain are gone.

Fruit and Berry—If stains are fresh, pour on boiling water, from a height of 2 to 3 feet. Repeat, if necessary, and then bleach in the sun. If this is not entirely successful, apply lemon juice to the stain and bleach in the sun.

Grass—If the stains cannot be removed by soap and warm water, apply grain or wood alcohol.

Grease—For washable materials, use warm water and soap. For silk or wool, use clean white blotting paper, a piece on each side of the stain, and iron with a warm iron. For coarse material, use corn meal or salt, brushing off as the corn meal or salt absorbs the grease, and repeating. Chloroform, benzol, naphtha or gasoline may also be used for sponging off grease stains, especially where dirt is mixed with the grease, but these agents must be used with care.

Iodine—Make weak solution (1 tablespoon to 1 pint of water) of baking soda, sal soda (washing soda), or borax. Wash stains in the solution and then rinse in cold water. Iodine stains are ordinarily brown, but on starchy goods are blue.

Ink—Printing ink stains may be removed by rubbing the stain thoroughly with lard, and then washing with soap and warm water. For writing inks, try washing with soap and water first. Then try corn meal or salt or French chalk or talcum powder, brushing off as the ink is absorbed and repeating. If this is not successful, soak the stains in milk for one or two days, changing the milk as it becomes discolored. Or rub the stains with a cut lemon, squeezing on some of the juice and rinsing frequently.

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Iron Rust—Rub lemon juice and a little salt on the stains and bleach in the sun. Repeat or add more lemon juice if necessary.

Mildew—Moisten the stains with lemon juice, or soak overnight in sour milk, and bleach in the sun without rinsing. Or dissolve 1 pound of soda in 1 quart of cold water and add $\frac{1}{4}$ pound of calcium hypochlorite. Apply with a medicine dropper, and IMMEDIATELY AFTER APPLY Oxalic acid solution and then rinse. The immediate use of Oxalic acid is to neutralize the first mixture and prevent it from harming the material. Repeat if necessary.

Milk or Cream—Use cold water. Do not use hot water, or stains will set. After using cold water, wash with soap and warm water. If material is not washable after using cold water, sponge with chloroform, gasoline or benzol.

Paint—Dip in acetone and squeeze out. Material does not need to be washed of acetone is used, and it will dry very rapidly. If acetone is not available use turpentine or benzol. Then wash with warm water and soap.

Tar, Asphalt or Road Oil—Apply turpentine to the stains and then wash thoroughly with soap and hot water. If this is not successful, use chloroform or benzol and then wash with soap and hot water. Or try rubbing in lard and then washing with soap and hot water.

Tea—If washing with soap and warm water is not successful, apply lemon juice and bleach in the sun. Keep the stains covered with lemon juice during the bleaching.

Varnish—Rub with wood or grain alcohol or ether. Then wash with water and soap.

HAND LOTION

3 ounces glycerine	20 drops carbolic acid
4 ounces bay rum	Have mixed at drug store.
$\frac{1}{2}$ ounce quince seed	

Boil quince seed for 10 minutes in 1 pint boiling water, strain and add to other ingredients.

—Mrs. P. E. Taylor.

ORANGEADE

6 large oranges	2 ounces citric acid
4 lbs. sugar	4 pints boiling water

Grate orange rinds. Let sugar and water boil to dissolve well. Add grated rinds and acid crystals, do not use orange juice. Let stand until cool, strain and bottle. For a drink, add about 2 tablespoons syrup to glass of water.

—Mrs. P. E. Taylor.

LEMON DRINK

6 lemons, grate rind and add juice	1 quart boiling water
6 cups sugar	2 oz. tartaric acid (powder form)

Let stand overnight, in morning strain and bottle. Makes 2 quarts concentrated juice.

—Mrs. T. McGimpsey.



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HORS D' OEUVRES

Fill shells or toast fingers with seasoned cottage cheese, and top with red pepper jam, or relish.

—Mrs. T. McGimpsey.

Sardine and Bacon—Mash sardines well, season with mayonnaise, little mustard, and onion juice. Spread on slices of bacon, roll, sticking with toothpicks, broil and serve.

—Mrs. T. McGimpsey.

Cream Cheese-Chipped Beef—1 package Philadelphia cream cheese, thoroughly creamed. Season highly with salt, pepper and moist horseradish to taste. Roll a teaspoonful in small piece of chipped beef and pin with toothpick.

—Mrs. T. McGimpsey.

Salted Pecans or Almonds—Put tablespoon butter or olive oil in skillet. When hot add nuts. Toss with fork until slightly brown. Drain on soft paper and sprinkle generously with salt.

—Mrs. T. McGimpsey.

Stuffed Celery—Mix chopped nuts and green peppers with Philadelphia cream cheese. Moisten with salad dressing and season highly with salt, pepper and Worcestershire sauce. Stuff the stalks of celery with mixture and cut in two-inch lengths. Place green stuffed olive on top of each piece.

Stuffed Dates—Remove stones and fill the dates with almonds, pecans or peanuts then close and roll in powdered sugar.

COCKTAILS

Fruit Cocktail—

Juice of 1 can peaches	4 oranges
Juice of 1 can pineapple	2 lemons
Juice of 1 can pears	1 bottle ginger ale

Mix juices thoroughly, chill, shake and serve.

—Mrs. T. McGimpsey.

Tomato Juice Cocktail—

3 cups tomato juice	1 tbsp. catsup
1 tbsp sugar	1 tsp. horseradish
1 tsp. salt	1 tsp. onion juice
2 tbsp. lemon juice	¼ tsp. paprika
	¼ tsp. celery salt

Mix ingredients in a fruit jar, cover and shake well. Chill and serve in glass cocktail cups.

SAUCE FOR SHRIMP, OYSTERS OR CRABS

3 cups tomato sauce	¼ tsp. Tabasco sauce
2 cups chili sauce	½ tsp. onion juice (optional)
¼ cup lemon juice (strained)	1 tsp. celery seed
½ cup good salad oil or mayonnaise	Mix in order given.
4 tbsp. Lea & Perrins sauce	

—Mrs. T. McGimpsey.

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NAVY LEAGUE CHAPTER, I.O.D.E., COOK BOOK

BRIDGE MENU

Tuna Fish Salad
Brown and White Bread and Butter
Olives
Celery Sticks Filled with Cheese
Almonds and Cluster Raisins
Iced Walnut Cake

Tuna Fish Salad—

1 pkg. lemon jelly powder	1 cup tuna fish, flaked
1 pint hot water	$\frac{1}{2}$ cup canned peas
3 tbsp. vinegar	2 tbsp. pimento, finely chopped
1 tsp. salt	2 tbsp. celery, chopped

Dissolve jelly powder in hot water. Add vinegar, salt. Chill. Rub bowl with cut onion, if flavor is liked, and fold in remaining ingredients. Blend. Turn into individual molds. Chill until firm. Unmold on crisp lettuce leaves. Serves six to eight.

—Mrs. Spurrier.

AFTERNOON BRIDGE MENU

Cheese and Bacon Sandwiches
Ripe Olives and Sweet Gherkins
Nut Bread and Hot Tea Biscuits
White Cake and Drop Cookies
Tea and Coffee

Drop Cookies—

1 cup brown sugar	$1\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup butter (or shortening)	2 eggs
1 cup chopped walnuts	$\frac{1}{2}$ tsp. soda in a little water
1 cup chopped dates or raisins	

BRIDGE LUNCHEON

Celery Olives
Consomme Salted Crackers
Tomato Stuffed with Creamed Chicken
Saratoga Chips
Hot Finger Rolls
Ice Cream in Meringue Baskets
Coffee

Tomato Stuffed with Creamed Chicken—

Peel medium-sized tomatoes and cut off the stem ends. Scoop out the insides, sprinkle lightly with salt, and turn upside down to drain. When thoroughly drained, fill with well-seasoned creamed chicken, sprinkle with a little chopped parsley, and serve.

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THANKSGIVING DINNER MENU

Honey Dew Cocktail	
Cream of Mushroom Soup	Cheese Crackers
Celery Curls	Olives
Steamed Salmon	Hollandaise Sauce
Roast Young Turkey	Dressing Giblet Gravy
Riced Potatoes	Cranberry Jelly
Baked Danish Squash	Buttered Carrots
Rolls	
Tomato Aspic Cubes in Lettuce Cups	
Orange Pumpkin Pie	
Mints	Almonds Apple Confection
Coffee	

—Mrs. Spurrier.

WARTIME BUTTER

1 lb. butter (quite soft)	Take ½ cup of the milk and soak
½ to 1 tsp. salt	1 tbsp. Knox gelatine for 5 minutes
2 cups lukewarm milk (top milk)	

Mix all together and beat with egg beater until it thickens. Add
butter coloring. Makes 2 pounds of butter.

—Mrs. J. A. McDonald, 1622 1st Ave. E., Vancouver.

LIVER SANDWICH FILLING

(Foie Gras)

½ lb. liver	½ small onion, cut small
3 slices bacon	Pepper, salt, mixed herbs

Cut up bacon, fry gently, add liver, cut up, also onion, cook together,
stirring, but not enough to brown. Add seasoning. Put all through
mincer, and mix with a little mayonnaise for spreading between white
and brown bread and butter. Shrimps can be added before going through
mincer. This mixture without mayonnaise will keep in a jar in refriger-
ator.

—Miss E. M. Kittle.

HOT CHEESE DREAMS (8 Sandwiches)

1½ cups grated cheese	½ tsp. mustard
1 tbsp. butter	Salt, pepper, paprika
½ cup milk	16 Slices bread
1 egg, well beaten	

Mix cheese, butter and egg, seasoning and mix well. Spread between
thin slices of bread. Cut in half and fry in butter until brown on both
sides and serve hot.

—Mrs. T. A. Johnston.

AFTERNOON TEA DELIGHTS

Flake a can of salmon or crab, mix with melted butter and a little
salad dressing, spread on bread, roll and hold with a toothpick and toast
in the oven. Serve hot.

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Soups

FRENCH ONION SOUP

2 lbs onions 2 tbsp. butter
3 cups brown stock or water and bouillon cube

Slice onions and brown quickly in frying pan, using small amount of beef dripping or butter and taking care to prevent burning. Do not cook for long. Place in kettle, add stock and boil until onions are tender. Add butter and salt to taste. Serve with a piece of melba toast in centre of dish, over which should be sprinkled grated cheese. If water is used, dissolve bouillon cube or use 1 tablespoon of meat extract. This amount serves four or five.

CHEESE SOUP

½ tsp. minced onion 2 tsp. salt
1 tbsp. fat ¼ lbs. soft yellow cheese, grated
1 tbsp. flour Paprika to taste
1 quart milk or 2 cups evaporated milk and 2 cups water

Saute the onion in the fat until tender. Add flour and salt and stir until smooth. Then add milk slowly while stirring constantly. Next add grated cheese and cook until smooth and thick. Sprinkle with paprika. A little pimento, chopped fine, may be used in this soup if desired. This serves six.

DUCHESS SOUP

1 quart milk 3 tbsp. flour
3 tbsp. butter 2 tbsp. chopped parsley
1 tbsp. minced onion Few grains cayenne pepper
3 tbsp. grated cheese Salt and pepper to taste

Scald milk and onions together. Pour over flour and butter which have been thoroughly blended together. Cook well, stirring constantly. Remove from fire and add grated cheese and chopped parsley. Season to taste and serve at once.

BORSCHT (Soup)—Good Luncheon Dish

1 bunch beets 1 small onion ¼ cup sugar
1 cup tomato juice ½ lb. beef breast 4 eggs, salt
4 cups water 1 tbsp. lemon juice

Peel beets and cut into strips, add tomato juice, water, onion chopped and meat cut in small pieces. Simmer for half hour, add lemon juice and sugar, and cook another half hour. Beat eggs with salt. Add eggs to soup slowly, stirring well so eggs do not separate. This should be like a soft custard. Serve very hot.

—Mrs. T. A. Johnston.

SPLIT PEA SOUP

Soak 1 cup of dried peas over night in 2 quarts of water. Bring to boil and add a ham bone or ½ lb. of salt pork, diced onions, celery and carrot, pepper and little mint. Boil all for 2 or 3 hours. Can be eaten either strained through sieve or as is. A small piece of butter added just before serving improves it.

—Mrs. T. A. Johnston.

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6 baked potatoes

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Hot milk

Minced parsley and onion

Butter

Salt and pepper

Paprika

Select fat, medium-sized potatoes, wash, prick skin with fork and bake in a hot oven until done. Cut in half lengthwise, scrape out the inside, being careful not to injure the skin. Mash the potatoes with salt, pepper, butter and hot milk. Re-fill shells, sprinkle generously with grated cheese, then with paprika and minced parsley. Bake about 10 minutes in hot oven.

— Mrs. D. W. Carter.

BAKED CORN AND TOMATOES

2 cups cooked corn, canned or fresh 1 tsp. sugar

2 cups tomatoes 1 tsp. salt

1 tbsp. butter 1 cup bread crumbs

Mix and place in buttered baking dish. Cover with crumbs. Dot with butter and bake at 350 degrees F. half an hour.

—Mrs. Birchall.

ONION — CARROT — APPLE SCALLOP

2 cups sliced onions

1 cup diced carrots

1 cup diced apples

¼ cup water

4 tbsp. butter

Salt and pepper

Place all ingredients in baking dish, cover and bake in oven till tender. Good served with roast pork.

—Mrs. Birchall.

TOMATO SAVORY

Slice large tomatoes about 1 inch thick. Dip in beaten egg with 1 tablespoonful of water added. Let stand to drain for 15 minutes. Dip in cracker crumbs that have been well seasoned. Fry in deep fat. Garnish with curl of fried bacon and parsley.

—Mrs. Sager.

PEPPERS STUFFED WITH ASPARAGUS

Cut slices from stem ends of 6 med.-sized green peppers. Remove seeds and white portions. Parboil in boiling salted water for ten minutes. Drain and fill with creamed asparagus cut in half-inch pieces, cover with bread crumbs. Dot with butter and bake in moderate oven for 10 minutes. Serve on buttered toast.

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POTATO PUFFS

Take 1 cup of cold mashed potatoes, and work into it 1½ table-
spoons butter, ¼ cup sifted flour, and 1 teaspoon baking powder. Lastly
add 2 well-beaten eggs, and drop by spoonfuls into hot fat and cook till
brown.

—Mrs. W. Colpman.

HARVARD BEETS

¼ cup sugar
1 tbsp. flour
1 cup hot water

¼ cup vinegar
½ tsp. salt
1 tbsp. butter

3 cups cooked beets

Mix sugar and flour and add a little cold water to make a paste. Add
hot water slowly, stirring, and cook until thickened. Add vinegar, salt
and butter. Add beets and allow to stand over low heat to develop flavor
and to color sauce. Yield—six servings.

—Kathleen Johnston.

BAKED EGG PLANT

Boil 3 egg plant, mash in fine parts, drain off as much water as
possible, soak about 3 slices of bread in egg plant water. Beat 2 or 3
eggs, mix with the egg plant, use butter, salt and pepper to taste. Put
in buttered baking dish and bake, before serving sprinkle toasted bread
crumbs over top, dot with butter and put back in oven for a few minutes.

—Mrs. W. McKenzie, Albert Head.

BAKED TOMATOES STUFFED WITH CORN

8 tomatoes (medium sized)
2 tbsp. bran
½ tsp. salt
1 can yellow corn

2 tbsp. butter (melted)
1 tbsp. onion (minced)
½ green pepper (chopped)

Wash tomatoes, cut off tops, scoop out centres and sprinkle insides
with salted bran. Mix the corn with pepper, onion, and butter and add
the scooped out tomato. Fill tomato with this mixture, replace tops and
bake until tomatoes are soft. Serve on a hot plate garnished with parsley.

Variation—

Baked tomatoes may be served on a plate with rice, noodles or boiled
potatoes and garnished with grilled apple slices.

CAMP SLAW

1 small finely grated cabbage, season with celery salt, salt and pepper.
Fry 4 slices bacon until dry and crumble over cabbage. Into your hot
bacon fat, pour ½ cup vinegar, 1 large tablespoon sugar. Boil up and
pour over cabbage, toss lightly and serve at once.

—Mrs. T. A. Johnston.

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FRIED RICE (Chinese)

2 cups cooked rice

1½ tbsp. olive oil

3 stalks chopped celery

1 onion (chopped)

1 clove of garlic

6 water chestnuts (chopped)

½ cup ham (chopped)

2 tbsp. soya

Fry onions and garlic until light brown, add rice and fry 10 minutes,
add celery, ham and chestnuts and soya, stir well and cook 10 minutes
more.

—Mrs. J. H. Morrill, Honolulu.

BRAISED RED CABBAGE

1 medium red cabbage (shredded)

2 tbsp. butter

1 large onion (sliced)

1 cup vinegar

1 cup water

1 large apple, peeled and sliced

1 tbsp. sugar

Salt and pepper

Melt butter, add onion, fry gently, then add cabbage, apple and other
ingredients. Cover tightly and simmer 1½ to 2 hours. Add water if
necessary to keep from burning.

—Mrs. J. H. Morrill, Honolulu.

BAKED TOMATOES ROQUEFORT (Serves 8)

8 oz. boiled ham (ground)

3 oz. roquefort cheese

1 tbsp. Worchester sauce

1 cup cream

1 cup fresh bread crumbs

8 tomatoes (medium size)

Mix ham, cheese, crumbs, cream and sauce. Scoop out centre of
tomatoes, stuff with mixture and sprinkle bread crumbs on top. Dot
with butter and bake 450 degrees F. for 15 minutes. Serve on rounds of
fried toast.

—Mrs. T. A. Johnston.

HOT SLAW

1 small head of white cabbage, cut fine. Cover with water and cook
15 minutes. All water should be absorbed. Cover with following dress-
ing: 1 egg, well beaten, 1 cup sour cream or condensed milk, a little
vinegar, salt, pepper, sugar and mustard. Cook until thick in double
boiler and add a little butter.

—Mrs. T. A. Johnston.

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SALMON LOAF

1 can red salmon, remove skin and bones. Add 2 tablespoons butter, 1 unbeaten egg, pepper, salt, 5 crackers rolled fine, $\frac{1}{2}$ teaspoon nutmeg. Mix and mash well with fork. Pack into baking dish, dot top with butter and bake $\frac{1}{2}$ hour in medium oven.

Very good sliced cold with mayonnaise.

—Mrs. A. Kent, 228 Douglas St.

OLYMPIC PAN ROAST

Drain 1 quart of oysters (small). Put a little of the oyster liquor in stew pan with 1 cup tomato catsup, 2 tablespoons Worcestershire sauce, 1 teaspoon walnut sauce.

Cream 2 tablespoons of butter with 1 tablespoon flour and add to mixture. Allow to simmer until it thickens then add oysters and cook until edges curl. Season to taste and serve on thick pieces of toast.

—Mrs. A. E. McMicking.

DEVILLED CLAMS

1 can minced clams
1 tbsp. fat or butter
 $\frac{1}{2}$ tsp. mustard
1 egg

1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ cup cracker crumbs
 $\frac{1}{2}$ tbsp. butter

Melt fat, add mustard, salt, pepper and liquid. Bring to boiling point, add clams, crumbs and egg. Pour into baking dish and bake for 20 minutes in 375 degree F. oven.

—Mrs. H. H. McTavish.

LENTEN DISH (Fish)

Butter pie dish and lay in 2 lbs. of any white fish, salt and pepper and lemon juice. Stir in 2 tbsp. of melted butter, 1 tbsp. of chopped parsley and 1 tbsp. curry powder. Add 2 beaten eggs to $\frac{1}{2}$ pint of milk and add to above mixture. Pour custard over fish and bake at 350 degrees F. for 45 minutes.

—Mrs. D. D. McTavish.

LOBSTER NEWBURG

1 tbsp. butter, pick over lobster, or $\frac{1}{2}$ can of shrimp, sprinkle with nutmeg, salt and pepper. Beat 2 eggs well, add $\frac{1}{2}$ cup cream. Heat all together and just before serving add 1 tablespoon sherry or brandy.

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GREEN RICE

2 cups cooked rice
2 eggs beaten with about
 $\frac{1}{2}$ cup milk
1 green pepper (chopped)

2 tbsp. parsley (chopped)
 $\frac{1}{2}$ cup olive oil or butter
A little grated onion

Mix grated cheese and buttered crumbs enough to cover.

Saute pepper, parsley, onion in butter, add rice, then the beaten eggs
and milk. Bake in a pan set in hot water until done (about $\frac{1}{2}$ hour).

—Mrs. D. O. Cameron.

SALMON CASSEROLE

1 lb. can red salmon
4 eggs (hard boiled)

1 can mushroom soup
 $\frac{1}{2}$ cup cream

Put salmon in casserole. Season well. Heat soup and cream. Pour
over salmon. Slice eggs over top. Bake till brown.

—Mrs. Topham.

SHRIMP ROUNDS

1 cup canned shrimps (flaked)
2 finely chopped hard-boiled eggs
1 tsp. lemon juice

2 tbsp. minced onion
2 tbsp. mayonnaise

Before flaking shrimps, remove intestinal vein. To flaked shrimp
add eggs and remaining ingredients. Cut bread rounds $1\frac{3}{4}$ inches in
diameter from thin slices of white bread and same from whole wheat
bread. Spread white rounds with butter and brown with shrimp mixture.
Put together in sandwiches.

—Mrs. Webster.

EGG PLANT AND MINCED CLAMS

1 egg plant
1 can minced clams

$\frac{1}{3}$ cup cracker crumbs
 $\frac{1}{4}$ cup butter

Cut egg plant and boil until tender; drain, add clams, butter and
salt and pepper. Put in baking dish, cover with cracker crumbs and
dabs of butter and bake 20 minutes.

—Mrs. T. A. Johnston.

SHRIMP CREOLE

1 can tomatoes
 $\frac{1}{2}$ can tomato soup
1 large onion

$\frac{1}{2}$ bell pepper (green)
Few slices bacon
2 quarts shrimps

Chop bacon and onions and fry together. Add chopped pepper,
tomatoes and soup. When well heated add shrimps and serve with rice.

—Mrs. T. A. Johnston.

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FISH CUSTARD

Steam 2 lbs. halibut or other fish in 1 cup milk for $\frac{1}{2}$ hour. Separate, with fork, into flakes and place in buttered baking dish. Beat 2 eggs slightly, add milk in which fish was cooked, also 2 cups cold milk. Season with salt, pepper and any seasoning liked. Pour over fish, dot with 2 tablespoons butter. Place dish in pan of hot water and bake slowly at 325 degrees F. till firm, and brown on top. Grated cheese can be sprinkled if liked.

—Miss E. M. Kittle.

SALMON SOUFFLE

4 tbsp. butter
5 tbsp. flour
 $\frac{1}{2}$ tsp. salt

1 cup milk
1 cup salmon
3 eggs

Make cream sauce from flour, butter, salt, and milk; cool, add flaked salmon, slightly beaten egg yolks. Fold in beaten whites. Pour into a buttered baking dish. Oven poach at 325 or 350 degrees F. for 50 to 60 minutes.

—Mrs. Birchall.

TUNA SURPRISE

1 8-oz. can tuna fish or salmon 1 packet potato chips
1 can Heinz cream of mushroom soup

Flake tuna fish, and put it in buttered baking dish alternately with layers of potato chips. Pour the soup over the fish and chips. Bake in moderate oven about 20 minutes or till well heated through.

Yield: 4 to 5 servings.

—Kathleen Johnston.

TUNA AND MUSHROOM SUPREME

2 envelopes gelatine
 $\frac{3}{4}$ cup cold water
1 can condensed mushroom soup
1 tbsp. mayonnaise

2 eggs (separated)
1 can tuna
1 tbsp. lemon juice
Salt and pepper

Soak gelatine in cold water 5 minutes. Heat soup and egg yolks in double boiler 3 to 5 minutes, stirring constantly. Stir in gelatine and dissolve. When it begins to thicken add tuna which has been mixed with lemon juice, mayonnaise and seasoning. Take from heat and add stiffly beaten egg whites. Mould and chill.

—Mrs. T. A. Johnston.

BAKED CRAB

Put 2 tablespoons of butter in double boiler, add 2 tablespoons flour, 2 cups of milk, one cup of cream. Cook until thick. 3 hard-boiled eggs chopped fine, mix with 2 tablespoons chopped parsley, 2 tablespoons cracker crumbs and add 2 cups white sauce. Put in 1 pound of crab meat. Put in casserole in pan of water. Sprinkle fine cracker crumbs over top and dot with butter. Season to taste.

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—Mrs. A. Kent, 228 Douglas Street.

SCALLOPED BEEF

1 tbsp. bacon or other fat	1 cup cooked peas
1 onion (chopped)	1½ cups mashed potatoes
1 lb. round steak	Salt and pepper

Brown onions in fat, add salt, pepper and cut meat into serving size and put in pan and fry until brown, cover with water and simmer until tender. Thicken gravy with flour and water paste and pour into shallow casserole. Cover with peas and then mashed potatoes. Place in oven at 375 degrees F. for ½ hour.

—Mrs. T. A. Johnston.

AUSTRALIAN GOOSE

Have bone removed from a 5 lb. tender shoulder of lamb and use the following stuffing:

2 tbsp. fat pork chopped	1¼ cups soft bread crumbs
½ cup raw ham ground	½ cup sweet milk
1 tsp. onion juice	Salt, pepper and a little nutmeg

Cook the pork crisp, add crumbs and brown. Mix with the other ingredients and stuff into lamb cavity and fasten. Rub the outer surface of meat with:

1 tbsp. shortening	2 tbsp. lemon juice
1 tbsp. sugar	1 tbsp. meat sauce

Pinch of salt

Brown in a hot oven, then reduce to a moderate oven and continue cooking allowing 25 minutes to the pound. Serve with Noodle Kugel made as follows:

3 cups noodles	½ cup shortening
Salt and pepper	4 eggs (well beaten)

Cook the noodles until tender in rapidly boiling water, drain, add eggs and seasoning. Line muffin tins with bacon strips. Fill with noodle mixture and cook until well browned in moderate oven.

—Mrs. Spurrier.

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GOOD SUPPER DISH

1 can tomatoes, 1½ cups rice. Cook rice in tomatoes. Canned sausage or par boil some sausage to remove superfluous fat. Place rice and tomato in casserole and cover with sausage and bake in oven till sausage is cooked and brown.

—Mrs. H. McTavish.

POT ROAST WITH DRESSING

5 lbs. shoulder or rump of beef 6 carrots
Salt and pepper 6 onions (whole)
2 tbsp. shortening 6 potatoes

Dressing—

1 cup onions (chopped) 1½ tsp. poultry dressing
1½ cups celery (chopped) 1 cup All Bran
⅛ tsp. salt Milk
6 cups bread cubes

Season meat with salt and pepper, brown in fat in roasting pan, cover pan and place in hot oven for 1¼ hours. Combine ingredients for dressing using only enough milk to moisten. Spread dressing on top of meat, place vegetables around meat, cover and continue cooking until tender. Turn vegetables and baste occasionally.

ROUND STEAK IN CASSEROLE

1½ lbs. steak cut into pieces 1 cup stock or water
½ tsp. Pepper 1 tsp. lemon juice
1 tsp. salt 3 potatoes
1 tsp. parsley 2 tbsp. Fat
¾ tbsp. onion (chopped) 4 tbsp. flour
½ tsp. paprika 1 carrot
3 small onions

Season meat with salt and pepper. Sprinkle with flour. Melt fat in pan; when it is hot, brown meat on both sides and put in casserole with finely chopped carrot and onions. Add chopped onion and parsley to fat in the pan and fry for 2 minutes. Add flour, stirring until smooth, then add stock or water. Stir in lemon juice and paprika and pour over meat. Add potatoes, cut small. Bake 1 hour at 350 degrees F.

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SPANISH BEEF LOAF

Free 1 green pepper from seeds and put it through a meat chopper with 2 pounds of round steak, ½ pound fresh lean pork and 2 peeled onions.

Add 1 cupful bread crumbs, 2 tablespoons chopped parsley, 1 tablespoon tomato ketchup, seasoning and milk to moisten. Shape into loaf, lay on buttered tin and strain over the mixture 1 quart of stewed tomatoes. Arrange 4 slices of bacon on top and bake for 1 hour, basting with sauce.

—Mrs. Webster.

CALICO CASSEROLE

2 cups sliced potatoes (cooked)	2 cups thin white sauce
Sliced corned beef about 1 tin	Soft bread crumbs
2/3 cup onion (thinly sliced)	Nippy cheese (grated)
3 eggs (hard cooked)	Paprika

Line greased casserole dish with potatoes, add layer of thickly cut corned beef. Cover with sliced onion then hard cooked eggs. Season, cover with sauce and a thick layer of bread crumbs, dust with paprika and bake in moderate oven about 30 minutes.

HOT PIE (Serves 10 to 12)

5-oz. pkg. noodles	½ green pepper (chopped)
1 can corn	Clove of garlic
1½ lbs. minced beef steak (round)	½ lb. cheese (cut fine)
1 small can ripe olives	2 cans tomato soup
1 large onion (cut fine)	

Cook noodles in boiling water until done. Drain and add all other ingredients. Bake ½ to ¾ hour.

—Mrs. T. A. Johnston.

JELLIED VEAL LOAF

3 lbs. stewing veal	1 envelope of gelatine
1 lean veal knuckle	2 hard cooked eggs
3 or 4 bay leaves	Olives
1 bunch celery, (small)	Salt and pepper
1 medium size onion	4 tbsp. parsley (finely chopped)
1 cup cooked peas	

Boil meat, knuckle, bay leaves, onion and tops from celery with water to cover until meat is tender. Cool, remove bone and gristle from meat and cut into cubes or shred, if desired. Strain stock from meat and to 1 pint add gelatine which has been softened in cold water, having meat stock hot, and stirring until gelatine is dissolved. Pour small amount to coat bottom of mould and arrange design of sliced stuffed olives and egg slices; allow to set. Mix meat with finely chopped celery, seasoning, parsley and peas and arrange on top of olives and eggs. Pour cooled stock over mixture and allow to stand in cold place until set. Individual moulds may be used if desired.

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CHINESE SOUFFLE

Take 5 egg yolks, salt and pepper, 1 cup milk, 1 cup chopped ham, 1 tablespoon melted butter. Beat all, add 5 egg whites stiffly beaten. Pour into well-oiled deep dish and bake 20 minutes in a hot oven.

—Mrs. J. H. Morrill, Honolulu.

HAMBURGER—ORBUST (Serve 6)

1 lb. ground steak

1 cup potatoes (cooked)

2 eggs (well beaten)

½ cup onions (chopped)

1 cup pickled beets (chopped)

1 cup cream

Seasoning

Mix all together and shape into cakes, fry gently about 20 minutes.

—Mrs. J. H. Morrill, Honolulu.

CANNED CORNED BEEF DINNER

1 can corned beef

2 tsp. thick condiment sauce

2 tbsp. brown sugar

4 potatoes cooked and mashed

Turn contents of can on to a baking dish. Make a paste of the brown sugar and a little vinegar. Spread over the beef, add the condiment sauce. Cover with the mashed potatoes. Brown quickly in 400 degree F. oven about 20 minutes.

ENGLISH BEEFSTEAK PIE

2 lbs. round or flank steak

1½ tsp. salt

¼ cup flour

¼ cup minced onion

1 par-boiled lamb's kidney

½ tsp. thyme

1 tsp. Worcestershire sauce

½ a bay leaf

1 tbsp. parsley (chopped)

1¼ cups boiling water

1 tbsp. butter

⅛ tsp. pepper

Meat Pie pastry made from the following:

3 cups flour

8 tbsp. shortening (level)

4 tsp. baking powder

1 cup cold water (scant)

¾ tsp. salt

Cover the kidney with boiling salted water and cook for 15 minutes. Remove from water and when cool cut in small cubes. Slice the steak in thin strips. Combine the flour, salt and pepper. Then roll the two meats in this. Arrange the meats in alternate layers in a greased casserole, sprinkling with the sauce, onion, thyme and crushed bay leaf and parsley. Add the boiling water and dot with butter. Cover with pastry, slash on top and bake 2½ hours in 325 degrees F. oven.

OX TAIL CASSEROLE

2 small ox tails. Par boil for 10 minutes, then roll in flour, add 1 teaspoon of salt and fry in butter until golden brown, with one chopped onion. Put in casserole with 2½-lb. tin tomatoes, 1 sliced green pepper, 2 small carrots, salt and pepper to taste. Cook 2½ hours in slow oven, add a little water if necessary.

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PORK CHOPS AND APPLES EN CASSEROLE

4 pork chops
½ tsp. celery salt
½ stick cinnamon
½ cup seedless raisins

3 tbsp. shortening
Dash of pepper
6 whole cloves
Apples

Melt shortening in hot frying pan. Place pork chops in the pan, sprinkle with celery salt and pepper and brown on both sides. Place in a well-greased casserole. Cover with apples which have been peeled, quartered and slightly cooked in a very little water which has been slightly sweetened and to which ½ stick cinnamon and 6 whole cloves have been added. With a fork carefully lift out the apples and cover the pork chops. Add ½ cup seedless raisins and sprinkle slightly with nutmeg. Dot with butter. Cover with a rich biscuit dough. Bake in a moderate oven, 350 degrees F. for 30 to 35 minutes.

Add to fat in frying pan, 1 cup boiling water and when boiling add 1 tablespoon flour and 1 teaspoon gravy thickener, mixed to a smooth paste with a little cold water. Add quickly, stirring constantly to make a smooth gravy. Serve with baked pork chops.

VEAL CASSEROLE

2 lbs. veal steak cut in 2-in. square 1 cup finely cut celery
1 cup coarsely grated carrot
½ cup finely grated buttered bread crumbs
1 cup meat stock ½ cup peas
2 medium onions coarsely grated 2 cups diced potatoes

Brown the veal on all sides in heavy frying pan which has been previously heated and well sprinkled with chopped suet or butter (if suet is not available). Then add onions and brown slightly. Place all in a well-greased casserole, placing a layer of meat and onion first then alternating the vegetables until all are used. Add 1 cup hot meat stock, left over soup or gravy. Top with buttered bread crumbs and bake in a slow oven for 2 hours.

MEAT LOAF

1½ lbs. minced veal Season to taste
½ lb. minced salt pork 4 tbsp. tomato catsup
2 eggs 1 tbsp. minced onion
1 cup cracker crumbs (Rub bowl with garlic—optional)
Mix together, pack in loaf tin and bake slowly for 1½ hours.

—Edna Kerr.

SWISS STEAK

3 lbs. round steak 2 tbsp. prepared mustard
4 tbsp. flour; ½ tsp. ginger 1½ cups boiling water
1½ tsp. salt. 12 small onions

Cut steak in serving pieces. Mix flour, ginger, salt; roll meat in mixture. Brown pieces of meat over very hot fire and place them in casserole. Add mustard and hot water, arrange onions on top, cover dish and bake in moderate oven (350 degrees F.) about 1½ hours. Serves 6.

—Mrs. Renfrew.

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VEAL WITH DUMPLINGS

3 tbsp. shortening	2 tbsp. grated onion
2 cups boiling water	2 tbsp. flour
1 tsp. gravy thickener	½ cup finely chopped celery
½ cup peas	½ cup carrot, diced
Salt and pepper to taste	Dumplings

1½ lbs. stewing veal, cut in small pieces

To a hot frying pan add the shortening, grated onion and meat and cook together for 10 minutes or until all is slightly browned. Then add the vegetables and seasonings. Place in a well-greased casserole and bake in 350 degree F. oven for about 1¼ hours. Then drop in dumplings. Cover closely and bake 15 minutes longer. It may be found necessary to add a little water or stock as the veal continues to cook.

—Mrs. Spurrier.

MUSHROOM VEAL LOAF

2½ lbs. choice veal ground (from the round) with ½ lb. ham. Season with 1 teaspoon salt, ¼ teaspoon pepper, 4 tablespoons catsup and 4 tablespoons prepared horseradish. Add 1 cup cracker crumbs, 1 seeded green pepper (finely chopped), 1 onion (finely chopped), 1 beaten egg and 1 cup mushrooms (either canned or fresh, that have been cut into small pieces). Mix well and place in well-oiled loaf tin, in the bottom of which 4 slices of bacon have been arranged; place a slice or two of bacon in top. Bake in a hot oven (400 degrees F.) for 1¼ hours, basting frequently. Turn out on hot platter and serve with gravy. To 2 tablespoons of liquid left in pan add 1 cup sour cream, 1 tablespoon butter and 1 tablespoon flour, rubbed to smooth paste in 2 tablespoons water. Add salt, pepper and paprika to taste. When serving cold, garnish platter with thin slices of tomatoes, sprigs of watercress and cucumbers dipped in French dressing. Grape or currant jelly is delicious to serve with it. Serves from 8 to 10.

—M. McGimpsey.

RAISED PORK PIE

1 lb. lean pork	¼ pint stock
1 tsp. salt and pepper	
For Paste—	
1 lb. flour	¼ pint water
6 oz. lard or dripping	1 tsp. salt

Mix pepper and salt on plate, cut pork in small pieces, wet pork, and dip in seasoning.

Mix flour and salt in basin, put lard and water in saucepan, boil it. Pour over flour stirring all the time with wooden spoon. Turn paste on floured board, knead till smooth, cut off piece to form cover, form remainder of paste into round mould, half an inch thick.

Put seasoned meat into paste, shape, wet edge of paste all round, place cover over, make hole in centre, trim neatly and brush with well-beaten egg.

Bake in moderate oven 2 hours. When pie is removed from oven, pour stock through funnel into pie. Allow to get quite cold before serving.

—Mrs. T. Watt.

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NAVY LEAGUE CHAPTER, I.O.D.E., COOK BOOK

BEEF BRISKET AND ONION SAUCE

4 lbs. beef brisket 4 whole black peppers
1 carrot (diced) 4 whole cloves
1 small onion diced 1 slightly beaten egg
2 tsp. salt ½ cup dry bread or cracker crumbs

Cover brisket with boiling water, add vegetables and seasoning, simmer till tender, remove from liquid and place in shallow baking dish. Reserve 1 cup of stock for Onion Sauce (use remainder for soup base).

Spread egg over meat and sprinkle with crumbs, brown in hot oven 400 degrees F. for 20 minutes. Serve with Onion Sauce. (Serves 6)

Onion Sauce—

2 tbsp. sugar 1 cup brisket stock
1 tbsp. fat 1 tbsp. vinegar
2 medium-sized onions (sliced) Salt to taste
1 tbsp. flour

Brown sugar in fat, add onion, cook till almost tender, add flour and brown slightly. Add stock, vinegar and salt; cook till smooth.

Very tasty and economical dish.

—Mrs. R. Bunch.

PORK CHOPS EN CASSEROLE

6 pork chops 1½ cups milk
6 cooked sweet potatoes Salt and pepper
½ cup brown sugar

Place a layer of potatoes, sliced crosswise, in a greased casserole, sprinkle with salt, pepper and brown sugar, continue in layers until casserole is 2/3 full, heat milk and pour over potatoes. Place pork chops on top and cover, bake 1 hour. Remove cover and continue cooking until chops are tender and brown.

—Mrs. Birchall.

PERUVIAN CHOPS

Pork or veal chops—brown in butter, add salt and pepper, place in casserole. On top of each chop put 1 slice of onion (½ in. thick), 1 slice of tomato (½ in. thick), 1 slice of green pepper. Fill the ring of pepper with 1 tablespoon of washed rice. Cover with water just up to top of tomato. Cook slowly 2½ hours in oven. Add more water if needed to cook the rice.

DUMPLINGS

To each cup of flour, add 2 well-rounded teaspoons of baking powder and pinch of salt. Drop in boiling stew or fruit and do not remove cover for 15 minutes.

CHOP SUEY

4 tbsp. butter 1 tbsp. cornstarch
1 cup shredded onions 1 cup browned almonds
1 cup shredded green peppers 2 cups bean sprouts
2 cups shredded chicken 5 tbsp. soya bean sauce
2 cups shredded celery ½ tsp. salt
1½ cups chicken broth

Serve with hot boiled rice.

—Mrs. W. McKenzie, Albert Head.

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1 cup mineral oil	3 tsp. onion juice
3 cups vinegar	6 drops Worcestershire sauce
½ cup sugar	1 clove garlic (optional)
1 tsp. salt	

Mix all in a quart Gem jar and keep in a cool place. Shake well before using.

—Mrs. Lennox Irving.

SALAD DRESSING

1 tbsp. flour	2 eggs
1 tbsp. mustard	1¾ cups milk
1 tsp. salt	½ cup vinegar
1 cup sugar	

Mix dry ingredients, add beaten eggs and milk, vinegar. Boil in double boiler 1 minute.

—Mrs. T. McGimpsey.

HOT CHEESE SALAD

Make a thick white sauce with butter, flour, milk, salt and pepper, and grated cheese. Then add crab meat and sliced hard-boiled eggs and serve on lettuce leaves.

PINEAPPLE CHEESE SALAD

Moisten 1 tablespoon of gelatine in cold water. Dissolve in ½ cup of the syrup from a can of sliced pineapple heat syrup, cool and add to 1 cup of whipped cream. Mix ½ cup mayonnaise, 1 packet cream cheese and add to the cream mixture, chill and cut in rings and serve on a slice of pineapple garnished with nuts and cherries if needed.

—Mrs. H. K. Perry.

CHERRY CUBE FRUIT SALAD

1 pkg. lemon jelly powder	½ cup boiling water
1½ cups ginger ale	2/3 cup chopped dates
¼ cup chopped nuts	

Cleaned pitted cherries, or other seasonable fruit.

Dissolve gelatine in boiling water and add ginger ale. Place in cold place until consistency of syrup. Pour a thin layer of gelatine in bottom of ice tray or mould, if ice tray is used insert dividers. Place fruit at intervals in layer of gelatine as it begins to set. Chill until firm. Cover with remaining gelatine to which dates and nuts have been added. Serve with boiled dressing which has been diluted with whipped cream.

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JELLIED CABBAGE AND CARROT SALAD

- | | |
|---------------------------|----------------------|
| 1 packet lime Jello | 1/3 cup vinegar |
| 1/2 finely grated cabbage | 1 tbsp. sugar |
| 3 finely grated carrots | 2 cups boiling water |
| Salt and pepper | 2 tbsp. mayonnaise |

Dissolve Jello in mixture of hot water, vinegar, sugar, salt and pepper. Stir in cabbage and carrots. Cool and mix in mayonnaise. Mould. Good in ring moulds and filled with sea food and mayonnaise.

—Mrs. J. H. Morrill, Honolulu.

COTTAGE CHEESE SALAD

- | | |
|------------------------------|--------------------------|
| 1 packet lime or lemon jello | 2 cups of cottage cheese |
| 1 cup pineapple juice | 1/2 tsp. salt |
| 1 cup of crushed pineapple | |

Dissolve jello in warm pineapple juice, fold in other ingredients when setting. Mould and serve.

TOMATO FRENCH DRESSING

- | | |
|---|---------------------------------|
| 1 can tomato soup (not cream of tomato) | |
| 1/2 cup vinegar or lemon juice | 3 tbsp. grated onion (if liked) |
| 1/2 cup oil | 1 tsp. salt |
| 1/2 cup sugar | 1/2 tsp. paprika |
| 1 tsp. Worcestershire sauce | 2 buds garlic |
- Thoroughly mix and shake well before using.

—Miss E. M. Kittle.

VEGETABLE SALAD RING

- | | |
|---|--|
| 1 pkg. lemon jelly powder | 1 pint boiling water |
| 1/2 cup chopped green pepper or pimento | 1/4 cup sliced green onions or cabbage |
| 1 tsp. salt | 2 tbsp. vinegar |
| 1/2 cup grated raw carrot | 1/2 cup chopped celery |
| 3 stuffed olives | 1 cup chopped cucumber |

Green coloring if desired.

Add water and seasoning to jelly powder and cool. Cover bottom of ring mould with gelatine and place in cool place to set. When firm, decorate with poinsettia design made of pimento and green pepper or slices of hard-cooked egg and olive. Add just enough more gelatine to cover but not float design and replace in cool place to set. Mix vegetables with remainder of gelatine and add to mould. Set. Serve on bed of lettuce, filling centre with fresh cooked vegetables, if desired.

PEAR SALAD

Drain pears—fill halves with cream cheese to which chopped candied ginger has been added. Put together, use whole clove for stem and sprig of watercress for leaf. Serve on bed of lettuce with mayonnaise,

—Mrs. Birchall.

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TOMATO ASPIC

Strain 1 cup boiled canned tomatoes, add 1 cup boiling water and pour the mixture over 1 tablespoon gelatine which has been softened in 3 tablespoons cold water. Allow the liquid to cool and begin to jell, then stir in 1 tablespoon of small mint leaves, 1 teaspoon chopped onion, 1/2 teaspoon salt, 1/2 teaspoon paprika, 1/2 teaspoon black pepper, 10 chopped stuffed olives and 2 tablespoons lemon juice. Place in refrigerator pan (with sections) or in small individual moulds and allow to set until firm. Turn jelly onto a bed of lettuce leaves and serve with generous portions of mayonnaise that has been mixed in equal parts with stiffly beaten cream.

CUCUMBER AND PINEAPPLE SALAD

2 tbsp. gelatine	1/2 tsp. salt
1/4 cup cold water	1/2 lemon (juice)
1 cup boiling water	1 cup cucumber (diced)
1/4 cup sugar	1 cup shredded pineapple
1/2 cup vinegar	

Soak gelatine in cold water, dissolve in boiling water. Add remaining ingredients and chill until firm.

—Mrs. Birchall.

FROZEN PINEAPPLE SALAD

1/2 cup cream cheese	1 small can crushed pineapple
1/4 cup salad dressing	1/2 pint cream
1/2 lb. marshmallow (cut fine)	Maraschino cherries

Mix together cream cheese, salad dressing, marshmallow and pineapple. Beat cream until stiff and fold into mixture; let stand in refrigerator pan for 3 hours. Serve with salad dressing and maraschino cherry on top.

—Mrs. Sager

CHICKEN AND PINEAPPLE SALAD

Soak 1/2 package of gelatine in cold water for 5 minutes. Add

1 cup of boiling water	1/4 cup sugar
1/2 cup of pineapple juice	1/2 tsp. salt
1 tbsp. of lemon juice	

When it begins to thicken, add:

1 1/2 cups chopped chicken	1/2 of a pimento (chopped)
1/2 cup chopped celery	1/2 cup pineapple, crushed or pieces

Turn into mould and chill.

JELLIED BEET AND CUCUMBER SALAD

2 cups cooked beets (diced)	1 packet gelatine
1 cup cucumber (diced)	1 tsp. sugar
1 cup celery (diced)	1 tsp. vinegar
1 cup beet water	Salt and pepper

Soak gelatine in 1/2 cup cold water; mix with heated beet water and seasonings. Stir in chopped vegetables and mould and chill.

—Mrs. J. H. Morrill, Honolulu.

Cakes

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A heavy cake will result from any of the following errors, so one must be alert to every detail until so experienced it becomes second nature to bake any one of the butter or sponge cake varieties perfectly. Wrong combinations of flavors, heaviness due to improper baking, too little beating of the batter—not beating enough after each addition of milk and flour—too much shortening, too much sugar, or liquid, or the oven too hot or too slow.

Reasons for Failure

"Why do cakes fall?" asks many a beginner in cookery. Why indeed! Well, this failure may be due to too much shortening; too hot an oven and not sufficient baking and often the cake looks done before it is. Too much sugar will make a cake fall as well as too much liquid, while frequently it is due to insufficient baking powder or soda to leaven the mixture.

Possibly your cake trouble is that the texture is coarse rather than the soft, downy mixture you've eaten and visioned making yourself. If that has been the case in your experience, most times you'll find it has been due to too much leavening (baking powder or soda) and insufficient creaming of the shortening and sugar. These two ingredients should be mixed together until very light and fluffy.

After the cake has turned out beautifully, it has a chance of remaining a perfect creation if the frosting, icing or filling with which it is completed is of the right consistency and carefully put on to the cake. Now, as to just the right amount of batter that goes into the pan before you put it in to bake. Only two-thirds full is our rule for all cakes.

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NAVY LEAGUE CHAPTER, I.O.D.E., COOK BOOK

TWO-EGG CAKE (With Variations)

½ cup shortening 2 teaspoons baking powder
1 cup granulated sugar ½ cup bottled milk or ¼ cup
2 eggs, separated evaporated milk and ¼ cup
1¾ cups sifted cake flour water
½ teaspoon salt ½ teaspoon vanilla extract

Cream the shortening by beating it with a spoon until creamy. Add the sugar gradually, creaming after each addition until mixture is light and fluffy. Beat yolks until thick and lemon-colored; add to shortening mixture and blend thoroughly. Measure sifted flour. Add salt and baking powder and sift again. Add ¼ of this mixture to shortening mixture while beating; then add ¼ of milk. Continue adding alternately until all of each is added, beating each time until smooth. Add vanilla. Beat egg whites until they peak, but are not dry. Fold carefully into cake batter by cutting down through mixture and folding it up over the egg whites. (If preferred, beat eggs without separating until very light; then add to sugar mixture, beating thoroughly.)

Pour batter into a loaf pan 8x8x2 inches, which has been well greased and lightly floured, or lined with wax paper. Cut through the batter to break any large air bubbles, and be sure corners of pan are filled. Or, turn into 2 greased 8-inch layer-cake pans, or into 2 dozen greased cup-cake pans.

For a loaf cake, bake in a moderate oven of 350 degrees F. for 50 or 60 minutes. After removal from oven, set cake on a cake rack about 5 minutes. Then loosen edges, with a spatula, invert on rack, removing pan and turn right side up. To serve two or three, make half this recipe. A layer cake is baked at 375 degrees F. for 25 to 30 minutes; cup cakes are baked at 375 degrees F. for 20 to 30 minutes.

CHOCOLATE TWO-EGG CAKE

Follow recipe for Two-Egg Cake. Melt 2 sq. (2 oz.) unsweetened cooking chocolate over hot water, cool and add to shortening, sugar and egg mixture. Sift ¼ tsp. baking soda with dry ingredients. Use ¼ cup more milk.

NUT CAKE

Follow recipe for Two-Egg Cake, adding 1 cup finely chopped nut-meats to sifted dry ingredients.

MARBLE CAKE

Follow recipe for Two-Egg Cake, beating the eggs without separating. Divide the batter in halves and to one-half add 1 sq. (1 oz.) unsweetened cooking chocolate melted and 2 tbsps. of milk. Drop spoonfuls of plain and chocolate batter alternately into the greased pan.

SPICE CAKE

Follow recipe for Two-Egg Cake, sifting 2 tsp. cinnamon, 1 tsp. each of allspice and nutmeg and ½ tsp. powdered cloves with dry ingredients. Use 2 tbsps. more milk.

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ALL-ROUND ICING

Use 2½ cups granulated sugar, ½ cup light corn syrup, ½ cup water, 2 egg whites and 1½ tsp. vanilla extract. Combine sugar, corn syrup and water. Cook to 240 degrees F., or the soft-ball stage. Pour over stiffly beaten egg whites while beating constantly. Add vanilla and beat until almost cold and stiff enough to hold its shape. Spread icing on cake. This will frost 2 dozen small cakes.

—Mrs. T. McGimpsey.

GONE WITH THE WIND CAKE

1¼ cups sugar

2 egg yolks

¾ cup cold water

1¾ cups Swans Down flour

1 tsp. baking powder

½ tsp. salt

1 tsp. each Vanilla and Lemon
extract

1 tbsp. lemon juice

2 egg whites, stiffly beaten

Put water and egg yolks in bowl—add sugar and beat up to measure 1 quart—add sugar and beat for 7 minutes. Fold in flour sifted with baking powder and salt, add flavorings and lemon juice, lastly fold in egg whites. Bake in slow oven in ungreased tube pan 1 hour. Let cool in pan, turned upside down.

Mrs. F. M. McPherson, Ottawa.

SHERRY SPICE CAKE

2 tbsp. butter

¾ cup sugar

½ cup sour milk

1 cup flour

2 eggs

¼ cup molasses (Domolca)

1 tsp. soda

½ tsp. cloves

½ tsp. cinnamon

Bake in moderate oven 40 minutes.

Icing—

1/3 cup butter

1 cup icing sugar

1 tbsp. sherry

¼ tsp. cloves

¼ tsp. cinnamon

—Mrs. T. McGimpsey.

BANANA CAKE

1 cup sugar

¼ cup butter

¼ cup milk (sweet or sour)

2 eggs (keep one white for icing)

Bake at 350 degrees F. 40 minutes in flat tin.

2 tsp. baking powder

2 cups flour

3 bananas mashed fine

1 tsp. soda

Icing—

1 cup brown sugar

Pinch of cream of tartar

1 egg white

3 tbsp. cold water

Put in double boiler, beat with egg beater until dry enough to stand. 7 minutes.

—Mrs. T. McGimpsey.

DATE BREAD

1 lb. dates chopped, cover with 1 teaspoon of soda in ¾ cup boiling water. Let stand until cool. Cream 1 tablespoon of butter with ¾ cup white sugar. Add dates, etc. 1 egg, 2 cups flour, pinch salt, 1 teaspoon baking powder, vanilla. Cook slowly one hour.

—Mrs. T. McGimpsey.

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RASPBERRY JAM CAKE

1 cup sugar	½ tsp. cinnamon
¾ cup butter	½ tsp. nutmeg.
3 eggs	1 tsp. soda (scant)
1½ cup flour	3 tbsp. milk
½ tsp. allspice	1 cup jam

Cream sugar and butter, and well-beaten eggs. Sift dry ingredients, add to first mixture alternately with milk. Finally stir in jam. Cook carefully in 350 degrees F. oven. Makes large cake.

—Mrs. D. H. Green.

DATE CAKE

1 cup sugar	1 cup dates
1 tbsp. butter	½ cup walnuts
1 egg	1 tsp. soda
1 cup boiling water	Vanilla
1¾ cups flour	

Pour boiling water over dates and soda. When cold stir into the rest of the mixture which has been put together like a cake, creaming butter and sugar first. Bake in slow oven 1 hour.

—Mrs. McLellan, Seattle, Wash.

CHOCOLATE FUDGE CAKE

1 egg	½ tsp. baking powder
¼ cup butter	2 tsp. cocoa (large)
1 tsp. salt	¼ cup hot water
½ tsp. soda	1½ cups flour
½ cup sour milk	

Beat egg, add sugar slowly, then melted butter. Sift flour, cocoa and baking powder and add to egg mixture, beating well. Dissolve soda in sour milk and add alternately to cake mixture with the hot water. Cook in a moderate oven.

Filling—

2 tbsp. cocoa	1 cup hot water
2 tbsp. butter	1 cup brown sugar
2 tsp. corn starch	

Mix altogether and boil until thick, stirring constantly, and spread in centre and on top of cake.

—Mrs. D. H. Green.

ONE-EGG WHITE CAKE

2 cups sifted cake flour	1 cup sugar
2 tsp. baking powder	¾ cup milk
¼ tsp. salt	1 egg—unbeaten
4 tbsp. shortening	1 tsp. vanilla

Cream butter and sugar, add egg, add flour alternating with milk. Add flavoring. Bake in two 9-inch layer pans, 375 degrees F. for 25 min.

Ice with peanut butter icing as follows: 2 tbsp. butter, ¼ cup peanut butter, 3 cup icing sugar, 6 tbsp. milk. Ice between layers and over cake.

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NAVY LEAGUE CHAPTER, I.O.D.E., COOK BOOK

SPICE CAKE (No Eggs)

- | | |
|--------------------|-----------------|
| 1 cup brown sugar | ½ cup walnuts |
| 1 cup butter | 1 tsp. cinnamon |
| 1 cup cold water | 1 tsp. nutmeg |
| 1¾ cup flour | 1 tsp. cloves |
| 1 tsp. baking soda | 1 tsp. salt |
| 1 cup raisins | |

Put all ingredients except flour and soda in pan and boil for 4 minutes. Cool, add flour sifted with soda. Bake in moderate oven 40 minutes. When done spread while hot with icing.

Icing—

- | | |
|-----------------------|---------------------------|
| ¾ cup brown sugar | ½ cup cocoanut or walnuts |
| Butter size of walnut | (chopped) |

Cream or milk enough to moisten to thick consistency for spreading. Return to oven for 5 minutes (or until it bubbles). Chopped dates may be used in place of raisins.

—Mrs. B. Sanderson.

ICE BOX GINGERBREAD

- | | |
|-------------------|-----------------|
| 1 cup butter | 4 eggs |
| 1 cup molasses | ½ cup raisins |
| 1 cup white sugar | ½ cup nuts |
| 1 cup sour milk | 2 tsp. ginger |
| 2 tsp. soda | ¼ tsp. cinnamon |
| 4 cups flour | ¼ tsp. allspice |

Cream butter and sugar, gradually add 1 egg at a time and beat thoroughly, then add molasses, and beat well. Stir soda into sour milk and add flour spice, raisins and nuts, beat well. Keep in covered bowl in ice box. Bake in Gem pans in moderate oven.

—Margaret McKenzie, Albert Head, V.I.

APPLE SAUCE CAKE

- | | |
|---------------|-----------------------|
| 1 cup sugar | 1 tsp. cinnamon |
| ½ cup butter | ¼ tsp. cloves |
| 1½ tsp. cocoa | 1 cup chopped raisins |
| 2 cups flour | 1 cup chopped walnuts |
| 2 tsp. soda | 1 cup apple sauce |

Dissolve the soda in remaining ½ cup apple sauce.

—Mrs. W. J. Redmond.

PRUNE CAKE

- | | |
|---------------------------|-----------------------------------|
| 1 cup sugar and | Add ½ tsp. each of the following: |
| ½ cup butter (cream well) | cinnamon, nutmeg and allspice |
| 1 cup cooked prunes | 3 eggs separated |
| 3 tbsp. sour cream | 1½ cups flour |
| | 1 tsp. soda |

Fold in egg whites and bake in moderate oven ¾ hour.

—Mrs. E. Hanbury.

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BURNT SUGAR CAKE

1½ cups sugar	} boil for syrup	3 cups flour
½ cup water		3 tsp. baking powder
½ cups sugar		2 tbsp. syrup
½ cup butter		1 cup water
3 eggs beaten separately		1 tsp. vanilla
¼ tsp. salt		

Make syrup, let cool, sift flour then measure, add baking powder and salt. Beat egg yolks. Cream butter and sugar. Add egg yolks and vanilla. Add water and flour a little at a time, add syrup and fold in egg whites. Bake in moderate oven, 20 or 30 minutes.

GINGER PEAR UPSIDE DOWN CAKE

3 tbsp. butter	1 can pears
1 cup brown sugar	

Blend butter and sugar, spread over bottom of greased cake pan, drain pears and arrange cut side up on sugar, butter mixture.

Batter for Cake—

2½ cups flour	¾ cup molasses
2 tsp. soda	1 cup sour milk
1 tsp. ginger	½ cup butter
1 cup brown sugar	½ tsp. salt
2 eggs	

Cream butter, add sugar, well-beaten eggs, molasses. Sift dry ingredients and add alternately with sour milk. Cover pears with this mixture and bake at 350 degrees F. for 1 hour. Turn upside down and serve warm with whipped cream.

—Mrs. Birchall.

GRILLED ICING

3 tbsp. melted butter	2 tbsp. cream
5 tbsp. brown sugar	½ cup cocoanut

Mix together and spread on top of cake just out of oven and place under grill until it bubbles.

—Mrs. T. A. Johnston.

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NAVY LEAGUE CHAPTER, I.O.D.E., COOK BOOK

BANANA CAKE

2/3 cup butter	2 cups Swans Down flour (sifted twice)
1 1/4 cups white sugar	1 cup mashed bananas, ripe (almost 4 bananas)
2 egg yolks (beaten)	1 tsp. vanilla
4 tbsp. sour milk	
1 tsp. soda	
2/3 tsp. baking powder	

Fold in beaten whites of eggs and last of all, banana pulp. Cook in moderate oven 45 minutes.

—Mrs. C. W. Plumb.

CHOCOLATE CAKE (Sour Cream)

1 cup granulated sugar	2 eggs well beaten
1 cup powdered sugar	1 tsp. soda
2 cups flour	1 tsp. baking powder
1 cup sour cream (whipping)	2 squares melted chocolate
1 cup boiling water	1/2 tsp. salt

Whip the sour cream, and beat in granulated sugar, beat eggs and add powdered sugar, combine both and add other ingredients, hot water last. Bake at 350 degrees F. for first fifteen minutes. Reduce heat to 300 and bake 45 to 50 minutes for large loaf.

Peppermint Icing—

2 cups of powdered sugar, pinch of salt, 2 drops of oil of peppermint, or suit taste, mix with cream to consistency to spread, cover top of cake, then cover icing with two squares of melted chocolate.

—Mrs. T. A. Johnston.

RUM DATE CAKE

1 lb. stoned dates	1 1/2 cups brown sugar creamed with 3/4 cup butter
1 cup walnuts	

Blend with dates and nuts, dissolve 1 tsp. baking soda in one cup of boiling water and pour over mixture.

Add 2 well-beaten eggs and 1 1/3 cups of flour, pinch of salt and tablespoon or more of rum. Bake at 324 degrees F. for 1 to 1 1/2 hours.

Rum Caramel Icing—

2 cups brown sugar	1/2 cup butter
1/2 cup milk	

Boil all together until it forms a soft ball in cold water. Cool and beat, add rum flavoring to taste.

—Mrs. R. Kershaw, 10 Mile Point.

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PRUNELLA CAKE

$\frac{1}{2}$ cup shortening $\frac{2}{3}$ cup sour milk
 1 cup sugar 1 $\frac{1}{3}$ cups flour
 2 eggs $\frac{2}{3}$ cups stewed prunes
 $\frac{1}{2}$ tsp. each of soda, salt, cinnamon, nutmeg, allspice, baking powder.

Blend shortening with sugar and eggs, add chopped prunes, stir in milk, add sifted dry ingredients, pour into greased and floured layer tins. Bake in moderate oven 350 degrees F. for 25 minutes Put together with whipped cream or

Creamy Icing—

Mix 2 cups of icing sugar, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{4}$ tsp. salt, combine with 2 tbsp. butter, 2 tbsp. prune juice, 1 tbsp. lemon juice. Beat until creamy.

—Mrs. T. A. Johnston.

ORANGE PINEAPPLE CAKE

1 cup shortening $2\frac{1}{4}$ cups sifted cake flour
 $1\frac{1}{4}$ cups granulated sugar $2\frac{1}{2}$ tsp. baking powder
 3 eggs $\frac{1}{4}$ tsp. salt
 1 tsp. lemon extract $\frac{2}{3}$ cup strained orange juice

Cream the shortening well. Add the sugar gradually while creaming. Add the eggs, unbeaten, one at a time, and beat thoroughly after each addition. Add the lemon extract. Add the sifted dry ingredients alternately with the orange juice in thirds. Bake in three greased and floured 8-inch layer-cake pans in a moderately hot oven of 375 degrees F. for 25 minutes. Remove from pan and cool. Fill with Orange Pineapple Filling (recipe follows) and frost with Seven-Minute Frosting. Decorate the top, after it is set, with one slice of canned pineapple, cut fine, sections from half an orange and candied cherries.

Orange Pineapple Filling—

$\frac{1}{2}$ cup granulated sugar 1 egg yolk, beaten
 5 tbsp. flour 3 tbsp. butter
 1 cup strained orange juice $2\frac{1}{2}$ slices canned pineapple, cut fine
 1 tbsp. lemon juice 2 tbsp. grated orange rind

Mix the sugar and flour in a double boiler. Add the juices and cook over hot water, while stirring, until smooth and thickened. Add the egg yolk while stirring and cook 2 minutes longer. Add the remaining ingredients and cool. Use as a filling between the layers of Orange Pineapple Cake.

—Mrs. T. McGimpsey.

FLUFF CAKE

$\frac{1}{2}$ cup butter (cream) $1\frac{1}{2}$ cups sifted flour
 1 cup sugar 1 tsp. baking powder (heaping)
 Yolks of 2 eggs (beat well) Rind of 1 lemon
 $\frac{1}{2}$ cup milk

Whites of 2 eggs beaten, put in at the last. Bake 1 hour at 350 deg. F.

—Mrs. F. C. Dillabough.

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CHERRY POUND CAKE

½ lb. butter 5 eggs well beaten
1 cup white sugar (cream well) 2 cups flour

Beat in a little egg then a little flour until nearly all is used. 1 small tsp. of baking powder mixed with the flour at the very last. 1 tsp. vanilla. Cherries well floured.

—Mrs. T. McGimpsey.

LEMON CREAM SPONGE

1 cup Swans Down flour (sifted) 1 tsp. lemon juice and rind
1 tsp. baking powder ¾ cup white sugar
2 eggs separated 2 tbsp. sugar
1 cup cold water

Sift flour once and add baking powder, salt and sift three times.

To yolks add water and lemon and beat until foamy, add sugar and flour slowly. Beat whites until foamy, add lemon juice and 2 tbsp. sugar, beat until folds into peaks, add the first mixture and bake in 2 pans, 25 minutes at 350 degrees F.

Filling—

1 cup sugar and 5 tbsp. flour in top of double boiler, 1 slightly beaten egg, 1/3 cup lemon juice, 2/3 cup water, 1 tbsp. butter, mix well. Cook in top of boiler 10 minutes, then chill. Fold in grated lemon rind and ¾ cup whipped cream. Use as filling and sauce over cake.

—Lottie Gorman.

CHRISTMAS FRUIT CAKE

1 lb. (4½ cups) sifted Swans Down Cake Flour
1 tsp. Calumet Baking Powder
½ tsp. cloves
½ tsp. cinnamon
½ tsp. mace
1 lb. butter or other shortening
1 lb. brown sugar
10 eggs, well beaten
½ lb. candied cherries
½ lb. candied pineapple
1 lb. dates, seeded and sliced
1 lb. raisins
1 lb. currants
½ lb. citron, thinly sliced
½ lb. candied orange and lemon peel
½ lb. nut meats, chopped
1 cup honey
1 cup molasses
½ cup cider

Sift flour once, measure, add baking powder and spices, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, fruit, peel, nuts, honey, molasses, and cider. Add flour gradually. Turn into pans which have been greased, lined with heavy paper, and again greased. Bake in slow oven (250 degrees F.) until thoroughly done. Cool in pans. For large loaves bake in 8x4x3-inch pans about 4 hours. For small loaves bake in 6x3x2½-inch pans about 2½ to 3 hours. Makes 10 pounds fruit cake. To store, brush lightly with port or brandy, wrap in waxed paper, and keep in air-tight container. Or brush with grape juice, wrap and store.

—Mrs. T. A. Johnston.

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CHOCOLATE LAYER CAKE (Exceptionally Good)

Cream 1/3 cup shortening with 1 cup sugar, beating well; add 1 beaten egg, 1 cup milk slowly, and mix well; add 1 3/4 cups flour sifted with 1/4 tsp. salt and 4 level tsp. Royal baking powder, mix in 1 tsp. vanilla and bake in 3 greased layer-cake tins in moderate oven 15 to 20 minutes. Put together with Chocolate Filling and Icing made with 3 cups icing sugar to which is added slowly sufficient boiling water or hot milk to make smooth paste; add 2 tsp. butter, 2 oz. melted chocolate, 1 tsp. vanilla, and beat until smooth.

—Mrs. H. McTavish.

PEPPERMINT CANDY CAKE

Here is a cake that the children will especially enjoy, since it has a ground peppermint stick candy topping. It is a light, fluffy cake with a delightful flavor and is not difficult to make.

In preparing the frosting be sure to mix the ingredients thoroughly before placing them over boiling water. Then beat constantly until the mixture stands stiffly in peaks and when you touch the surface of the icing it does not adhere to the finger.

2 2/3 cups flour	1 tsp. vanilla
3 tsp. baking powder	3 egg whites
1 tsp. salt	1/2 cup finely-ground peppermint stick candy
1/2 cup shortening	1/2 cup coarsely-ground peppermint stick candy
1 1/2 cups sugar	
1 1/4 cups milk	
1 egg yolk	

Sift and measure flour and sift again with baking powder and salt. Cream shortening, gradually adding sugar and three tbsp. milk. Add egg yolk and vanilla to remaining milk. Add sifted dry ingredients alternately with the milk mixture. Beat egg whites until stiff but not dry. Fold into cake batter. Pour into two 9-inch layer pans, with wax paper in bottom. Sprinkle with the finely-ground peppermint candy. Bake at 350 degrees F. for 25 to 30 minutes. Fill and ice with pink Seven-Minute Icing and sprinkle the coarsely-ground candy over the top and sides of cake.

Seven-Minute Icing—

2 egg whites	1 tbsp. white corn syrup
1 1/2 cups sugar	1 tsp. vanilla extract
5 tbsp. water	Pink coloring

Combine egg whites, sugar, water and corn syrup in top of double boiler, beating well with rotary beater until thoroughly mixed. The pink coloring may be added at this time. Place over boiling water, beat constantly and cook for about 7 minutes, or until frosting will stand in peaks. Add vanilla and additional coloring if necessary, frost cake and sprinkle coarsely-chopped peppermint candy over top of the icing.

—Mrs. T. A. Johnston.

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CHOCOLATE NOUGAT CAKE

- | | |
|-----------------------------|-------------------------------------|
| ½ cup shortening | 1 cup sour milk or buttermilk |
| 1 cup granulated sugar | 1½ cups sifted cake or pastry flour |
| 2 eggs | 1 tsp. baking soda |
| 2 oz. unsweetened chocolate | ½ tsp. salt |
| (melted) | 1 tsp. vanilla |

Filling—

- | | |
|----------------------------|-----------------------|
| ¼ cup granulated sugar | ½ cup chopped walnuts |
| 1 7¼-oz. pkg. pitted dates | Juice of 1 lemon |
| 1 cup cold water | |

Cream shortening and add sugar gradually, creaming all the time. Add the unbeaten eggs, mix well and then add melted chocolate, blending well. Sift together the flour, soda and salt, and add to the sugar mixture alternately with the milk and vanilla. Turn into greased layer pans and bake 35 to 40 minutes at 350 degrees F.

To Make the Filling: Cut dates, add the water and lemon juice, and simmer until soft—add more water if necessary. Add ¼ cup sugar and bring to the boil. Cool and add chopped nuts. Fill layer cakes with the mixture and frost top of cake with marshmallow icing.

—Mrs. T. A. Johnston.

SOUTHERN JAM CAKE

- | | |
|--------------------------------|-----------------------------------|
| ¾ cup shortening (half butter) | 1 tsp. cinnamon |
| ½ cup sugar | ¼ tsp. cloves |
| 1 cup thick strawberry jam | ½ cup strong cold coffee |
| 3 eggs, separated | 1 tsp. vanilla |
| 2½ cups sifted flour | 1 tbsp. baking soda, dissolved in |
| ½ tsp. salt | 4 tbsp. sour cream |

Cream butter and sugar thoroughly beat until light and fluffy. Add the jam and mix well. Beat the egg yolks until real light and blend with cream mixture. Sift and measure flour and sift again with spices and salt. Add the sifted dry ingredients to cream mixture alternately with the combined coffee and vanilla and then stir in the soda and sour cream just before adding the last of the dry ingredients. Fold in the stiffly-beaten egg whites. Turn into well-greased layer tins or large square cake pan. Bake at 350 degrees F. for 35 minutes for layers; 40 to 45 minutes for square pan. Remove and place on cake rack to cool.

Mocha Fluff Frosting—

- | | |
|---------------------------|----------------------------|
| 1½ cups light brown sugar | 1 tsp. vanilla flavoring |
| 2 egg whites | 5 tbsp. cold strong coffee |
| Pinch of salt | |

Combine all in top double boiler. Stir real well. Place over boiling water being careful not to allow the top of double boiler to touch the water, beat 5 to 7 minutes or until the frosting will stand in peaks. Remove from heat, continue beating until the frosting is slightly cooled and cover cake.

—Mrs. T. A. Johnston.

JERSEY LILY CAKE

- | | |
|-----------------------|-----------------------|
| Whites of 4 eggs | 1 cup chopped raisins |
| 1 cup of white sugar | 2 cups flour (scant) |
| ½ cup butter | 2 tsp. baking powder |
| ½ cup milk | Flavor |
| 1 cup chopped walnuts | |

—Mrs. B. C. Richards.

ORANGE RAISIN CAKE

- | | |
|-------------------------------|--------------------|
| 1 cup brown sugar | 1 cup raisins |
| ½ cup shortening | 1 orange |
| 2 eggs | 1 tsp. baking soda |
| ¾ cup sour milk or buttermilk | ½ tsp. salt |
| 2 cups flour | |

Squeeze juice from orange and put rind and raisins through meat chopper. Add to batter. Bake in moderate oven.

Ice with butter icing using orange juice and small amount of grated rind, pinch of salt.

—Mrs. T. McGimpsey.

CHOCOLATE ICING

1 1/4 cups icing sugar 1 egg
 1 tbsp. butter 2 squares baking chocolate

Cream butter and sugar, pour in melted chocolate, drop in egg, beat well.

—Mrs. C. S. Gonnason.

BON TON ICING

4 tbsp. butter (heaping) 2 tbsp. cream
 4 tbsp. icing sugar (heaping) 2 tbsp. boiling water

Cream butter and sugar. Add milk, water and vanilla. Beat steady with beater until thick.

—Miss Kathleen Johnstone.

APPLE ICING FOR LIGHT CAKE

White of egg beaten stiff, add gradually one cup granulated sugar, also 1 large apple (grated) keep beating, add vanilla and pinch of salt and beat until like whipped cream. Delicious.

PHILADELPHIA CREAM CHEESE FROSTING

1 square cream cheese 1 tbsp. cream
 2 cups powdered sugar Vanilla to taste

Mix together thoroughly until smooth, spread on cake. Very good.

Pies

PIE CRUST

1 lb. shortening 1 tbsp. salt (heaping)
 1 cup boiling water 5 or 6 cups flour

Pour boiling water over shortening until well melted; add flour and salt. Form into a roll, cover and keep in cold place over night. Will keep well if kept in refrigerator.

—Mrs. Hessey.

ENGLISH MINCE MEAT

1 lb. raisins 1 lb. apples
 1 lb. currants 1/4 lb. peel
 1/4 lb. chopped suet 1 tsp. mixed spices
 1 lb. brown sugar Brandy or rum

Juice and rind of 1 orange and 1 lemon
 Cook all together and store in crock.

—Mrs. T. A. Johnston

ORANGE PUMPKIN PIE

1 2 1/2-lb. tin of pumpkin 4 eggs
 1 1/2 cups milk 1/4 cup butter
 1 tsp. cloves 2 tsp. cinnamon
 1/2 teaspoon allspice 1 tsp. nutmeg
 1 cup brown sugar 1/2 tsp. salt
 1 large orange (rind grated)

Beat eggs, add sugar and milk. Beat slightly and add to all the other ingredients. Pour into partially cooked pie shells and bake at 350 degrees F. for about 45 minutes or until set. This amount makes 2 large or 3 small pies.

COFFEE CHIFFON PIE

1 tbsp. gelatine 1/2 tsp. salt
 3/4 cup cold strong coffee 1/2 cup hot strong coffee
 4 eggs 1 tbsp. lemon juice
 3/4 cup sugar

Soak gelatine in cold coffee for 5 minutes. Beat egg yolks slightly. Add 1/2 cup sugar, salt and hot coffee and cook over boiling water until like custard. Add gelatine and lemon juice, cool slightly. Beat egg whites until stiff with remaining sugar. Fold into custard. Put in baked pie shell and chill. May be served with thin layer of whipped cream.

HAWAIIAN APPLE PIE

1 cup drained crushed pineapple 2 eggs (separated)
 1 cup unsweetened apple sauce 1 tbsp. butter
 1/2 cup granulated sugar 4 tbsp. granulated sugar
 Dash of salt 1 baked pie shell
 1 tbsp. cornstarch

Mix fruits, sugar, salt and cornstarch and cook 10 minutes in top of double boiler, stirring frequently. Gradually stir in well-beaten egg yolks and butter and cook until mixture thickens, stirring constantly (about 4 or 5 minutes). Cool and fill pie shell and top with meringue made of the egg whites and 4 tablespoons sugar. Bake until meringue is delicate brown. Serve cold.

—Mrs. E. O. Weston.

LEMON CHIFFON PIE

1 lemon (juice) 1 cup sugar
 3 tbsp. cold water 3 eggs

Take the egg yolks, beat well, add lemon juice, water and half the sugar, stir well and cook in double boiler until like heavy cream.

Take egg whites, partly beat them, add other half of sugar and beat stiff. Pour hot mixture into this and stir well.

Have pie shell already baked, pour mixture into this and bake about 10 minutes.

—Mrs. A. D. Whittier, 1002 Vancouver St.

DUTCH APPLE CAKE

2 cups flour (pastry) $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup granulated sugar 1 large egg or 2 small ones
 4 tsp. baking powder $\frac{3}{4}$ cup milk
 1 tsp. salt Sliced apples (eighths)

Sift dry ingredients—work in butter. Beat egg with milk and stir into dry mixture. Spread in greased baking dish about $\frac{3}{4}$ inch thick. Cover with apple slices. Sprinkle generously with sugar and cinnamon, and dot with butter. Bake in hot oven 400 degrees F. 20 to 30 minutes, until apples are tender. Serve warm with vanilla or lemon sauce. Serves 6

—Mrs. E. O. Weston.

Desserts

ENGLISH CHRISTMAS PUDDING

5 eggs $\frac{1}{2}$ lb. peel
 $\frac{1}{2}$ pint brandy or cider $\frac{1}{4}$ lb. flour
 1 lb. raisins 1 lb. suet
 1 lb. currants $\frac{1}{4}$ lb. brown sugar
 $\frac{3}{4}$ lb. stale bread crumbs Grated rind of 1 lemon, and nutmeg

Mix ingredients together and steam for 4 or 5 hours.

—Mrs. T. A. Johnston.

MARSHMALLOW PUFFS

32 marshmallows cut in small pieces
 $\frac{1}{2}$ cup crushed pineapple. Drain off juice.
 $\frac{1}{2}$ cup whipping cream $\frac{3}{4}$ cup graham wafer crumbs
 $\frac{1}{2}$ cup chopped walnuts

Mix marshmallows and crushed pineapple. Let stand $\frac{1}{2}$ hour in refrigerator. Then add whipped cream and walnuts. Drop spoonful of mixture on graham wafer crumbs and cover completely. Chill 1 hour in refrigerator.

PARADISE PUDDING

1 pkg. lemon jelly powder 6 macaroons (crushed)
 2 cups boiling water $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup blanched almonds, cut fine $\frac{1}{4}$ tsp. salt
 12 marshmallows, cut fine 1 cup cream (whipped)
 12 maraschino cherries, cut in two

Dissolve jelly powder in boiling water. When cool and syrupy, beat until fluffy. Add all other ingredients, fold in cream. Chill until firm. Serves 8.

—Mrs. E. O. Weston.

VANILLA ICE CREAM

20 marshmallows 1 cup top of milk
 $\frac{1}{2}$ pint cream 1 tsp. vanilla
 Dash of salt 1 tbsp. corn syrup

Put marshmallows in top of double boiler with milk and melt. Add vanilla, salt, and corn syrup and cool. When quite cold, and beginning to set, add whipped cream and freeze without stirring.

—Mrs. Rust.

BANANA MARLOW

15 marshmallows $\frac{3}{4}$ cup well-mashed bananas
 $\frac{1}{2}$ cup water $\frac{1}{2}$ cup whipping cream
 2 tsp. lemon juice

Melt marshmallows in double boiler. Set to cool and add lemon juice and bananas. Add whipped cream and freeze. Serves 6.

—Mrs. Holmes.

UNCOOKED PLUM PUDDING

1 pkg. orange flavored gelatine $\frac{3}{4}$ cup currants
 $\frac{3}{4}$ cup sugar $1\frac{1}{4}$ cups nutmeats
 2 cups boiling water 1 tsp. cinnamon
 1 cup raisins $\frac{1}{4}$ tsp. cloves
 1 cup chopped dates

The gelatine and sugar are mixed together, and the boiling water added to them. After stirring well, set aside to cool. Cook raisins in very little water until soft. When they are cool, add them with other ingredients to the gelatine. Pour into large ring mould or undivided moulds. Set in refrigerator to await use. Serve with whipped cream in centre of ring.

—Mrs. T. A. Johnston.

DREAM DESSERT

1 packet lemon or any flavored jello. Dissolve in 2 cups of warm water. Beat well when thickened. Beat 1 cup of chilled canned milk until thick, add juice of lemon, pinch of salt, $\frac{1}{3}$ cup of sugar, combine with jello and pour into pan covered with wafer crumbs—put crumbs on top. When set, cut in squares with whipped cream on top. Serves 10. Very good.

—Mrs. T. A. Johnston.

CHOCOLATE CHIFFON PUDDING

1 envelope gelatine 4 eggs
 $\frac{1}{4}$ cup cold water 1 cup sugar
 $\frac{1}{2}$ cup boiling water Salt and vanilla
 6 tbsp. cocoa or 2 sq. chocolate

Dissolve gelatine in cold water; mix cocoa with boiling water, add slightly-beaten egg yolks, half the sugar, salt and vanilla. Cool, when thick add well-beaten egg whites and rest of sugar. Serve with whipped cream or in pie shell.

—Mrs. J. H. Morrill, Honolulu.

CARROT PUDDING

- | | |
|---------------------|-------------------------------------|
| 1 lb. suet | 2 lbs. currants |
| 3 cups flour | $\frac{3}{4}$ lb. peel |
| 3 cups sugar | 3 tsp. mixed spice |
| 3 cups bread crumbs | 1 tsp. salt |
| 1 lb. sultanas | 4 cups carrots (grated) |
| 2 lbs. raisins | 3 tsp. soda, dissolve boiling water |

Mix all together with water, boil 5 to 6 hours. This makes 3 good-sized puddings

—Mrs. T. Watt.

Biscuits and Breads

HOT CHEESE BISCUITS

- | | |
|----------------------------------|--------------------------------|
| $\frac{1}{2}$ cups sifted flour | $\frac{1}{4}$ lb. diced cheese |
| $\frac{1}{4}$ tsp. salt | 4 tbsp. lard |
| $\frac{1}{2}$ tsp. soda | 1 tbsp. butter |
| $\frac{1}{2}$ tsp. baking powder | $\frac{1}{2}$ cup sour milk |

Mix all dry ingredients well. Add butter, lard, then cheese. Add sour milk to make soft dough. Pat out and cut. Bake in a moderate oven 10 minutes for small biscuits.

—Mrs. T. A. Johnston.

SPOON BREAD

- | | |
|----------------|-----------------------------------|
| 1 pint milk | $\frac{1}{2}$ cup yellow cornmeal |
| 1 tsp. sugar | $\frac{1}{4}$ tsp. salt |
| 1 tbsp. butter | 2 tsp. baking powder |
| 2 eggs | |

Cook cornmeal in milk till it thickens slightly. Remove from fire, add butter, salt, sugar, well-beaten eggs and last of all the baking powder. Pour into well-greased loaf pan and bake in medium oven about 20 to 25 minutes.

—Mrs. T. A. Johnston.

BANANA BREAD

- | | |
|--------------------------|-----------------------|
| 1 cup sugar | 1 tsp. baking soda |
| $\frac{1}{2}$ cup butter | 2 cups flour |
| 2 eggs | 3 bananas (real ripe) |
| 2 tbsp. sour milk | mashed thoroughly |

Cream butter and sugar. Add eggs unbeaten, one at a time and beat well. Mix sour milk and soda and add, then the bananas and flour alternately. Bake 1 hour at 350 degrees F. in loaf pan.

—Mrs. Hessey.

BAKING POWDER BISCUITS

- | | |
|--|--------------------------|
| 2 cups flour (cake) | $\frac{1}{2}$ tsp. salt |
| 2 full tsp. double-acting
baking powder | 5 tbsp. butter or crisco |
| | $\frac{2}{3}$ cup milk |

Sift flour once then measure, add baking powder (Calumet) and salt and re-sift. Cut in shortening, add milk all at once and stir carefully until all flour is wet. Then beat hard until mixture forms a soft dough. Turn out, knead slightly, roll $\frac{1}{2}$ inch thick and cut. Bake in ungreased baking sheet at 400 degrees F. for 12 to 15 minutes. Makes 12 biscuits.

CINNAMON ROLLS

Use above mixture. Roll dough $\frac{1}{4}$ inch on lightly floured board and spread with:— Cream, 3 tablespoons butter and $\frac{1}{3}$ cup brown sugar. Add 1 teaspoon cinnamon and raisins if desired. Roll as for jelly roll and cut in 1 inch slices. Melt 4 tablespoons butter in 8x8 pan; place rolls cut side down and bake in hot oven 450 degrees F. for 15 minutes, then decrease heat to 350 degrees F. for 15 minutes.

—Mrs. T. A. Johnston.

Cookies and Small Cakes

CRESCENT COOKIES

- | | |
|--------------------------|---------------------------------|
| $\frac{1}{2}$ lb. butter | 4 tsp. powdered sugar (heaping) |
| 2 cups flour | 1 cup pecans—vanilla |

Mix butter and sugar, add other ingredients. Make into little rolls size of little finger and shape like crescents. Bake 40 minutes and roll in powdered sugar.

—Mrs. D. O. Cameron.

CHOCOLATE COOKIES

- | | |
|--|---------------------------|
| $2\frac{1}{4}$ cups flour | 2 eggs |
| 3 tsp. baking powder | $1\frac{1}{2}$ tsp. milk |
| 1 tsp. salt | 7 oz. sweetened chocolate |
| $\frac{3}{4}$ cup granulated white sugar | 1 cup chopped nuts |
| $\frac{3}{4}$ cup brown sugar | 1 tsp. vanilla |
| 1 cup butter | |

Cream together butter and sugar and add 2 eggs, beaten whole, $1\frac{1}{2}$ teaspoons milk. Add sifted dry ingredients, then chopped nuts, flavoring and the chocolate cut in pieces the size of a pea. Drop by half teaspoons onto well-greased cookie sheet. Bake 10 minutes or a little longer at 350 degrees F. Makes about 100 cookies.

—Mrs. T. McGimpsey.

COOKIES

½ cup butter	2 cups flour
½ cup lard	½ tsp. baking soda
½ cup brown sugar	1 tsp. cream tartar
½ cup white sugar	¾ cup almonds or cocoanut
1 small egg	or walnuts, either suitable

Cream butter and sugar; add egg, cocoanut, flour, soda and cream of tartar. Form into small balls; drop in cookie pan with teaspoon and bake 10 minutes at about 350 or 300 degrees F.

Makes about 6 dozen cookies.

—Mrs. T. McGimpsey.

BON BON COOKIES

¼ cup butter	1 egg
1 cup brown sugar	½ tsp. brandy flavoring
1½ cups flour	½ tsp. baking powder
1 cup raisins	½ tsp. baking soda
½ cup dates	5 tbsp. strong coffee
½ cup nuts	

Mix in usual manner and drop in teaspoonfuls on well-greased cookie pan.

—Mrs. T. A. Johnston.

SUNBEAMS

2 egg whites (stiffly beaten)	1 cup cocoanut
1 cup granulated sugar	1 cup walnuts
½ tsp. baking powder	½ lb. dates (chopped fine)

To the stiffly beaten egg whites, fold in sugar and baking powder, which have been sifted together. Then in separate bowl, mix cocoanut, nuts and dates. Combine with first mixture and roll in Rice Krispies. Bake at 375 degrees F. for 10 or 12 minutes or until golden brown. Recipe makes 90 cookies.

—Mrs. W. H. Harte.

FRUIT BALLS

1 cup dates	¾ cup fruit sugar
Glazed Cherries (15c worth)	1 tsp. vanilla
1 cup walnuts	1 tsp. almond flavoring
1 cup cocoanut	2 egg whites (well beaten)

Put fruit through chopper. Add well-beaten egg whites and flavoring. Form into small balls and roll in fruit sugar. Let stand over night and shape again next day before using.

—Mrs. T. McGimpsey.

PEANUT COOKIES

1½ cups butter	3 cups flour
1½ cups brown sugar	1 tsp. soda
2 eggs	1 tsp. cream of tartar
2 cups chopped peanuts	

Sift flour, soda and cream of tartar together. Mix in order given, drop by teaspoon on greased tin and press with a fork. Bake 15 minutes in moderate oven.

—Mrs. Hessey.

CASHEW SHORTBREADS

Cream 1 cup of butter with ½ cup of confectioner's sugar and ¼ teaspoon of almond extract. Work into it 2 cups of cake flour sifted with ½ teaspoon of baking powder. Add 1 cup of chopped cashew nuts (almonds, pecans or brazil nuts if preferred). Mix well and roll out small amount of dough at a time on floured board. Cut any shape desired with cookie cutter. These can be dropped in spoonfuls if desired and covered with chopped nuts. Bake in moderate oven 350 degrees F. about 15 minutes.

ALMOND MACAROONS

To 4 egg whites, beaten stiff, add 1 cup icing sugar, 1 teaspoon vanilla or almond extract, pinch of salt. Remove ½ cup of this mixture and to the remainder add ½ lb. of ground almonds (not blanched). Drop from spoon on buttered pan, and on each, put a small dab of the egg mixture. Bake in slow oven.

—Mrs. Thorton Marshall.

GINGER ROCK CAKES

2 cups corn flakes	2 tbsp. butter
1 cup seeded raisins	1 cup brown sugar
1 tsp. baking powder	Pinch of salt
1 tsp. ground ginger	2 eggs (unbeaten)

Mix dry ingredients together. Eggs, butter and sugar together and combine.

—Mrs. Thorton Marshall.

SWEDISH DAINTIES

¼ cup brown sugar	1 cup flour
½ cup butter	Walnuts (chopped fine)
Pinch of salt	Jelly
1 egg	

Cream butter and sugar, add beaten egg yolk. Add flour and salt and mix well. Make into small balls. Roll in egg white slightly beaten and then in nuts. Put on cookie sheet and make dent in top for jelly or jam. Cook for five minutes in slow oven and then push dent in again. Cook for 10 or 15 minutes longer. Put jelly on while dainties are warm. Makes about 24 cookies.

—Mrs. Hessey.

MELTING MOMENTS

- | | |
|-------------------------|------------------------|
| 1 cup butter (softened) | ½ tsp. cream of tartar |
| ¾ cup brown sugar | ½ tsp. baking soda |
| 1 egg | 1 tsp. vanilla |
| 1¾ cups flour | |

Cream butter and sugar well; add whole egg, beat well; add dry ingredients and chill. Drop small spoonful on baking sheet; place small piece of red cherry on top of each one and bake at 325 degrees F. for 5 or 6 minutes.

—Mrs. W. Crawford.

Luncheon Dishes

SPAGHETTI AND LEFT OVERS

Mix together any left over meat and vegetables you have; put through meat grinder. Add left over gravy and some catsup. Grease a casserole, put in a layer of canned spaghetti, layer of meat mixture and top with spaghetti. Cover all with one can Heinz mushroom soup and grated cheese. Bake in moderate oven ½ hour.

—Mrs. T. A. Johnston.

SPAGHETTI

- | | |
|------------------------|---------------------------|
| 2 onions (medium size) | 1 tin tomatoes |
| ½ lb. cheese | ¼ lb. bacon or bacon ends |
| 1 pkg. spaghetti | Salt and pepper |

Mince bacon and onion and brown in frying pan.

Boil spaghetti and when cooked, drain. To this add the bacon and onion, cheese and tomatoes. When cheese is sufficiently melted, place mixture in baking dish. Cover with bread crumbs and dab of butter and brown in oven

—Mrs. A. Kent.

CHICKEN DONATELLE

- | | |
|-------------------------|---|
| 1 5-lb. chicken | 2 green peppers |
| 1 lb. spaghetti | 1 onion (chopped fine) |
| 1 large can tomatoes | 1 cup ripe olives (stoned and cut into quarters). |
| 1 large can mushrooms | Season to taste |
| 1 can pimento (chopped) | |

Cook chicken until tender in as little water as possible—take from bones and brown in butter

Cook spaghetti in boiling salted water. Mix together and put in well-buttered baking dish; add liquor from mushrooms and cup of stock. Bake in slow oven for 2½ hours adding more stock if needed.

—Olive Richards.

LUNCHEON SANDWICH

- | | | | |
|-------|----------|----------------------|-------------------|
| Bread | Tomatoes | Mild Canadian Cheese | Bacon (thin side) |
|-------|----------|----------------------|-------------------|

Toast one side of bread (2 slices per person). Butter untoasted side. Slice cheese quite thin and lay on buttered side. Cover with sliced tomatoes and strip top with bacon. Place in grill (about 3 inches from open flame) and cook till bacon is crisp. Time, about 10 minutes.

CRUMB OMELETTE

1 thick slice of bread, 4 eggs, 1 tablespoon butter. Trim crust off bread and cover with milk (about 1 cup), let soak and then beat well, add egg yolks and stir well with little salt and pepper. Fold in beaten egg whites. Put butter in pan and pour in omelette and cook. Put under broiler to brown on top.

—Mrs. T. A. Johnston.

SPANISH RICE

- | | |
|--------------------------|-----------------|
| 4 slices bacon (chopped) | } Fry together. |
| ½ cup celery (chopped) | |
| 2 cups onion (chopped) | |

Add: 2 cups cooked rice, 1 can tomatoes, 1 can Del Monte tomato sauce, ½ cup chopped green pepper.

Cook until liquid disappears and rice has turned deep red. Stir often and let dry out.

—Mrs. T. A. Johnston.

GOOD LUNCHEON DISH

- | | |
|--------------------------------|-------------------------------|
| 1 cup noodles (cooked) | 1 can tomato soup or puree |
| 1½ lb. minced steak fried with | Salt, pepper and paprika |
| 1 chopped onion | Few chopped olives (optional) |
| 1 can corn | |

Put all in casserole and sprinkle with ½ cup of grated cheese. Bake 1 hour. Serves 8.

MACARONI LOAF

- | | |
|--|--------------------------|
| 1 cup macaroni—cook until tender and blanch. | |
| 1 cup scalded milk. Pour over 1 large cup soft bread crumbs. | |
| ½ cup butter (melted) | ½ cup cheese (grated) |
| 1 can pimento (chopped) | 3 eggs (beaten slightly) |
| 1 tbsp. parsley (chopped) | 1 can mushrooms |
| ½ tsp. salt (level) | |

Bake in moderate oven for ¾ hour.

—Mrs. T. McGimpsey.

RICE AND BACON MUFFINS

1 egg (well beaten) ½ tsp. salt
 1 cup milk 4 tsp. baking powder
 1 cup cooked rice 12 strips thinly sliced side bacon
 ½ cups flour Currant or grape jelly

Combine egg, milk and rice. Add flour sifted with salt and baking powder. Beat briskly. Line 12 muffin tins with bacon, fill 2/3 full of batter and bake in hot oven 425 degrees about 30 minutes Turn upside down. Top each muffin with a spoonful of jelly.

Delicious served with salads.

—Mrs. Birchall.

CASSEROLE OF CHICKEN

Cut up chicken as for stewing. Pour over it 1 quart boiling water enough to cover the chicken well. Cover kettle and cook slowly until tender—about 2 hours. Remove chicken, removing all bones, if desired. Reduce stock to about 1¼ cups, boiling it rapidly. Make a gravy of this stock using 3 tablespoon flour, 3 level tablespoons butter and salt and pepper to taste. Line bottom and sides of a casserole with a rich biscuit dough and in this place chicken and gravy, adding 2 tablespoons finely minced parsley. Roll some more biscuit dough to about ½ inch thickness and cover chicken, leaving gashes for steam to escape. Bake until biscuit dough is nicely cooked—about 25 minutes at 350 degrees F. If desired, a few vegetables, finely diced may be added to chicken mixture.

BAKED BEANS—SPANISH STYLE

1 large tin kidney or ordinary beans 2 tbsp. green peppers (chopped)
 1 cup canned tomatoes, drained 8 slices of bacon
 1 tbsp. grated onion

Place beans in a buttered casserole. Arrange tomatoes on top. Sprinkle top with onion, green pepper and a little salt. Arrange raw bacon slices on top of this. Bake in a moderate oven about 375 degrees for 25 or 30 minutes or until bacon is nicely crisped.

—Mrs. T. McGimpsey.

ITALIAN DELIGHT

2 lbs. round steak, freshly ground 1 can corn (whole kernels)
 1 good-sized onion (grated) 1 can ripe olives (cut up)
 1 small tin mushrooms (button variety)
 3 cans (Libby's tomato sauce) ½ lb. nippy cheese (grated)
 Noodles (10c package)

Boil noodles in hot salted water, then wash well with cold water. Brown meat and onions in separate pans, add heated tomato sauce, corn, olives and mushrooms.

Grease pans well, put layer of meat mixture, then a layer of noodles, then a layer of cheese. Repeat until pans are full. Bake in moderate oven until well browned, about half an hour. Serves 12.

Candy

GINGER FUDGE

3 cups brown sugar 6 tbsp. milk
 1 tbsp. butter (large)

Boil 5 minutes, then add ½ cup ginger and beat

—Mrs. T. McGimpsey.

TURKISH DELIGHT

1 box gelatine (Cox or Knox) soaked in 1 cup cold water. Then take 4 cups sugar, 1 cup boiling water, salt and boil until it threads. Stand for a few minutes, then add the gelatine, and stir until dissolved. Add juice of 2 lemons and 1 large or 2 small oranges—colour. (Put cold water into mould before mixture and rinse.) When set, cut into squares and roll in powdered sugar.

—Mrs. D. H. Green.

PEPPERMINT CREAM

2 cups icing sugar Oil of peppermint to taste
 ¼ tsp. cream of tartar 2 tbsp. cream
 1 egg white (slightly beaten)

A few drops green coloring if desired

Sift the sugar and cream of tartar, add the cream and slightly-beaten egg white. Flavor with a few drops oil of peppermint and mix thoroughly. Allow to stand for 1 hour. Then place on bake board sprinkled with icing sugar and knead well until real smooth. Make into balls or tiny cones, place on wax paper and allow to stand for 24 hours.

—Mrs. T. A. Johnston.

SHEILA FUDGE

1 cup sugar (white) ½ cup milk
 1 cup brown sugar ¼ cup butter (melted)
 ¼ cup corn syrup 2 tsp. cocoa, vanilla

Boil syrup, milk and butter for 2½ minutes; add cocoa and boil 5 minutes more. Take from stove, add vanilla and beat until creamy.

—Mrs. T. A. Johnston.

MARSHMALLOW DELIGHT

1 package dot chocolate 1 cup broken walnuts
 ½ lb. marshmallows 1 cup seedless raisins

Melt chocolate in top of double boiler, put in quartered marshmallows, add nuts and raisins; put in buttered pan and cut when set.

—Mrs. T. A. Johnston.

Jams

BERRY JAM (Epsom Salt)

4 cups of any fruit (crushed) 4 cups of sugar
Boil together for 5 minutes. Then add 1 level teaspoon of Epsom Salt and boil 2 minutes. Bottle and seal. Best done in this quantity.

STRAWBERRY JAM

2 cups sugar $\frac{1}{2}$ cup water
Boil sugar and water until it threads, then add 2 cups berries. Boil for 10 minutes, then add 2 more cups sugar and two more cups berries and boil for 1 minute. Put in open jar or crock and let stand for 24 hours; stir every once in a while. Put in small jars cold and seal with wax. You can cook several batches and put together in crock. Don't re-heat.

PEAR MARMALADE

8 lbs. pears 4 lemons
 $\frac{1}{4}$ lb. preserved ginger $\frac{1}{2}$ tbsp. ground ginger
4 lbs. sugar

Chop pears, remove core but do not skin. Add sugar and ginger. Let stand overnight. In morning add lemon juice and grated rind. Boil 3 hours.

—Mrs. T. Watt.

HEAVENLY JAM

4 oranges 1 dozen peaches
2 lemons 1 dozen apples
1 dozen pears

Put oranges and lemons through food chopper using medium blade. Place in preserving kettle and boil gently while preparing other fruits which are also peeled and put through chopper. Add to first mixture. Measure all and add equal amount of sugar, boil till thick and clear, about 30 minutes.

—Mrs. Webb.

GINGER APRICOT MARMALADE

$\frac{1}{4}$ lb. ginger (crystallized) Water to cover apricots
1 lb. apricots (dried) 1 lemon; sugar

Wash and pick over fruit. Cover with cold water and soak several hours; slice lemon very thin, also the ginger. Measure, add $\frac{3}{4}$ as much sugar as fruit and liquid, and simmer till thick and clear.

Pickles

RED PEPPER JAM

12 large red peppers 3 cups white sugar
1 tbsp. white vinegar

Wash peppers and put through grinder. Sprinkle with salt and let stand 3 hours. Drain and add vinegar and sugar. Boil slowly for 1 hour or until of right consistency. Remove scum and bottle.

Excellent with cream cheese sandwiches.

—Mrs. K. Perry.

MINT CHUTNEY

1 cup mint leaves 1 oz. mustard seed
1 lb. apples 4 oz. of salt
1 dozen ripe tomatoes 2 cups of sugar
 $\frac{3}{4}$ lb. raisins $1\frac{1}{2}$ quarts of vinegar
2 red peppers Spices to taste
6 small onions

Boil vinegar, let cool. Chop ingredients fine but do not cook. Mix with vinegar and stir once a day for 10 days—seal.

—Mrs. J. Belanger.

SWEET PICKLE

75 medium-sized cucumbers, 1 pint salt to 1 gallon of water; soak 1 week and skin if necessary. Drain and cover with boiling water with 1 tablespoon powdered alum to the gallon. Soak in this for 24 hours, take out and split into dainty strips to suit taste and cover with following:

5 cups full-strength vinegar 2 tbsp. of stick cinnamon
6 cups sugar 1 tsp. celery seed
2 tbsp. mixed spices (whole)

Bring this to a boil and pour over pickles. Next morning drain and boil up the vinegar with 1 more cup of sugar and pour over pickles. Repeat this 3 mornings adding 1 cup sugar. Drain and boil 3 mornings without adding sugar and these will keep in crock without bottling.

—Mrs. W. McKenzie, Albert Head.

CUCUMBER RELISH

1 dozen large or $\frac{1}{2}$ tsp. black pepper
2 doz. small cucumbers 1 tsp. celery seed
 $\frac{1}{2}$ dozen onions (chopped fine) 1 tsp. mustard seed
3 tbsp. salt $\frac{1}{2}$ tsp. tumeric
 $\frac{1}{2}$ tsp. cinnamon 1 cup sugar
 $\frac{1}{2}$ tsp. ginger 2 cups vinegar

Peel and slice cucumbers; let cucumbers and onions stand 1 hour. Sprinkle with salt, drain well. Mix with other ingredients; cook 30 minutes. Seal while hot.

APPLE CHUTNEY

- | | |
|---------------------|----------------------------------|
| 12 sour apples | 1 cup seeded and chopped raisins |
| ½ cup currant jelly | 1 tbsp. ground ginger |
| 1 onion | ¼ tsp. cayenne |
| 2 cups sugar | 1 tbsp. salt |
| 3 peppers (1 red) | 1 pint cider vinegar |
| 4 lemons (juice) | |

Chop apples, onions and peppers very fine; add vinegar and jelly and simmer 1 hour stirring often. Add other ingredients and cook another hour, stirring constantly; store as canned fruit. Very good.

—Mrs. Ballinger.

CHILI SAUCE

- | | |
|--------------------------|---------------|
| 35 large tomatoes (ripe) | 2½ cups sugar |
| 4 red peppers | 5 tbsp. salt |
| 10 onions (average size) | 1 oz. garlic |
| 3 cups of cider vinegar | |

Put pickling spice in cheesecloth bag and boil in with the pickle.

Chop onions and peppers together, add other ingredients and boil 3 hours. Bottle and seal.

—Mrs. T. McGimpsey.

UNCOOKED RELISH

- | | |
|--------------------------------|---------------------|
| 2 cabbages, medium-sized heads | ½ cup salt |
| 8 carrots (medium size) | 3 pints vinegar |
| 8 peppers—red or green | 6 cups of sugar |
| or 4 or each | 1 tsp. mustard seed |
| 12 onions (medium size) | 1 tsp. celery seed |

Grind vegetables, add salt and let stand 2 hours. Drain and mix with vinegar mixture. Does not need to be sealed.

—Mrs. J. Belanger.

BREAD AND BUTTER PICKLE

- | | |
|-----------------------|--------------------|
| 12 cucumbers (sliced) | 6 peppers (sliced) |
| 6 onions (sliced) | |

Salt slightly and stand 3 hours, drain. Add mustard and celery seed.

Take 3 cups vinegar, 1 cup water, 3 cups white sugar, ¾ tsp. tumeric and boil for 5 minutes. Pour over cucumbers and boil 15 minutes, bottle.

—Mrs. Dillabough.

BEET PICKLE

- | | |
|---------------------------|--------------------------|
| 10c nice small beets | 1 tbsp. horseradish |
| 10c head of white cabbage | Salt, pepper and vinegar |

Cook beets, cool in liquid, then skin; put in mixing bowl, shave cabbage fine, then chop together; add horseradish, wet all with vinegar. Use white wine vinegar.

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