

## Savories

### BAKED CHEESE DREAMS

Spread 8 slices of bread with butter, cover four pieces of the bread with slices of cheese, sprinkle generously with paprika, cover with remaining bread. Cut sandwiches in two and place in buttered baking dish. Beat 2 eggs slightly, add  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika, a few grains cayenne and two cups milk. Strain over sandwiches and bake until brown.

E. M. CHURCH.

### CHEESE FONDUE

1½ cups finely rolled bread crumbs	$\frac{1}{4}$ tsp. mustard
1¼ cups milk	Salt and pepper to taste
$\frac{3}{4}$ -1 cup grated cheese	1 tbsp. butter

Mix and cook in double boiler until cheese is melted. Pour over yolks of 2 eggs, well beaten; then add the stiffly beaten whites. Bake in a moderate oven  $\frac{3}{4}$ -1 hour in buttered baking dish. Serve immediately.

(MISS) I. M. SCHURMAN.

### CHEESE APPETIZERS

Remove crusts from bread, cut in 1 inch or 2 inch cubes. Scoop out the centres, dip in melted butter or brush over with a pastry brush. Combine  $\frac{1}{2}$  pound grated Canadian cheese,  $\frac{1}{2}$  tsp. baking powder and beat in 2 egg yolks. Beat the whites stiff and fold in the yolk mixtures. Fill centre of bread; brown lightly in a hot oven 400 degrees for 12 minutes.

"CAPE BRETON".

### RICE AND CHEESE

1½ cups cooked rice, 1½ cups white sauce, 1½ cups grated cheese 3 eggs. Add cheese to white sauce, stir until melted, add rice and egg yolks. Fold in stiffly beaten whites. Bake in a buttered casserole 30 minutes.

KATHLYN M. DUSTAN.

### CHEESE STRAWS

Two cups grated cheese, same quantity flour, a little salt and cayenne, a quarter pound butter. Mix all together and then beat in one egg, adding about 2 tbsp. cold water. Add flour enough to roll out very thin and cut into long straws. Bake in a quick oven.

### WELSH RAREBIT

1 tbsp. butter,  $\frac{1}{2}$  pound cream cheese, cut small,  $\frac{1}{2}$  tbsp. mustard, little cayenne,  $\frac{1}{2}$  cup thin cream. Melt butter, add melted cheese and seasonings, add cream gradually. When smooth, serve on buttered toast fingers.

## Sandwiches, Canapes, Hors d'Oeuvres

### ANCHOVY AND CREAM CHEESE SPREAD

Combine 1, 3 oz. pkge. cream cheese, 1 tbsp. anchovy paste, and 1 tsp. minced onion, and mix to a smooth paste.

### ASPARAGUS ROLLS

Use fresh sandwich loaf, 1 tin asparagus tips and thick mayonnaise. Cut loaf into thin slices, remove crusts and butter.

Place asparagus tips with mayonnaise in centre and roll.

### CELERY ROLLS

Spread white bread with butter, then with cream cheese moistened with salad dressing. Roll each slice around a small piece of celery allowing the leaves to show at one end of roll.

### CHECKERBOARDS

Cut an equal number of brown and white slices from fresh sandwich loaves; make each slice  $\frac{1}{3}$  inch thick. Remove crusts. Spread with softened cream or pimento cheese. Put 4 slices together for each sandwich "block", alternating brown and white slices. Cut into  $\frac{1}{3}$  inch slices, crosswise of the filling. Spread the slices (which will show alternate brown and white strips) with the cheese. Put together 4 of these brown and white slices, placing them so that brown strips are on white, and white on brown. Wrap closely and let chill until firm. At serving time cut in slices, cross-wise of the brown-and-white strips.

### CHEESE AND BACON

Spread fingers of white bread with cream cheese. Top with small strip of bacon. Keep wrapped until serving time, then toast under gas broiler. Serve hot.

### CHEESE SQUARES

Cut bread into one inch slices, trim off crusts and cut into one inch squares. Coat each with pimento cream cheese. Toast in a hot oven. Serve hot.

### OLIVE, DEVILLED HAM, AND EGGS

$\frac{1}{4}$ cup of olives chopped fine	2 tbsp. mayonnaise dressing
2 hard boiled eggs, chopped fine	1 can of devilled ham
	1 tbsp. chili sauce

Mix well, spread on thin slices of buttered bread.



### CHIPPED BEEF HORS-D'OEUVRES

1 jar chipped beef, mayonnaise, grated onion and juice to taste, paprika, pepper or cayenne, to taste.

1 package cream cheese.

Separate thin slices of chipped beef into pieces about 3 inches long and 2 inches wide.

Blend cheese and mayonnaise to spreading consistency, add onion juice and grated onion to taste. Dash of paprika or cayenne to taste. Spread piece of beef with cream mixture—roll and fasten with a toothpick. Trim with sprig of parsley in end, if desired.

Serve on plate or in a hors-d'oeuvres holder or grapefruit.

MRS. DAVID P. BOWES, Montreal, P.Q.

### EGG AND OLIVE SANDWICHES

Chop 2 hard boiled eggs fine, add 12 stuffed olives, which have been minced; season and moisten to a paste with mayonnaise. Spread between buttered slices of bread.

### EGG AND ONION

2 hard boiled eggs, small amount of chopped onion, salt and pepper, enough mayonnaise to form proper consistency. Mix well and spread.

### HAM ROLLS

Make a small amount of medium white sauce, add chopped mushrooms which have been saute'd, small amount of chopped green pepper, scraped onion to taste.

Spread mixture on thin ham slices and roll up like a jelly roll. Cut sandwich bread in thin slices, trim off crusts and spread with soft butter. Place a ham roll on each bread slice and roll up tightly. Wrap in a damp towel and chill. Toast in a hot oven. Serve very hot.

### HAM AND OLIVE SPREAD

Combine  $\frac{2}{3}$  cup minced cooked ham with  $\frac{1}{2}$  cup of finely chopped olives, 2 tbsp. minced parsley, 1 tbsp. bottled condiment sauce,  $\frac{1}{4}$  cup mayonnaise.

### MINCED HAM AND EGG SPREAD

Combine  $\frac{2}{3}$  cup minced cooked ham, with 3 hard cooked eggs, mince 2 tbsp. minced onion,  $1\frac{1}{2}$  tsp. prepared mustard, 1 tsp. condiment sauce and 2 tbsp. mayonnaise.

### PICKLE FANS

Cut sweet gherkins into thin parallel slices almost the length of each gherkin. Carefully spread out these slices in fan shape.

### POTATO CHIPS WITH ROQUEFORT

Mash the Roquefort cheese and blend with tomato ketchup. Spread on crisp potato chips and serve.

### RAREBIT TOBOGGANS

Cut up fine 1 lb. of sharp cheese, add 2 tbsp. butter, 1 tsp. salt,  $\frac{1}{2}$  tsp. mustard, 1 tsp. Worcestershire Sauce. add to two eggs slightly beaten and stir in  $\frac{1}{4}$  cup milk.

Serve on toasted toboggans.

To make the toboggans, cut fresh bread 7 inches long, roll up  $\frac{1}{3}$  and hold in place with a toothpick. Roll small slices of bacon, stick with a toothpick and fry. Place on toboggan which has been spread with the cheese mixture and stick under the broiler for a few minutes.

### SANDWICH FILLING

1 package Chateau Cheese      1 tsp. dry mustard  
 $\frac{1}{4}$  as much butter

Put in double boiler and let melt. Add 1 small tin of Pimentos, cut into small pieces. Put into a jar. Keep in frigidaire.

### SARDINE AND OLIVE

Toast fingers spread with cream cheese and garnish with tiny sardines, drawn through thin olive slices from which the pimento has been removed.

### STUFFED CELERY STICKS

Mix equal amounts of peanut butter and pimento cheese. Cream together. Fill small stalks of celery. Chill.

### TASTY FILLING

Cut tender celery very fine, add 6 slices of crisp cooked bacon (break into small pieces) add enough mayonnaise dressing to form proper consistency. Spread on buttered bread and cut into shape desired.



# Eggs

## CREAMED EGGS WITH ASPARAGUS AND BACON ROLLS

8 hard boiled eggs, 1 can asparagus tips, bacon.

Make a white sauce and add quartered eggs.

Drain asparagus tips. Bind in lots of three with thinly sliced bacon. Secure with a toothpick. Place in a shallow pan and bake until bacon is crisp.

Cover platter with buttered halves of hot tea biscuits, add sauce and eggs (pour over biscuits). Border platter with very small buttered biscuits and the asparagus rolls. Garnish with parsley.

J.E.R.

## CURRIED EGGS

3 hard-boiled eggs	$\frac{1}{4}$ tsp. salt
2 tbsp. butter	$\frac{1}{4}$ tsp. curry powder
2 tbsp. flour	$\frac{1}{8}$ tsp. pepper
1 cup hot milk	

Melt butter, add flour and seasonings and gradually hot milk. Cut eggs in lengths lengthwise and re-heat in sauce. Serve on toast and garnish with parsley.

ELIZABETH HARRISON.

## OX EYES

Cut bread in rounds, toast and butter. Moisten each piece with 1 tbsp. cream, break on it a fresh egg. Season with salt and pepper and bake slowly in a moderate oven until white is set.

JOAN E. MIDDLETON.

## SCALLOPED EGGS WITH CHEESE

4 hard boiled eggs, chopped	2 cups milk
4 tbsp. flour	3 tbsp. butter
$\frac{1}{2}$ cup grated cheese	Buttered bread crumbs

Melt butter, add flour and cheese, then add milk gradually and bring to boiling point. Place layer of bread crumbs in a buttered baking dish, add one half the eggs and pour over them half the sauce. Repeat in alternating layers, the remaining eggs and sauce, and sprinkle remaining bread crumbs on top. Bake in moderate oven for 20 minutes or until a golden brown.

A.M.K.

## SHIRRED OR BAKED EGGS

Butter Ramekin dishes. Cover bottom and sides with fine cracker crumbs. Break eggs, one at a time and slip one carefully into each ramekin dish. Sprinkle with salt and pepper. Over each egg pour one tablespoon cream or top milk, cover with soft bread crumbs mixed with  $\frac{1}{4}$  as much melted butter. Place in a moderate oven and bake until whites are firm and crumbs are brown.

E. M. CHURCH.

# Salads and Salad Dressings

Salads not only vary the diet in an appealing and appetizing way—they also add mineral salts, vitamins and other health factors. All salads are suitable for luncheon or supper. Only vegetable or fruit-salad should be served with dinner.

To make a perfect salad all the ingredients must be carefully prepared and thoroughly chilled before blending—the fruit or vegetables, fresh and firm in texture—the meat or fish free from skin, gristle and bones, and cut in small uniform pieces. The lettuce and other greens should be fresh and crisp.

The ingredients should be combined and the dressing folded in just before serving.

To marinate means to mix the ingredients with a few spoonfuls of French dressing (oil, a little vinegar or lemon juice and seasonings), to give flavor to the materials.

## BEEF, APPLE AND CELERY SALAD

3 large apples, 1 large bunch celery, 3 or 4 large cooked beets. Dice all three, add salt to celery and mix with mayonnaise.

MRS. J. M. CHRISTIE.

## CHICKEN SALAD

Follow the directions given for Lobster Salad, substituting 2 cups of cooked chicken cut in small pieces for lobster meat.

## FISH SALAD

Dressings: Equal parts vinegar and olive oil. Freshly ground pepper. Dash of salt. Half an onion finely chopped. Several anchovies. Yoke of one egg pounded to a paste (the egg is hard boiled).

Mix dressing in salad bowl and add:

Few slices of chopped green peppers.

One quartered and peeled tomato.

The meat of one lobster or equivalent of firm whitefish.

Half a cup of ham cut into cubes about  $\frac{1}{16}$  inch square.

One large peeled and quartered pear.

Garnished with lettuce.

ELIZABETH HARRISON.

## JELLIED HAM SALAD

1 package Lime Jello,  $\frac{1}{2}$  tsp. salt,  $1\frac{3}{4}$  cups warm water,  $\frac{1}{4}$  cup vinegar, dissolve and let set slightly.

Mix 1 tbsp. minced,  $\frac{1}{2}$  cup finely chopped celery, 1 cup cooked ham finely chopped, 2 sweet pickles. Mix well pour into loaf pan. Serve in slices.

SHIRLEY WALKER.



### JELLIED SUPPER SALAD

2 tbsp. gelatine	1½ cups mixed vegetables
¼ cup cold water	(peas, carrots, string
2 cups chicken broth	beans, etc.)
sliced chicken	2 hard cooked eggs
	1 pimento

Soak gelatine in the cold water five minutes and dissolve in hot chicken broth (canned broth may be used). Cool. Dip loaf pan in cold water and decorate bottom with slices of hard cooked egg and pimento cut in fancy shapes. Cover with a thin layer of chicken broth and let stiffen. Then arrange the chicken and vegetables in alternate layers, pouring a little broth over each layer and allowing it to stiffen before adding the next layer. Letting the pan stand in ice water will quicken the process. Chill thoroughly. Remove from mold and cut in firmly thick slices. Serve the individual portions in nests of crisp lettuce leaves with Mayonnaise Dressing.

### LOBSTER SALAD

2 cups lobster meat cut in	1½ cups shredded inner
cubes	stalks of celery

Mix well and marinate with French dressing. Chill. When ready to serve moisten with mayonnaise and arrange on crisp lettuce, garnish with celery tips, gherkin fans, and hard boiled eggs, quartered or sliced.

### SHRIMP AND PINEAPPLE SALAD

1½ cups of cooked shrimps	½ tsp. of salt
1½ cups of diced pineapple	⅛ tsp. of paprika

Remove black line from shrimps. Cut in pieces. Marinate in French Dressing. Chill. Drain pineapple and combine with shrimps, salt and pepper and mix with mayonnaise. Serve on crisp lettuce. Garnish with stuffed olives.

### TUNA FISH SALAD

2 cups flaked tuna fish	½ tsp. of salt
1 tbsp. of lemon juice	¼ tsp. of paprika
1 cup of finely chopped celery	Salad dressing
1 pimento, shredded	Lettuce

Remove the fish from can to colander. Pour over it boiling water, drain, and flake, removing all skin. Add the lemon juice, marinate in French dressing and chill. When ready to serve, mix with the celery, pimento, salt, paprika and enough salad dressing to moisten.

Arrange in nest of lettuce and garnish with celery tips, stuffed olives cut in halves.

### TOMATO JELLY

Heat and strain one pint of tomatoes. Soak 1½ tablespoons of gelatine in 3 tablespoons of cold water for 5 minutes then dissolve it in the hot tomato juice, add 1 teaspoon of sugar. Pour into small moulds and chill. Unmould on lettuce leaves and serve with salad dressings. If further flavor is desired the following may be heated with the tomatoes before straining:

½ bay leaf, 3 cloves, 2 pepper corns, celery leaf.

MRS. R. H. JENKINS, Calgary, Alta.

### WALDORF SALAD

1 cup of diced apples	1 tbsp. lemon juice
1 cup of diced celery	½ tsp. salt
½ cup of walnuts (broken in	1 cup of mayonnaise
pieces)	

Mix celery, nuts and apples, sprinkle with salt and lemon juice. Put on crisp lettuce, cover with dressing. Garnish with stuffed olives or small gherkins cut in four pieces.

### BUTTERFLY SALAD

6 slices canned pineapple	½ cup chopped nuts
1 cake cream cheese	1 green pepper
	1 pimento

Cut slices of pineapple in halves. Arrange two halves, curved sides toward center, on a bed of lettuce on individual salad plates. Make small balls of cream cheese and roll in chopped nuts. Place two or three in the centre for the butterfly's body. Use thin strips of green pepper for the antennae and decorate the pineapple halves with pimento cut in fancy pieces, to resemble markings on wings. Serve with Mayonnaise Dressing.

### FRUIT SALAD IN ORANGE CUPS

6 large oranges	fruits: pears, peaches,
12 marshmallows, quartered	strawberries, cherries,
1 cup dried pineapple	white grapes)
1 cup banana slices (or other	Lettuce

Cut tops off oranges and remove pulp, leaving orange baskets. Flute edges if desired. Combine ingredients, fill orange cups and orange on lettuce-covered salad plates. Serve with mayonnaise, mixed with ⅓ orange juice.

### GINGER ALE SALAD

1 package lemon jelly powder dissolved in ½ cup hot water and 1½ cups hot ginger ale.

Chill until partly set, then add chopped nuts, celery and apples. Pour into moulds to set.

MRS. J. V. ARGYLE.



## GRAPEFRUIT AND CUCUMBER SALAD

(Serves 8)

One tablespoon of gelatine,  $1\frac{3}{4}$  cups of grapefruit juice, 1 cup of grapefruit sections, cubed, 1 cup of cucumber, in whole slice or chopped, 1 teaspoon salt,  $\frac{1}{2}$  cup of green pepper, chopped.

Sprinkle gelatin into one cup of cold grapefruit juice; heat remaining juice to boiling point, add gelatin and stir until dissolved. Allow to stand until it starts to thicken. Add grapefruit sections and chopped cucumber and still until well blended. Pour into molds and place in refrigerator until it has set.

This salad may be served with shrimp, chicken or tuna fish, and as a garniture to sandwiches and cold meat. Cottage cheese makes a tasty addition.

## PINEAPPLE SALAD

1 can sliced Hawaiian Pineapple.

Mix together:-

2 eggs, well beaten	Juice 1 lemon
$\frac{1}{2}$ cup sugar	Piece of butter size of
2 tsp. flour	Walnut
1 cup pineapple juice	

Cook until mixture thickens and cool, then add  $\frac{1}{4}$  pint (or  $\frac{1}{2}$  pint if you have it to spare) of cream whipped not too stiff. Place pineapple on lettuce leaves, cover with above mixture, garnish with cherries and nuts. Grated cheese is also a nice addition.

VERA M. BENDALL, Montreal, Que.

## BANANA MAYONNAISE FOR FRUIT SALAD

Mash one large ripe banana-moisten with a little fruit juice, add  $\frac{1}{2}$  cup mayonnaise and small amount of heavy cream. Stir well.

"NEW BRUNSWICK".

## COOKED SALAD DRESSING

*Foundation Recipe*

1 teaspoon mustard	$\frac{1}{8}$ teaspoon paprika
1 teaspoon salt	1 egg
1 teaspoon sugar	$\frac{3}{4}$ cup milk
2 tablespoons flour	$\frac{1}{4}$ cup vinegar
1 tablespoon butter	

Mix mustard, salt, sugar, flour and paprika together. Add well beaten egg and mix until smooth. Add milk and vinegar and cook over hot water until thick, stirring constantly. Remove from fire, add butter and cool.

## FRENCH DRESSING

*Foundation Recipe*

$\frac{1}{4}$ teaspoon paprika	1 teaspoon sugar
1 teaspoon salt	$\frac{3}{4}$ cup olive oil
3 tablespoons vinegar	

Mix the salt, sugar and paprika together. Add vinegar and oil and beat thoroughly, or put all the ingredients into a glass jar, screw top on tightly and shake thoroughly.

Note: Plain French Dressing is the only dressing in which to marinate salads. "To marinate" means to mix the ingredients in French Dressing until every portion of them is well coated.

## MAYONNAISE

Beat 2 eggs slightly	4 tbsp. olive oil
Add 2 level tsp. salt	1 can Eagle Brand Condensed Milk
2 rounded tsp. mustard	
$\frac{2}{3}$ cup vinegar	

Beat well together. No cooking required. Keeps for a long time.

MRS. R. VANCE WARD.

## MAYONNAISE DRESSING

*Foundation Recipe*

$\frac{1}{2}$ teaspoon mustard	1 egg yolk
$\frac{1}{2}$ teaspoon salt	2 tablespoons vinegar
$\frac{1}{8}$ teaspoon pepper	1 cup olive oil
$\frac{1}{8}$ teaspoon paprika	

Mix the mustard, salt, pepper and paprika. Add egg yolk and mix well. Add one tablespoon vinegar. Add the oil gradually, beating constantly with an egg beater or silver fork. As mixture thickens, add remainder of vinegar.

## OIL DRESSING

$\frac{1}{2}$ cup tomato ketchup	$\frac{1}{4}$ tsp. grated onion
$\frac{1}{4}$ cup vinegar	Pinch salt
$\frac{1}{2}$ cup Wesson Oil	Few drops Worcester Sauce
$\frac{1}{2}$ tsp. sugar	

Mix all together in jar with tight top, and shake well before serving.

MRS. F. PALFREY, Vancouver, B.C.



# Vegetables

Vegetables should be used in great variety and abundance. They contain mineral matters that are of vital import to the human body, both as aids to digestion and as blood purifiers. Green vegetables should only be cooked for 15 minutes in boiling water. Vegetables such as celery, lettuce, parsley will retain their freshness if wrapped in a clean damp cloth.

## BOILED ASPARAGUS

Wash asparagus and scrape lower stalks. Cut stalks even length, cook in boiling, salted water 25 to 35 minutes. Drain. Serve on buttered toast.

## BRUSSELS SPROUTS

Wash 1 quart Brussels sprouts and remove any withered leaves. Soak in cold, salted water 1 hour. Drain. Place in uncovered saucepan and cook in boiling, salted water 20 to 25 minutes, or until tender. Drain, add butter, salt and pepper or serve with white sauce.

## BOILED CAULIFLOWER

Remove green leaves and thick stalk. Place in cold salted water for one hour. Cook in salted water for about 20 minutes or until tender. Serve with Cream or Hollandaise Sauce. If boiled whole, drain, sprinkle with buttered bread crumbs, salt and paprika in a hot buttered baking dish and brown quickly in a hot oven.

## BOILED CORN

Remove husks and silk. Boil in salted water for 15 to 20 minutes. Serve at once.

## SCALLOPED CORN

1/4 cup butter	canned corn
1/4 cup flour	1 cup bread crumbs
1/2 teaspoon salt	2 tablespoons cream
1 tablespoon white sugar	1 1/2 cups milk
2 cups fresh corn or drained	

Method:—Heat milk in double boiler. Mix butter and flour and add hot milk, stirring constantly; add corn, salt and sugar. Bring to boiling point and turn into a baking dish. Cover top with bread crumbs. Moisten slightly with cream. Bake 15 to 20 minutes, or until golden brown.

NOTE:—1 tablespoon butter may be used instead of cream.

## CORN SOUFFLE

*six servings*

1 can corn	2 eggs
1 tablespoon butter	1 cup milk
2 tablespoons flour	1 teaspoon salt
Pepper	

Melt butter; add flour, and then milk; add slowly to egg yolks, stirring constantly, and cook for a few minutes. Add corn. Fold in well beaten egg whites. Pour into buttered baking dish and place in pan of hot water. Bake at 325 degrees F., for 1 hour.

## EGG PLANT

Pare egg plant, cut in thin slices, sprinkle with salt and let stand under a weight for 1 1/2 hours to extract juice. Drain off liquid and sprinkle with flour, dip in beaten egg diluted with two tablespoons of water and seasoned with 1/2 teaspoon salt and 1/8 teaspoon pepper. Cover with fine dry bread crumbs and fry in hot butter or shortening, browning on both sides.

## FRIED MUSHROOMS WITH SAUCE

Remove stems from 6 mushrooms, peel and fry until brown on both sides in hot butter. Add 4 tablespoons flour, blend well and add gradually 2 cups of milk or white stock. Stir until it boils. Remove from fire, add beaten yolks of 2 eggs. Season with salt, pepper and lemon juice to taste. Stir over slow fire for 1 or 2 minutes. Serve on toast.

## GREEN PEAS

Shell and wash peas; boil in just enough water to cover, for 30 to 40 minutes, or until tender. Drain and season with salt, pepper and a large piece of butter.

## PEAS AND CARROTS

Combine equal amounts of cooked peas and cubed cooked carrots. Reheat with butter, salt and pepper, or in white sauce.

## POTATO PUFF

3 cups hot mashed potatoes	1 teaspoon chopped parsley
2 tablespoons butter	1 teaspoon onion juice
1/4 teaspoon salt	3 eggs
Few grains cayenne	

Method:—Mix potatoes with butter, parsley, salt, cayenne and onion juice. Add beaten egg yolks and beat well. Fold in stiffly beaten egg whites. Place in greased baking dish and bake in hot oven of 400 degrees for 20 minutes, or until golden brown. Serve immediately.



### SCALLOPED POTATOES

Slice thinly 6 good-sized potatoes; place in baking dish in layers, covering each layer with a sprinkling of flour, a few pieces of butter, and salt and pepper to taste. Fill the dish with milk, grate a little cheese on top and bake slowly for 1 hour in moderate oven of 350 degrees.

### FRENCH FRIED POTATOES

Pare the potatoes and place in cold water for 20 minutes or until firm. Cut in slices, blocks, strips, balls, or any fancy shape, and dry thoroughly. Drop quickly into fat, hot enough to brown them by the time they come to the surface. They are cooked when they float. Drain on soft paper, sprinkle with salt and serve hot.

### STUFFED BROWNE POTATOES

Take baked potatoes from oven, cut top off lengthwise. Scoop out the centre mash thoroughly, season with salt and pepper, add hot milk and butter. Mix well, place back in shells, cover with fine bread crumbs. Brown in oven for 10 minutes.

### SWEET POTATOES AND MARSHMALLOWS

Boil sweet potatoes, mash, add butter, pepper and salt, a pinch of cinnamon, and a small quantity of Maple syrup. Place in casserole. Place marshmallows over top and bake until they become well toasted.

### SPINACH

Wash spinach thoroughly in several waters to remove the grit. Add salt and let cook in very little water for 15 minutes. Chop and serve with butter.

### BOILED SUMMER SQUASH

Wash and pare squash, cut into thick slices and boil or steam until tender. Drain well, mash and add butter, salt and pepper.

## Bread and Rolls

### BREAD AND ROLLS

Bread is divided into two classes. Light bread with yeast and Quick bread using baking powder or soda.

### WHITE BREAD

Make a sponge with one pint of liquid (milk or water or half of each), and one yeast cake dissolved in  $\frac{1}{2}$  cup of water. Cover and leave in a warm place. When light, stir well, add 2 tsp. salt and 2 tsp. of sugar. Beat in flour until stiff enough to knead, then knead until smooth. Let it rise again, form into two loaves. When light bake in a hot oven. Bread should rise the first fifteen minutes, when it should begin to brown and continue browning the next twenty minutes. Reduce the heat and finish baking in fifteen minutes (50 minutes). When done, remove from pans, lay in a rack, and brush over with butter if you wish a soft crust.

### ROLLS

For rolls, make sponge with scalded milk and add shortening and sugar. Let rise twice before shaping. Brush rolls with melted butter. When very light, bake in hot oven from fifteen to twenty-five minutes.

### PARKER HOUSE ROLLS

Cut in rounds, brush with melted butter, fold over so that the upper edge overlaps the under one.

### FINGER ROLLS

Cut off piece of dough, add generous measure of butter and knead, break off small pieces and knead into stripes about three inches long. Let rise, brush with butter, and bake in hot oven.

### CLOVER LEAF ROLLS

When dough is light, break off a piece equal to amount used for one ordinary roll. Divide in three equal parts, shape each part into a small ball. Place the three balls in a muffin pan, brush over with melted butter, and let rise. When they are fully doubled in bulk, bake in a rather hot oven about fifteen minutes.

### BROWN BREAD

$1\frac{1}{2}$  cups of rolled oats—pour over 2 cups boiling water. When cool add  $\frac{3}{4}$  yeast cake dissolved in  $\frac{1}{2}$  cup warm water.  $\frac{1}{2}$  cup molasses, small pinch of baking soda, tablespoon of lard, butter or dripping. 1 heaping sifter of flour, scant tablespoon of salt. Knead and put in warm place to rise when light mould into pans and let rise again. Bake in two loaves for  $\frac{3}{4}$  of an hour.

MRS. W. D. TAIT.



### PARKER HOUSE ROLLS

- |                  |                         |
|------------------|-------------------------|
| 3 cups flour     | 1 yeast cake            |
| 1 tsp. salt      | $\frac{1}{2}$ cup sugar |
| 1 tblesp. butter | 1 cup milk              |
| 1 egg            |                         |

Sift flour, soak yeast cake in  $\frac{1}{2}$  cup warm water. Warm milk. Mix all together. Let rise 2 hours. Cut or shape with hands any shape required. Put in pan and let rise another hour. Bake in hot oven.

MRS. R. H. JENKINS, Calgary, Alta.

### BROWN BREAD

- |                     |                            |
|---------------------|----------------------------|
| 1 cup of molasses   | 2 cups of graham flour     |
| 2 teaspoons of soda | 1 cup of dates, raisins or |
| 2 cups of sour milk | prunes (chopped fine)      |
| 1 cup of flour      | 1 teaspoon of salt         |

Mix the milk and molasses. Add the soda and mix well. Add the remaining dry ingredients and fruit. Pour into a shallow buttered pan, and bake in a slow oven from 45 minutes to one hour.

MARY V. LONG, Outremont, Que.

### NUT BREAD

- |                           |                          |
|---------------------------|--------------------------|
| 1 cup sugar and           | 1 cup walnuts            |
| 1 egg beaten together     | Pinch of salt            |
| 3 teaspoons baking powder | 1 cup milk mixed in last |
| 3 cups flour              |                          |

Put in tin and let stand in warm place half an hour. Bake one hour.

MRS. H. C. CANN, Montreal, P.Q.

### BANANA BREAD

3 averaged sized bananas mashed with 1 cup of white sugar, add 1 beaten egg,  $1\frac{1}{2}$  cups of sifted flour, 1 tsp. of soda, 1 tsp. of baking powder, salt and 1 tsp. of vanilla. Beat well and add 2 tblep. of melted butter. *pinch salt*

Bake in a moderate oven for 35 - 45 minutes.

MRS. PEARLE VAN BUSKIRK, Charlottetown, P.E.I.

### DATE BREAD

1 cup of chopped dates, 1 cup of boiling water, 1 tsp. of soda. Pour the boiling water over the dates and soda, add 2 tblep. of butter and let cool. Add  $\frac{3}{4}$  cup of brown sugar  $1\frac{3}{4}$  cups of flour, salt, 1 tsp. of baking powder, 1 unbeaten egg, 1 tsp. of vanilla, and  $\frac{1}{2}$  cup of walnuts. Bake in a loaf pan for 1 hour in a slow oven.

N.W.C.

### ORANGE - DATE BREAD

- |                                    |                                |
|------------------------------------|--------------------------------|
| Juice and rind of one large orange | $\frac{1}{2}$ cup chopped nuts |
| 1 tsp. of soda                     | 1 cup of dates                 |
| 2 tblep. of butter                 | 1 cup of white sugar           |
| 1 egg (beaten)                     | 2 cups of flour                |
| 1 tsp. of baking powder            | $\frac{1}{4}$ tsp. of salt     |

Put juice of orange in cup and fill with hot water. Pour over chopped dates, add soda. Mix other ingredients as for cake and add the date mixture and the nuts. Bake 50 minutes in moderate oven.

MRS. F. J. MACGIBBON.

### GRAPE-NUT BREAD

- |                  |                      |
|------------------|----------------------|
| 1 cup grape-nuts | 3 cups flour         |
| 1 cup warm milk  | 4 tsp. baking powder |
| 1 cup sugar      | 1 tsp. salt          |
| 1 egg — beaten   | 1 cup cold milk      |

Combine grape-nuts and warm milk and then add sugar and egg. Sift dry ingredients and add to first mixture, and lastly, the cold milk. Let rise 20 minutes and bake about 1 hour in a moderate oven.

MRS. H. W. FERGUSON.

## Biscuits and Shortcakes

### BAKING POWDER BISCUITS

- |                        |                      |
|------------------------|----------------------|
| 4 cups of flour        | 4 tsp. baking powder |
| 1 tsp. of salt         | 3 tblep. butter      |
| $\frac{3}{4}$ cup milk |                      |

Sift flour with salt and baking powder 3 times. Cut butter into flour mixture. Add milk gradually, mix together and turn out on floured board. Flatten with hand to  $\frac{3}{4}$  inch thickness and cut with biscuit cutter. Bake on a greased pan in a hot oven (450 degrees) 12 - 15 minutes.

### SALLY LUNN

Sift 2 cups of flour, 4 tsp. of baking powder, 2 tblep. of sugar, and  $\frac{1}{2}$  tsp. of salt. Add 2 eggs well beaten, 1 cup of milk and  $\frac{1}{4}$  cup of melted butter. Beat thoroughly and bake in a shallow pan (buttered) for 20 minutes. Moderate oven.

JEAN E. DUNCAN,  
Tide Head, N.B.



### BUTTERSCOTCH BISCUITS

2 cups of sifted flour      4 tsp. of baking powder  
 $\frac{1}{2}$  tsp. of salt      2 tbsp. shortening  
 1 egg       $\frac{2}{3}$  cup of milk

Mix as for Baking Powder Biscuits, adding the beaten egg to the milk to make the liquid. Roll the dough to  $\frac{1}{3}$  inch thickness and spread with a mixture of  $\frac{1}{4}$  cup of butter creamed with  $\frac{1}{2}$  cup of brown sugar. Roll like a jelly roll and cut in slices 1 inch thick, sprinkle with brown sugar and dot with butter. Put biscuits in greased muffin tins with the cut surfaces up. Bake in a hot oven.

### SODA—BUTTERMILK BISCUITS

Mix 2 cups of flour,  $\frac{1}{2}$  tsp. of soda,  $\frac{2}{3}$  tsp. of salt, 3 tbsp. of butter and about  $\frac{3}{4}$  cup of buttermilk—make a soft dough, drop from spoon on to greased pan.

### CHEESE PUFFS

Heat  $\frac{1}{4}$  cup butter and 1 cup boiling water together. Add  $\frac{1}{2}$  cup flour and  $\frac{1}{2}$  cup grated cheese which have previously been mixed together. Cook for 3 minutes, stirring well. Season with salt and cayenne, and allow mixture to partly cool, then add 2 unbeaten eggs, one at a time beating each in well. Drop by teaspoonfuls on a buttered pan. Bake in moderate oven 20 minutes.

A. G. ROGERS.

### CHEESE DROPS

1 cup flour      3 levels tsp. baking powder  
 1 tbsp. butter      8 tbsp. grated cheese

Mix with  $\frac{1}{2}$  cup water. Drop from spoon. Bake in moderate oven.

MRS. A. R. WISE,  
 Charlottetown, P.E.I.

### SHORT CAKE

2 cups of flour      4 tsp. of baking powder  
 $\frac{1}{2}$  tsp. of salt       $\frac{1}{4}$  cup of sugar  
 $\frac{1}{4}$  cup of butter      1 egg  
 $\frac{2}{3}$  cup of milk

Mix as for biscuits, adding the beaten egg to the milk. Spread on a buttered tin and bake in a hot oven. Split apart, butter and spread with fresh berries, sweetened and slightly crushed. Put on top crust, add same sweetened fruit mixture and cover with whipped cream. Add a few whole berries for garnishing. Serve at once.

MARY D. MITCHELL.

### OATMEAL BLUEBERRY MUFFINS (12)

$\frac{1}{4}$  c. rolled oats (instant or regular)  
 1 c. unsifted all-purpose flour  
 $\frac{1}{3}$  c. sugar  
 1 tbsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{3}{4}$  c. washed and dried fresh blueberries (or you can use frozen, barely thawed)  
 1 c. milk  
 1 egg  
 $\frac{1}{4}$  c. oil  
 1 tsp. vanilla

Into a mixing bowl measure the rolled oats, flour, sugar, baking powder, salt and blueberries. Mix gently but thoroughly. In another bowl beat together the milk, egg, oil and vanilla. Tip this liquid mixture into the dry ingredients and mix only enough to blend.

Line average-sized muffin pan with twelve large paper cupcake liners. Spoon batter in to  $\frac{2}{3}$  fill. Bake at 375 deg. Fahr. for 30 minutes. Remove from oven and serve warm in the paper cups in a bun basket.

We tried ours with butter and with margarine and both were equally good.

Add this to your muffin file.

eggs, and melted shortening. Mix well and add blueberries which have been carefully picked over and floured. Grease muffin tins and drop 1 tbsp. into each. Bake 30 minutes in moderate oven.

MRS. D. M. FARNHAM.

### BRAN MUFFINS

1 cup of sifted flour       $\frac{2}{3}$  cups of raisins  
 $\frac{1}{2}$  cup of brown sugar      1 cup of sour milk  
 $\frac{1}{2}$  tsp. of salt      2 tbsp. of molasses  
 1 tsp. of soda      1 egg  
 2 tsp. of baking powder      2 tbsp. butter  
 $1\frac{1}{2}$  cups of bran

Mix and bake as for muffins.

### POP-OVERS

2 eggs      1 cup flour  
 1 cup milk      Pinch salt

Mix salt and flour. Add milk gradually, beating well, then add beaten eggs. Have muffin tins very hot, with about  $\frac{1}{4}$  tsp. melted butter or hot fat in each one. Bake about 30 mins. Oven 400°.

MRS. F. PALFREY, Vancouver, B.C.



# Scones and Doughnuts

## SNOWBALLS

2½ cups flour  
3 teaspoons baking powder  
1 tablespoon shortening  
Flavoring (vanilla, lemon or almond)  
½ cup white sugar  
2 eggs  
1 cup milk  
¼ teaspoon salt

Method:—Cream shortening; add sugar, beaten eggs, flavoring and milk. Add flour sifted with baking powder and salt. Beat well, and drop by teaspoons into boiling fat and fry a golden brown. Drain on unglazed paper and roll in powdered sugar before cool.

## DOUGHNUTS

2 eggs  
¾ cup white sugar  
1 cup sour cream  
1 teaspoon soda  
1 teaspoon cream of tartar  
¼ teaspoon salt  
(About) 3½ cups flour

Method:—Beat eggs; add sugar. Sift flour with soda, cream of tartar and salt and add, alternating with sour cream, to first mixture. (Do not make dough too stiff.) Turn out on slightly floured board. Roll to ½-inch thickness, cut with doughnut cutter and fry in deep, boiling fat until golden brown, turning once in the process. Drain on brown paper.

## DOUGHNUTS

2 eggs  
2 tsp. cream of tartar  
1 tsp. soda  
1 tsp. salt  
1 tsp. vanilla or nutmeg  
1½ cups white sugar  
3 tbsp. melted butter  
1 cup sweet milk

Flour enough to roll out. Fry in deep fat. Drain on brown paper and roll in fine white sugar before cool.

MURIEL DUNCAN, R.N., Campbellton, N.B.

## POTATO SCONES

Take mashed potatoes free from lumps, if cold heat with piece of butter. Add pinch of salt. Add flour until of consistency to roll out. Cut in rounds or triangles piling one on top of another to keep hot, serve hot with plenty of butter. Bake on moderately hot griddle.

MRS. JOHN SCOTT.

## GIRDLE SCONES

2 breakfast cups bread flour  
1 level tsp. baking soda  
1 small tbsp. lard rubbed into flour  
1 level tsp. cream of tartar  
1 tbsp. sugar  
Pinch of salt

Method:—Mix dry ingredients, add enough buttermilk to make light dough roll out and cut into desired shapes.

Bake on both sides on hot girdle on top of stove.

NOTE:—Griddle is a corruption of girdle which is the correct name.

MRS. JOHN SCOTT, (Quebec's Pioneer Feminist).

# Griddle Cakes—Waffles

## SPICED APPLE PANCAKES

2 cups and 3 tbsps. flour  
3 tsp. baking powder  
½ tsp. salt  
½ tsp. cinnamon  
2 cups smooth sweet apple sauce  
1 egg  
3 tbsp. corn syrup  
1 tbsp. melted butter

Measure and sift flour, baking powder, salt and cinnamon. Add egg, well beaten, and corn syrup to apple sauce. Sift in flour mixture. Add butter. Drop by spoonfuls on greased heated griddle. Serve hot with butter and syrup. Or with bacon or sausages.

A. G. ROGERS.

## PAN CAKES

2 cups flour  
½ tsp. salt  
1 tsp. soda (sifted together)  
Add:  
1 tbsp. sugar  
2¼ cups buttermilk  
Beat until smooth, then add 1 tbsp. melted butter.

## WAFFLES

1½ cups flour  
1 tsp. salt  
1 cup milk  
2 tsp. baking powder  
2 eggs separated  
3 tbsp. melted butter

Mix well. Lastly, fold in the beaten egg whites. Heat both sides of waffle iron; put 1 tbsp. mixture in each compartment and brown both sides. Serve at once with honey or maple syrup.