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Y. W. C. A.



COOK BOOK

1908

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The Y. M. C. A. Cook Book



A Selection of Tested Recipes Compiled
by the Ladies of St. Thomas

1908

THE JOURNAL PRESS,
St. Thomas, Ontario.

Greeting



THE YOUNG WOMEN'S CHRISTIAN Association, in sending out this Cook Book, feel confident that it will find a welcome in the homes of our city and surrounding country.

It will not only solve many difficulties in the domestic life, but will give many an opportunity to help on the work of the Association, as the proceeds from the sale of this book will be applied on the Building Fund.

The thanks of the Association are due to the business men of our City and elsewhere, who have advertised in the book, thus defraying the greater part of the expense of publication and making it possible for the Y. W. G. A. to use almost the entire proceeds towards decreasing the debt on the Building.

The Y. W. G. A. has now been in existence some five years and has proved its right to a place in the life of our City. It has a Boarding House Department which is doing good work among the young women who come as strangers and who are employed in various ways.

As the Association becomes stronger financially, it hopes to have a better equipped Gymnasium, classes in Domestic Science, etc., which are essential parts of Y. W. G. A. work everywhere.

The Association thanks the many citizens of our city for its generous aid in the past and feels assured that this new effort to decrease its indebtedness will meet with a hearty response.

THE
YOUNG WOMEN'S CHRISTIAN ASSOCIATION
ST. THOMAS, ONTARIO

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TABLES

For Fruits (Boil)

Cherries.....	5	minutes,	6	oz. sugar to quart
Raspberries.....	6	"	4	" "
Blackberries	6	"	6	" "
Strawberries	8	"	8	" "
Plums	10	"	8	" "
Pie Plant.....	10	"	10	" "
Bartlett Pears.....	20	"	6	" "
Ripe Currants.....	6	"	8	" "
Peaches.....	18	"	4	" "
Whole Peaches.....	15	"	4	" "
Siberian Crabs	25		8	" "

Weights and Measures

2 cups butter.....	1	pound
4 " flour.....	1	"
2 " granulated sugar	1	"
2 $\frac{3}{4}$ " brown sugar.....	1	"
2 " fine chopped meats	1	"
3 teaspoons	1	tablespoon
16 tablespoons.....	1	cup
2 tablespoons butter	1	ounce
4 " flour		"
1 pint	2	cups
1 ordinary egg	2	ounces
10 " "	1	pound
1 slice of bread, an inch thick.....	1	ounce

SOUPS

Pea Soup

One can of peas, one quart of milk, butter size of an egg. Bruise the peas and strain. Then add the milk. Place in double boiler. Add butter. When hot dissolve two teaspoons of cornstarch and stir quickly.—Mrs. Cochrane.

Bean Soup

One pint beans cooked in water until soft, one quart milk, two tablespoons flour moistened with milk, one tablespoon butter, 1 teaspoon salt, one-half teaspoon pepper. After beans are cooked mash through strainer and add to thickened milk, then add salt, pepper and butter, and bring to a boil.—Mrs. J. A. McCance.

Clear Tomato Soup

One pint tomato juice, one pint hot water, half table spoon sugar, one-half teaspoon salt, 2 cloves, 2 bay leaves, one-half small onion chopped, cayenne to taste. Simmer ten minutes. Add one-half tablespoon butter and thicken with one-half table-spoon cornstarch. Strain and serve with toasted crackers.—Mrs. D. J. Hughes.

Noodles

Two large cupfuls flour, one tablespoonful butter, salt. Mix well together. Two well-beaten eggs, a very little water, just enough to make a very stiff dough. Roll as thin as possible. Spread out on bake tray for a few hours and allow to dry. Cut into quarter inch strips and throw into boiling salted water. Boil for fifteen minutes then drain as dry as possible and put in serving dish. Fry bread crumbs a rich brown in plenty of butter and put over noodles. Pour a cup of milk in pan the bread was fried in, let come to a boil and pour over noodles. The noodles also make very nice soup if boiled in beef stock.—Mrs. S. H. Eby.

Potato Soup

One cup full celery (the coarse parts with a few leaves will do), two small onions chopped fine and 4 medium sized potatoes, also chopped. Cook with one quart water until very tender, then add one quart rich milk, into which stir one small teaspoonful flour. Season with pepper and salt also piece of butter size of walnut. If desired hot, mashed potatoes put through a sieve may be added instead of cooking potatoes with celery.—Mrs. R. Heard.

Tomato Soup

Three large tomatoes or one can, one bunch celery, one onion, one quart water, salt and pepper to taste. Thicken with one tablespoonful of butter and one of flour creamed.—Very good.—Mrs. Babbitt.

Mock Bisque Soup

One quart milk, two tablespoons butter, one tablespoon flour, one teaspoon salt, one-eighth teaspoon cayenne pepper, one small onion, one pint tomato juice. Heat and strain tomato, melt butter in sauce pan, when bubbling add flour, add onion to milk and heat in double boiler, then add gradually butter and flour, beating thoroughly, put in salt and pepper and remove slices of onion, put into tomato juice a pinch of soda. Just before serving add this to the milk preparation, serve very hot.—Mrs. Urie.

White Stock for Soup

Two knuckles of veal, two onions, two tablespoons salt, eight quarts water. Boil six hours. Strain into a stone jar and keep in cool place. When cool remove the fat.

Oyster Soup

Take one quart milk, 1 tablespoon butter, one-half teaspoon salt, a dash of pepper, four rolled crackers. Bring to full boiling heat as soon as possible, add three cups oysters. Let the whole come quickly to a boil and serve at once.

Sago Soup

Two quarts soup stock, thicken with sago to the consistency of pea soup and season with catsup.

Bean Soup

One cup beans soaked over night and boiled till tender, drain, add the rough parts of two bunches of celery, one-half small onion chopped fine. Cook in as little water as possible. When done season with salt and pepper. Put in one quart milk, one tablespoon butter, thicken with teaspoon cornstarch and bring to a boil. Serve at once.—Mrs. R. Heard.

White Soup

Three scant tablespoons tapioca soaked in one pint of milk, four large potatoes, two small onions, two tablespoons of butter, pepper and salt to taste. Boil the vegetables and butter in three

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cate Your
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pints of water, until very tender, then pour through a collendar, return to the saucepan, add the milk and tapioca. Boil twenty minutes stirring constantly.—Mrs. Still.

Cream Pea Soup

One can of peas cooked very soft, rub through a sieve and add enough water to make a good pint, season with salt and pepper to taste, heat in double boiler one pint of milk thickened with two teaspoons of flour, rubbed smooth in a very little cold milk, cook about ten minutes and add butter about size of an egg, stir well and add hot pea liquid. Strain and serve hot with salted wafers. This may be heated the second day.—Mrs. T. Robertson.

NOTE—Cream corn soup may be done the same way.

Cream Tomato Soup

Take eight ripe tomatoes or one can tomatoes, one onion, two cups of milk, one cup of celery, two pounds of flour. Stew all together until soft, then strain, put milk on to heat when hot, add flour that has been rubbed smooth with a little cold milk. Add to tomatoes one-half teaspoon of soda, stir well then add boiling milk to which butter the size of an egg has been added. Serve at once.—Mrs. H. B. Smith.

Brown Soup Stock

Two shins of beef, one of veal, one dozen cloves, one dozen peppercorns, two tablespoons salt, eight quarts water. Boil eight hours, strain into a jar and when cold take off the fat. When lemon is to be added to soup, put it into tureen and pour hot soup over.

Celery Soup

One-half cup rice, one cup celery, chopped fine. Cook in different sauce pans until quite soft. Add two quarts milk, salt, pepper and butter to taste.—Mrs. H. B. Smith.

Tomato Soup

Boil soup meat five hours, strain, cool, remove fat, add bunch of celery, two large onions, one quart tomatoes, salt and pepper to taste. Strain and serve with small squares of toasted bread.—Mrs. H. B. Smith.

Tomato Soup

One quart tomatoes, one small onion, cup of water, and salt to taste. Boil till onion is soft then strain and add a good sized

piece of butter and a little roast beef dripping. Add slowly one cup of milk and when hot thicken with a little flour. When ready to serve add one-quarter teaspoon soda.—Mrs. Murphy.

Ox Tail Soup

In hot saucepan place good sized piece of butter and brown. Wash and cut three ox tails and place in browned butter and fry, then pour all in pot with four quarts of boiling water, cut fine one onion, one carrot, sprig parsley and celery. Boil two hours and a half, salt and strain. When cold, skim fat off and add one tablespoon tomato catsup. When boiling, stir two tablespoons flour mixed in cold water. Simmer till ready.—Mrs. Murphy.

Cream of Celery Soup

One head of celery, one pint water, one pint milk, one tablespoon butter, one tablespoon flour, one-half teaspoon salt, one-half teaspoon pepper, one teaspoon minced onions. Wash and scrape celery, cut into half-inch pieces and put into one pint of boiling water, cook until very soft. When tender mash in same water, add salt and pepper. Cook onion in milk and with it make white sauce with butter and flour, add this to the celery and strain and return to the saucepan and reheat.—Mrs. Stansby.



FISH

Tests for Fresh Fish

1. There must be blood in the gills.
2. The eyes should be bright and bulging.
3. Meat should be firm and elastic.
4. The tail should be firm but drooping.

Baked Fish Stuffing

For baked fish use same stuffing as for chicken.

Boiling or Steaming Fish

In boiling or steaming fish wrap in cheese cloth and do not allow it to touch the bottom of the kettle.

Boning Fish

To bone a fish cut off the head, lay fish out flat with bone uppermost and begin at the head end with the fingers, or sharp knife, loosen the bone from the flesh, gently drawing out their encasing the smaller bones at the side. Carefully loosen the bone all the way down to the tail.

Baked Fish

Prepare and clean, dry carefully, rub the interior with a little salt and fill it with stuffing, leave enough room for it to swell slightly, sew up the slit with foot-ball stitch, secure in position and place in pan, dredge with flour, pepper and salt, surround with plenty of dripping and bake until brown, basting frequently. For a four pound-fish allow three-quarters to one hour.—Ella Smith.

How to Serve Baked Fish

Baked fish is served with its tail in its mouth or in the shape of a letter "S".

- Boiled White Fish

Wrap fish firmly in a cotton cloth, boil one hour in salted water, drain and lay on platter. Serve with a sauce made of two tablespoons butter, one tablespoon flour, one cup boiling water. Garnish with parsley and hard boiled eggs.

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Boiled Salmon

Boil one can of salmon twenty minutes, take from can and serve with sauce. Two tablespoons butter, one tablespoon flour, one cup boiling water. Garnish with hard boiled eggs and parsley.—Mrs. H. B. Smith.

Boiled Fish

Wrap the fish in a piece of clean cheese cloth and when water boils, lower fish into it and rest it on a platter or rods. Do not let water rise above simmering point and to the water add the juice of half a lemon or quarter cup vinegar, piece of bay leaf, two tablespoons salt and a few cloves, usually it takes thirty or forty minutes.

White Sauce for Fish

One cup milk, one tablespoon flour, one tablespoon butter, salt and pepper to taste, make white sauce and add one teaspoon chopped parsley or one hard boiled egg chopped fine. This is used for boiled or steamed fish.

Boiled Salmon with Sauce

Put a can of salmon in boiling water, boil forty minutes, prepare this sauce while salmon is boiling. Chop fine six hard boiled eggs, mix with two tablespoons of butter, one teaspoon of pepper, pinch salt, two teaspoons mustard, milk enough to make a gravy, boil two minutes, open can of salmon, pour on a large warm platter and cover with the dressing. Serve hot.—Mrs. F. A. White.

Baked Salmon

One can salmon, three eggs well beaten, four tablespoons melted butter, one-half cup sweet milk, four crackers rolled fine, pepper and salt to taste. Beat all together then roll another cracker and sift over top, bake a few minutes in a quick oven until browned nicely.—Miss Wickett.

Baked Salmon

One can salmon, six soda biscuits, one-half cup hot water, small piece butter. Remove bones from fish and then put in dish, add water. Roll biscuits, put on top with butter on top of them, bake fifteen minutes or till brown.—Mrs. Jones.

Salmon Croquettes

One can salmon, one-half cup milk, one egg, ten soda biscuits (rolled fine), salt and pepper. Mix all together, make into patties, roll into beaten egg and bread crumbs and fry in butter. Sauce. One quart of canned tomatoes (strained), two teaspoons sugar, one teaspoon cornstarch. Scald tomatoes, then add sugar and cornstarch.—Mrs. E. A. Smith.

Scalloped Salmon

Into a buttered baking dish put a layer of salmon, then a layer of stale crumbs, a layer of white sauce, repeat until dish is full and put a layer of buttered crumbs on top. Bake in a hot oven until crumbs are brown. It is better to use a shallow dish and not have more than two layers of fish.—E. Smith.

Scalloped Salmon (No. 2)

Take one can salmon and pick to pieces, put layer of salmon in buttered dish, then layer of cracker crumbs, a little salt and pepper and tiny little bits of butter, repeat until salmon is used and then have ready one and one-half cups sweet milk with one egg beaten in it and pour over allowing it to soak well in. Sprinkle cracker crumbs over and put in hot oven. Allow twenty minutes to a half an hour.—Mrs. T. Robertson.

Salmon Cheese

One can salmon, eight soda crackers, one egg, one cup milk, salt and pepper.—E. Smith.

Salmon in a Mould

Take one can salmon, drain off liquid, chop fish fine and rub into it minced parsley or celery, beat two eggs light with one-half cup cracker crumbs. Mix all together well. Put into buttered mould and steam one hour.—Sauce for same: one cup milk heated to boiling point and thickened with one tablespoon cornstarch, then add liquor from salmon, one large teaspoon butter, one teaspoon catsup. Last of all stir in one well beaten egg and boil one minute. Watch carefully or it may curdle. Pour sauce over when taken from the mould.—Mrs. R. Heard.

Salmon Loaf

One can salmon, two tablespoons sweet milk, two tablespoons melted butter, one-half cup of soft bread crumbs, salt and cayenne to taste. Mix and add three eggs well beaten, put in well-buttered mould, steam one and one-quarter hours.

Salmon Loaf

Melt two tablespoons of butter in saucepan, add two eggs, two-thirds cup cracker crumbs, salt and pepper to taste, one can salmon, remove bone and skin, then add the above mixture, put in buttered tin and steam one hour, remove from tin while hot and set on ice, garnish with hard boiled eggs, parsley or quarters or slices of lemon.—Mrs. Turville.

Creamed Codfish

Two cups milk, one cup codfish, four tablespoons flour, four tablespoons butter, salt and pepper. Pick the codfish apart and soak in luke warm water, time depending on the hardness or softness, drain off the water and reheat the fish in the cream sauce. Just before removing from fire add well beaten egg, garnish with slices of hard boiled egg.

Fish Balls

The remains of any cold fish can be used. Break the fish to pieces and remove bone and skin, and shred very fine. Add an equal quantity of mashed potatoes, and make into a stiff batter with a piece of butter and some milk and a beaten egg, flour your hands and shape the mixture into balls or cakes. Fry in boiling lard or dripping to a light brown.—Mrs. G. T. Baldwin.

Codfish Balls

One cup salt codfish, one and one-eighth teaspoons pepper, one teaspoon butter, two cups mashed potatoes, one egg. Pick codfish to pieces, let soak in warm water for one-half hour, drain and cook till tender, drain, add hot mashed potatoes, fat, pepper and beaten egg, beat mixture until very light, set away to cool. When needed mould into balls, roll in crumbs and egg, fry in deep fat.

Codfish Balls

One pint codfish picked up, one quart potatoes cut up in small pieces. Put in kettle and cover well with cold water and boil until potatoes are done. Drain off water and mash together until very fine, then add one good tablespoon butter, two eggs, a little pepper, fish usually makes them salty enough. Beat thoroughly with a spoon until very light, dip in spoonfuls into deep hot fat and fry until brown. Take up on a hot platter on which are a couple of thicknesses of brown paper. I sometimes dip the balls into rolled cracker before frying.—Mrs. J. M. Green.

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Finnan Haddock

Steam to loosen skin, remove all skin and bones, put into a pan with a little milk and cook in slow oven fifteen minutes. Serve with the hot milk poured over it.—Mrs. H. Smith.

Cream Finnan Haddock

Pick to pieces, removing skin and bones. After being cooked tender, have ready cream sauce, add, and let heat thoroughly.—Mrs. T. R. Robertson.

Oyster Omelette

One cup bread crumbs soaked in one cup of milk, four eggs beaten separately, one salt-spoon salt, one and one-half teaspoons of softened butter, add the stiffly beaten whites of eggs last and turn into a well buttered hot omelette-pan, when well set spread half with drained oysters. Let stand in hot oven three minutes, then fold and serve at once. Salmon may be used instead of oysters.—Mrs. L. M. Miller.

Scalloped Oysters

One pint oysters, two cups bread crumbs, four level table-spoons butter, salt and pepper to taste, melt butter, add crumbs and seasoning. Butter baking dish and place alternate layers of crumbs and oysters. The whole may be moistened with milk.—Mrs. F. M. Griffin.

Creamed Oysters

Take one dozen select oysters and wash them until perfectly free from pieces of shells, put them in a saucepan at the side of the fire and let simmer gently for a few minutes until oysters plump up. Remove the oysters with a skimmer and put them on a warm dish in the oven, add to the liquor one teacup cream or good milk and salt and pepper to taste. Place the pan on the fire, when the liquor boils add two tablespoons of butter into which has been stirred one teaspoonful flour. When creamy, put in the oysters and remove the pan from the fire. Have ready some pieces toasted bread, nicely buttered, put the oysters on them, pour over the cream and serve very hot.—Marion Witte.

Fried Oysters

Select fine oysters, dry out of their own liquor, have ready a plate of beaten egg and one of rolled cracker crumbs, lay them in the egg and then in the cracker crumbs, allowing them to remain

a couple of minutes or so. This will make them adhere and not come off as a skin in the pan. Fry in hot butter, when they are a golden brown on both sides the oyster is cooked sufficient.—Mrs. T. R.

Fried Oysters

Take fine large oysters and drain them, have ready crackers rolled to a powder, season with salt and pepper, also two well-beaten eggs, dip the oysters in the eggs, then in the cracker crumbs. Have a frying pan ready with boiling lard or butter and fry a nice brown. Place on a dish and garnish with parsley.—F. A. Farley.

Dressing for Fish or Chicken

One cup bread crumbs, one tablespoon melted butter, salt and pepper to taste, a little onion, savory or thyme and parsley. Fill cavity, allowing enough room to swell, sew up cavity with strong thread or twine. If fish is dry cut gashes crosswise and put in strips of fat salt pork.—E. Smith.

Sauce for Fish (No. 2)

One-half cup butter, two eggs, one tablespoon lemon juice, one-quarter teaspoon salt, dash cayenne, one-third cup boiling water. Break the eggs into a round bottomed bowl, beat until light, add lemon juice and one-third butter, place bowl in boiling water and beat until the butter is melted, add the second third of butter and continue beating, adding the last third as the sauce thickens, add water gradually. Salt, pepper and beat until mixture is thick enough to cling to beater.



MEATS

How to Select Them

Beef should be a bright clear red and the fat white. It should be well clothed in fat to insure its being tender and juicy. The finest pieces are the sirloin and the ribs—the latter making the best roasting piece in the animal. In cooking steaks remember it is far better to turn over three or four times on a platter containing a little olive oil than it is to hammer them tender. The object is not to force out the juice but to soften the fiber.

In selecting pork one cannot exercise too great care in examining it. Do not buy any that is clammy or has kernels in the fat. Remember, too, when the rind is hard it is old.

Veal should be fine in grain of a delicate pink.

Mutton should be firm and juicy. The flesh close-grained, the fat hard and white.

Boiled Ham

Put ham (ten pounds) on in cold water, let come to a boil and boil forty minutes, remove from stove and cover with paper first, then with a large piece of carpet or rug for twenty-four hours, when it will be ready for use. Delicious.—Mrs. G. Symington.

Lamb Chops

Heat pan hot, place chops on it, turning it constantly with a knife until brown. Prepare mashed potatoes and pile in middle of dish, moulding neatly. Place chops upright on potatoes and pour tomato sauce on each side. Garnish with parsley.—Tomato sauce: One cup strained tomato, one tablespoon butter, one tablespoon flour, salt and pepper.—Miss Gray.

Scalloped Lamb

For sauce: Boil together, one quart canned tomatoes, two bay leaves, a few black peppers, for ten minutes, strain. Melt three tablespoons of butter, three tablespoons of flour, work smooth and add to tomato juice, with one cup of stock.

Place in dish thin layer of buttered bread crumbs, a layer of thinly chipped cold lamb, then layer of cooked rice, and some of

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the sauce between each layer of rice and meat until dish is nearly filled. Have buttered crumbs on the top, bake one half hour, let brown on top. Do not fill dish too full, for it will expand while cooking.—Mrs. H. T. Gough.

Roast Loin of Veal

Leave in the kidney around which put considerable salt, make a dressing the same as for fowl, unroll the loin put the dressing well around the kidney, fold and secure well with twine in all directions. Place in dripping pan, thick side down and put in rather hot oven, letting it cool to moderate, in half an hour add a little hot water and baste often. Half an hour after turn over the roast and when done dredge with flour lightly and baste with melted butter. Before serving remove the twine. A roast of four or five pounds will bake in two hours. For gravy skin off some of the fat if there is too much, dredge in flour, stir until brown, add hot water if necessary. Serve with green peas and lemon jelly. Is very nice sliced cold for lunch and Worcester-shire or Chili sauce forms a fine relish.

Brine for Pickling Beef

One gallon water, three pounds salt, six pounds brown sugar, half-ounce salt petre. Put all the ingredients in sauce pan and boil for half an hour, skim often. Pour pickle into crock and when cold add meat. Let stand from eight to fourteen days according to size. This pickle will keep good for six months if boiled and skimmed every two weeks.

An Easy Sunday Dinner

Take a two-gallon butter jar, one that is as wide as it is high. It costs only ten cents. Wash the roast, season to taste, place into the jar "dry," with no water whatever. Have a good cover, weighted heavily, to keep steam in. Place the jar on an asbestos mat over a slow coal fire or gas burner at ten o'clock Sunday morning, go to church without a second thought about your roast, come home at half-past twelve, and find it beautifully done. The gravy juice is golden brown and ready for thickening, while the potatoes are boiling. No gravies compare in flavor and smoothness to this kind. Even the cheapest cuts of meats become tender and delicious with this treatment, and the process needs no "watching" or "basting" at any time. I have prepared as large as six-pound roasts in this jar; I have used no

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other way for four years, and my delicious roasts have won many converts to this manner of preparing. My estimates for the length of time required for cooking are as follows :

Beef	30 to 40 minutes per pound
Pork	20 to 30 " "
Lamb	20 to 25 " "
Chicken.....	30 to 35 " "
Tame duck.....	40 to 60 " "
Wild duck	30 to 40 " "

—Mrs. E. C. Harvey.

Yorkshire Pudding

One pint of milk, four egg yolks and whites beaten separately one teaspoon salt, two cups of flour. Bake three-quarters of an hour.—Mrs. F. M. Griffin.

Liver and Bacon

Calf's liver preferred. Slice it one-quarter inches thick, pour hot water over and let stand a few minutes, then dry in a napkin. Take one-half pound thin sliced bacon, or as much as you require, and fry to a crisp. Lay on platter and keep hot, then fry the liver in same pan, having first seasoned it with salt and pepper and dredged in flour. Serve with a slice of bacon on top of each slice of liver.—Mrs. R. Heard.

Fried Sweet Breads

Let them lie for half an hour in warm water then throw into hot water to harden, draw off the outer casing and remove the little pipes. Par-boil five minutes, wipe dry, slice and fry in a very little butter to a crisp brown.—Mrs. R. Heard.

Tenderloins Stuffed with Oysters

Take two large tenderloins, split them, season with salt, pepper and celery salt. Spread one tenderloin with dressing, putting the other half of tenderloin on top, then spread the top thick with dressing. Tie together with cord. Bake as you would a chicken. Baste often. Very fine.

Baked Tenderloin

Wipe tenderloin, put in a dripping-pan and brown quickly in a hot oven, sprinkle with salt and pepper and dredge with flour.

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Bake forty-five minutes, keep covered and baste occasionally.—Mrs. D. G. McKellar.

Stuffing for Goose or Tame Duck

Mash potatoes finely, season highly with minced onion, sage, salt and pepper. Never fill a fowl more than two-thirds. Apples may be substituted for potatoes.

Chicken Croquettes

Four cups minced chicken, one cup bread crumbs, three eggs, drawn butter. Roll chicken, bread crumbs, eggs, seasoning, and enough drawn butter to moisten, into pear-shaped balls. Dip these into beaten eggs and bread crumbs. Put into chafing dish and fry a nice brown.

Veal, Chicken and Rabbit Bondinettes

To every one pound of finely minced meat, add one-quarter pound of mashed potatoes. Season with salt and pepper and moisten with gravy made from the bones of the cold meat. Press the minced meat into well buttered cups and bake for twenty minutes. Turn out on dish, pour a little brown gravy around and stick a sprig of parsley into each bondinette.

Smothered Beefsteak

Take one slice of round steak, place in very hot pan, over this pour drawn butter sauce, made as follows: two tablespoons butter, one tablespoon flour, one-quarter teaspoon salt, a little pepper. Cover the pan and bake in moderate oven one and one-half hours. Just before raising add one-half can tomatoes, heated and serve.—Mrs. R. Heard.

Roast Steak and Potatoes

Butter a baking dish and sprinkle in a layer of chopped steak, season with salt and pepper. Put over this a layer of raw potatoes, peeled and sliced. Dust over a little flour, add another layer of steak, and so on until the pan is full. Fill pan with hot water, cover and bake three hours. The flour used thickens the water and makes a delicious gravy.

Rolled Steak

Take a good rump steak, flatten and lay upon it a seasoning made of bread crumbs, parsley, pepper and salt, mixed with butter beaten to a cream with a fork. Roll up and bind with twine,

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lay in a dish with a cup of boiling water, cover and bake forty minutes, basting frequently. Remove cover and let brown before sending to the table. Thicken the gravy with browned flour. A layer of oysters, instead of the bread crumbs is a pleasant change.

Spiced Beef

Boil a shank of beef in as little water as will merely cover it. Cook till meat falls from the bone. Chop very fine, spice with ground cloves, pepper, salt and summer savory. Add sufficient of the liquor in which it was boiled to moisten well. Press into moulds and when cold slice.

Toad-in-the-Whole

Sift four large tablespoons of flour and a pinch of salt into a basin. Beat an egg well and add to the flour. Gradually add one pint of milk until the batter is smooth. Cut up one-half pound of steak into dice pieces, sprinkle with pepper and salt and place in a well buttered baking dish. Pour the batter over the meat and bake until a straw will be free from batter, when stuck into it. Serve on warm plates with mashed potatoes.—M. Tucker.

Shepherd's Pie

Put cold meat through a chopper, place in baking dish, moisten with cold gravy, seasoned. Cover with a thick layer of mashed potatoes and cook in a moderate oven half an hour.

French Meat Pie

Fry a large onion until brown, in a tablespoon of butter, add one cup soup stock or gravy and one cup tomatoes. When boiling, add cold meat cut in small pieces, season with salt and pepper and thicken slightly with flour. When boiled sufficiently pour into a dish and cover with mashed potatoes. Put in oven and bake half an hour or until potatoes are done.—Mrs. S. H. Smilev.

Meat Pie

Ingredients: Sliced raw potatoes, chopped onion, raw beef in cubes. Put alternate layers of potatoes, onion and meat, Sprinkle with flour and season with pepper and salt, until baking dish is almost full, add small quantity of water and three tablespoons tomato catsup. Cook three hours in slow oven. Twenty minutes before serving cover with rich paste and brown.—Mrs. Thompson.

A Genuine Irish Stew

Cut two pounds of chops from the best end of a neck of mutton and pare away nearly all the fat. A portion of the breast may be cut into squares and used, but a neck of mutton is the best joint for the purpose. Take as many potatoes as will amount after peeling to twice the weight of the meat. Slice them with eight large onions also sliced. Put a layer of mixed potatoes and onions at the bottom of a stew pan, place the meat on this and season it plentifully with pepper and lightly with salt. Pack closely and cover the meat with another layer of potato and onion, pour in as much water or stock as will moisten the top layer, cover the stewpan tightly and let its contents simmer gently for three hours. Be careful not to remove the lid as this will let out the flavor.

Jellied Tongue

Boil a large tongue eight hours, remove from hot liquid and skim, taking away any bone or gristle and fat. Press and skewer the tip of the tongue firmly into root or else bind with a piece of cotton. Crowd into a bowl, stand in cold place till set. A knuckle of veal added to the tongue and boiled with it will improve the jelly. Reduce liquid to half pint and pour over tongue in bowl. When thoroughly cold and skewers removed it will slice beautifully.—Mrs. R. S. Heard.

Jellied Veal

Cook a knuckle of veal till tender, lift from kettle and chop very fine, season with pepper and salt to taste. Garnish the bottom of mould with slices of hard boiled eggs and sprinkle over this a few sprigs of parsley. Put in a layer of meat, a layer of eggs and if desired a little finely chopped onion. Cover with remaining meat. Boil down the liquid until reduced to a cupful, pour over meat into the mould. Press and chill.

Jellied Veal

Take one shank of veal, fair size, cook until tender, remove from bone, cut in small pieces, carefully removing gristly part, boil down liquor until half, season with salt, pepper and a little savory. Have ready three hard boiled eggs, cut in half. Row round bottom of mould, face down, mix meat and liquor well and pour over eggs. When cold turn out on platter and garnish with parsley.—Mrs. Robertson.

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Veal Oysters

Cut veal from the leg or tenderloin into pieces size of an oyster. Season with pepper, salt and a little mace, dip in egg, then into cracker crumbs and fry. They both look and taste like oysters. To be eaten with tomato sauce.—Mrs. R. S. Heard.

Veal Patties

Two pounds of veal, chopped, one small grated onion, salt, pepper, and just a little sage. Make in little patties and roll in cracker crumbs, and fry in hot drippings, turning often to brown evenly.—Mrs. McAndrews.

Beef Patties

Chop fine some cold beef, beat two eggs and mix with the meat, adding a little milk, melted butter, salt and pepper. Make into rolls and fry.

Meat Croquettes

One pound of raw minced beef, one egg, one onion chopped fine with a little parsley, pepper and salt. Form into cakes, dredge with flour and fry in very hot Ko-nut or drippings.

Salt Pork (nearly equal to fresh)

Cut as many slices as needed, soak over night in one pint of milk and water, about half of each, sour or sweet milk will do. Rinse till water is clear, roll in cornmeal and fry. Quite as nice as fresh pork.—Farmer's Wife.

Fried Salt Pork

Take thin slices of pickled pork, fry lightly then mix a batter of egg, flour and milk, and immerse the pork in this till it has become completely covered and fry to a light brown.—Farmer's Wife.

Chicken or Veal Fritters

Cold chicken or veal, one cup flour, one tablespoon baking-powder, half cup milk and two eggs, salt and pepper, beat eggs thoroughly, add the milk, and pour on the flour and baking-powder sifted together. Beat thoroughly. Cut chicken or veal into thin slices, season with salt and pepper. Dip them into the batter and fry.

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Casserole of Rice and Meat

One cup boiled rice, two cups cold meat, hot water, stock or gravy to moisten the meat, salt and pepper to taste. Steam thirty to forty-five minutes. Butter a mold, line with rice, put meat in the centre, cover the top with rice. Steam and serve with tomato sauce, or white sauce with curry powder.—Ella Smith.

Rice and Meat Croquettes

One cup of boiled rice, one cup of finely chopped cooked meat, any kind, one teaspoon salt, a little pepper, two tablespoons of butter, half cup milk, one egg. Put milk into boil and add meat, rice and seasoning. When this boils, add the egg, well beaten. Stir one minute. After cooling, shape, dip in egg and crumbs and fry quickly in boiling fat. It will take one and one-half minutes. Take up and lay on brown paper, in a warm pan. Serve at once.—Mrs. W. B. Doherty.

Meat Croquettes

Cut bits of meat and potatoes as for hash, add a little onion and parsley, salt and pepper, cream, one spoonful of butter and flour together. Add milk. When thickened stir into it the meat and potatoes, cook for four minutes, turn into buttered dish, shape into croquettes, roll in cracker crumbs, bake in hot oven fifteen minutes. Is very nice to make cream sauce to pour over before serving. If flour is browned before sauce is made it will be much better.—Mrs. Babbitt.

To Keep Meat Hot

A nice way to keep meat hot without drying is to place it in a hot dish and set it over a large saucepan of hot water at the side of the stove. Cover the pan and again cover that with a cloth. It will keep meat, sauces or vegetables hot without reduction or burning.

Roast Turkey or Chicken

Wash fowls in three waters, wipe them dry inside and out, dredge with a little flour, salt and pepper inside. Prepare a dressing of bread crumbs, seasoned with pepper, salt, sage, summer savory, and plenty of butter. Moisten with luke warm water. Fill the bodies and crops of the fowls. Make a paste of flour and butter and put all over the fowls. Then bake them for two or three hours, according to size. Baste them frequently

while roasting. Stew the giblets in a saucepan. Just before serving, chop the giblets fine and add to the gravy of the roast fowls. Thicken the gravy with a little flour. Roast turkey should be served with cranberry sauce, celery and jellies.—Mrs. S. Chant.

To Roast Old Fowl

Neatly dress and soak in cold water for two hours. Boil until tender, then put into roaster and stuff with sage dressing. Take two tablespoons flour mixed with butter and spread over chicken. Put in oven and bake until a delicate brown.

Fried Chicken

Steam a good sized chicken until tender, remove from liquor, roll in flour, brown in butter, seasoning with pepper and salt. Remove to hot platter, garnish with parsley, add the liquor to the brown butter in pan and season with salt and pepper and thicken with a little brown flour.—Mrs. Robertson.

Fried Spring Chicken

Cut up chicken, roll in flour, fry in hot butter or drippings (or mixed), season with salt and pepper, cover, cook until nearly done, then brown. Add half cup of milk to gravy and thicken with a little flour.

Jellied Chicken

Prepare two chickens as for stewing, boil in water enough to cover, until you can take out all the bones, there should be one quart of liquor when stewed, put the meat back with the liquor, season with pepper, salt, and a lump of butter, to taste. Have a small box of jelatine dissolved in cold water, add to the chicken and liquor, when boiling. Let it boil up, and then pour into a mould. Have the chickens in as large pieces as possible.—Mrs. Tonge.

Chicken with Mushrooms

Put in chafing dish two tablespoons of butter, one tablespoon of flour, with half pint of milk, one gill mushroom liquor. Add one pint of cold chicken. Cook three or four minutes, add half can of mushrooms sliced. Cook three minutes longer, then add very slowly the yolks of two eggs, salt and pepper, stirring all the time. Serve on toast.

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Roast Quail

Rinse well and steam over boiling water until tender, then dredge with flour and smother in butter. Season with salt and pepper and roast in oven. Thicken the gravy. Serve with green grape jelly and garnish with parsley.

Maryland Fried Chicken with Corn Dodgers

Cut up a chicken (young) and drop pieces into boiling lard. Fry until well browned and thoroughly cooked. Remove to hot platter. pour off the lard, leaving only the chicken gravy and pour in about one cup of cream. Dredge in a little flour and stir, boil three minutes, season with pepper and salt, and pour over chicken, sprinkle top with chopped parsley. Have ready firm cold corn-meal mush, cut it into slices, dip them lightly in egg, cover with flour and fry in butter. Garnish the edge of the platter with these corn dodgers and serve.

Meat, Fish or Fowl Souffle

To make the white sauce : Two level teaspoons butter, two level teaspoons flour, one cup cold milk. Melt butter and add flour until perfectly smooth, do not boil butter. One teaspoon of grated onion, two egg yokes and whites beaten separately and very light, a little cold water with the yokes, a pinch of salt with the whites. Add yokes and cook a minute with white sauce and a cup of chopped fowl, meat or fish previously cooked. When cold fold in the whites and bake in a buttered dish twenty minutes. Must be served immediately with any table sauce desired. The salt should never be added to the cream sauce until after it is cooked or it might curdle.—Mrs. A. C. Hill.

Escalloped Chicken

To a pint of boiling hot cream add one tablespoon flour, mix till smooth, season with pepper and salt. Scatter a few bread crumbs in dish, then a layer of seasoned chicken cut fine, then a layer of cream dressing, put two layers each, then bread crumbs and small pieces of butter on top. If milk is used instead of cream add a small teaspoon butter. A dainty use to make of cold chicken.

Chicken Croquettes

Take a cup of cold boiled rice, add a cup of finely minced

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chicken, one egg, salt, pepper and a tablespoon of flour. Make in little cakes and fry brown in butter.—Mrs. H. Morley.

Chestnut Dressing

Shell three pints of chestnuts, put them in hot water and boil until the skins are soft, then drain the water and remove the skins. Replace the chestnuts in water and boil until soft. Take out a few at a time and press through a colander while hot. Season with two tablespoons butter, two teaspoons salt and a quarter teaspoon pepper.—Mrs. R. Heard.

Potato Dressing

Two cups mashed potatoes (hot), one teaspoon onion juice, four tablespoons of cream, yolks of two eggs, one tablespoon of parsley, one tablespoon of butter. Mix all together. Nice for duck or goose.

Dressing for Fowl

Six cups of fine bread crumbs, a little salt, marjoram, sage, and thyme. Two small boiled potatoes, one egg well beaten. Mix with a little butter or pure beef-drippings.—L. Lewis.

Drawn Butter

Two tablespoons butter, one tablespoon flour, thoroughly creamed together, season to taste with salt and pepper, pour over half cup boiling water, stir till smooth and thick.

Veal Loaf

Chop fine three pounds of veal and a half pound of salt pork, three soda crackers rolled, two eggs, butter the size of two eggs, one teaspoon pepper, one teaspoon salt. Mix well, then stir in all the liquor. Put in mold and steam two hours.—Mrs. J.J. Hall.

Beef Loaf

Three pounds chopped beefsteak, three eggs, three rolled soda biscuits, half cup sweet milk, a pinch of salt, dash summer savory. Put in baking pan and bake in moderate oven one hour.—Mrs. F. White.

Beef Loaf

Two pounds round of beef chopped, with half pound of salt pork, one cup fine cracker crumbs, one egg, just a sprinkling of

onion, a little salt and pepper, and, if preferred, a very little sprinkling of sage. Mix well and roll loaf in flour, bake a nice brown and serve with the gravy.—Mrs. McAndrew.

Beef Loaf

One and a quarter pounds minced veal, three-quarter pound chopped beef, two unbeaten eggs, one teaspoon salt, half teaspoon pepper, one tablespoon melted butter, mix well. One cup sweet milk, four rolled soda biscuits. Form in loaf and bake one hour.—Mrs. W. Powell.

Beef Loaf

Two pounds beefsteak chopped fine, one cup cracker crumbs, one cup milk, one egg, pepper and salt, sage, parsley or savory. Mix well together. Bake in deep pan for one hour.—Mrs. R. M. Anderson.

Beef Olives

Take a tablespoon each of chopped parsley and onion (or onion alone) with salt and pepper, spread on pieces of thin beefsteak, off round, cut two inches long and four wide. Roll up and skew. Fry one tablespoon butter and one tablespoon chopped onion, and brown olives nicely in this, then cover with cold water and let stew slowly an hour or two. Thicken gravy with brown flour and remove skewers. Serve hot.—Miss Taylor.

Beefsteak Pudding

One pound of beefsteak cut in cubes, four cups flour, one teaspoon salt, one teaspoon baking powder, one heaping cupful of chopped suet. Mix flour, salt, baking powder and suet. Add enough cold water to make a soft dough. Line a bowl, put in the meat, sprinkle with salt and pepper, cover with another piece of dough, sealing all carefully. Turn out on a well floured cloth, tie tightly, leaving room for pudding to swell. Boil two hours, when done turn out on platter. Cut disc out of top and add one-half cup of hot water for gravy. Be sure water is boiling when pudding is put in first.

Roast Beef

Have oven very hot, put in roast, allow twenty minutes for each pound, without water. Let roast half of required time, take from oven, season to taste, return to oven with enough water to keep from burning.

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Yorkshire Pudding

Two eggs, one-half tea spoon salt, one cup flour, one cup of sweet milk. Put one tablespoon of the meat juice in tin, pour in batter and bake.—Mrs. Haight.

Beef Tea

Put one pound of chopped lean beef in a glass fruit-jar and add one pint cold water, let it stand for one hour, stirring and pressing occasionally. Place jar in a kettle of water, put it over the fire and allow water to come to boiling point, then move kettle to back of range when the water will simmer for one hour, keeping the jar closely covered. Strain beef tea through a fine seive, allowing the sediment to pass through, it adds to the nourishing qualites. Flavor with salt.—Miss E. Smith.



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MEAT RELISHES

Tomato Mustard

Six large onions, six large tomatoes, six large apples, one-fourth pound mustard, one-half tablespoon salt, one and one-half cups granulated sugar, one quart vinegar. Boil tomatoes, apples and onions until cooked, then strain. Put in vinegar, salt, mustard and sugar and boil till thickened.—Mrs. Cathcart.

Indian Sauce

Twelve tomatoes, sixteen apples, one and one-half pounds brown sugar, one pound raisins, one large pepper, seven onions, four tablespoons salt, two quarts vinegar. Chop all fine and boil one hour and put through a sieve. Then add two tablespoons of ginger and one tablespoon of mustard. Let all boil half an hour. When cold, bottle and cork tight.—Mrs. A. H. Adkins.

Grape Catsup

Five pounds of grapes, two and one-half pounds sugar, one pint vinegar, one tablespoonful of cinnamon, cloves, pepper and allspice (each ground), one-half tablespoon salt. Boil until thick, then strain.—Mrs. L. E. Tate.

East India Relish

Twelve heads celery chopped fine, three onions chopped fine, one-fourth pound mustard, one tablespoon black pepper, two tablespoons salt, one tablespoon curry powder, one tablespoon turmeric, three cups brown sugar, three quarts cider vinegar. Boil one hour.—Mrs. R. S. Heard.

Tomato Relish

One gallon green tomatoes, five large onions, two heads celery, one head cabbage, three red peppers, two pounds sugar, one-fourth pound mustard, one-half ounce turmeric. Slice toma-

toes and onions, sprinkle with salt, stand over night, drain and chop not too fine, add the other ingredients also chopped, cover with vinegar. Boil till tender, mix mustard and turmeric and sugar with vinegar and add while boiling.—Mrs. Atkins.

Corn Relish

Twelve ears sweet corn, one head cabbage, four red peppers, one-half gallon vinegar, one pound granulated sugar, one-half pound Coleman's mustard, two heads of celery, three-fourths cup salt. Chop cabbage, salt and let drain one hour, chop peppers and celery together, cut the corn off the ears. Mix mustard in cold vinegar. Add all together, cook slowly two hours.—Mrs. Hugh McPherson.

Tomato Mustard

One peck tomatoes scalded and put through a seive, three teaspoons white pepper, one-half teaspoon black pepper, salt, one pound onion, one-half ounce mace, three large cloves of garlic. Boil one hour, strain and add one pint of vinegar, one-half pound mustard mixed with vinegar, add and boil twenty minutes.—Mrs. F. M. Griffin.

Made Mustard

One small cup mustard, three teaspoons sugar, one teaspoon salt. Mix to smooth paste with good vinegar, then put in air-tight bottle or jar till you require to use. This is better when made some time and will keep indefinitely.—Mrs. E. C. Harvey.

French Mustard

Two eggs, one teacup of sweet cream, one teaspoon of butter, one teaspoon of sugar, one-half teaspoon of salt, one-half cup of mustard. Beat the ingredients together and cook in a double boiler; when thickened add one-half cup of vinegar.—Mrs. J. Spurr.

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French Mustard

One egg, one teaspoon butter, one teacup vinegar, two table-spoons mustard, Add a little salt, pepper and one tablespoon brown sugar.—Mrs. W. P. Bell.

Bordeaux Sauce

One peck green tomatoes, one cabbage cut fine, ten onions chopped fine, four green peppers, one teacup salt. Mix and let stand for one-half hour then drain and put in a kettle with one-half ounce tumeric powder, one-half ounce celery seed, two pounds brown sugar, one gallon vinegar—Mrs. A. McPherson.

Pepper Sauce

One large head cabbage, twelve good sized onions, one dozen each of red and green peppers all chopped fine, salt and let stand over night. In the morning heat three pints of vinegar with one and one-half pounds brown sugar, four tablespoons each of mustard seed and celery seed. Throw over the chopped mixture and when cold bottle.—Mrs. A. McPherson.

Corn Sauce

Twelve ears of corn shredded off ears, one head of cabbage chopped fine, salt and drain, four red peppers with seeds out, one-fourth pound mustard, four cups sugar, two level tablespoons salt, one-half gallon vinegar. Let come to a boil and seal.—Mrs. Eby.

Cranberry Frappa

Boil one quart berries in one pint of water for few minutes, strain through a coarse cheese cloth, add one pint sugar, stir and boil till sugar is dissolved. When cold add juice of two lemons, freeze to a mush, using equal parts salt and ice. Serve in glass custard cups with turkey.—T. G. Plewis.

Tomato Jelly

One quart can of tomatoes, one small onion, a piece of celery root, one tablespoon full sugar, one teaspoon of salt, four whole cloves, one-fourth tea-spoon of cayenne pepper, a piece of bay leaf. Simmer fifteen minutes or till the tomatoes are soft, then

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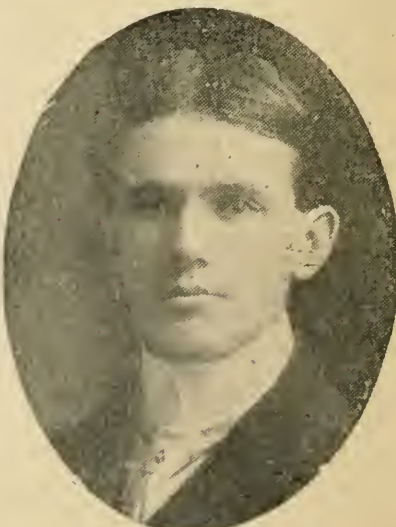
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strain and add one-half box of geletine after it has been softened in one-half cup of cold water. Serve ice-cold on lettuce leaves with salad dressing.—Mrs. H. Heard.

Aspic Jelly

One pint soup stock, bay leaf, pepper, one teaspoon lemon juice, one-half ounce gelatine (6 sheets), salt-spoon salt, pinch of celery salt, teaspoon Worchester Sauce. Soak gelatine in enough cold water to cover. Put seasoning in soup stock and beat for a few minutes, color with caramel. If necessary add gelatine and clarify with white of egg.

Quick Aspic

One-half box geletine, one and one-half pints cold water, one-half small onion, one-half carrot, cayenne, one teaspoon Worchester Sauce, one-half pound chopped beef, small slice turnip, one teaspoon salt, two teaspoons lemon juice, one bay leaf, one clove, one teaspoon beef extract. Put egg-white to clarify. Put meat, vegetables, spices on stove with one pint cold water, bring slowly to a boil and simmer one-half hour. Strain, add lemon juice and other seasonings also gelatine, add white of egg mixed with two teaspoons cold water, boil five minutes without stirring.

Celery Sauce

One peck ripe tomatoes, twelve large onions, six bunches of celery, one and one-half quarts of vinegar, three large red peppers. Chop all fine, add handful of mixed pickling spice, salt and brown sugar to taste, boil two and a half hours.—Mrs. E. A. Lewis.

Celery Mustard

Six heads celery, two onions, two ounces mustard seed, six ounces mustard, one cup white sugar, one quart vinegar, a little salt and cayenne pepper. Cook about one hour, a little more sugar may be added. This can be thinned with cream if desired.—L. Midgley.

Celery Sauce

Twenty-four ripe tomatoes, four heads celery, one quart vinegar, six large onions, three tablespoons salt, two cups brown sugar, three red peppers, two tablespoons cinnamon, two table-

spoons allspice. Cut up tomatoes, add chopped onions, celery and peppers, mix all together and boil for three hours.—Mrs. T. Robertson.

Celery Sauce

Twenty-four ripe tomatoes, six heads of celery, six onions, three tablespoons of salt, two cups of vinegar, three tablespoons of allspice, two tablespoon of cinnamon, two cups yellow sugar, one red pepper, boil one hour.—Mrs. E. Lowe.

Celery Sauce

Thirty tomatoes, five onions chopped fine, three cups vinegar, twelve tablespoons sugar, six teaspoons salt, five bunches celery chopped fine, three red peppers. Boil two hours.—Mrs. Angus Murray.

Celery Sauce

Twelve large ripe tomatoes, four heads of celery, two pounds of sugar, one cup vinegar, three green peppers, two onions, salt. Chop fine, boil one hour and bottle hot.—Mrs. F. M. Griffin,

Tomato and Celery Sauce

Eighteen large tomatoes, two heads of celery, three large onions, four red peppers, ten tablespoons of sugar, three tablespoons of salt, two and a half cupsful of vinegar. Cut the celery in small pieces, chop onions and red peppers, add sugar, salt and vinegar, boil two hours. Mrs. J. A. Moodie.

Celery Sauce

Thirty large tomatoes sliced, twelve large onions sliced, four or five heads of celery, four or five red or green peppers, eighteen large tablespoons granulated sugar, six cups of vinegar, six table-spoons salt. Boil for three hours.—Miss Love.

Celery Sauce

Thirty tomatoes, five onions chopped fine, three cups vinegar, one half tablespoon salt, six tablespoons sugar, five bunches celery chopped fine, two red peppers. Boil two hours.—Mrs. A. W. Graham.

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Ripe Cucumber Sauce

Twelve large ripe cucumbers, twelve onions sliced thin, with salt. Let the cucumbers and onions stand over night, drain and chop. Three pints of vinegar, three cups of sugar, one tablespoon of mustard, one tablespoon of curry powder, one tablespoon of flour, one teaspoon of cayenne. Allow the vinegar to come to a boil, then add all but the mustard and flour. Mix them with vinegar to a paste and add last.—Mrs. E. Lowe.

Pepper Hash

One large cabbage, one dozen large onions, fourteen green peppers. Remove seeds from half the peppers and chop fine, stand all night with cup of salt on it, drain through cheese-cloth getting all juice out. Add three-fourths cup white mustard, two heaping cups brown sugar, one tablespoon celery seed and cover well with vinegar.—Miss Wickett.

Chili Sauce

One peck ripe tomatoes, six large onions, two teaspoons each of cinnamon and cloves, two cups brown sugar, four cups vinegar, salt and pepper to taste. Boil four hours.—Miss Wickett.

Green Tomato Sauce

Nineteen green tomatoes, peel and soak in salt over night, ten onions, four apples, four cups of sugar, eight red peppers, one tablespoon cinnamon, one tablespoon cloves, one quart of vinegar or more, all chopped fine. Cook four hours.—Miss Langan.

Chutney Sauce

Six green tomatoes, two green peppers, twelve tart apples. Peel and core the apples, remove seeds from tomatoes and peppers. Add four onions, one cupful seeded raisins, chop all fine, together or separate. Stir two heaping cups brown sugar, two tablespoons of dry mustard and two tablespoons of salt into one quart best vinegar. Set the lipid on the fire, boil for five minutes, then add all the rest of the ingredients and cook for one hour over a safe fire to prevent scorching. Seal in hot glass jars or bottles, keep in a cool dark place.—Mrs. A. W. Graham.

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Tomato Chutney

Ten pounds ripe tomatoes, one pound chopped apples, six red peppers, six ounces gro. ginger, two and one-half quarts vinegar, ten ounces raisins, ten ounces salt, eight small onions, one and one-fourth pounds brown sugar, all to be chopped fine, and boil or simmer for six or seven hours.—Mrs. L. E. Tate.

Four Devils Sauce

Two cups apples, two cups cucumbers, two cups onions, one cup red pepper. Chop all fine, add desertspoon salt, vinegar to cover. Chop apples last so not to discolor.—Mrs. Margaret A. Strong.

Chow Chow

Two quarts cucumbers cut fine, two quarts little whole cucumbers, one quart onions cut fine, one quart little whole onions, six green peppers, two small heads cauliflower. Put in separate dishes and cover with hot brine, let stand over night, drain and add eight cups sugar, one-half gallon vinegar, one-fourth pound celery seed, one-fourth pound white mustard seed, let it come to a boil. Make a paste of two-thirds cup of flour, one-fourth pound mustard, one and one-half ounce tumeric. Put this in slowly, stir quickly and let boil up.—Mrs. Still.

Chow Chow

Three quarts cucumbers peeled and cut fine, one quart onions chopped, two quarts small whole onions, two quarts cauliflower cut fine, six green peppers. Put in crock and cover with a hot brine and let stand over night. Drain and add seven cups of granulated sugar, one-half gallon cider vinegar, three tablespoons mustard seed, two tablespoons celery seed. Let come to a boil. Make a paste of two-thirds cup of flour, one-fourth pound mustard, one-half ounce tumeric. Mix with cold vinegar and stir in slowly. Stir quickly and let boil for few minutes.—Mrs. Cochrane.

Chili Sauce (good)

Eighteen ripe tomatoes, remove skins, six onions, three green peppers all chopped fine, twelve even tablespoons of sugar, three even tablespoons of salt, five cups of vinegar, two table-

spoons celery seed, two tablespoons mustard seed. Boil all slowly two and one-half hours.—Mrs. L. Laycock.

Green Chili Sauce

Nine large green tomatoes chopped fine, four red peppers chopped fine, two onions, three cups vinegar, three tablespoons sugar, two tablespoons salt, one teaspoon cloves, one teaspoon allspice, one teaspoon ginger, one teaspoon nutmeg. Mix all together and boil one hour.—Mrs. A. H. Adkins.

Chili Sauce

Twenty-five large red tomatoes, six onions, three peppers (chop fine), three tablespoons salt, six tablespoons sugar, one teaspoon each of ginger, allspice, cinnamon, cloves, two cups vinegar. Boil one and one-half or two hours.—Mrs. Cathcart.

Chili Sauce

Twelve large ripe tomatoes, four green peppers, two large onions, one cup vinegar, two tablespoons sugar, four teaspoonsful salt. The onions and peppers to be chopped fine. All the ingredients to boil one hour.—Mrs. T. Crothers.

Tomato Catsup

Boil one-half bushel of tomatoes until soft. Put through a fine sieve then add, one quart vinegar, one pint salt, two ounces whole cloves, two ounces allspice one-half ounce cayenne pepper ground, one tablespoon of pepper. Boil three hours then bottle. Cloves and allspice to be put in a muslin bag to save straining. Mrs. P. H. Minshall.

Tomato Catsup (never ferments)

Two gallons cooked tomatoes, two quarts vinegar, two pounds brown sugar, one-half pound salt, five red peppers, two ounces whole black pepper, two ounces whole allspice, one ounce whole cloves, one ounce bruised ginger, one pound mustard. Boil and strain tomatoes through colander, add all ingredients but mustard, cook and stir well. Mix mustard with part of vinegar, add and cook until as thick as thick as wanted. Strain through sieve and put away. Will keep in jug.—Mrs. L. M. Miller.

Raw Catsup

one peck ripe tomatoes, eight onions, one-half cup salt, one-half cup horseradish, one-half cup mustard seed, one tablespoon celery seed, one-half teaspoon cayenne pepper, four red peppers, one tablespoon black pepper. Slice tomatoes, let drain over night. In morning chop fine with onions, add spices and cover with cold vinegar and seal.—Mrs. Benj. Marlatt.



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PICKLES

Mustard Pickles

One quart large cucumbers chopped fine, one quart small cucumbers left whole, one quart large onions chopped fine, one quart small onions left whole, two heads cauliflower broken in small pieces, three green and three red peppers chopped fine. Put in large crock and cover with hot brine, stand over night and in the morning drain well. For paste : two quarts of vinegar, four cups sugar, one-quarter pound mustard seed, one-eighth oz. celery seed, one-quarter pound mustard, one cup flour, half oz. tumeric. Put vinegar on to boil. Mix other ingredients, wet with cold vinegar, and mix well. Stir in boiling vinegar and pour over above.—Mrs. E. A. Smith.

Mustard Pickles

One quart small silver onions, one quart cucumbers cut up, one quart green tomatoes, two small green peppers, three heads of cauliflower. Let each stand in a separate dish of salt water twenty-four hours, then drain and boil all together, excepting cucumbers, in three pints of vinegar until tender, then skim out. Paste : half gallon vinegar, one small cup flour, quarter pound mustard, half ounce tumeric, three small cups sugar. Mix and when boiling add all pickles and boil a few minutes.—Mrs. Dr. Fitzsimmons.

Mustard Pickles

Two quarts cucumbers, one quart onions, two cauliflowers, and green beans. Pour boiling water and salt over each vegetable, allowing them to stand in brine three days, changing the water each morning. Drain and pour over following dressing and simmer (not boil) half an hour; cool, then bottle. Dressing : three pints vinegar, six tablespoons mustard, one pound sugar, half cup flour, half ounce tumeric, two green peppers, two cents of celery seed.—Mrs. Faw.

Mustard Pickles

Four quarts cucumbers, two quarts onions, two large cauliflowers. Soak in salt water over night (twenty-four hours), scald in weaker vinegar. Dressing: one and a half ounces celery seed, one and a half ounces tumeric, two cups flour, six cups sugar, half pound mustard, one gal. vinegar. Stir smooth in a granite dish, add vinegar and boil until thoroughly cooked, then pour over pickles. —Mrs. Geo. McCubbin.

Mustard Pickles (good)

One bunch celery, one quart large cucumbers cut fine, one quart of small cucumbers left whole, one cauliflower part cut fine, three green peppers cut fine, three sweet peppers cut fine. Put all in separate dishes and cover with hot brine, stand over night. In the morning drain, put all together, and add half gal. vinegar, quarter ounce white mustard seed, quarter ounce celery, and let come to a boil, and then add half ounce tumeric, eighth ounce mustard. —Mrs. Murphy.

Mustard Pickles

Four large red peppers, one quart cucumbers, one quart tomatoes, one or two heads cauliflower, one quart white onions. Brine: four quarts water to one pint salt. Pour over mixture and let stand twenty-four hours. Heat just enough to scald and turn into colander to drain. Mix one cup flour, six tablespoons ground mustard, one tablespoon tumeric, with sufficient vinegar to make smooth paste, one cup sugar, then add enough vinegar to make three quarts in all. Boil this mixture until it thickens and is smooth, stirring all the time. Add vegetables and cook until heated through. —Kate A. McColl.

Cucumber Pickles

One dozen large cucumbers (not too large), half dozen onions, one quart vinegar, half teaspoon powdered alum, half cup mustard seed, one tablespoon celery seed, two cups brown sugar. Slice the cucumbers in pieces about an eighth inch thick, also the onions. Sprinkle with salt and let stand over night, then pour off the water. Heat the vinegar and pour over the pickle three times, allowing the vinegar to get cold each time. The

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third time let the pickle come to a boiling point. When cold, seal.

Chopped Pickles

Two quarts chopped onions, two quarts chopped green tomatoes, two quarts chopped cucumbers, two heads cauliflower, six heads celery. Sprinkle with salt and let stand over night, then drain and pour boiling water over, let stand until vinegar boils. Three quarts vinegar, four cups sugar, three-quarter cup flour, one teaspoon salt, half cup mustard, half ounce tumeric, one egg well beaten, pinch cayenne, one ounce butter. Mix all with cold vinegar. Stir in boiling vinegar, pour over pickles after water is drained off.—Miss Reekie.

Cucumber Pickles

One gallon vinegar, one cup sugar, one cup grated horseradish, one cup salt, half cup mustard, whole spices. Wash cucumbers from vines at any time and drop in mixture. Stir frequently.—Mrs. Morley.

Mixed Pickles

One quart celery, one quart cabbage, one quart onions, one quart cucumbers. Chop fine and put in a weak brine for twenty-four hours. Then put on the stove and let come to a boil. Add one quart vinegar, two and a half tablespoons mustard, two tablespoons tumeric, two and a half cups brown sugar, three red peppers. Let boil three hours, then bottle and seal.—Mrs. Cathcart.

Cucumber Pickles

Pack pickles in stone jar and make strong brine (boiling), pour this over cucumbers in morning, let stand until next morning, pour off and reheat. Do this for three days then drain fourth morning. Make strong alum water (boiling) and pour over cucumbers, let stand twenty-four hours, drain, wipe every cucumber dry, and pack in jars. Add brown sugar to taste. Add mixed spices, pour boiling vinegar, etc., over cucumbers and seal at once.—Mrs. C. B. Duncombe.

Highden Pickles

Chop fine equal quantities of green cucumbers, tomatoes and onions, and a few green peppers. Mix, sprinkle with salt, let

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stand a day then drain. Put over it boiling vinegar to cover, with spices to suit the taste.—Mrs. H. B. Smith.

Chopped Tomato Pickles

Cut one peck green tomatoes, and eight large onions in thin slices, and, with one tea cup salt, pack in layers, and let stand over night. In the morning drain well, add six green peppers and chop all fine. Put in kettle and add pint of vinegar, one tablespoon each ground cloves, cinnamon and white mustard. Cook until soft and sweeten to taste. Mrs. H. T. Gough.

Green Tomato Pickles

Slice tomatoes and onions enough to fill good sized granite kettle, sprinkle with salt, let stand over night, drain, put enough vinegar to cook them until tender, with a teaspoon pepper, two teaspoons cinnamon, one teaspoon cloves (ground), two teaspoons currie powder, two and one-half cups coffee sugar.—Mrs. Walden.

Red Pickles

One peck ripe tomatoes, twelve large onions, six bunches celery, four red peppers. Chop all fine and let stand twelve hours. One and one-half cups salt, two cups brown sugar, one-half gallon vinegar, one tablespoon each of cloves, cinnamon, black pepper, red pepper.—Mrs. Margaret A. Strong.

Spiced Pickles

Nineteen green tomatoes, ten onions, chop fine and sprinkle with salt. Let stand over night, four large apples (chop fine), four cups coffee sugar, four cups vinegar, three green peppers, one teaspoon cinnamon, one teaspoon cloves (ground). Cook slowly three or four hours.—Mrs. Turville.

Pickles

Twelve sweet green peppers, twelve sweet red peppers, twelve sweet yellow peppers, twelve onions, two heads cabbage. Chop peppers, onions and cabbage, salt and drain over night. Three pints vinegar, one and one-half pounds granulated sugar, four tablespoons celery seed, four tablespoons mustard seed. Heat vinegar, sugar and seeds, then mix with peppers. Bottle cold.—Mrs. McAndrews.

Pickled Beans

One peck of butter beans, cut small. Cook one-half hour in salt and water. Three pints of cider vinegar, three pounds of sugar (bring to a boil), one cup of mustard, one cup of flour, two tablespoons of tumeric, two tablespoons of celery seed. Mix together in cold vinegar, stir constantly, add beans and cook five minutes.—Mrs. W. Norsworthy.

My Mother's Pickle

One quart of red cabbage chopped fine, one quart of boiled beets chopped fine, two cups sugar, one tablespoon salt, one teaspoon black pepper, one-fourth teaspoon red pepper, one teacup grated horse-radish. Cover with cold vinegar and keep from the air.—Mrs. Dixon.

India Pickles

Six quarts vinegar, one-half pound salt, one-fourth pound root ginger, six large onions, one tablespoon cayenne pepper, two ounces ground white pepper, four ounces mustard seed. Mix and boil; when cold add two ounces mustard, two ounces tumeric powder.—Mrs. Finlay.

Mustard Pickles

Three quarts good vinegar, two ounces bruised ginger, one ounce allspice, one-half ounce chili peppers, one-half pound mustard, one-half pound salt.—Mrs. L. E. Tate.

Olive Oil Pickles

One hundred cucumbers three or four inches long, slice fine but do not peel, two onions chopped fine; leave in brine over night. In morning drain and add a good cup salt, one and one-half pounds white mustard seed, one cup olive oil and vinegar to cover. Put in crock and cover.—Mrs. Dugald McColl.

Spiced Currants

Four quarts currants, one pint of vinegar, three pounds of sugar, one tablespoon of cinnamon, allspice and cloves. Boil until thick.

Pickled Apples

To one quart vinegar use four pounds granulated sugar, two

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ounces of stick cinnamon and whole cloves mixed. Put on stove and when hot add fruit, cook slowly, and when tender put in crock, let stand for few days, drain off vinegar, boil down and pour over again; this will do for pears or peaches.—Miss Haight

Cold Sweet Pickles

One peck of cabbage, one quart onions, two quarts green tomatoes, one quart vinegar, three pounds brown sugar, a little cayenne pepper, one ounce celery seed, four green peppers. Chop cabbage, onions, peppers, tomatoes very fine, add one cup salt and stand over night; in morning drain well. Dissolve sugar in vinegar and pour over.

Pickled Plums

One pint best vinegar, four pounds sugar, eight pounds plums, spice to taste. Boil plums in mixture until soft, then take out and boil the syrup until quite thick, then pour it over plums.—Mrs. Finlay.

Sweet Pickle Tomatoes

Take tomatoes just before turning red, wash and slice without paring. Put in a crock with salt sprinkled between layers, let stand over night. In the morning drain. Make a rich syrup of vinegar, sugar, cinnamon and cloves. Put a few tomatoes in the syrup at a time and let cook until tender, not too soft. Continue this till you have used up tomatoes. Let syrup boil down until thick and pour over tomatoes and cover tight.

Sweet Pickles

Pare and core quinces, steam just long enough to pierce them with a fork. Make a syrup of three pounds sugar, one quart vinegar and spices to taste. Use whole spices tied in a bag. Boil syrup well and throw in quinces just a few minutes, drain out and pack in fruit jars; boil syrup a little longer and fill jars.—Mrs. McAndrew.

Green Tomato Pickles

One peck green tomatoes, six onions. Slice separately, sprinkle with salt and let stand over night. Next day drain and cook separately in vinegar and water until tender, drain and mix in crock. Put one quart vinegar, four cups white sugar, six

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green peppers, one tablespoon whole cloves and a little stick cinnamon into a granite kettle and boil well. Strain out spice and pour over pickles, leaving the peppers in. Next day drain off the vinegar, boil again and pour over the pickles. They will keep in crocks or sealed jars.—Mrs. E. Heater, Aylmer, Ont.

Green Tomato Pickles

One peck green tomatoes, one-fourth peck large onions. Peel and slice, sprinkle with salt and let stand over night. Drain thoroughly and cover with vinegar, then add one teaspoon of white pepper and one teaspoon of black pepper, two red peppers. Boil till tender, then seal.—Mrs. J. P. Finlay.

Sweet Tomato Pickles.

Slice one-half bushel green tomatoes, sprinkle with salt and stand over night. In the morning drain, then scald in vinegar, a few at a time, skim out of hot vinegar and drain again until all have been scalded. Add sufficient vinegar to what is left to make one-half gallon, add five pounds brown sugar, one desertspoon each of cloves and cinnamon and one-half teaspoon red pepper. When boiling put in tomatoes and boil three minutes. Place in stone jars and tie down with paper.—Mrs. S. H. Smiley.

Sweet Tomato Pickles

One peck of green tomatoes, slice, sprinkle with a cup of salt and let lay over night. Drain and add one-half gallon of best vinegar, two and one-half pounds sugar, one-half ounce cloves, one ounce ginger, one ounce cinnamon (all whole), two red peppers sliced. Boil slowly till done.—Mrs. Ben. Marlatt.



VEGETABLES

Potato Croquettes

Two cups mashed potatoes, one tablespoon butter, one cup rolled biscuit, one cup milk, two eggs, salt and pepper. Make in round cakes, dip in beaten eggs and cracker crumbs fry in butter and serve hot.—Miss G. Smith.

Potato Apples

Four cups hot mashed potatoes, yolks two egg beaten well, one teaspoon parsley cut fine, salt to taste, dash cayenne, two tablespoons butter. Mix thoroughly, mould in apple shapes with blow of cloves for blow and stem of cloves for stem. Apply a touch of pink coloring on sides. Serve hot. These may be made before hand and put in oven, to heat when needed.—Miss Gardner.

Potato Puff

Two cups cold mashed potatoes, stir into it two tablespoons butter beaten to a cream. Add two well beaten eggs and one cup of milk, salting to taste. Beat all well together, pour into a deep dish and bake until nicely browned.—Mrs. A. McPherson.

Sweet Potato Croquets

Two pounds sweet potatoes boiled and mashed, pepper and salt, a teaspoon of sugar, two eggs, half a cup of flour. Make into balls and fry in hot lard.—Mrs. D. G. Goodwin.

Escaloped Potatoes

Try your escaloped potatoes this way: Slice potatoes thin, also a little onion, salt and pepper. Cover well with milk and boil on top of stove until nearly done. Stir frequently to prevent sticking to bottom. Now sprinkle bread crumbs on top and put little pieces of butter on top and put in oven to brown.—Mrs. S. Eby.

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Potato Puff

Two cups smooth mashed potatoes, two tablespoons melted butter. Beat to a cream, add two well beaten eggs, one cup sweet cream; beat well and bake in deep dish.—Mrs. J. B. Morford.

Potato Cake

Three cups mashed potatoes, one egg, butter size of an egg, Two cups flour, pinch of salt, three teaspoons Harvey's baking powder. Bake.—Mrs. E. A. Smith.

Potato a' la Royal

One pint of hot boiled potatoes, a generous half cup of cream or milk, two tablespoons of butter, the whites of four eggs and yolk of one, salt and pepper to taste. Beat the potatoes very light and fine, add the seasoning, milk and butter and lastly the whites of the eggs beaten to a stiff froth. Turn into a buttered escalop dish, smooth with a knife and brush over with the yolk of the egg which has been well beaten, and brown quickly and serve. It will take ten minutes to brown. The dish in which it is baked should hold a little more than a quart.—Mrs. W. B. Doherty.

Potato Oyster Pats

Peel and boil twelve potatoes, mash fine, salt to taste, add piece of butter the size of an egg, four tablespoons of sweet cream, beat lightly. When cold work into pats, putting two oysters in each. Dip in beaten egg, roll in cracker and put butter on top of each. Bake in a quick oven.—Mrs. E. A. Smith.

Baked Potatoes

Take small potatoes and bake; cut off one end and remove the potato. Mash well, season, add butter and milk and whip with a fork till creamy. Refill the jackets and heat in oven when wanted.—Mrs. L. M. Miller.

Potato Balls

Pare and boil potatoes, mash well and season to taste. Add

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small piece of butter and milk, roll into balls the size of walnuts, dip in beaten egg and roll in bread crumbs, cook in deep fat like doughnuts until a golden brown. It is well to use a wire basket to hold them while cooking. Heat well in oven before serving.—Mrs. L. M. Miller.

Creamed Potatoes

Stir cold boiled potatoes into a cream sauce, when very hot beat in two teaspoons minced parsley. To make richer pour in gradually, just before adding the parsley, a well beaten egg. Stir for one-half minute. Serve.

Potato Puff

Chop cold boiled potatoes rather fine, put in a baking dish with sufficient cream sauce to just cover. Dust the top with grated cheese and put in a hot oven until nicely browned.

Boston Baked Beans

Soak over night one quart of beans in clear water. In the morning boil the beans until they begin to crack. At the same time boil one pound of salt green bacon, either in another dish or in with the beans. When beans are ready, put in bean pot, add the bacon if not boiled with beans, and stir in one large spoon of molasses, one-fourth teaspoon of soda, salt and pepper to suit taste. Have beans very moist when put in oven or they will grow too dry in baking. Bake five or six hours.—Mrs. L. Wilson.

Boston Baked Beans

Soak one pint of beans over night. Parboil for fifteen minutes with a pinch of soda in the water. Drain and put in crock, add one and one-half teaspoons salt, one tablespoon brown sugar, one tablespoon molasses, pepper to taste, and a pinch of mustard. Put pork on top (two or three little pieces of fresh pork), fill crock with water and cover tight. Bake five hours: the beans will swell to twice the quantity when soaking but will not swell much after being put in the oven.—Mrs. R. Heard.

Boston Baked Beans

Soak beans in cold water for ten or twelve hours, drain, cover with cold water, add a pinch of soda and let come to a boil. Remove from fire at once and drain again. Put in bean crock, add molasses and salt.—Mrs. Eby.

Boston Baked Beans

One quart beans, one cup granulated sugar, one tablespoon salt, one-half teaspoon soda, one-half pound salt pork (fat). Soak beans over night in cold water. In morning add fresh water and boil but do not let skins crack. Drain, put into bean pot with above ingredients, placing pork on top, over all. Pour boiling water and bake all day adding water till the last two hours.—Mrs. Dr. Gray.

Chili Conconi

Two cups beans, one teaspoon spice, one onion, two teaspoons sugar, one teaspoon spice, one cup catsup, one pound steak cut in small pieces. Boil beans until soft, then drain, add other ingredients, a little water, and bake several hours.

Succotash

This is made of sweet corn, lima beans or butter beans. Have a third more corn than beans. When the corn has been cut from the cobs, and the beans shelled, put into boiling water enough to cover them and stew gently until tender. Pour off nearly all the water and add one cup milk, salt, pepper and butter to taste, and stew a few minutes longer. String beans can be used if cut up fine.—Mrs. Kilpatrick.

Canned Beets

Boil beets until tender, then peel. Boil vinegar and sweeten to taste; add pepper, salt and a pinch of cayenne pepper. Slice beets into the hot vinegar and be sure they are heated through. Place beets in jars and pour hot vinegar over. To four quarts use three cups white sugar.—Mrs. Finley.

Scalloped Turnips With White Sauce

Boil the turnips and then cut into cubes. Make a cream sauce by rubbing together a tablespoon butter and one of flour and one-half pint milk, and stir until boiling. Put in a layer of

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turnips, then a layer of sauce, and continue so, having the last layer of sauce. Sprinkle over with bread crumbs and bake for ten minutes.—Mrs. A. McPherson.

Asparagus Patties

Fill patty pans with puff paste, bake a light brown. Boil asparagus in salted water till done thoroughly, drain and add a large cup of cream. Mix a spoonful of flour in a little cold cream, and stir in cream, let boil till thick then season with salt, pepper and plenty of butter. Fill shells with this mixture and you will find it a very good substitute for meat.—Mrs. McAndrew.

Broiled Tomatoes

Slice unpeeled tomatoes, dip in olive oil or melted butter, then in flour or fine bread crumbs, place in a wire broiler and cook quickly.

Stewed Celery

Cut in inch pieces, simmer until tender in a little water, add sweet cream, season to taste and serve, or pour over slices of toasted bread and serve hot.

Carrot Croquettes

To one and one-fourth cups of mashed carrots well seasoned with butter, salt and pepper, add the yolks of two eggs slightly beaten; cool slightly, shape into smooth, flat cakes, dip in crumbs and cook in hot fat.—Mrs. E. A. Smith.

Creamed Cabbage

When cooked, drain the cabbage carefully and cut it rather fine; to the cabbage add cream sauce and mix; reheat before serving.—Mrs. E. A. Smith.

Escalloped Cabbage

Cook coarsely cut cabbage in boiling salted water uncovered for ten minutes, then drain well and place in baking dish in layers alternately with the following sauce: Melt two tablespoons butter over fire without browning, add two tablespoons flour (level), one-half tablespoon salt, one-fourth tablespoon white pepper. Cook until foamy, then add one cup sweet milk or cream, cook until thick. If liked, a little grated cheese may be added to each layer. Cover with buttered bread crumbs and bake until brown.—Jean F. McLoney.

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Sauer Kraut

Cut up the cabbage fine (the finer the better) with a cabbage cutter. Put a layer of two or three inches in a clean barrel and sprinkle a handful of salt on it, pound it down with a wooden pounder, (This is easy to make. Take a block of wood, bore a hole in it and put a broom handle on it.) Pound down every layer until the barrel is full. Put a board the size of the barrel inside, lay it on the Sauer Kraut and weight it down with a stone. It should have liquor enough of its own to completely cover the kraut. Keep in the cellar from freezing. It will be ready to use in about three weeks. You should use about two pounds of salt to one dozen heads average cabbage. It will keep all winter. When taking out any of the Sauer-Kraut, dip off the liquor first, and wipe off all skum from side of barrel. After removing the Kraut put on about one quart of fresh water and put weight on as before.—Mrs. Eby.

To Cook Sauer Kraut

Wash it in clean water and drain. If too salty parboil for fifteen or twenty minutes and drain. Put it on now and boil with spare ribs for two or three hours. Some also put in a small piece of breakfast bacon.—Mrs. Eby.



EGGS

To Boil Eggs

Put eggs in cold water and when water comes to a boil they are done. 2. Put eggs in boiling water enough to cover them and set vessel on the stove where it is warm. Cover well and let stand nine minutes.

Brine for Eggs

One pint of lime, one pint of salt, three gallons of boiling water; mix well, let stand for twenty-four hours, pour off clear brine and use for pickling the eggs.

Deviled Eggs

Cut in two, crosswise, one dozen hard-boiled eggs, remove the yolk carefully, mash them very fine and season sparingly with mustard, vinegar, salt and pepper and a tablespoon of melted butter. Chicken, minced very fine, may be added if desired. Be sure that the mixture is sufficiently moist and not lumpy. Fill the spaces in the whites of the eggs with the spiced yolks, smooth even with top. Sprinkle with chopped parsley, garnish with same and serve cold. Excellent dish for picnic.—Mrs. E. A. Smith.

Omelet

Four eggs, yolks and whites beaten separately, one cup milk, one-half cup water, an even tablespoon and a half of corn starch, a teaspoon of Harvey's Baking Powder, pepper and salt to taste, whites of eggs added last. Fry in butter.—Mrs. A. C. Hill.

Omelet

To each egg add one teaspoon milk, salt, pepper. Beat yolk, add milk, salt and pepper. Beat white very stiff. Have pan well buttered and hot, put beaten whites in with yolk, fold in

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lightly and put in hot pan, when done, slip in oven to brown top. You may change this from plain omelet to cheese by sprinkling cheese over the top before folding.—Mrs. H. B. Smith.

Ham and Eggs Shirred

Butter gem tins and drop an egg in each, sprinkle each with chopped lean ham. Bake in slow oven. Serve on slices of toast.

Scotch Woodcock

Four hard-boiled eggs, three tablespoons butter, one and one-half tablespoons flour, one cup milk, one-fourth teaspoon salt, dash of red pepper and celery salt. Make thick, white sauce, eggs chopped fine. Serve on toast.—T. G. Plewes.

Eggs, Swiss Style

Cover the bottom of a dish with two ounces of fresh butter and on this scatter grated cheese. Drop the eggs upon the cheese without breaking the yolks, season to taste. Pour over the eggs a little cream and sprinkle with about two ounces of grated cheese. Set in a moderate oven for about fifteen minutes.—Miss Midgley.

Macaroni and Eggs

One pound of macaroni, that has been boiled, or a cup of boiled rice. Have some butter hot in the frying pan, add macaroni or cheese and toss it with a fork until thoroughly buttered. Beat two eggs and a generous amount of grated cheese, salt and a little cayenne pepper, add slowly to the macaroni, tossing it until thoroughly coated. Serve hot.—Mrs. H. Morley.



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Cheese Straws

One cup grated cheese, one cup bread crumbs, two-thirds cup flour, one tablespoon butter, one fourth teaspoon salt, one-eighth teaspoon pepper, two tablespoons milk. Cream butter, add flour, crumbs and cheese, then seasoning. Mix thoroughly, add milk, roll, cut in straws, bake in moderate oven.—I. G. Plewes

Cheese Croquets

Whites of three eggs, one cup grated cheese, one saltspoon mustard. Beat whites very stiff, add cheese slowly and seasoning. Let stand in a cool place till stiff enough to mold, shape in balls, size of a hickory nut, fry in hot fat.—I. G. Plewes.

Cheese Custard

One cup grated cheese, one-half cup grated bread, one cup sweet milk, two eggs, salt, cayenne pepper dash. Butter the basin, place layer of cheese, then layer of bread, then cheese and so on. Beat eggs and milk together and pour over cheese and bread. Bake twenty minutes in hot oven and serve immediately on taking from oven.—Hazel C. Haight.

Cheese Ramakin

Put one cup of bread crumbs and one cup of milk on the fire to boil, stir it and boil it until smooth, then put in four tablespoons of grated cheese, one tablespoon butter and some salt and pepper, stir until the cheese is dissolved, remove from fire, beat two eggs, yolks and whites separately, stir the yolks into mixture and then the whites. Put in pudding-dish and bake fifteen for twenty minutes. Serve hot or cold.—I. Flach.

Cheese Puffs

Mix together a one-half pint each of sifted flour and grated cheese, one teaspoon of salt and a dash of cayenne. Put one cup of water and two tablespoons of butter in a saucepan over the fire and when boiling throw in quickly the dry mixture. Stir and beat vigorously until it draws away from the sides of the saucepan. Take from the fire, cover closely and set on ice until cool. Drop in, one at a time, three eggs and beat until smooth. Drop this soft dough by small teaspoons two inches apart in buttered pans. Sprinkle with grated cheese and bake in a moderate oven.—Mrs. W. W. Olmstead.

Cheese Rassuquen

Four tablespoons of grated cheese, one-half cup of milk; two ounces of bread crumbs, yolks of two eggs, one tablespoon of butter, one-half teaspoon of mustard, one-half teaspoon of salt, a pinch of cayenne, whites of two eggs. Crum the bread and add to the milk. Boil together, add the butter, cheese and seasoning and the yolk of eggs. Beat well, beat the whites to a stiff froth and add just before going in the oven. Cook fifteen minutes in a quick oven.—Mrs. Idsardi.

Cheese Sauffle

Two tablespoons of butter, one heaping tablespoon of flour, one-half cup of milk, one cup of grated cheese, three eggs, one-half teaspoon of salt, a pinch of cayenne pepper. Put the butter in a saucepan, when hot add the flour, stir till smooth but not browned, add the milk and seasoning, cook two minutes, then add the yolks, well beaten, and the cheese. When cold add the whites beaten to a stiff froth, turn into a buttered dish and bake twenty minutes in a hot oven. Serve the moment it comes from the oven.—Mrs. Idsardi.

Cheese and Macaroni

One-quarter pound of macaroni, one-quarter pound cheese, one and one-half cups milk, three tablespoons butter, salt, pepper and breadcrumbs, four tablespoons flour. Break macaroni in inch pieces, put into two quarts of boiling water, add a teaspoon salt and boil rapidly twenty minutes, drain and throw into cold water for ten minutes, then drain again, put layer of macaroni in bottom of baking dish, then layer of cheese and bread crumbs and season with salt and pepper, then more macaroni and so on until dish is full. Over this pour the following sauce: Mix butter and flour and stir milk in gradually; season with salt and pepper. Mrs. F. M. Griffin.

Cheese Straws

One cup flour, two cups chopped cheese, one tablespoon butter, pinch of salt, one scant teaspoon Harvey's Baking Powder. Mix with water and roll out like pie crust, cut in strips and bake a light brown. To be eaten with salad.

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Cheese Fondu

One cup rolled crackers, one cup milk, three-fourths cup grated cheese, two eggs, whites and yolks beaten separately very light. Stir all together and bake in a very quick oven. Serve immediately.

Cheese Relish

One-fourth pound cheese sliced, put into a frying pan, pour over it one large cup of milk into which has been mixed one-half teaspoon of dry mustard and a pinch of salt. Add a piece of butter size of a walnut, stir all the time; have ready three Boston crackers (pulverized), sprinkle them into the above mixture, when thoroughly mixed turn into a warm dish and serve. Very nice for luncheon.



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SALADS

Chicken Salad

Equal proportion of chicken and celery, season to taste. Serve with dressing. If celery is lacking use cabbage and celery-salt, if chicken is lacking use veal and tenderloin or veal and chicken.

Chicken Salad

Rub a chicken with pepper and salt, put an onion inside and steam until tender. When cold separate the meat from the bone and tear into tiny bits. To one cup of chicken allow one-half cup of crisp white celery cut into half inch lengths and then into strips. Mix the chicken and the celery together with a little mayonnaise. Heap the mixture in the center of a salad bowl with the fresh, white tops of the celery leaves arranged about the edge. Pour the remainder of the mayonnaise on top and put in refrigerator until time to serve.—Mrs. T. Robertson.

Chicken Salad

Dressing for two chickens. The best of six heads of celery, a sprinkle of cayenne pepper over the chicken, four eggs, one teaspoon of white pepper, one teaspoon of made mustard, two dessert spoons of sugar, one teaspoon of salt, half cup of butter, one cup of vinegar. Mix well and put over teakettle to thicken; stir till done. When nearly cool, add a cup of cream.—Mrs. W. B. Doherty.

Chicken a' la Tomato Salad

Boil an onion and stalk of celery for twenty minutes in one pint of tomatoes, strain and pour upon one-half box of gelatine which has been soaked one hour in one-half cup of cold water. Season with salt and cayenne, put in a mould and on ice. When cold and firm turn from the mould on a bed of crisp lettuce leaves, making a hollow in the center of the jelly and filling it with chicken salad covered with mayonnaise.—Mrs. T. Robertson.

Neapolitan Salad

One cup green peas boiled and cold, the same of string beans cut into one-half inch lengths well cooked, one cup celery cut into one-half inch pieces, one cup boiled carrots cut into neat dice also cold, one cup red beets boiled and cut into dice. Leave all the ingredients in the ice box until chilled and stiff. Have ready a glass dish or silver, a shallow one is best, heap the beets in the centre, next a ring of celery, then the beans, next the carrots, lastly the peas, all forming a mound. Pour over this a good dressing and garnish with lettuce.—Mrs. E. S. Anderson.

Lettuce Salad

Wash three heads of lettuce and sling to dry (to sling it put lettuce in a good-sized piece of muslin, gather the four corners together and swing it round and round. This is the best way to dry lettuce). Then put the leaves together, a leaf to the stalk, turn about and cut fine with a sharp knife as if cutting cabbage for salad, till all the lettuce is cut, throw this lightly into a salad bowl and sprinkle with finely chopped lamb mint. In the meantime have two hard-boiled eggs cold, chop the whites coarsely and sprinkle over the lettuce and mint and just before serving pour over the whole a dressing made of one tablespoon dry mustard, rubbed with two hard-boiled yolks to a smooth paste, one teaspoon salad oil, one-half teacup sugar, one-half teaspoon salt and pepper, one small cup cream or sweet milk, one-half cup vinegar. Do not cook this.—B. S. P.

Egg Salad

One dozen hard-boiled eggs cut fine, put a small onion in if desired, a layer of egg, pepper and salt until dish is filled, then pour on salad dressing.—Mrs. Finlay.

Egg Salad

Cut hard-boiled eggs in half, remove yolks and mash smooth, add an equal quantity of chopped chicken, turkey or veal and moisten with mayonnaise. Shape into balls and fill center of eggs again and press together and put on ice until ready to serve. When ready, lay the whole eggs in a circle in a nest of crisp lettuce leaves with mayonnaise dressing heaped in the center, garnish with capees and nasturtium leaves and blossoms.—Mrs. T. Robertson.

For Recipes in this Book Use Harvey's Baking Powder

Beet Salad

One quart raw cabbage chopped fine, one quart cooked beets (cool before chopping), two cups sugar, one tablespoon salt, one teaspoon black pepper, one-fourth teaspoon cayenne pepper, one cup grated horse radish, one bunch celery. Cover with best cold vinegar and it will keep for months.—Mrs. Rivard.

German Potato Salad

Cut up two slices of breakfast bacon into $\frac{1}{4}$ inch squares, fry to a nice brown, sprinkle enough flour in pan to take up all the grease, stir, then add vinegar and water to taste, stir until thin and smooth like cream, add salt and pepper. Pour over six or eight cold boiled potatoes which have been sliced thin, with some onion, stir well together and serve immediately.—Mrs. Eby.

Potato Salad

Eight medium sized potatoes boiled in "jackets", two or more small onions chopped, three hard cooked eggs chopped, one cucumber cut in cubes. Cut potatoes in small cubes, add other ingredients. Mix with dressing, garnish with lettuce and chopped parsley. Serve very cold.—Jean F. McLoney.

Potato Salad

Boil potatoes with peelings on them. When cold, peel and cut in dice shape, with two raw onions. Dressing: beat one egg in a cup, fill with sour cream, put one-half cup vinegar in granite pan, add one tablespoon butter, three tablespoons of sugar, one teaspoon salt, pepper to taste. Set on the fire, add cream and egg, stir till thick, pour over potatoes and onions and stir with a fork. Mrs. Haight.

Fruit Salad

Cut up four oranges and three bananas in small pieces, shred a can of Morgan's canned pineapple, stone three-quarters of pound Malaga grapes. Allow the juice of the fruit on the amount of water required on two packages of pineapple gelatine in which you have put the juice of one lemon and a little sugar to taste. When cold, pour over the fruit and set away to stiffen. This makes a large salad.—Mrs. Geddes.

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Raspberry Salad

Mix in equal proportions raspberries and currants by placing in a glass or porcelain bowl a layer of currants, sprinkle with sugar, then a layer of raspberries, sprinkle with sugar, and thus alternately until all the fruit is added. Set in a cold place an hour before using.

Fruit Salad

Two bananas, two oranges, one-half pineapple, one lemon, one-half pound large white grapes, chopped walnuts and whipped cream. Dice oranges, slice bananas, shred pineapple; pour over this lemon juice, sugar to taste. If grapes are used cut in half lengthwise; if nuts are used they may be sprinkled on top with a little salt or else mixed in; if whipped cream is used stir in lightly. Serve very cold.—Mrs. E. A. Smith.

Fruit Salad

Pine apple cut in small cubes, celery and bananas. Dressing: Scant one-half cup rich cream, one whole egg, yolks of two eggs, one and one-half rounded tablespoons sugar. Cook in double boiler until it is the consistency of custard, then add two tablespoons of lemon juice.—Mrs. C. E. Williams.

Banana Salad

Roll a banana in salad dressing, sprinkle thickly with chopped walnuts. Serve on lettuce leaf and garnish with sliced orange and gelatine jelly. Salad Dressing for above: Two tablespoons of butter, the yolks of three eggs, half cup of vinegar, three-quarter cup of sugar, beaten whites of eggs just before taking from stove. When cold, add half cup of whipped cream.—Genice A. Coghill.

Stuffed Olives

Remove pits of olives and stuff with two tablespoons cream cheese, two tablespoons chopped walnuts, dash of cayenne. Spear with toothpicks. —Mrs. Angus Murray.

Lobster Salad

Nearly as much chopped celery as lobster, salad dressing with cut pickles and plenty of whipped cream in it. Serve on shredded lettuce. Use "Sterling" or "Red Devil" lobster.—Kate A. McColl.

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Waldorf Salad

Slice two cups apples, one and one-half cups celery cut fine and one cup of nuts chopped. Mix with mayonnaise dressing, shape up nicely in salad bowl and spread all over the top with whipped cream. Serve at once after mixing.—Mrs. Eby.

Veal and Celery Salad

Use stewing veal, cook veal until tender, cool meat in liquor in which it has been cooked. Cut it and the celery in one-half inch cubes and serve highly seasoned with dressing.—Ella G. Smith.

Salmon Salad

One can salmon, one head celery, five cents worth shelled walnuts. Chop all and mix with dressing. Serve on lettuce leaf. Dressing: One teaspoon flour, one and one-half tablespoons sugar, one and one-half tablespoons butter, one egg, three-fourths cup milk, one-half teaspoon mustard, a little salt and pepper. Mix dry ingredients and butter, add egg and milk and vinegar (while it is boiling).

Tomato Salad

Select tomatoes of equal size, remove skins, cut out the blow end and fill with finely chopped onions and cucumbers, place on lettuce leaves and pour over each a little salad dressing. Garnish with parsley.—Mrs. E. A. Smith.

Cauliflower Salad

Take a head of cauliflower and boil in a piece of fine cheese cloth, drain, sprinkle over two tablespoons lemon juice or vinegar. Set away to cool. At serving time break cauliflower into little flowerets, arrange neatly on a dish, sprinkle over them a little chopped parsley, cover with a good French dressing and serve.—Mrs. F. A. White.

Salad Dressing

One teaspoon mustard, one teaspoon salt, one teaspoon flour, one and one-half teaspoons powdered sugar, one teaspoon melted butter, one-third cup hot vinegar, one-half cup cream, few grains cayenne pepper, yolk of one egg. Mix dry ingredients, add butter, egg and vinegar, cook slowly over boiling water.—Mrs. G. Ellison.

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Salad to Serve With Game

Cut a cold, boiled red beet into small strips of even size, cut celery into the same lengths and split into sections. Now chop some beet rather fine and cut celery into small dice, cover each with mayonnaise dressing and let stand for fifteen minutes. Cut a little watercress finely and scatter through the beet and celery as it is arranged in a mound on a large plate. Shape the edge with a spoon and lay the strips of the beet and celery alternately, close and upright around the edge. Garnish with cress or celery on top of mound. This salad looks very tempting arranged for individual service but it takes more time. Shape by pressing a muffin ring over the beet and celery, set the border of strips around and lay a sprig of celery at the side of each salad. Lay the celery stalks in cold water for an hour or two. Add one-half teaspoon of vinegar to two quarts of water to make celery crisp.—Mrs. A. C. Hill.

Mayonnaise

Yolk of one egg, one cup olive oil, one-half teaspoon salt, cayenne, two tablespoons lemon juice or vinegar or one tablespoon of each. To mix this use a soup plate and silver fork. Have everything very cold; beat egg yolk slightly and mix seasonings with it, add oil, very slowly at first, drop by drop, as it thickens add oil more quickly but never add more oil until all the egg is taken up. When too stiff to beat easily add a little vinegar or lemon juice and continue adding oil and vinegar alternately until all is in.—Ella G. Smith.

Salad Dressing

One cup vinegar, one cup sugar, four tablespoons butter (heated together); stir together and stir in one beaten egg, dessert-spoonmoistened cornstarch, teaspoon mustard, a little salt and pepper. Stir while boiling. Two or three tablespoons of cream added when cool and ready to use add to the taste.—Mrs. H. W. Reede.

One-fourth cup sugar, one teaspoon mustard, one-half teaspoon flour, one egg, pinch of salt and pepper. Beat them together and then add one-fourth cup milk, one-fourth cup vinegar. Cook until it thickens.—Mrs. Stainsby.

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Salad

One egg beaten up with one-half teaspoon black pepper, one-half teaspoon salt, one-half teaspoon mustard, one teaspoon sugar. Then take one-half cup vinegar and mix all together, boil and stir until thick, one tablespoon cream.—Miss Turville.

Boiled Salad Dressing

One heaping tablespoon of mustard, one tablespoon of sugar, one tablespoon of melted butter or salad oil, two tablespoons sour cream, six tablespoons of vinegar, one egg. Mix the mustard smoothly in part of the vinegar, add the remainder of the vinegar and the sugar. Beat the egg and butter or oil together, stir in the cream or milk, pour into the vinegar and mustard, mixing well. Let it boil a few minutes, stirring briskly. Cool before using. It will keep several days; is good and cheap and can be used with lettuce or cold meat, fowl, potatoes or any cold pieces are made palatable by using this dressing.—Mrs. E. A. Smith.

Salad Dressing with Oil.

One teaspoon mustard, one-half teaspoon salt, one cup olive oil, two tablespoons vinegar, cayenne or two tablespoons lemon juice, yolks of two eggs. Mix mustard, salt and cayenne until well blended. Add this to the yolks. Beat well. Then add oil slowly until one-half cup has been used, beating with an egg beater. Then add alternately the vinegar or lemon juice and the remainder of the oil.—Mrs. H. B. Smith.

Cream Salad Dressing

Beat the yolks of three eggs until light and thick, add a teaspoon of mustard, also one of salt, a speck of cayenne pepper, two tablespoons of sugar, same of melted butter, one cup of cream and a half a cup of vinegar, then add the whites of the three eggs beaten stiff. Put all together in a double boiler, boil until thick, stirring well while cooking, bottle tightly. This will keep for a week or two.—Mrs. E. A. Smith.

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Salad Dressing

Mix thoroughly and gradually one teaspoon each of flour, mustard and sugar, one-half teaspoon salt, yolks of two eggs and one-half cup milk or cream. Place on the stove and stir until hot, then add gradually a small half-cupful vinegar, and lastly a lump of butter size of a walnut. When cold, if too thick, thin with olive oil, cream or vinegar.—E. C. Hindmarsh.

Two egg yolks, two tablespoons vinegar, two teaspoons made mustard, one-half teaspoon salt, two tablespoons sugar, one desert spoon butter. Let vinegar come to a boil, then pour into beaten egg. Add other ingredients and return to stove. Cook till thick. Before using thin with equal quantity of cream. If your cream is whipped the dressing will be much nicer.—Mrs. E. C. Harvey.

Four eggs, one cup vinegar, one large tablespoon sugar, two teaspoons mustard, two teaspoons salt, one-quarter teaspoon of cayenne pepper, one teaspoon cornstarch, two tablespoons butter. Boil over hot water until as thick as cream. When cold add one-half cup of cream, whipped.—Mrs. Idsardi.

Two cups vinegar, one-half cup butter, salt and pepper, put on stove to boil. Mix together two tablespoons sugar, one tablespoon mustard, two eggs and a large tablespoon flour. Stir all into the boiling vinegar and let boil up together for a minute, stirring all the time. When mixing with salad mix with cream enough to make the dressing the consistency of cream.—Mrs. S. H. Eby.

Mayonnaise Dressing

Two well-beaten eggs, one and one-half cup granulated sugar, one teaspoon of salt, two teaspoons smooth mustard, dash cayenne pepper, one cup vinegar. Cook in double boiler until thick. When dressing is nearly cold add one cup sour cream.—Mrs. G. K. Crocker.

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French Dressing

Use two or three times as much oil as vinegar, salt and pepper to taste. Put oil, salt and pepper in a bowl and mix until salt is dissolved, then add vinegar very gradually, stirring vigorously all the time; add a little mustard if desired.—Mrs. E. A. Smith.



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BREAD

Whole Wheat Bread

Dissolve one yeast cake in about cup of warm water, stir in white flour enough to make batter and let rise till very light. Before going to bed take two pints warm water, add one tablespoon molasses, a little sugar, two teaspoons salt and add the yeast. Mix well together, then sift in all the whole wheat flour you can stir in with spoon ; let rise over night. In the morning, stir down as soon as you can and let rise again. Turn out on moulding board and shape into loaves. Bake one hour.—Mrs. E. C. Harvey.

Nut Loaf

Make a cream sauce by melting two tablespoons of butter, add three tablespoons of flour and two cups of milk. Mix one large cup of nut meats, broken small, with one cup of bread crumbs, moistened with one well beaten egg. Into this stir the cream sauce, and season to taste. Shape into a loaf and bake.—Miss Winnie Graham.

Sally Lunn Bread

One quart of flour, butter the size of an egg, three tablespoons sugar, two eggs, two small teacups milk, two teaspoons Harvey's Baking Powder, teaspoon salt. Stir sugar and salt into the flour ; add the eggs with beating the butter melted. Stir all well together. Bake in long tin.—Miss Turville.

Pancakes

Sift one cup of flour and one-half teaspoon baking soda in bowl, beat one egg, and add to one cup of buttermilk or sour cream, beat until smooth batter.—Mrs. Haight.

Pancakes with Bread

Soak one and one-half cups of bread crumbs in four cups of buttermilk. When soft beat smooth, add one egg, one teaspoon of soda, a little salt, enough flour for smooth batter.—Mrs. Haight.

Harvey's Baking Powder is absolutely Pure

Buckwheat Pancakes

One quart water, one tablespoon salt, one-half cake yeast—Fleishman's, dissolved in luke-warm water, three and three-fourth cups buckwheat flour, beat until smooth. Cover closely and let stand until morning in warm place; in morning, dissolve half teaspoon soda in one tablespoon boiling water, add to batter with 2 tablespoons molasses.—Mrs. C. B. Duncombe.

Buckwheat Cakes

When first starting, take at night, one quart of lukewarm water, one cup of Graham flour and enough buckwheat flour to make a stiff batter, add one-half yeast cake (compressed yeast is best) dissolved in a little warm water, set in a warm place over night; in the morning add one teaspoon of melted butter, one teaspoon of sugar, one-half teaspoon of soda and salt to taste, if too thick add a little warm water. Always save a cupful of the batter to start the next morning. Keep in a cool place during the day.—Mrs. Idsardi.

Scones

One quart flour, one teaspoon salt, two teaspoons Harvey's Baking Powder, one large tablespoon lard, mix thoroughly with sweet milk; roll about a half inch thick; cut in pieces and bake in frying pan on top of stove.—Mrs. Lowe.

White Gems

One cup sweet milk, one cup flour, one egg and one teaspoon Harvey's Baking Powder, a pinch of salt. This makes eight gems.—Mrs. D. J. Hughes.

Egg Rolls

Sift two teaspoons of Harvey's Baking Powder into one pint of flour. Butter size of an egg, a little salt, one cup milk (sweet), one tablespoon of sugar, flour enough to make a soft dough. Cut with a large cake cutter, butter the top, fold over and butter again.—Mrs. W. Norsworthy.

Graham Gems

One cup Graham flour, two tablespoons of flour, one tablespoon granulated sugar, two teaspoons Harvey's Baking Powder, and a little salt, all sifted together. Beat one egg, add one cup milk and stir all together.—Mrs. H. T. Gough.

For Recipes in this Book Use Harvey's Baking Powder

English Scones

One quart flour, one cup sugar, one cup currants, three teaspoons Harvey's Baking Powder, two-thirds cup shortening, one teaspoon salt. Sift flour, baking powder and salt together, work in shortening lightly with tips of fingers. Add sugar and currants and mix to soft dough with skim milk or a mixture of milk and water. Roll into a sheet about half an inch thick and cut into three cornered cakes with knife.—Mrs. E. C. Harvey.

Graham Gems

One cup yellow sugar, a little salt, one-half cup lard, one egg, one cup buttermilk, one cup Graham flour, one cup white flour, one good teaspoon soda. Drop in warm gem pans and bake from twenty minutes to half an hour.—Mrs. Atkins.

Gems

One cup sugar, one cup butter, small. two eggs, one cup sour milk, one teaspoon soda, two cups whole wheat flour.

Muffins

One egg, one pint sour milk, one teaspoon soda a lump of butter the size of an egg, one-half brown and one-half white flour, a little sugar.—Kate A. McColl.

Johnnie Cake

One tablespoon butter, two-thirds cup granulated sugar, two eggs, a little salt, two-thirds cup sweet milk, two teaspoons Harvey's Baking Powder, one cup of flour, one cup of cornmeal.—Mrs. H. T. Gough.

Half cup sweet milk, half cup water, three tablespoons flour, six tablespoons cornmeal, three tablespoons sugar, one teaspoon salt, one egg, two teaspoons Harvey's Baking Powder.

Cornmeal Cake

One and one-half cups cornmeal, two and one-half cups of flour, half cup of sugar, eight teaspoons Harvey's Baking Powder (level), half teaspoon salt, two cups milk, two eggs, two tablespoons melted butter. Bake forty minutes.—Miss Langan.

No Ammonia or Alum in Harvey's Baking Powder

Corn Cake

One cup sour milk, one cup cornmeal, one cup flour, one egg, one tablespoon butter, one tablespoon sugar; mix over night and add a teaspoon of soda, dissolved in a little water in the morning. If wanted for tea, mix at noon.—Mrs. Hutchinson.

White Cornmeal Gems

Two eggs, one-quarter cup of sugar, piece of butter the size of an egg, three-quarters cup cornmeal, a good cup of flour, half cup sweet milk, two teaspoons Harvey's Baking Powder.—Miss Turville.

Corn Bread

Two cups sour milk, half cup molasses, one tablespoon soda, salt, one cup cornmeal, one cup Graham, one cup flour, one cup chopped raisins. Steam three hours. Use baking powder tins to put it in. Do not fill them over half full.

Helpful Hints on Bread Making

1. Knead the dough quickly.
2. The longer the batter is beaten, the less kneading the dough will require.
3. If you cannot attend to your dough at its first rising, take a knife and cut it down and let it rise again.
4. Bread that contains large bubbles has risen too fast or too long.
5. Use individual pans as much as possible.
6. Bread when baked shrinks from the tin and sounds hollow when tapped on the under side.
7. Dough when light enough to bake should be double the size in bulk it was when set to raise.
8. Heat required for baking bread, 375° F; for rolls, 400° F.
9. Bread as soon as taken from the oven should be turned from the pans and placed uncovered where the surface will get the air. Do not allow it to come in contact with anything that will give it an unpleasant odor or taste.
10. Do not wrap bread in cloth while warm.
11. Keep bread in a box or jar in a dry, cool room.

For recipes in this Book Use Harvey's Baking Powder

Quick Bread or Buns

One cup of liquid, one-fourth tablespoon salt, one-half tablespoon sugar, and tablespoon butter, one yeast cake, one pound white, Graham or whole wheat flour. Make a sponge as usual, convert it into a dough, knead well and mould. When well risen bake in a hot oven. Whenever Graham flour is used it is put in the sponge and the white flour is added to make the dough. Use Fleischman's yeast for this process.—Mrs. E. A. Smith.

Three-Hour Bread

Eight cups mashed potatoes, one cup sugar, one cup flour, half cup salt, sixteen cups water, one yeast cake. Let rise thirty-six hours. This mixture will keep in covered crock in cool, dry place. When you want bread, take any quantity of this yeast, warm yeast a little, stirring constantly; mix soft with flour and make into loaves. Let rise about one hour, knead again just enough to take the lightness out, let rise about half hour. Bake.

Home-Made Yeast

One large potato mashed, two tablespoons flour, one tablespoon sugar, one teaspoon salt, one-quarter teaspoon ginger, 1 tablespoon hops steeped in one pint boiling water. Mix potato, flour, sugar, ginger and salt together and add a little cold water, stirring until all the lumps are smoothed out, strain water off hops and pour over mixture. Put on stove until it comes to the boil, stirring all the time. Pour into a crock. When luke warm add one-half dried yeast cake dissolved in luke warm water, stir occasionally. In five or six hours it will be ready for use. If bottled, this will keep a long time in a cool place.

Hop Yeast Bread

At night take the quantity of yeast made, add two cups of warm water, half cup sugar, two tablespoons salt. Fill the bread pan about half full of flour, making a hollow in the centre large enough to hold all your liquid. Stir in enough of the flour to make a thin batter. Cover lightly with flour. Cover with a cloth and set in warm place to rise. In the morning add two cups warm water to the batter. Stir in the rest of the flour, adding more flour if necessary and kneading well until the dough will not stick to the pan or the hands. Cover with cloth and set in warm place to rise until double the bulk. Then mould in loaves, place in pans, allow to rise until double the size when put in the pans. Bake one hour in over 375° fahrenheit.

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Bread at Noon

One cup of flour in crock, two teaspoons salt; drain into this potato water. Let it stand until luke warm and add one-half yeast cake dissolved in one-half cup of warm water. Let it stand until bed time. At night add about one quart of warm water and flour enough for stiff batter. In the morning mix stiff, put in warm place to rise, then cut into loaves, and when they are light bake in a moderate oven for one hour.

Buns

Use a piece of dough the size of a loaf of bread. Roll, spread with shortening, sugar and spice. Mix together and put in a warm place to rise. Cut out in bun pieces, put in pans to lighten. Bake in a moderate oven.

Bread

Two tablespoons of sugar, two tablespoons of salt, two tablespoons of lard, one quart potato water, one-half yeast cake. At noon mix the sugar, salt, lard and potato water in a crock. When cool put in the yeast cake, which has been dissolved in one-half cup of warm water. Set in a warm place. By night it should look foamy. In the morning make the mixture luke-warm and mix stiff with flour. When light, knead, and let rise again. Put in pans, let rise again, and bake one hour.—Mrs. A. L. Norsworthy.

Salt Yeast Bread

One pint of shorts, one teaspoon salt, one teaspoon sugar, one teaspoon ginger, one teaspoon soda. Mix these well and put in a sealer for use. Put three tablespoons of dry ingredients in a bowl and scald with enough hot water to make batter; let stand in warm place over night. In the morning take one cup warm water with one teaspoon sugar and little salt, stir warm flour in this until thick batter, then put in the yeast. Put this in a kettle of warm water, cover, and let stand till it comes to the top of dish. Have flour scalded with two quarts of water or half milk, and cooled enough to pour yeast in, and stir enough flour in to knead it. Let this rise till light, then knead and put in pans. When light, bake twenty minutes or one-half hour, according to size of loaves.—Mrs. Gray.

Harvey's Baking Powder assures Success

Easy Way to Make Bread

Put into a mixing bowl one pint equal parts of milk and warm water, add one-half ounce cake of compressed yeast, after being dissolved in about three tablespoons of cold water, and a teaspoon of salt. Then stir in flour with a spoon until a dough is formed sufficiently stiff to be turned from the mixing bowl in a mass. Put this dough on a molding board and mix well adding flour until it ceases to stick to the fingers or the molding board. Then put it in a well-greased earthen bowl, brush the top of the dough with melted butter or lard to keep it from crust-ing over, cover with a bread towel, set to rise for about three hours, at a temperature of 75 degrees. At the end of that time form into loaves or rolls, put into well-greased pans, brush the top of loaves as before, with butter or lard and again set to rise for about an hour at the same temperature, then bake. Be sure and have the oven the proper temperture, also be sure the yeast is strictly fresh. This quantity will make two good loaves.—E. C. Hindmarsh.

Boston Brown Bread

One cup sweet milk, two of sour, two cups cornmeal, one of flour, two-thirds cup molasses, good teaspoon soda, salt, steam four hours, leave in warm oven till ready to use.—Mrs. H. W. Reede.

One cup (level) Indian meal, two cups (heaping) rye, one teaspoon of salt, one teaspoon soda, one cup of molasses. Mix thoroughly meal, salt and soda, mix one pint of hot water with molasses and stir into meal until a smooth batter. Put into buttered steamer (a large pail is excellent), cover tightly and steam three and one-half hours. When done set in oven ten minutes before removing from steamer. If too sweet use three-quarters cup molasses and one-quarter more water.—Mrs. Dr. Gray.

Brown Bread

Four cups buttermilk, four cups bran, four cups flour, two teaspoons soda, one teaspoon salt, half cup brown sugar, one cup raisins. Stir all together and part into two loaves and bake slowly for one or one and a half hours.—Mrs. Kennedy.

Two cups Graham flour, one cup white flour, one cup cornmeal, one cup sugar, a little salt, one teaspoon soda, two cups buttermilk. Bake in deep pans. This recipe makes two loaves.—Mrs. Ferguson.

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Brown Bread

One teaspoon soda in a cup of molasses. Let stand on back of stove until molasses froths. One pint water, one teaspoon salt, two teaspoons baking powder, four cups Graham flour. Steam. — Mrs. J. J. Hall.

Three-quarters cup of lard and butter mixed, half cup sugar, two eggs, two cups sour milk, one teaspoon soda, half cup molasses, two cups graham flour, one and one-half cups white flour, season with nutmeg and cinnamon. Bake one hour and one-quarter with slow fire. — J. A. Coghill.

Two cups oatmeal, four cups boiling water, one tablespoon salt. Stir and allow to cool, one Fleischman's yeast cake which has been dissolved in warm water; one cup syrup, one cup chopped raisins, one cup chopped walnuts, seven and one-quarter cups of flour. Mix well, put in a warm place and let stand over night. Put in pans in the morning, let rise, bake three-quarters of an hour. — Mrs. Eby.

Boston Brown Bread

One quart Graham flour, one pint cornmeal, one quart sour milk, two teaspoons soda (level) dissolved in milk, one teaspoon salt, one cup molasses. Steam three hours then bake half hour.

Two cups shredded wheat biscuit crumbs, one cup yellow cornmeal, one cup New Orleans molasses, one and three-quarter cups sweet milk, half cup sour milk, one teaspoon salt, one teaspoon soda, one-half to be dissolved in sour milk and one-half in molasses. Steam two to three hours. — Jean F. McLoney.

Brown Bread

Two cups graham flour, two-thirds cup white flour, one cup sour milk, half cup golden syrup, one teaspoon soda, salt, one tea cup raisins (stoned and cut in half). Steamed two and one-half hours. — Mrs. Walter Norsworthy.

Rolls

Two cups bread sponge, two eggs, one cup sugar, two cups milk, half cup butter, half cup lard, one dessert spoon salt. Mix to soft dough. Keep in warm place, let rise for four hours, make into rolls, brush warm lard over tops, let rise two hours. Bake in hot oven. — Mrs. P. McDermid.

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Parker House Rolls

One pint of sweet milk, boiled, and while still warm add a lump of butter the size of an egg, also two tablespoons sugar, about half teaspoon salt, half cake compressed yeast, dissolved in half cup of warm water. When light mold fifteen minutes. Let rise again and cut in round cakes. Spread each half with butter and fold over on the other half. Put in pans and when light bake in quick oven.—Miss C. Elliot.

Hot Biscuits

Rub into one quart of flour one tablespoon butter, one tablespoon lard. Add one tablespoon of white sugar, one-half teaspoon of salt, two heaping teaspoons Harvey's Baking Powder. Put all these things through a sieve three times. Then with a wooden spoon stir lightly in sufficient milk, or milk and water, to make a thick batter or rather a thin dough. Turn out upon a well-floured molding board. Flatten lightly with the bowl of the spoon until about one inch thick and cut out with a small sized cookie cutter. Lightly place in a greased baking tin, barely touching each other, and bake in a hot oven. Delicious and digestible if quickly and lightly handled.—Mrs. J. M. Green.

Baking Powder Biscuit

Sift together one quart flour, half teaspoon of salt and two heaping teaspoons Harvey's Baking Powder, then rub in one heaping tablespoon of butter or lard, and mix with one and one-half cups of sweet milk. Turn out on floured board and knead a few times to mix thoroughly. Roll out half an inch thick and cut in small rounds. Bake in hot oven fifteen minutes.—Mrs. M. G. Hay.

Cornmeal Gems

Two eggs, one and one-half cups flour, one and one-quarter cups cornmeal, one and one-half table spoons butter, half cup sugar, one pint sweet milk, three teaspoons B. P. salt.—Mrs. F. M. Griffin.

Wheat Muffins

One pint flour, two teaspoons B. P., three tablespoons sugar, butter size of half an egg, one beaten egg, one teacup milk, beat quickly to a batter and bake in a quick oven.—Mrs. F. M. Griffin.

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Graham Muffins

Three-quarters cup brown sugar, four tablespoons melted butter, one egg, one cup sweet milk, one and one-half cups graham flour, one cup white flour, one and one-half teaspoons soda, two teaspoons cream of tartar and a little salt. Drop into buttered gem tins and bake in hot oven.—Mrs. A. H. Baillie, Aylmer, Ont.

Biscuits

Four even cups flour, one and one-half cups sweet milk, four even teaspoons cream of tartar, two even teaspoons soda, butter (size of an egg). Bruise the soda well, and sift it and the cream of tartar into the flour. Work butter lightly through and add milk last. Bake in quick oven.—Miss G. Smith.

Whole Wheat Muffins

One egg, one cup sour milk, two tablespoons sugar, one tablespoon melted butter, one-third teaspoon soda, pinch of salt. Beat egg light, add milk, sugar and salt, stir in enough whole wheat flour to make a rather stiff batter, add melted butter then soda dissolved in one teaspoon hot water. When ready drop into well heated muffin tins.—Mrs. Kirkpatrick.

Johnny Cake

Two cups cornmeal, one cup flour, two tablespoons sugar, one tablespoon molasses, pinch of salt, two cups sour milk, one heaping teaspoon soda dissolved in the milk.

Muffins

One egg, one tablespoon melted butter, one cup milk, two cups flour, one teaspoon salt, two teaspoons Harvey's Baking Powder, one teaspoon sugar. Have the muffin pans well greased and hot. Bake half hour.—Mrs. Dixon.

Sour Milk Biscuit

Sift together one quart flour, one teaspoon salt, one-third teaspoon cream of tartar (scant). Dissolve one teaspoon soda in one cup sour milk and mix with flour, then add enough sour milk to handle well without sticking. Knead as little as possible and bake in a hot oven.

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Raised Biscuits

One quart milk, three-quarters cup lard and butter, two tablespoons white sugar, one teaspoon salt, half cake compressed yeast, flour to make soft dough. Mix over night, warming milk, butter and lard. In morning, work in flour enough to roll in sheet, three-quarters inch in thickness. Cut in round cakes and set closely in pan and let rise twenty minutes or until light. Bake twenty minutes.—Mrs. T. W. Crothers.

Finegans

Short biscuit dough. Roll out about one and one-half inches thick, spread over with butter then sprinkle with cinnamon and sugar quite thick. Roll and cut in small pieces and cook in quick oven.

Sandwich Filling

Stone two dozen olives, chop fine and pound to a pulp before mixing with half a cup of crisp celery, also chopped; add a salt spoon of prepared mustard, a teaspoon tomato catsup, two tablespoons cracker dust, and a small cup of mayonnaise dressing.

Salmon Salad for Sandwiches

One can of salmon, minced fine, take one quart of milk, two eggs beaten, salt and pepper to taste, and let come to a boil, then put in the salmon and thicken with cracker crumbs, using four or six crackers.—Mrs. Turville.

Olive Sandwiches

Stone and chop olives and mix with mayonnaise, butter the bread, which must be cut very thin.—Mrs. Haight.

Hickory Nut and Banana Sandwiches

To half cup of chopped hickory nut meats add about two sliced bananas. The bananas must be firm and not over ripe, spread between slices of brown bread. Delicious.—Mrs. Haight.

Maple Sugar Sandwiches

Prepare maple sugar by scraping. Cut thin brown bread, butter and spread on sugar and sprinkle well with chopped walnuts or almonds. If sugar is not moist enough add a little cream.—Mrs. E. S. Anderson.

Walnut Sandwiches

Chop walnuts very fine. Mix with mayonnaise dressing and spread between thin bread and butter.—Mrs. E. S. Anderson.

Sandwiches

Put dates, figs and raisins through meat chopper, moisten with a little orange juice and spread between thin slices of bread and butter.—Mrs. E. S. Anderson.

Tea Sandwiches

Chop English walnuts fine and mix with a little cream cheese, add celery or water cress chopped fine and moisten with mayonnaise dressing. Spread between thin slices of bread and butter or crisp toast.—Mrs. E. S. Anderson.



CAKES

Layer Cake

One cup sugar, one egg, butter and lard together the size of an egg. Beat together. One and one-half cups flour, one teaspoon soda, two teaspoons cream of tartar.—Mrs. Horton.

Layer Cake

A piece of butter the size of an egg, three-fourths cup of sugar, three-fourths cup of milk, two teaspoons Harvey's Baking Powder, three eggs. Bake in quick oven.—Mrs. S. Flach.

Jelly Cake or Cottage Pudding

One tablespoon butter, one cup brown sugar, two eggs, one large cup flour, one and one-half teaspoon Harvey's Baking Powder, one-half cup milk. Add milk last.—Mrs. T. W. Crothers.

Lemon Layer

Two cups of flour, two teaspoons of Harvey's Baking Powder, one-half cup of sugar, one-half cup of butter, one-half cup of milk, two eggs. Filling: Juice and rind of two lemons, white of an egg, if desired. Thicken with icing sugar.—Mrs. J. P. Freek.

Hurry-up Cake

One cup sugar, one and one-half cups flour, two teaspoons Harvey's Baking Powder, two eggs broken into a cup (not beaten) and filled up with milk. Mix sugar, flour and baking powder together and then put in eggs and milk. Last of all add five tablespoons melted butter and vanilla or other flavoring extract. Bake in a loaf.—Mrs. D. J. Hughes.

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Fruit Layer Cake

One cup brown sugar, one-half cup butter, one-half cup sour milk with a half teaspoon soda, two cups chopped and seeded raisins, two cups flour, two eggs. Bake in two layers with white frosting between.—Mrs. McAndrew.

Good Plain Cake

One cup of sugar, one heaping tablespoon butter creamed together, add two-thirds cup milk, one egg, two cups sifted flour, two heaping teaspoons Harvey's Baking Powder.—Mrs. E. C. Harvey.

Potato Caramel Cake

Two-thirds cup butter, two cups granulated sugar, two cups flour, one cup mashed potatoes (hot), half cup sweet milk, four eggs, two teaspoons Harvey's Baking Powder, one cup grated chocolate, one cup chopped English walnuts, half teaspoon of cloves, half teaspoon cinnamon.

Orange Cake

Grate the rind of one orange and reserve. One cup white sugar, quarter cup butter, cut orange in dice in a cup, fill up with cold water: beaten whites of two eggs, one and three-quarter cups flour with one small teaspoon soda and two small teaspoons cream of tartar. Bake in one layer. Add the grated rind to the icing. Mrs. L. M. Miller.

Raisin Cake

Two eggs, one cup brown sugar, half cup blackstrap, half cup butter, one teaspoon each of soda, cinnamon, nutmeg: half cup sour milk, one and one-half cups flour. Bake in layers. Filling—one cup chopped raisins, boiled (about fifteen or twenty minutes), with half cup sugar and thickened with teaspoon flour. Spread between layers and on top of cake, put chocolate icing with chopped walnuts.—Mrs. L. D. Hunt.

White Fruit Cake

One pound each of butter, sugar, flour, ten eggs, three-quarters lb. blanched almonds, half lb. peel, and candied cherries if desired.—Mrs. F. M. Griffin.

You get good results with Harvey's Baking Powder.

Pork Cake

One lb. fat salt pork, put through the chopper, over this pour one pint of boiling water. One cup of molasses, two cups sugar, one lb. raisins, quarter lb. lemon peel, one lb. currants, one teaspoon of soda, nutmeg, cloves, two oz. cinnamon. Mix all together and stir in sifted flour to make the consistency of common cake mixture. Good.—Mrs. Dr. Fitzsimmons.

Wedding Cake

Flour, one lb. ; seeded raisins, three lbs. ; nutmeg, one lb. ; brown sugar, one lb. ; currants, one lb. ; brandy, one wine glass ; butter, three-quarters lb. ; citron, one lb. ; eggs, ten ; quarter lb. almonds, blanched and powdered in rose water. Stir butter and sugar to a cream then add whites and yolks of eight eggs, beaten separately. Stir in the flour, then spices, and add the fruit just before it is put in the pans. Bake slowly. This cake will keep two years.—Mrs. L. Wilson.

Carmel Cake

Half cup butter, two cups brown sugar, one-half cup milk with one teaspoon soda and two cream tartar dissolved in it, two eggs, two cups flour, one-half to three-fourths cup of grated chocolate melted and put in last.—Kate A. McColl.

Minnehaha Cake

(White part.) Whites of three eggs, two-thirds cup of sugar, one-half cup butter, four tablespoons sweet milk, one teaspoon Harvey's Baking Powder sifted in one large cup of flour and cornstarch mixed, flavor with vanilla. (Red part.) Two eggs, one-half cup butter, one-half cup red sugar sand and enough white sugar to make cup two-thirds full, four tablespoons sweet milk, one heaping teaspoon Harvey's Baking Powder in one large cup flour, and one-half teaspoon rose extract. (Yellow part.) Yolks of three eggs, one-half cup butter, two-thirds cup yellow sugar, four tablespoons sweet milk, one large cup flour, one teaspoon Harvey's Baking Powder, flavor with vanilla mixture. Bake in layers and put together with one cup of chopped raisins in a white boiled icing.—Mrs. McAndrew.

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Minnehaha Cake

One egg, three-fourths cup sugar, one-half cup molasses, one-half cup cold water, one tablespoon butter, one-half teaspoon vanilla, one large teaspoon soda, two cups flour. Make in two layers. Filling for same: one cup sugar, seven tablespoons water, one cup chopped raisins, white of one egg. Boil sugar and water until it hairs (in cold water) then add beaten white and raising and beat well.—Mrs. Wilcox.

Vanity Cake

One and a half cups sugar, half a cup butter, half cup sweet milk, one and a half cups flour, half cup corn starch, teaspoon Harvey's Baking Powder, whites of six eggs. Bake in two cakes, putting frosting between and on top.—Mrs. E. S. Anderson.

Ice Cream Cake

One cup butter, two cups sugar, one cup milk, three cups flour, whites of five eggs well beaten, three teaspoons Harvey's Baking Powder. Bake in layers. Icing for same: Three small cups sugar, three tablespoons water. Boil till threads, pour over beaten whites of eggs, beat till cool. Enough for two cakes.—Mrs. P. McDiarmid.

Dover Cake

Five eggs, half pound butter, one lb. sugar, quarter lb. mixed peel, half lb. nuts, one cup raisins, one lb. flour, half cup sweet milk, one teaspoon soda, dissolved in one tablespoon of vinegar.—Mrs. Cochrane.

Jam Cake

One cup sugar, three-fourth cup butter, one and one-half cups flour, three eggs, three tablespoons milk, one teaspoon Harvey's Baking Powder, one cup game spices.—Mrs. W. H. Graham.

Clove Cake

Three eggs, one and one-half cups sugar, one cup butter, one-half cup sour milk, one cup chopped raisins, three cups flour, one tablespoon cloves, one tablespoon cinnamon, one teaspoon cream tartar, two teaspoon soda.—Miss Wickett.

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Buttermilk Cake

One cup brown sugar, one-half cup butter, one-half cup sour milk, one and one-half cups flour, one cup chopped raisins, two eggs, one teaspoon soda, spices to taste. Bake in two layers with plain white icing.—Mrs. T. W. Crothers.

Cocoanut Cake

One-half cup butter, one cup sugar, one-half cup milk, two scant cups flour, two teaspoons Harvey's Baking Powder, whites of four eggs, half cup prepared cocoanut. Rub butter and sugar to a cream, beat whites of eggs to a stiff froth, put baking powder with flour and sift together. Add milk to sugar and butter, add flour, cocoanut, and whites of eggs last. Flavor with half teaspoon of extract of lemon. Bake in two layers and put together with boiled frosting made of whites of two eggs and one large cup of sugar. When frosting is cool, spread between each layer and over the top and sides, and sprinkle cocoanut over it all. This cake is excellent made with any kind of nuts in place of cocoanut.—E. C. Hindmarsh.

White Cake.

Whites of five eggs, three-quarter cup butter, one and one-half cup sugar, three-quarter cup sweet milk, two and one-half cup flour, two teaspoons Harvey's Baking Powder.—Mrs. Babbitt.

Half cup butter, one cup sugar, one and one-half cups flour, half cup milk, whites of four eggs, two teaspoons Harvey's baking powder. Flavor with vanilla and stir a great deal.—Mrs. Atkins.

One cup white sugar, one-quarter cup butter, three-quarters cup cold water, two teaspoons baking powder, two eggs (whites only), one and three-quarter cups flour, flavoring.—Miss L. Risdon.

The whites of two eggs, beaten to a stiff froth, one tablespoonful butter, one cup granulated sugar, three-quarters cup sweet milk, one and a half cups flour, 2 teaspoonfuls Harvey's baking powder, one-half teaspoonful vanilla, pinch salt. Bake in a moderate oven.—A. Murch.

Harvey's Baking Powder is Pure and Wholesome.

White Cake.

One cup granulated sugar, one-half cup butter. Beat to a cream. Two cups flour, two teaspoonfuls Harvey's baking powder, one cup milk, salt and flavoring. Add whites of three eggs, well beaten, after having thoroughly beaten above ingredients.—Miss Love.

One-half cup of butter, one cup of sugar, half cup water, four eggs (whites only), one and a half cups flour, three teaspoons baking powder.

Perfection Cake.

Three cups sugar, one cup butter, one cup sweet milk, one cup cornstarch in one half milk, three cups flour with two teaspoons cream tartar sifted in, one teaspoon soda in remainder of milk, whites of twelve eggs.—Mrs. M. McAndrew.

White Face Cake.

One cup sugar, one-quarter cup butter, whites of two eggs, three-quarters cup water, two teaspoons Harvey's baking powder.

Icing.

One cup powdered sugar, one tablespoon butter. Mix thoroughly and thin with cream.—Mrs. Kennedy.

Snow Cake.

Three-quarters cup butter, two cups sugar, one-half cup milk, two and one-half cups pastry flour, one-half teaspoonful soda, one and one-half teaspoonfuls cream of tartar, one teaspoonful almond extract, whites of eight eggs. Mix soda and cream of tartar with flour. Be sure to use one and one-half teaspoons cream of tartar, as extra amount is necessary to stiffen whites of eggs. Rub butter to a cream, add sugar and beat again. Add milk and flour alternately, a little at a time, beat well. Lastly add beaten whites and almond extract. Miss Midgley.

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Chocolate Cake.

One cup sugar, one-half cup milk, one-half cup grated chocolate, yolk of one egg. Cook this one minute and set away to cool, then pour into the following mixture:

One-half cup butter, one cup sugar, one-half cup milk, two cups flour, two eggs, one scant teaspoon of soda and one teaspoon of vanilla. Bake in a loaf tin. Use the boiled icing.—Mrs. Idsardi.

One-half cup chocolate, one-half cup milk, boil till thick. While hot, add yolks of two eggs, well beaten, let cool, add two tablespoons butter, one cup sugar, one and one-half cups flour, one teaspoon soda sifted together twice. Add one teaspoon vanilla.—Mrs. A. Murray.

Grate five tablespoons chocolate. Add one-half cup of milk, yolks of two eggs. Beat together and bring to a boil stirring constantly, remove from fire, add three table-spoons melted butter, one cup granulated sugar, one-half cup of milk, in which one teaspoon of baking soda has been dissolved—one and two-thirds cups of flour. Bake in rather a slow oven, —Mrs. W. Norsworthy.

One-half cup chocolate, one-half cup milk. Boil for a few minutes, then beat the yolks of two eggs in, saving whites for icing. When cool, add one cup sugar, two tablespoon butter, one-half cup milk, one and one-half cups of flour, one teaspoon soda, one teaspoon vanilla.—Mrs. Tonge.

Chocolate Loaf Cake

One tablespoon butter, one and one-half cups of brown sugar, yolk of one egg mixed with one-fifth cake of grated chocolate (unsweetened), and one-half cup boiling water. This when stirred together will thicken instantly. Add this to butter and sugar and with it put another one-half cup boiling water, into which has been dissolved one teaspoon soda, one and one-half cups flour. Flavor with vanilla. Bake in moderate oven.—Mrs. R. Heard.

For recipes in this Book Use Harvey's Baking Powder

Chocolate Cake

One-half cake chocolate or one large spoonful Lowney's chocolate powder. Boil in half cup of sweet milk, when cool add yolks of two beaten eggs, two tablespoons of butter, stir into one-half cup sweet milk, one teaspoon soda, one cup sugar, one teaspoon vanilla, one and one-half cups of flour sifted.

Icing

One and one-half cups granulated sugar, one-half cup water. Boil until it threads, add the whites of two eggs, well beaten to a stiff froth. Flavor with rose water or almond flavoring. Stir in boiled sugar until smooth. Put on cake when cold.—Mrs. Hugh McPherson.

Chocolate Cake or Devil's Cake.

One-half cup grated unsweetened chocolate, one-half cup sweet milk. Let boil. When chocolate is thoroughly dissolved, add the beaten yolks of two eggs, let cool. Add one cup brown sugar, two tablespoons melted butter, one-half cup milk, one and one-half cups of flour, two teaspoons baking powder. Flavor with vanilla. Bake in two layers.

Icing

One cup granulated sugar, four tablespoons water. Let boil until it threads, and pour over the beaten whites of two eggs.—Mrs. B. C. Turville.

"House Upside Down" Cake.

One and one-half cups flour, two teaspoons Harvey's baking powder. Sift these four times and add one cup sugar. Take teacup and in it put whites of two eggs (not beaten). Fill to the half cup with butter and to the full cup with milk. Stir this into the sugar and flour. Beat well and bake in either layer or square tin. Use chocolate or any chosen filling.—S. P. King.

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Chocolate Cake

One-half cup grated chocolate, one-half cup milk. Boil together a few moments, then beat in yolks of two eggs, saving whites for icing. When cool, add one cup sugar, two tablespoons butter, one-half cup milk, one and one-half cups flour, one teaspoon soda, one teaspoon vanilla.—Mrs. Murphy.

Prince Albert Cake.

One cup brown sugar, one cup raisins, chopped fine, one-half cup of shortening, one teaspoon ground cinnamon, one teaspoon ground cloves (level), one heaping cup flour, three-quarters cup buttermilk, one teaspoon soda, two eggs. Bake in a moderate oven.—Mrs. Ralph Crocker.

Icing for same.

Cook one-half dozen figs chopped fine with one-half cup granulated sugar, until soft, spread on the cake and put a boiled icing on top.—Mrs. Ralph Crocker.

Apple Sauce Cake.

One and one-quarter cups cold unsweetened apple sauce, two small teaspoons soda (stirred in apple sauce), small one-half cup butter, one cup sugar, stirred in butter, one-half teaspoon salt, one teaspoon cinnamon, one-quarter teaspoon cloves, a little nutmeg. Stir in last one cup chopped raisins, two cups flour. Bake in moderate oven three-quarters of an hour. —Mrs. Wilcox.

Dried Apple Cake

Two eggs, one and one-half cups brown sugar or syrup, one cup sweet milk, one and one-half cups butter or beef drippings, one and one-half teaspoons soda, three and one-quarter teaspoons each of cinnamon, allspice, cloves and nutmeg. Flour enough to make stiff batter—about 7 cupfuls. Take 3 cups dried apples and cut into small pieces, two cups brown

sugar, or syrup. Put the apples on to cook in plenty of water and with the two cups brown sugar or syrup, cook about 2 hours or until apples are tender and syrup is thick. The apples are to be put into cake last and are to be cold.

Minnie Ha Ha Cake.

Three-quarters cup coffee sugar, one egg (yolk only), one tablespoon butter, one-half cup molasses, one-half cup cold water, one even tablespoon baking soda, dissolved in the water, one-half teaspoon vanilla, one and one-half cups flour.

Icing

Three-quarters cup granulated sugar, three tablespoons water. Boil and when it threads, add to the beaten white of egg.—Mrs. Turville.

Raisin Cake

One cup brown sugar, one-half cup butter, one-half cup sour milk, one and one-half cups flour, one teaspoon soda, three eggs, two cups raisins, stoned and cut, spices to taste. Cook slowly. Cream butter and sugar. Add eggs well beaten, spices, flour. Then sour milk and soda, well mixed. Beat well, then add raisins, well dredged in flour.—Mrs. T. Robertson.

Hickory Nut Cake.

One cup sugar, one-half cup butter, two cups flour, one teaspoon cream of tartar, one-half teaspoon soda, one large cup raisins, chopped, one large cup nuts, chopped, two eggs, one cup milk.—J. F. Hutchinson.

White Cake.

Whites of four eggs, beaten, one and one-quarter cups of sugar, one-half cup sweet milk, two cups flour, sifted three times, two teaspoons Harvey's baking powder, one teaspoon lemon or vanilla.—Mrs. J. P. Finlay.

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Fruit Cake.

One-half pound flour, one-half pound sugar, one pound seeded raisins, one pound currants, one-half pound citron, six ounces of butter, two ounces blanched almonds, one teaspoon rosewater, one-half one-half wineglass of wine, five eggs, one teaspoon of soda. Stir the sugar and butter to a cream, then add eggs, whites and yolks beaten separately.—Mrs. M. H. Penhale.

Spice Cake

Two cups sugar, one cup butter, one cup water, one teaspoon soda, dissolved in water, two cups chopped raisins, four cups flour, four eggs, one teaspoon each of nutmeg, cinnamon and cloves.—Miss Wickett.

One and one-half cups brown sugar, one-half cup butter, one and one-half cups milk, one cup chopped raisins, three eggs, one-half nutmeg, one teaspoon cinnamon, one of cloves, two of Harvey's baking powder and about two cups of flour.—Mrs. T. H. Hutchinson.

Spanish Bun

Mix together butter size of an egg and one cup sugar. Add one-half cup sweet milk, two eggs, well beaten, leaving whites of one for icing, one teaspoon each of cinnamon, allspice, cloves, one teaspoon Harvey's baking powder, two cups flour.—Miss Wickett.

One whole egg, yolks of three, two small cups sugar, one-half cup butter, one cup milk, two cups flour, one tablespoon mixed spice, three teaspoons Harvey's baking powder. Bake in long tin. When done, make frosting with whites of two eggs and a good cup brown sugar and spread on the cake, when hot.—Miss Turville.

Three eggs, two cups of light brown sugar, one-half cup butter, one teaspoon each of cinnamon, cloves and allspice, one cup of sweet milk, two and one-half cups of flour, and a little salt, one small teaspoon of soda, two tablespoons of vinegar.

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Spanish Bun

Mix butter and sugar together, then beat eggs, put in milk, add spices, dissolve the baking soda in a little hot water, add to milk, sift in flour. Add vinegar last thing, beat well, and bake in loaf tins.—L. Lewis.

Four eggs, two cups sugar, two cups flour, one teaspoon cloves, one teaspoon cinnamon and allspice, one cup sweet milk, one cup butter, two teaspoons cream tartar, one teaspoon soda. Save whites of two eggs to use for icing.—Mrs. H. B. Smith.

Two cups brown sugar, two and one-half cups flour, three-quarters cup butter, one cup milk, yolks of three eggs and whites of two, three teaspoons Harvey's baking powder, one teaspoon of cinnamon. Use the left-over white of egg for icing, mixed with enough brown sugar to make a pretty thick paste.—Mrs. A. Laycock.

Marble Cake

White Part

One cup sugar, half cup butter, half cup sweet milk, four eggs, whites only, two cups flour, one teaspoon cream tartar, half a teaspoon soda.

Dark Part

Half cup molasses, half cup butter, half cup sour milk, one cup brown sugar, half teaspoon soda, two cups flour, four eggs, yolks only, half teaspoon of each spice.—Mrs. H. B. Smith.

Sunshine Cake

Six eggs, one and a quarter cups granulated sugar, one cup flour, scant third teaspoon cream tartar, flavor to taste. Beat whites slightly, then add cream tartar and beat until stiff. Beat yolks well, add sugar to whites, beat well with spoon, fold in yolks and sift flour several times and add slowly. Bake in angel food tin for 45 minutes in slow oven.—Mrs. Dugald McColl.

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Sunshine Cake

One level cup sugar, six large eggs, one level cup flour, three-quarter teaspoonful of cream of tartar. Flavor with lemon extract. Sift flour once before measuring, and four or five times after. Separate whites and yolks of eggs. After beating each a few seconds, add to yolks, one-quarter teaspoon, and to whites half teaspoon of cream of tartar. Beat very light. Stir in lightly into the beaten whites (1) sugar, (2) yolks, lastly flavoring and flour. Rinse angel cake tin in cold water, and bake forty minutes.—Mrs. Still.

Seven whites and five yolks, one cup of sugar, one cup of flour (sifted thrice), a third teaspoon cream of tartar, add pinch of salt and flavoring. Beat the whites of eggs half. Then add cream of tartar. Finish beating, add the sugar, then the yolks, (beaten lightly). Lastly fold the flour in.—Mrs. Cochrane.

Sponge Cake

Five large or six small eggs, one and a half cups granulated sugar, one and a half cups flour, a third teaspoon cream tartar, pinch salt and flavoring. Separate eggs and beat yolks well, and whites about half. Then add cream tartar and beat stiff. Add sugar, then yolks and flour. Bake 40 minutes.—Mrs. McAndrew.

Four eggs, beaten ten minutes. Add one cup sugar, beaten 20 minutes. Flavoring to taste. Sift one cup flour. Fold in without beating.

Six eggs, beaten separately, one cup of sifted sugar, one cup of flour, a pinch of salt, a half teaspoon of cream of tartar, one teaspoon of almond extract. Bake forty minutes. If more, in a slow oven.—Mrs. Isardi.

Sponge Jelly Cake

Two eggs, one cup flour, five tablespoons boiling water, vanilla and salt, one small cup sugar, two teaspoons Harvey's baking powder. Bake quickly in a large pan with well-buttered paper in it. Turn out on wet cloth. Spread with jelly and roll.—Miss Haight.

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Devil's Cake

One-half cup of cocoa or chocolate, and a half cup of milk, boil together. Put in yolks of two eggs, well beaten, when hot. Let it cool. Add two tablespoons of butter, one cup of sugar, one teaspoon of vanilla, and another half cup of milk, one cup of flour, one even teaspoon of soda. Sift flour and soda twice. Bake in an oven not too hot.—Mrs. J. M. Glenn.

Custard Part

One cup grated chocolate, one-half cup sweet milk, one cup of brown sugar, yolk of one egg. Stir all together in a granite or porcelain saucepan. Cook slowly and set away to cool.

Cake Part

One cup brown sugar, one-half cup butter, two cups of flour, one-half cup of sweet milk, two eggs. Cream butter, sugar and yolks of eggs, add milk, sifted flour and whites of eggs, beaten stiff. Beat all together and then stir in custard. Lastly add a teaspoonful of soda, dissolved in a little hot water.

Filling

One cup of brown sugar, one of white sugar, one cup of water one tablespoon of vinegar. Boil until thick like candy and stir in the whites of two eggs, one-quarter pound of marshmallow. Boil up again and place on the cake, letting each layer of filling cool before putting the cake on top of it.—Mrs. Hugh A. Mann.

Devil's Cake

One cup brown sugar, three-quarters cup grated chocolate, one-half cup sweet milk. Set these ingredients on the stove to dissolve, but not to boil. One cup brown sugar, a third cup butter, one whole egg and yolks of two eggs, one-half cup sweet milk, two and one-half cups flour, one teaspoon soda (sift with flour), one teaspoon vanilla. Cream butter and sugar, stir in custard, then eggs beaten light, then milk and flour alternately. Bake in moderate oven.

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Frosting

One cup white sugar, a third cup milk, one teaspoon butter. Boil till it comes to a very soft boil. Beat and spread on cake. When cool, cover with melted chocolate.—Edith Forbes.

Nut Cake

One-half cup butter, one cup sugar, yolks of three eggs, one-half cup milk, one and three-quarter cups flour, two and one-half even teaspoons Harvey's baking powder, sifted with flour, whites of two eggs beaten stiff, one cup broken nut meats. Cream butter well, add sugar gradually. Beat yolks light and add with milk, flour and nuts and whites of eggs last. Bake forty-five minutes in moderate oven —Mrs. L. M. Miller.

Hickory Nut Cake

One cup butter, two cups sugar, one cup milk, three and a quarter cups flour, two teaspoons Harvey's baking powder, whites of eight eggs, two cups chopped hickory nuts.—Mrs. E. C. Harvey.

Walnut Cake

Three eggs, half cup butter, one cup white sugar, half cup milk, one and three-quarters cup flour, one cup chopped walnuts, two teaspoons Harvey's baking powder.

Icing for Same.

Two cups brown sugar, half cup milk, butter the size of an egg, half cup chopped walnuts, flavor with vanilla.—Mrs. Hugh A. Mann.

Materials.

One-half cup butter, two cups of sugar, well beaten together, one cup sweet milk or cream, three cups of flour, two heaping teaspoons of Harvey's baking powder, one cup chopped walnuts, one cup finely cut raisins. Beat whites of five eggs to froth and mix in cake. Add teaspoonful of vanilla or lemon extract.

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For Icing.

Yolks of five eggs beaten and mixed with pulverized sugar, quite stiff, spread on cake and put half walnuts on top.—L. Lewis.

Date Cake

One small cup of lard and butter mixed, one cup coffee sugar, two eggs, one cup sour milk, one teaspoonful soda, one teaspoonful cinnamon, one teaspoonful cloves, two and a half cups flour, one pound dates.—Mrs. J. J. Hall.

Date Cake

One cup brown sugar, two eggs, one-third cup butter. Beat till light and add half teaspoon of spices (each), half cup molasses, two-thirds cup water, two teaspoons Harvey's baking one pound dates, cut fine, flour to thicken.

Icing

Two tablespoons cocoa, one tablespoon butter, cream to thin.—Mrs. Murphy.

Date Loaf

Two cups graham flour, one cup white flour, half cup brown sugar, two teaspoons baking powder, two cups sweet milk, one pound chopped dates, salt. Add any kind of nuts if you wish.—Kate A. McColl.

Tutti Frutti Cake

Half cup butter, one cup sugar, two eggs, one teaspoon cloves, one tablespoon cinnamon, half cup milk, half cup nuts, half raisins, one and a half cups flour, one and a half teaspoons Harvey's baking powder.

Icing

One cup sugar, half cup water. Boil till it hairs and pour on beaten white of one egg, add half cup raisins and half cup nuts, chopped.—Mrs. Murphy.

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Tutti-Frutti Cake. (very good)

Cream one and a half cups sugar with one cup of butter, add one cup milk, two and a half cups flour, sifted with two heaping teaspoonsful of Harvey's baking powder, add one pound raisins, seeded, one pound figs, cut rather fine, one pound of almonds, blanched and cut lengthwise, one pound dates, cut up, a quarter pound citron peel, sliced, followed by whites of seven eggs. Bake in a slow oven.—B. S. P.

Apple Sauce Cake

One and a half cups apple sauce, a half cup butter, one cup brown sugar, two cups flour, one teaspoonful soda, sifted with flour, one cup raisins, one teaspoonful cinnamon or spice to suit taste.—B. S. P.

Soft Gingerbread

One cup molasses (Orleans), one-half cup sugar, one-half cup lard, one cup hot water, two and one-half cups flour, two teaspoons soda, one egg (added last), tablespoon ginger, teaspoon cinnamon, a little salt.—Mrs. H. W. Reede.

Molasses Cake

Two eggs, one-half cup butter, one cup molasses, one and a half teaspoons of soda, dissolved in a cup of boiling water, one and a half cups of flour. Bake slowly in layers.—Mrs. E. A. Smith.

Ginger Cake

One-half cup molasses, one-half cup sugar, one-half cup butter, one-half cup hot water, one and a half cups flour, two eggs, one teaspoon cinnamon, one teaspoon ginger, one teaspoon soda, a half teaspoon salt. Sift flour several times and do not add any.—Mrs. T. Robertson.

Soft Gingerbread

One cup New Orleans molasses, one cup butter or dripping, one cup brown sugar, one cup sour milk, two eggs, two teaspoons soda (level) dissolved in milk, one tablespoon ginger, one tablespoon cinnamon, three cups flour, one teaspoon salt. Bake in a slow oven.—Jean F. McLoney.

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Belfast Cake

Half cup butter, one and a half cups sugar, half teaspoon cinnamon, a quarter teaspoon nutmeg, pinch of salt, one teaspoon soda, in cup of sour milk, two eggs, one cup raisins, floured with third of a cup of white flour, two cups sifted graham flour.—Miss Sanderson.

Dundee Cake

One cup butter, one and a half cups sugar, two eggs, one and a half cups milk, half cup raisins, half cup currants, three cups flour, two and a half teaspoons Harvey's baking powder. Flavoring, essence of lemon.—Mrs. Horton.

Rose Cake

Whites of six eggs, three and a half cups flour, two cups white sugar, one cup butter, one cup sweet milk, two teaspoons Harvey's baking powder, sifted well in flour.

Red Part

Whites of three eggs, one cup red sugar, one-half cup butter, a quarter cup sweet milk, one and a half cups flour, one Harvey's and a half teaspoons baking powder sifted in flour, use rose flavoring.—Mrs. M. McAndrew.

Angel Food

Take whites of eleven eggs and beat to a froth, add pinch of salt before beating. Then add one teaspoonful of vanilla. Sift a cup and a half of granulated sugar (scant) and a cup of flour flour, sifted four times, the last time add one teaspoonful of cream of tartar to the flour before sifting. Stir only until all is mixed well, then put in a deep tin dish with a spout in centre and having three legs Bake 35 minutes in a slow oven. After taking out of oven, turn the dish upside down on its legs and place under it a large plate. In about from five to ten minutes the cake will drop on plate, if not, gently help it by using a knife to loosen it, then it will fall on plate. Be sure not to butter the dish. Either cut the cake or break it while serving.—Irla Flach.

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Yolks of eight eggs, one cup granulated sugar, half cup butter, half cup sweet milk, one and three-quarter cups flour, two teaspoons baking powder, flavor to taste. Sift, measure and set aside the flour, with the baking powder added. Cream butter and sugar thoroughly. Beat yolks to a very stiff froth and stir thoroughly through, add milk, then flour and flavor, and stir all together very thoroughly. Put in a slow oven at once. Will bake in 30 to 50 minutes.—Mrs. C. E. Williams.

Fancy Pound Cake

Three-quarter pound sugar, three-quarter pound butter, two pounds flour, six eggs, one pint milk, two teaspoons baking powder, one-quarter pound lemon peel.—Miss Turville.

New Year's Cake

Half cup butter, one cup sugar, two eggs, one cup milk, one cup chopped raisins, one cup chopped hickory nut meats, two teaspoons baking powder, sifted in two and a half cups flour.—Mrs. McAndrew.

Cheap Fruit Cake

One cup sugar, one cup sour milk, half cup butter, one cup raisins, one teaspoon soda, half teaspoon salt, half teaspoon all kinds of spice, two cups flour. Add sour milk with soda and salt in it, then the flour mixed with spices, currants and raisins. Mix thoroughly and bake.—Mrs. E. C. Harvey.

Fruit Cake Without Eggs

Two cups brown sugar, two cups sour milk, four cups flour, one tablespoon butter, one tablespoon soda, half cup strong coffee, two pounds currants, two pounds raisins, half pound mixed peel, one pound cooking figs, quarter pound almonds, one tablespoon vanilla, one teaspoon cinnamon, half teaspoon cloves, half teaspoon nutmeg, one teaspoon salt. This makes two good loaves and is excellent.—Mrs. R. Heard.

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Fruit Cake

One pound butter, three cups brown sugar, seven cups raisins, two cups currants, two cups almonds, two cups mixed peel, five cups sifted flour, ten eggs. Bake three hours in moderate oven.—Mrs. Angus Murray.

Four eggs, one cup sour cream, one cup butter, one cup sugar, one cup raisins, one cup currants, one each of lemon and orange peel, one nutmeg, one teaspoon each of cloves and cinnamon, half teaspoon of soda. Flour enough to make a stiff batter.—Mrs. H. B. Smith.

Fifteen eggs, four cups brown sugar, four cups butter, one cup sour cream, six pounds raisins, four pounds currants, two pounds almonds, one pound lemon, one pound citron, half pound figs, one tablespoon cloves and cinnamon, two nutmegs, one teaspoon soda, about one and a half pounds flour. Bake in a very slow oven for four or five hours.—Kate A. McColl.

A Plain Fruit Cake

Take butter, flour, raisins, currants, candied peel and sugar, each half pound, one nutmeg, a few chopped almonds, the juice and rind of a lemon, four eggs. Beat the butter to a cream, add the eggs, one by one, and then the other ingredients. Bake in a papered-tin for one hour in a moderate oven.—Mrs. Rogers.

Black Fruit Cake

One pound brown sugar, three-quarter pound butter, one pound flour, twelve eggs (whites and yolks beaten separately), three pounds raisins, three pounds currants, three-quarter pound citron, quarter ounce each of cinnamon, nutmeg and cloves, one and a half cups dark molasses, three teaspoons Harvey's baking powder. Rub butter and sugar to a cream, add yolks of eggs, and beat a little. Now add half the flour, all the spice, whites of eggs, after being beaten to a stiff froth, then the molasses. Mix all of this thoroughly. Sift the baking powder in the other half of the flour and dredge all of the fruit and citron with it and stir it in last, mixing all thoroughly. Bake four hours in a slow oven.—E. C. Hindmarsh.

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Fruit Cake

Two pounds flour, one pound currants, one pound raisins, stoned, one pound sugar, one pound butter, half pound almonds, six ounces candied peel, a little salt, four eggs, and milk enough to moisten four heaping teaspoons Harvey's baking powder.—Alice Sharpe.

Cream Fruit Cake

One egg, one cup of brown sugar, one cup of sour cream, a piece of butter the size of an egg, one teaspoon of soda, one cup of fruit, two cups of flour. Add a little molasses to make it darker, also ground allspice to suit the taste.—Mrs. J. Spurr.



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FILLINGS AND ICINGS

Chocolate Icing

Two tablespoons cocoa or chocolate, one and a half tablespoons melted butter. Mix well. Add icing sugar moistened with cream and stir till smooth enough to spread on well.—Mrs. Atkins.

One cup of granulated sugar, two tablespoons of grated chocolate, half cup milk. Boil until it thickens in water. Remove from fire and beat until cool.—Mrs. Cochrane.

Coffee Icing

Quarter cup of butter, one cup of powdered sugar, two tablespoons of coffee, two teaspoons of cocoa. Cream butter and sugar. Then add coffee and cocoa. If not thick enough, add more sugar.—Mrs. Cochrane.

Caramel Icing

Two cups of brown sugar, one cup of milk, one tablespoonful of butter. Boil 30 minutes, then add one teaspoonful of vanilla, and let it cool somewhat, then spread over the cake quickly.—I. Flach.

Maple Sugar Icing

Put a heaping cupful of pure maple sugar, broken in small pieces in a saucepan with just enough boiling water to moisten them. Set on the stove where it will not burn and boil rapidly for fifteen or twenty minutes. Have ready in a bowl, the white of an egg beaten to a stiff froth. Pour the syrup slowly into this stirring hard. Then beat the mixture till cold. Spread on cake.—Mrs. Atkins.

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Good Filling For Cake

Melt one tablespoon butter and half cup sugar. Then add juice and grated yellow of a lemon, then stir in two well-beaten eggs and pinch salt. Let thicken and remove from fire. Let cool and spread.—Mrs. McAndrew.

Lemon Filling

Yolks of two eggs, one tablespoon cornstarch, half cup sugar, one cup water, juice and rind of one lemon, small piece of butter. Beat yolks, add sugar, starch, butter and grated rind and juice of one lemon and water. Put on stove and cook till thick, stirring constantly.—Mrs. H. B. Smith.

Royal Icing

One and three-quarter cups granulated sugar, one cup water, four ounces chocolate. Melt the chocolate. Boil the sugar and water till it threads, and pour on the melted chocolate. Beat till thick.—W. C. Baldwin.

Icing for Layer Cake

One large cup icing sugar, small piece butter, moistened with cold coffee, 10c. worth of chopped nuts. Flavor with almond.—Mrs. W. G. Whitmore.



Cookies and Doughnuts

Oatmeal Macaroons

One cup white sugar, two tablespoons butter, two eggs, two large cups rolled oats, one -half teaspoon salt, four table-
spoons flour, two teaspoons Harvey's baking powder. Butter
pans well. Drop teaspoons of dough, in the pan, leaving room
to spread. Almond flavoring.—Miss Turville.

Oatmeal Rocks

Two eggs, one cup brown sugar, half cup butter, one cup
raisins and currants (mixed), one teaspoon soda (level), one
teaspoon cinnamon, one cup flour, two cups oatmeal, salt and a
little nutmeg.—Mrs. F. M. Griffin.

Drop Cookies

One cup brown sugar, two-thirds cup of butter, two eggs,
one and a half cups of flour, one cup of raisins, half cup of
chopped walnuts, half teaspoon cloves, one teaspoon cinna-
mon, one teaspoon soda, dissolved in a tablespoon of hot
water. Drop on buttered tins and bake in moderately hot
oven.—Mrs. Cochrane.

Oatmeal Cookies

One cup shortening, one and a half cups yellow sugar,
half cup sour milk, one level teaspoon soda, three cups oat-
meal and flour to make a stiff dough. Bran cookies are made
the same, only substituting bran for oatmeal.—Mrs. S. H.
Smiley.

Good Oatmeal Cookies

Two cups flour, two and a half cups granulated oatmeal,
one cup coffee sugar, one cup butter or beef drippings. Stir
altogether with hands, like pie crust. Add two well-beaten
eggs, pinch of salt. Use two and a half teaspoons of Harvey's
baking powder, dissolved in three-quarters of a cup of sweet
milk. This is better than soda and sour milk. Mix well and roll
thin. Cook in quick oven.—Mrs. F. A. White.

Use Harvey's Baking Powder.

Oatmeal Cookies

One cup brown sugar, one cup butter or lard, one teaspoon soda, half cup sour cream or milk, two cups flour, two cups oatmeal. Roll very thin and place together with the following filling:

One pound dates, one cup water, one and a half cups sugar. Boil until soft, stirring often.—Mrs. Hockin.

Three and a half cups oatmeal, three and a half cups flour, two cups sugar, one teaspoon soda, two-thirds cup sour milk, one egg, one and a half cups lard and butter mixed, one pound dates.—Mrs. E. C. Harvey.

One cup lard, one cup sugar, two eggs, one cup milk, two cups oatmeal, three teaspoons Harvey's baking powder, a little nutmeg. Currants, if desired. Flour enough to roll out.—Mrs. Horton.

Date Wafers

Half cup lard, half cup butter, one and a half cups brown sugar, two eggs, one teaspoon vanilla, one and a half cups oatmeal, two cups flour, one teaspoon soda, one teaspoon cream tartar, use third cup flour for rolling.

Date Filling

One pound dates, one cup sugar. Boil in two cups water until thick.—Mrs. Margaret A. Strong.

Date Oatmeal Cookies

Three-quarters cup butter and lard mixed, one and a half cups brown sugar, two eggs, one and a half cups oatmeal, one teaspoon soda, one teaspoon cream tartar, two cups flour, use a third cup for rolling out. Roll thin.

Take one pound of dates and one cup granulated sugar. Boil together till cooked. One teaspoon vanilla. Spread dates on half cookie and fold over. Bake in hot oven. (Excellent).—Miss E. Martin.

Harvey's Baking Powder assures Success.

Kisses

Whites of four eggs, beaten stiff, one cup granulated sugar nine ounces cocoanut. Bake until brown in moderate oven, on buttered paper.—Mrs. C. B. Duncombe.

Cocoanut Kisses

Whites of three eggs, beaten stiff and one cup granulated sugar. Set bowl in hot water till warmed through. One teaspoon cornstarch, one-half pound grated cocoanut. Flavor with vanilla and drop from spoon on buttered-tins. Bake in slow oven. Let cool before removing from tins.—Mrs. Rivard.

Whites of four eggs, beaten to a stiff froth. Add half cup granulated sugar (beat well), then add nine ounces of cocoanut. Put a paper on the top of an inverted meat pan, do not grease at all, and drop the mixture by teaspoonsful on the paper. Bake in a moderate oven, till brown. Wet a board and slip the paper, with the cakes on, off the pan, as soon as taken from the oven, on to the wet board. Let them steam awhile, when they can be easily removed from the paper.—B. S. P.

Whites of three eggs, beaten stiff. Add one cup granulated sugar. Put in double boiler and heat. Remove and add one tablespoon cornstarch and half pound cocoanut. Flavor with almond or rosewater. Drop a small teaspoonful on buttered-tins, 3 inches apart. Bake in moderate oven, until a delicate brown.—Mrs. L. M. Miller.

Lemon Puffs

One cup hot water, half cup butter. Let boil and stir in one cup flour. Allow to become cold, and add three unbeaten-eggs, one at a time. Drop a teaspoonful on buttered-tins and cook about half an hour in hot oven.

Filling

*One cup sugar, one beaten-egg, rind and juice of one lemon, one tablespoon water, one teaspoon flour. Cook in double boiler, until thick. Make an opening in side of puffs and fill.—Mrs. L. M. Miller.

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Grace's Drop Cakes

Two eggs and one cup sugar, beaten light, half cup milk and butter, size of egg, boiled well. After it is cool, stir in egg and sugar, and add one sounding cup of flour, before sifted Harvey's with one teaspoon baking powder, half teaspoon lemon.—Mrs. McAndrew.

Date and Almond Puffs

Half pound dates, half pound almonds, one cup of white sugar, white of one egg. Beat the white of egg well, and chop the dates and almonds fine. Then drop a spoonful of the mixture on a well-buttered paper and bake in a slow oven.—Mrs. A. Baillie

Dutch Cookies

One and a half cups very dark sugar, one cup butter, one cup currants, one cup chopped raisins, one cup chopped nuts, three and a quarter cups flour, three eggs, one small teaspoonful cinnamon, one small teaspoonful soda.—Mrs. G. Ellison.

Rolled Oat Macaroons

One cup rolled oats, one egg (white only), one teaspoon Harvey's baking powder, half cup sugar, one teaspoon almond extract, half cup cocoanut, three teaspoons cold water. Drop in from teaspoon on buttered pans, far apart. Bake ten minutes moderately hot oven.—Mrs. A. L. Norsworthy.

Lemon Biscuit

Two eggs, beaten separately, two cupfuls sweet milk, two and a half cupfuls sugar, one and a half cupfuls butter, 5 cts. worth oil of lemon, 5 cts. worth baking ammonia, flour to stiffen like cookies. Cut with square cake-cutter.—Mrs. M. G. Hay.

Lemon Biscuits

One and a half cups sugar, two eggs, one cup lard, one cup sweet milk, one teaspoon oil of lemon, two tablespoons ammonia, pinch of salt.—Miss Wickett.

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Hermit Cookies

One cup butter, one and a half cups sugar, one cup stoned raisins, chopped fine, three eggs, half cup chopped nuts, one teaspoon soda, one teaspoon different spices, flour, enough to stir stiff. Roll thin, and bake quickly.—Mrs. Angus Murray.

Hermits

One cup sugar, one cup butter, one cup raisins, chopped fine, half cup buttermilk or sour milk, two teaspoons soda, two teaspoons cinnamon, two teaspoons cloves, two teaspoons allspice. Mix soft with flour, and roll thick.—Mrs. Hutchinson.

Hermits

One and a half cups sugar, one cup butter, three eggs, small teaspoon soda, dissolved in one and a half tablespoons boiling water, three cups flour, half teaspoon each, of cinnamon and cloves, one cup dates, one cup raisins, one cup walnuts, chopped fine. Drop in small teaspoons in buttered pan.—Mrs. W. P. Bell.

Scotch Short Bread

One pound flour, half pound butter, quarter pound sugar. Knead on the board, cut in squares and bake in a slow oven.—Mrs. F. M. Griffin.

Jam-Jams

Two eggs, one cup sugar, one cup lard and butter mixed, one teaspoon cream of tartar, half teaspoon soda, dissolved in one large tablespoon of sweet milk, pinch of salt, one tablespoon vanilla, flour to stiffen. Roll thin and cut in squares. Put one on top of the other, with jelly or jam between and press edges together. Quick oven.—Mrs. Eby.

Cookies

One egg, one and a half cups sugar, one and a half cups lard, three-quarter cup sour milk, one teaspoonful soda, two teaspoonsful baking powder.—Mrs. J. J. Hall.

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Cookies

A cup of shortening, a cup of sugar, four eggs, two teaspoons of Harveys baking powder, flour enough to roll so as not to stick to the board.—Mrs. D. G. Goodwin.

One egg, one cup brown sugar, one cup butter, four tablespoons sweet milk, one teaspoon soda, dissolved in milk, half nutmeg, flour to roll out. Cream butter and sugar, add egg, milk and soda in milk, and flour enough to roll.—W. F. MacKenzie.

Christmas Cookies

Beat four eggs well with one pound of sugar, until very light, quarter pound citron, quarter pound of almonds, chopped very fine, one teaspoon cinnamon, one of cloves, one teaspoon Harvey's baking powder, one pound of flour. Cut in squares.—Mrs. McAndrew.

Cookies of Sour Milk

Two cups of granulated sugar, one cup of shortening, one cup of sour milk, half teaspoon of soda, four cups of flour, one teaspoon of salt, flour, shortening and sugar worked well together first, then add the milk.—Miss Gertrude Jones.

Little Mocha Cakes

One cupful sugar, half cupful butter, half cupful sweet milk, two eggs, two cupfuls flour, three teaspoonfuls Harvey's baking powder. Bake 30 minutes in a moderate oven.

Icing

Two cupfuls pulverized sugar, four tablespoonfuls butter (warm the butter a little and mix well with the sugar), half tablespoonful vanilla, half tablespoonful water, half pound shelled almonds. Chop the nuts fine and brown slowly. Cut the cake in small squares, and ice all over, and roll into the nuts. If the cake is made the day before, it cuts better. This cake keeps nicely for weeks.—Mrs. M. G. Hay.

Use Harvey's Baking Powder.

Mochas

Cut any kind of a light cake in small pieces. Half pound blanched almonds, chopped rather fine and put in oven to brown.

Dressing

Two tablespoons butter, mixed with one big cup icing sugar, one tablespoon boiling water. Then add two large tablespoons vanilla. Make the thickness of icing and you may add brandy, if you like. Dip the pieces of cake in the icing, then roll in the chopped nuts.—Mrs. A. D. MacPherson.

Sugar Rings

One quarter pound sugar and half pound butter cream. Yolks of three eggs, three-quarters pound flour. When the dough is ready, take a small piece between your hands and roll it. Twist it into a ring. Dip first into the white of an egg and then into sugar. Put on buttered pans and bake in a moderately quick oven.—Miss Helen Midgley.

Ginger Cookies

One cup molasses, one cup brown sugar, one cup melted butter, four tablespoonfuls of boiling water, one teaspoonful of ground ginger, one teaspoonful of soda, a little salt, a dash of cayenne pepper, two and a half cups flour. Drop from a teaspoon on buttered pans.—Miss Midgley.

Rock Cakes

One pound flour, quarter pound sugar, half pound butter two eggs, one teaspoon Harvey's baking powder. Take up with two forks and drop on your tins. Teaspoon vanilla.—Miss Turville.

Fried Cakes

One large egg or two small ones, four and a half tablespoons melted butter, one coffee cup sweet milk, one coffee cup white sugar, one teaspoon ginger, two teaspoons cream of tartar, one teaspoon soda. Mix soda and cream of tartar with the flour, enough flour to make the dough stiff enough to handle. Lard may be used in place of butter.—Mrs. Finlay.

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Rock Cakes

Three-quarters cup butter, one and a half cups brown sugar, two eggs, salt, vanilla, half teaspoon soda and half teaspoon cinnamon, mixed together, half cup raisins, one cup walnuts, broken, two or three cups flour. Batter must be stiff.—Mrs. Dr. Fitzsimons.

Trilby's (Cake)

Two cups rolled oats, two cups flour, one cup brown sugar, one cup butter, or butter and lard mixed, one teaspoon soda, one cup sour milk, pinch salt. Mix dry ingredients. Chop in shortening. Add soda to sour milk (beating well), add to mixture, work slightly on board, roll and cut. Put date filling between each two and bake in hot oven.

Date Filling

Half pound dates, stoned and cut fine, half cup sugar, one cup water. Boil until dates are soft.—Mrs. T. Robertson.

Fruit Cookies

Two cupfuls brown sugar, one cupful sour cream, one teaspoon of soda, half cupful butter, one pound raisins (chopped and seeded), one teaspoon of mixed spices (cloves, cinnamon and nutmeg), pinch of salt. Flour to mix real stiff and roll thin. Sprinkle granulated sugar over them.—Bake in quick oven.—Mrs. M. G. Hay.

Two cups white sugar, one cup butter, two cups chopped raisins, two eggs, half cup sour milk or buttermilk, one large teaspoon soda, one tablespoon cinnamon, one tablespoon cloves, one nutmeg. Mix soft and bake carefully.—Miss Kate McColl.

Bran Cakes

Three-quarter cup sugar, one tablespoonful butter, one egg, one cup milk, one cup currants, one cup flour, one and a half cups bran, one teaspoon soda.—Mrs. L. M. Miller.

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Louise's Newmarket Cookies

Two eggs, two cups sugar, one cup, equal parts, lard and butter, one cup milk, one coffee spoonful oil of lemon, three teaspoons ammonia (powdered), pinch of salt. Flour, to make paste thick enough to roll out thin.—Mrs. A. C. Hill.

Hickory Nut Cookies

Two cups of granulated sugar, one cup butter, three eggs, half cup sweet milk, four cups flour, two teaspoons Harvey's baking powder, one cup hickory nuts, chopped fine. Mix butter and sugar well, add eggs, milk, and baking powder, sifted in with the flour. Don't mix very stiff. Roll very thin and sprinkle sugar on top, before baking.—Mrs. Eby.

Peanut Cookies

Half pound butter, one cup granulated sugar, half cup milk, two eggs, whites and yolks beaten separately, one cup chopped peanuts (heaping), flour enough to make a soft dough, use one teaspoon Harvey's baking powder with each cup flour. Cream butter and sugar, add egg and milk, then flour and nuts. Handle as little as possible.—Mrs. Geo. McCubbin.

Three eggs, one and a half cups sugar, one cup butter, two tablespoons sour milk, one teaspoon soda, ten cents worth of peanuts, chopped very fine, flour enough to roll. Put peanuts in with flour.—Mrs. H. G. Broderick.

Cocoanut Cookies

Three cups flour, one cup butter. Mix dry, two cups sugar. Add three eggs and two tablespoonfuls water, one and a half cups cocoanut, two teaspoons Harvey's baking powder, sifted with flour. Roll very thin.—Mrs. Eby.

Fig Cookies

Two cups of flour, one cup of oatmeal, half cup of lard, half cup of butter, half cup of buttermilk, one cup of sugar, one egg, one teaspoon of soda. Roll thin and put figs between. Bake in a moderate oven.—Mrs. J. Spurr.

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Aunt Nancy's Cookies

Three eggs, two cups sugar, one cup butter, one cup sour cream, four cups flour, nutmeg, one teaspoon soda.—Mrs. Murphy.

Cookies

One cup cream, one cup butter, one egg, three cups sugar, eight cups flour, one teaspoon soda. Mix thoroughly, then add either annis seed or caraway seed. Roll rather thinly and bake in quick oven. Ice them with icing sugar and sprinkle with caraway seed candies.—I. Flach.

Tea Cake

Quarter pound butter, two eggs, one cup sugar, one cup and a half of milk, one pint and a half flour, one cup currants, two teaspoon Harvey's baking powder, spice to taste. Bake three-quarters of an hour. To be eaten hot.—Mrs. Williams.

Tea Cakes

Three eggs, one cup sugar, one cup butter, one teaspoon soda or two of baking powder, sifted in the flour. Beat the eggs till very light. Cream butter and sugar. Use just enough flour to make a soft dough, that will not stick when rolling out.—Mrs. Atkins.

Rock Cakes

One pound flour, quarter pound currants, quarter pound raisins (seedless), quarter pound peel, two eggs, two teaspoons Harvey's baking powder, quarter pound butter. Mix rather stiff with one cup milk. Bake in moderate oven.—Mrs. Hodge.

Doughnuts

One cup sugar, two eggs, two tablespoons melted butter, two thirds cup milk, two teaspoons cream tartar, one teaspoon soda, flour enough to roll and a little salt and nutmeg.—Mrs. Cochrane.

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Doughnuts

One beaten egg, one cup sugar, five tablespoons melted butter, one coffee cup sour milk, one teaspoon soda, pinch salt, half teaspoon ground cinnamon, half teaspoon nutmeg, flour to make a soft dough to roll out. Fry in hot lard. Great care should be taken that no flour adheres to the dough before dropping into the lard and to have the lard just the right heat.—Mrs. H. W. Reede.

Doughnuts

One cup sugar, one egg, three-quarters cup sour milk and cream, one small teaspoon soda, half grated nutmeg, a pinch of salt. Beat egg and sugar together, till very light. Add milk, using one-third cream, if you have any. If not, use about a teaspoon butter instead. Use flour enough to make dough firm enough to roll out and cut into rounds. I keep this dough in cold place and fry cakes as I require them. It will keep a couple of weeks.—Mrs. E. C. Harvey.

Doughnuts Without Eggs

One cup sour milk, one-half cup hot water, three tablespoons lard, one cup sugar, half nutmeg, enough flour to roll dough, one teaspoon salt, one teaspoon soda.—A. P. Butler.

Doughnuts

One large egg, one cup of sugar, two tablespoons sweet cream, one teaspoon soda, half teaspoon baking powder, half teaspoon salt, quarter of a nutmeg, flour to mix soft. Roll out a half an inch thick. Cut in strips and twist. Fry in hot lard.—Mrs. Benj. Marlatt.

PIES

Cream Pie

One egg, two tablespoons of sugar, a pinch of salt, a pinch of flour, a pint of cream, not too rich.—Mrs. E. A. Smith.

Three eggs, keep whites for top, one and a half tablespoons cornstarch, two cups milk, two tablespoons sugar, one small tablespoon butter, one teaspoon vanilla. Heat milk, beat eggs, wet cornstarch with a little milk, add butter to milk, also sugar, then stir in the cornstarch, when cooked, add vanilla. Put in shell, previously cooked. Use white of eggs for frosting.—Miss Kate McColl.

Cocoanut Pie

Yolks of two eggs, two cups of sweet milk, half cup of cocoanut, two rolled soda biscuits, half cup sugar. Boil until thick.

Frosting

Beat whites of the eggs, add a little sugar and shredded cocoanut.—Miss McDougal.

Sour Cream Pie

Yolks of two eggs, one cup of sugar, juice of one lemon, one large cracker, one cup sour cream. Bake in one crust and add beaten white and sugar for top.—Mrs. J. J. Hall.

Chocolate Pie

One cup sugar and one cup cold water, yolks of two eggs, one tablespoon grated chocolate, two tablespoons cornstarch, half teaspoon vanilla. Rub sugar and chocolate together, then add the rest and boil until thick. Bake the crust, put in custard and frost as for lemon.—Mrs. McLoney.

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Chocolate Pie

Half cup of chocolate, one cup boiling water, butter, the size of an egg, one tablespoon of vanilla, one cup of white sugar, yolks of two eggs, one and a half tablespoon of cornstarch, dissolved in water. Whites of eggs with two tablespoon of sugar for frosting.—Mrs. J. P. Freek.

Pineapple Pie

One pineapple, grated, one and a half cups of sugar, one egg, four teaspoons cornstarch. Bake with crust.—Mrs. McLoney.

Cranberry Pie

Four cups cranberries (chopped), two cups raisins, two cups sugar, two tablespoons flour, mixed with sugar, two cups cold water, a pinch of salt, three teaspoons of vanilla. Mix all together and bake with two crusts, or in a deep dish with one crust. Half this quantity is enough for four.—Mrs. Dixon.

Rhubarb and Date Pie

Line a pie tin with rich paste, lay on it a layer of stoned dates, then fill up with rhubarb and bake with an upper crust.—Mrs. Smith.

Pumpkin Pie

Two eggs, beaten well, half cup sugar, one and a half coffee cup milk, one and a half coffee cup stewed pumpkin, one teaspoon ground ginger, half teaspoon ground cinnamon. Salt to taste, beat all together well.—Mrs. Urie.

Two cups pumpkins, one and a half cups sugar, three eggs, two teaspoons ginger, half teaspoon cinnamon, one large cup of milk. Enough filling for two pies. If they do not seem full enough, add a little more milk and stir well.—Mrs. E. C. Harvey.

Three-quarter cup pumpkin, half teaspoon ginger, half cup sugar, one egg, one cup milk, nutmeg and butter, the size of a hickory nut.—Mrs. E. A. Smith.

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Pumpkin Pie

Three cups strained pumpkin, one and a half cups sugar, three eggs, three soda biscuits, rolled and sifted, one teaspoon salt, half grated nutmeg, one teaspoon ground cinnamon, one teaspoon ground ginger, one tablespoon of melted butter, one quart of milk. Boil the milk, stir the spice into the pumpkin, then add biscuit and sugar. When these are mixed, pour in the milk. Stir well, adding last, the eggs, which should be thoroughly beaten. This quantity will make four pies.—Mrs. N. Norsworthy.

Lemon Pie

Two tablespoons of cornstarch, wet with cold water. Then pour on boiling water, until like thick starch, one teacup sugar, a small piece of butter, a little salt, one lemon, juice and grated rind, three eggs, whites out for frosting. This is sufficient for two pies.—Mrs. Horton.

Dainty Lemon Pie

Slice of bread, inch thick. Take off crust, place in a bowl, add a little salt, a dessertspoon of butter and a cup of boiling water. Beat until smooth, add one cup sugar, juice of one lemon, yolks of two eggs, well beaten. Bake in rich crust. When cool, add meringue and return to oven to brown.—Mrs. (Dr.) Grey.

Lemon Filling for Pie

Yolks of two eggs, three-quarter cup sugar, one cup boiling water, one teaspoon butter, one tablespoon flour, juice of one lemon. Beat all together before adding water. Cook until it thickens.—Mrs. Stainsby.

Filling for Lemon Cheese Cakes

Six lemons, six eggs, one pound lump sugar, six ounces butter. Mode: Grate four lemons. Add the juice of six, the yolks of six eggs, the whites of eggs, mix thoroughly. Put all in a jug. Place the jug in a saucepan of boiling water. Stir one way, until the mixture is a nice thick paste. When quite cold, cover closely. It will keep good for a fortnight. Sufficient for twenty-four cheese cakes.—Mrs. Ermantinger.

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Cheese Tarts

Two eggs, one cup brown sugar, two tablespoons butter, two tablespoons cornstarch, two teaspoons essence of lemon, one teaspoon ground cinnamon, one cup currants.—Miss Love.

One cup currants, two eggs, one teaspoon cinnamon, one cup sugar, half a cup butter, one tablespoon flour. Line patty pans with paste, and fill with the mixture.—Mrs. Smith.

Filling for Lemon Pie or Tarts

Six tablespoons of water, six tablespoons of sugar, one and a half tablespoons of cornstarch, one teaspoon of butter, half lemon and grated rind. Beat yolk of egg till light yellow. Then add water. Mix sugar and cornstarch in saucepan. Then add yolk, water and butter. Cook until a clear paste, then add lemon, when nearly done.—Miss Love.

Maple Syrup Tarts

One egg, beaten well, add one large cup of maple syrup. Fill shells and bake.—Mrs. L. M. Miller.

Date Tarts

Whites of four eggs, two scant cups fruit sugar, half pound shelled almonds (hickory nuts are better), half pound dates (after pits are removed), one teaspoon vanilla. Whip the eggs, beat sugar in gradually. Then add the nuts and dates, which should be chopped fine, and vanilla. Bake in buttered tins, in a moderate oven, 30 to 45 minutes. When done, partly cut and break into squares of about one inch. They should be about half an inch thick.—Mrs. Eby.

Strawberry Short Cake

One egg, one cup sugar, two-thirds cup milk, two cups flour, butter, size of an egg, two teaspoons of baking powder. Bake in two layers. Spread with berries, which have been sweetened and mashed. Serve with cream.—Mrs. Graham.

Strawberry Short Cake

Beat one tablespoonful of butter to a cream with half a cup of white sugar. Add one egg. Stir together thoroughly and add half cup of sweet milk and one teaspoon Harvey's baking powder, thoroughly mix in a cup of flour. Bake in two layers, spread with good butter and put strawberries, well sprinkled with sugar, between layers and on top.--Mrs. Finlay.

Mince Meat

To two quarts cold lean beef, finely minced, add four quarts chopped tart apples, one pound suet, chopped fine, three pounds stoned raisins, three pounds currants, quarter pound citron, thinly sliced, four pounds sugar, one cup molasses, three tablespoons ground cinnamon, one tablespoon each of cloves, mace and black pepper, three of salt, juice and grated rind of two lemons and two quarts sweet cider or fruit juice. Mix thoroughly. Heat slowly and when boiling, place in fruit jars and seal. Should be made sometime before using.—Mrs. S. H. Smiley.

Two pounds beef, four pounds tart apples, two pounds raisins, two pounds sugar, four tablespoonsful salt, one-half ounce white pepper, juice of two lemons, one quart fruit juice, two pounds suet, two pounds currants, one pound citron peel, one quart New Orleans molasses, one and one-half tablespoonsful of mixed spices, two grated nutmegs, one quart boiled cider. Chop the beef (when cooked), the suet and the apples, and slice the citron. Mix first the meat, salt, suet, and spices then add the apples, fruit, lemon, sugar and cider.—Mrs. E. A. Smith.

Swedish Timbles

Three-quarter cup flour, half teaspoon salt, one teaspoon sugar, half cup milk, one egg, one teaspoon melted butter or olive oil. Mix dry ingredients, add milk gradually, and egg, then oil or butter. Use hot timble iron, fry in deep fat until brown. Take from iron, turn upside down on crushed paper to drip.—Mrs. T. G. Plewis.

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FRITTERS

One egg, one cup flour, one teaspoon baking powder, half cup milk, a pinch of salt. Fry in boiling lard.

Two cups flour, half cup sugar, one egg, half cup milk, one teaspoon baking powder, a pinch of salt. Beat egg and sugar together till very light. Add milk, then flour and baking powder, sifted together. Drop into smoking hot fat with teaspoon. Try them with a splint, to see if cooked through and serve hot with maple syrup for dessert. Drain on brown paper.—Mrs. E. C. Harvey.

Sauce

One cup pulverized sugar, half cup butter, moisten with a little wine. Beat well, before serving. Add half pint boiling water.—Mrs. A. Laycock.

Apple Fritters

Beat yolks of two eggs. Add half pint milk, one coffee cup flour, one teaspoon Harvey's baking powder. Mix well and grate two large juicy apples, astly, adding the stiff whites of eggs. Serve with clear sauce.—Mrs. T.W. Crothers

Make a batter of one egg, one cup of milk or milk and water, flour and a little salt. Have it about the consistency of pancake batter. No baking powder or soda. Peel apples, cut in thin slices. Dip in batter, then in hot fat. Cook to a golden brown. Eat with syrup or sugar.

Corn Fritters

Two eggs, six ears of corn, salt and pepper, one tablespoon milk, one teaspoon butter, one heaping tablespoon of flour. Cut the corn through each row, then cut down, do not scrape. Beat the whites of the eggs and add last. Grease pan well, have it hot and fry.—W. C. Baldwin.

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PUDDINGS

Molasses Pudding

One cup butter, one cup sweet milk, half cup molasses, three cups flour, one teaspoon soda in milk, salt, cinnamon and cloves. Steam two and a half hours. Then bake about five or ten minutes, just to dry out a little.—Mrs. F. T. Chapman.

Lemon Pudding for Five People

Beat the yolks of four eggs smooth with two tablespoons of granulated sugar. Then stir in the juice and grated rind of a large lemon. Add two tablespoons of boiling water and cook in double boiler, stirring until like thick cream. Beat the whites of the eggs until stiff, then beat into them two tablespoons granulated sugar. When light, add to the yellow mixture, while the latter is hot, which cooks it sufficiently to keep from falling. Serve with cake or crackers. Extra good and easy to make.—Mrs. Morley.

Lemon Pudding

One pint boiling water, one cup sugar. Stir in two tablespoons cornstarch. Beat whites of three eggs (stiff) and stir in just as soon as you take off the stove, grated rind and juice of one lemon, added last. To be eaten with thin custard, flavored with vanilla.—Miss Nash.

Saucer Pudding

One quart milk, three eggs, five large tablespoons flour, one tablespoon sugar. Bake on three flat tins. When done, put on top each layer, butter, sugar and nutmeg, and on top same.—Mrs. Geo. Williams.

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Spoon Pudding

Two tablespoons melted butter, two tablespoons sugar, two tablespoons jam (raspberry), two tablespoons boiling water, two eggs, four tablespoons flour, half teaspoon soda. Steam three-quarters or one hour. Serve with sauce.

Cream Tapioca Pudding

Cover three tablespoons tapioca with water, stand over night, add one quart milk, a small piece of butter, a little salt, and boil half an hour, beat yolks of three eggs with one cup sugar and three tablespoons prepared cocoanut. Stir in and boil ten minutes longer, flavor with vanilla and pour into dish. Beat whites of eggs to a stiff froth, add three tablespoons sugar, put this over top, sprinkle with cocoanut and brown in oven.—Miss Thomson.

Grapenut Pudding

Half cup of grapenut, one and a half cups of milk, yolks of two eggs, half cup of white sugar half cup of chopped raisins. Scald milk and throw over grapenut. Beat the yolks of eggs with sugar, raisins and flavoring. Then add to the milk. Beat the whites stiff and fold into mixture. Bake in a slow oven in a pan of water, half hour.—C. C. Lunley.

Baked Apple Dumpling

One quart flour, two teaspoons Harvey's baking powder, half teaspoon salt, mixed well together. Add one large tablespoon butter and lard mixed and enough sweet milk to make soft dough. Roll out into half inch sheets. Peel and quarter tart apples. Put each quarter on a square of dough, sprinkle over sugar and cinnamon, press edges together firmly. Place in deep pan, sprinkle over sugar and cinnamon and on each a small piece of butter. Fill pan with boiling water, leaving top of dumpling uncovered and bake in hot oven. Serve with cream.—Mrs R. Weir, Minneapolis.

Cold Rice Pudding

One cup rice one cup milk, one cup sugar four table-spoons sherry, half teaspoon salt, half ounce of gelatine, soaked two hours in half cup water, half pint cream. Wash rice and boil in one quart of cold water. When beginning to boil, pour off water and add milk and boil in double boiler one hour. Add gelatine, sugar, salt and wine, while hot. Stand dish in cold water and stir till cold, then add cream, which has been whipped. Put in mould and stand for an hour.—Mrs. T. Hutchinson.

Ground Rice Pudding

Two cups of milk, two eggs, four teaspoons of white sugar, five teaspoons of rice flour, small lump of butter. Scald milk. Beat the yolks of eggs, sugar, and rice flour together, and add to the milk. Stir until thick, then add butter and flavoring. Use white of eggs for top.—Mrs. C. C. Lumley.

Gateau of Rice

Quarter pound of rice, one ounce butter, one egg, three large table-spoons of marmalade, sugar to taste. Boil the rice until tender, stir in the butter and let cool. Add the egg (which has been beaten separately), the marmalade and sugar. Butter a mould and sprinkle with bread crumbs, pour in the mixture and bake three-quarters of an hour. Serve with whipped cream.—Mrs. A. Baillie Aylmer.

Baked Apples

Take a dozen nice large apples, take the core out of the centre. Make a filling of half a pound of dates, half a cup of sugar. Put on stove, and boil together. Add a quarter of a pound of chopped walnuts. Put in oven and bake. Put over top white of egg or whipped cream.

Steamed Apple Puffets

Three eggs, beaten well, one pint milk, a little salt, sufficient flour, to thicken as waffle-batter, one and a half teaspoons baking powder. Fill cups alternately with layer of batter and apples, chopped fine. Steam one hour. Serve hot, with sweetened cream.—Mrs. Urie.

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Baked Apple Pudding

Pare, core and quarter apples, to cover shallow baking tin. Take one pint of flour, rub in butter, size of a lemon, two teaspoons Harvey's baking powder, add sweet milk for a stiff batter and pour over apples. Serve with whipped cream.—Mrs. J. J. Hall.

Apple Batter Pudding

Half cup milk, half cup sugar, one tablespoon butter, one cup flour, one teaspoon Harvey's baking powder. Slice apples into a dish, sprinkle with cinnamon, sugar and dabs of butter, then pour batter over and bake about half an hour or until apples are soft. Serve hot, with cream.—T. T.

Chocolate Pudding

One egg, one tablespoon butter, half cup sugar, two tablespoons of milk, two tablespoons grated chocolate, one cup flour, two teaspoons Harvey's baking powder. Steam three-quarters of an hour in dish with spout, cover top with oil paper.—Mrs. F. M. Griffin.

Put in a granite dish, a thick slice of bread, without crust. Have a pint of boiled milk, pour a little of it over the bread, and to the remainder add a quarter of a cake of chocolate, and two tablespoons of sugar. Boil for fifteen minutes, or until it thickens. Set aside to cool, pour over the bread, cover with white of eggs, beaten stiff, and brown in oven. Serve either hot or cold.—Mrs. A. C. Hill.

New Chocolate Pudding

A cup of stale bread crumbs, meats of a dozen English walnuts, chopped, but not fine. Make a boiled custard of a cup of milk, four tablespoons sugar, and one beaten egg. As it is taken from the fire, beat in half a square of chocolate. Mix in the crumbs and nuts, turn into a baking dish and bake about ten minutes. Serve hot, with cream. A good emergency dish and easily doubled.—Mrs. J. B. Morford.

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Carmel Pudding

One pint milk, two tablespoons cornstarch Carmel, one cup white sugar and add to above, then add beaten white of one egg and half cup chopped walnuts. Pour in mould and let cool and serve with hot maple syrup.—Mrs. Angus Murray.

Fig Pudding

One egg, one tablespoon butter, three-quarter cup brown sugar, one-third cup sweet milk, three-quarter cup bread crumbs, three-quarter teaspoon soda, dissolved in milk, enough flour to make stiff batter, one large cup of figs, cut in fine strips and flour on them. Steam for two or three hours. Serve with sauce.—Mrs. M. G. Hay.

One coffee cup flour, one coffee cup figs, chopped fine, one coffee cup apples, chopped fine, one coffee cup brown sugar, one coffee cup bread crumbs, soaked in milk, two ounces suet, chopped fine, one egg, half teaspoon salt, two teaspoons Harvey's baking powder, two teaspoons molasses, spice to taste. Steam two hours.—Mrs. Urie.

One pound dried figs, half pound beef suet, half cup sugar, two eggs, half cup flour, with one teaspoon Harvey's baking powder, half pound bread crumbs, half cup milk, half cup brandy. Steam in one pound baking powder cans two and a half hours. Use hard sauce with nutmeg.—Mrs. McAndrew.

One pound dried figs, chopped, half pound beef suet, half cup sugar, two eggs, half cup flour, with one teaspoon Harvey's baking powder, half pound bread crumbs, half cup milk, half cup any fruit juice. Steam in one pound baking powder cans two and a half hours. Serve hot, with hard sauce, flavored with nutmeg and lemon.—Mrs. C. E. Williams.

Carrot Pudding

One and a half cups flour, one cup sugar, one cup suet, one cup raisins, one cup currants, one cup potatoes, grated, one cup carrots, grated, one teaspoonful soda. Boil or steam three hours.—Mrs. Hutchinson.

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Carrot Pudding

One cup chopped suet, one cup raisins, one cup currants, one cup potatoes, grated, one cup carrots, grated, one and a half cups flour, one cup sugar, one teaspoon soda, one teaspoon salt, two well-beaten eggs. Steam or boil three hours.

Graham Pudding

One cup sour milk, one cup molasses, two cups graham flour, one cup raisins, one teaspoon soda. Steam two and a half hours. Any sauce.—Mrs. W. H. Graham.

Six Cup Pudding

One cup flour, one cup rice flour, one cup chopped suet, one cup sugar, one cup currants or raisins, one cup milk, two teaspoons soda. Grease mould and steam four hours.—Miss Langan.

Queen Pudding

One pint bread crumbs, one quart milk, one cup sugar, piece of butter size of an egg, rind of one lemon, grated, yolks of three eggs. Mix and bake. When pudding is baked, beat the whites stiff with a little sugar, and add the juice of the lemon. Brown lightly. Eat cold, or warm.

Ginger Pudding

Half cup brown sugar, half cup syrup, half cup sour milk, half cup shortening (scant), one egg, half teaspoon ginger, half teaspoon cinnamon, one teaspoon soda, flour, about three cups. Put in pudding dish and steam one hour.

Cup Pudding

One cup sugar, one cup raisins, one cup currants, one cup bread crumbs, one cup suet, one cup sour milk, one cup chopped apples, half cup sweet milk, half teaspoon soda, two teaspoons Harvey's baking powder, salt, nutmeg, allspice, ginger, cinnamon to taste. Flour to make quite stiff. Steam six hours.—Mrs. H. G. Broderick.

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Snow Balls (Pudding.)

Cream one-third cup of butter and half cup of sugar, gradually. Sift one cup of flour with half cup of cornstarch and three level teaspoons Harvey's baking powder. Add the mixture alternately with two-thirds cup of milk and stir in gently the stiff whites of four eggs. Place this batter in six well-buttered cups, and steam for half hour. Turn out gently, roll in powdered sugar and serve hot, with strawberry sauce.

Strawberry Sauce

Cream half cup butter with one and a half cups of powdered sugar, add yolk of one egg. Add one cup of crushed berries, before serving.—Miss Cora Lindop.

Canary Pudding

The weight of three eggs in sugar and butter, the weight of two eggs in flour, rind of one lemon, three eggs. Beat butter, sugar and lemon peel, then flour, beat eggs, add and mix all thoroughly. Put in buttered mould and steam two and a half hours. Serve with sauce.—Mrs. E. S. Anderson.

Derbyshire Pudding

Take one pint of milk, reserving one wineglass full. Scald milk and mix wineglass full with four tablespoons flour. Add to hot milk, stirring constantly, until quite smooth. Then put away to cool. Beat yolks of four eggs, whites of two and half a cup of blanched almonds, cut, not too fine, the grated rind of lemon, cup white sugar, piece of butter, size of an egg. Add to thickened milk. Pour into buttered pie dish and bake slowly half an hour. Add juice of lemon, cautiously, over top of pudding, after it is taken from the oven. Beat two whites to a froth, put on top and return to oven for a few minutes. Eat cold.—Mrs. E. S. Anderson.

Pudding and Sauce

Two eggs, one cup sugar, two cups flour, one cup milk, butter, size of egg, one tablespoon Harvey's baking powder.

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Honey Comb Pudding

Half cup sugar, half cup butter, half cup milk, half cup flour. Beat all together and add four well-beaten eggs and cup of molasses, with teaspoon of soda in it, till it stops foaming. Add molasses last thing. Steam two hours and serve with sauce.—Mrs. E. S. Anderson.

Henderson Pudding

Two or three eggs, half cup sugar, three-quarters cup sweet milk, one teaspoon Harvey's baking powder, flour enough to make batter like cake. Steam 40 minutes to an hour.

Plum Pudding

Two cups of suet two cups raisins, one and a half cups currants, one and a half cups sugar, two cups flour, four eggs one tablespoon sweet milk, one teaspoon salt, half nutmeg, one teaspoon ginger, one teaspoon cinnamon, one teaspoon allspice, half teaspoon cloves; one cup lemon, orange and citron peel (mixed), one cup figs, chopped Roll fruit in flour before mixing. Stir well. Have water boiling. Take cloth, dip in hot water, sprinkle with flour, put in pudding, tie carefully, leaving room for it to swell. Boil five or six hours.—Hattie Robinson.

Plum Pudding

Two and a half pounds chopped suet, one pint bread crumbs, two pounds currants, three pounds raisins, one pound mixed pee , two nutmegs, grated, two tablespoons cinnamon, one tablespoon cloves, one tablespoon allspice, two teaspoons salt, and one of soda. Mix all this together dry, then add six eggs, well beaten, and three cups sweet milk, then flour enough to make it very stiff. Boil in two large or three medium size puddings five or six hours.—Mrs. Hales.

Baked Suet Pudding

One cup suet, chopped fine, three-quarters cup sugar, three-quarters cup milk, two eggs, one and a quarter cups flour, one cup raisins, half nutmeg, two teaspoons baking powder.—Miss Turville.

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Plain Plum Pudding

Two and a half cups raisins, two cups currants, two cups sugar, one cup molasses, one cup sour milk, three cups bread crumbs, one teaspoon soda, one teaspoon cloves, two teaspoons cinnamon, one teaspoon salt, three-quarter pound suet, two eggs, one cup mixed peel, flour to make very stiff.—Mrs. E. C. Harvey.

One cup suet, chopped fine, one cup very fine bread crumbs, one and a half cups raisins, after seeding, three-quarter cup yellow sugar, half cup molasses, cup sweet milk, one teaspoon salt, one tablespoon soda, one teaspoon each, cloves and cinnamon. Put all in a tin pail or mould with cover and cook in a pot of hot water, boiling for three hours.—Mrs. H. T. Gough.

Yorkshire Suet Pudding

Two cups of bread crumbs, half cup suet, half cup molasses, one egg, one cup seeded raisins, one cup of sweet milk, pinch salt, half teaspoon of soda, dissolved in milk, half teaspoon cloves, one teaspoon cinnamon. Mix thoroughly and steam two hours in a dish. Eat with foam or brandy sauce. —Miss Foss.

Christmas Pudding

One pound flour, one pound bread crumbs, three pounds currants, three and a half pounds raisins, half pound citron peel, half pound almonds, two pounds brown sugar, two pounds suet, spices and salt to taste, about fifteen eggs. Mix all together, but the eggs, and lastly add eggs, one at a time, mixing thoroughly, after each one is added. Put in bowls and either boil or steam. If boiled, cover bowls with paste made of flour and water, and tie a cloth over each.—E. C. Hindmarsh.

Eggless Plum Pudding

One heaping cup bread crumbs, two cups flour, one cup suet, chopped fine, one cup raisins, one cup molasses, one cup sweet milk, one tablespoon soda, one teaspoon salt, one teaspoon cloves, one teaspoon cinnamon. Steam two or two and a half hours.

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PUDDING SAUCES

Carmel Sauce for Pudding

One cup brown sugar, piece butter, size of egg, melt slowly on stove. When well boiled, stir in a large cupful or little more of boiling water and thicken a very little with flour.—Mrs. McAndrew.

Sauce

Yolks of two eggs, one cup sugar, half cup butter, tablespoon cornstarch, three gills boiling water, juice of one lemon, boil the mixture. The whites of eggs may be used on the pudding.—Mrs. H. W. Reede.

Half cup butter, one cup of sugar. Cream well together. Then add one quart crushed strawberries and lastly the beaten whites of two eggs. Good.—Mrs. McAndrew.

Take one cup white sugar, butter, size of an egg, grated rind of one lemon and white of an egg. (Beat the white of the egg and stir in at the last.)—Mrs. W. G. Whitmore.

Chocolate Sauce for Pudding

Three tablespoons of chocolate, one cup of sugar, one tablespoon of butter, half pint of milk, thickened with a little cornstarch and boil.—Mrs. F. M. Griffin.

Sauce for Pudding

One teaspoon flour mixed with cold water, add one cup boiling water, let come to a boil, add two cups sugar. Let boil fifteen minutes. Flavor with vanilla.—Mrs. L. Beal.

CREAMS

Chocolate Sauce for Ice Cream

One cup sugar, one cup milk, one and a half tablespoons chocolate, grated fine, (two if desired any thicker), small piece of butter. Put on back of stove and let come to a boil, but not boil it. Unsweetened chocolate preferred. This will serve about 35 people.—Mrs. L. Beal.

Orange Cups

Cut slice off the top of an orange, scoop out the centre and cut in small pieces, then add a little shredded pineapple and walnuts, broken fine. Sugar to taste. Place back in cup and on top put a spoonful of whipped cream.—Mrs. A. L. Norsworthy.

Chocolate Ice Cream

Six ounces chocolate, one pint cream, half pint new milk, half pound sugar. Mode: Scrape the chocolate into the milk and blend thoroughly. Add the cream and sugar, strain and freeze. Sufficient for eight persons. Seasonable at any time. Mrs. Ermatinger.

Orange Charlotte

One and a quarter tablespoons gelatine, one-third cup cold water, third cup boiling water, one cup sugar, juice of one lemon, juice and pulp of one orange, three eggs, whites only. Pour cold water on gelatine. Let stand five minutes, then add boiling water and sugar. Stir until dissolved. Add lemon and orange, when almost cool, add beaten whites and thoroughly mix.

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Custard

Yolks of eggs, three tablespoons sugar, one and a half cups milk, one tablespoon vanilla.—Mrs. Murphy.

Custard Sauce

One pint milk, yolks of two eggs, half teaspoon vanilla, quarter cup sugar, a few grains salt. Heat the milk. Beat yolks of eggs slightly, add sugar, salt and hot milk, gradually. Cook in double boiler, stirring constantly, until it thickens, strain and when cool, flavor. For lemon Custard Sauce, cook thin shavings of lemon rind with the milk.

Pineapple Sherbet

Two tablespoonsful gelatine, dissolved in one cup cold water. Then add one cup boiling water, one can grated pineapple, two cups sugar, juice of two lemons, and whites of two or three eggs. Then put in freezer.—Miss Love.

Maple Parafait

Yolks of four eggs, beaten light, add one cup maple syrup and cook in double boiler until there is a coating on spoon. Stir constantly. Take from fire and beat with egg beater until cold. Have beaten and on ice, one pint cream. Mix, pour in! mould and pack in ice and salt for four hours.—Miss Foss.

Boil three well-beaten eggs in one cup maple syrup. When cold, add one pint of whipped cream, and quarter pound of broken walnuts. Freeze.—Mrs. Hugh McPherson.

Maple Ice Cream

Put into double boiler, one pound of broken maple sugar and one and a half pints of milk and heat slowly, until sugar is melted and scalding hot. Add six well-beaten eggs and cook until as thick as custard, then strain and set aside. When cold, add one quart of heavy cream, one tablespoon of vanilla and freeze.—Mrs. W. W. Olmstead.

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Maple Mousse

One cup maple syrup, one pint cream, yolks of four eggs. Boil syrup five minutes, pour over the well beaten eggs, beat till cold then stir in cream which has been whipped. Put in mould and pack in ice and salt for three hours.—Miss G. Smith.

Strawberry Dessert

Put alternate layers of macaroons, strawberries and powdered sugar in a glass dish and pour over them a cold custard, made with three eggs, sugar and a cup and a half of milk. Make a meringue of the whites of the eggs and bake it a light brown in the oven. This can be done by placing the beaten whites on a buttered plate, set over a dish of hot water. When the meringue is cold, slide it over the strawberries and macaroons and sprinkle the top with rolled macaroons.—Mrs. Atkins.

Pineapple Cream

One can pineapple, one teacup sugar, three-quarter package gelatine, dissolved in half a cup cold water. Mix one cup of the juice of the pineapple with melted gelatine, simmer twenty minutes, cut one cup of the pineapple into small pieces and stir into one pint whipped cream, then add cooled juice and gelatine. Mix well and pour into moulds.—Miss McAdam.

Fig Ice Cream

Three cups milk, one cup sugar, yolks of five eggs, one tablespoon salt, one pound figs, finely chopped, one and a half cups heavy cream, whites of five eggs, one tablespoon vanilla. Make custard of yolks of eggs, sugar, and milk, strain, add figs, cool, and flavor. Add whites of eggs, beaten until stiff, and heavy cream, beaten until stiff. Freeze and mould.—Mrs. C. B. Duncombe.

Banana Cream

Make a custard of one quart milk, three tablespoons corn starch and yolks of four eggs. Salt and sweeten to taste. When partly cool, add bananas thinly sliced and the whites of four eggs, beaten to a stiff froth. Place on ice till served.—E. C. Hindmarsh.

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Fig Mousse

Half cup sugar, half cup boiling water, one pound figs, one quart milk, half cup flour, one cup sugar, yolks of three eggs, one tablespoon vanilla. Make caramel out of half cup sugar, and half cup boiling water. Wash figs carefully and put through a grinder. Pour the caramel over this. Scald milk and add flour and sugar, which have been mixed with a little cold milk. Pour this into the milk, and then pour this hot mixture over the beaten eggs. Turn into a saucepan and cool for several minutes. Take from the fire, add vanilla and pour the mixture over the figs. When cool, pour in a covered mould, pack in ice and salt for three or four hours.—Mrs. E. A. Smith.

Coffee Custard.

Two cups milk, two tablespoons ground coffee, three eggs, quarter cup sugar, eighth teaspoon salt, quarter teaspoon vanilla. Scald milk with coffee, and strain. Beat eggs slightly, add sugar, salt, vanilla and milk. Strain into buttered individual moulds, set in pan of hot water, and bake until firm.—Mrs. C. B. Duncombe.

Charlotte Russe

Two cups of cream, add a very little salt and sugar to sweeten, beat very stiff, flavor with mixed extracts (rose, vanilla and pineapple). Dissolve a dessertspoonful of Knox's unsweetened gelatine in a very little boiling water. When tepid, beat into the cream thoroughly. Put a little cream in a bowl and line with lady fingers and fill up with the cream. Let set until firm and then turn out as you would jelly.—Miss McDougal.

Currant Whip

Beat whites of two eggs until stiff. Whip in small glass of currant jelly. Sweeten to taste with powdered sugar. Serve in sherbet glasses, with candied cherries on top. If desired sliced bananas, or chopped pineapple or any other fresh fruit may be folded in and served with whipped cream.—Mrs. J. A. McCance.

Snow Custard

Half box of gelatine (Knox), dissolved in one cup cold water. Add one pint boiling water, two cups sugar, juice of two large lemons. When nearly cold, add whites of three eggs and beat all for twenty minutes. Pour in mould to harden. Serve with custard.—Yolks of three eggs, one pint milk, sweeten and flavor to taste.—Mrs. T. Crothers.



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JAMS AND JELLIES

Tomato Jam

Allow one pound brown sugar to each pound of peeled and sliced tomatoes. To every six pounds of tomatoes, allow one lemon and one ounce white ginger root. Place all in preserving kettle, cook gently, watching constantly. Boil one hour and seal up.—Lucy E. Whiting, South Pasadena, Cal.

Raspberry Jam

Allow one pint of currant juice, squeezed through bag as you would for jelly, to every two pounds of berries. Put the currant juice in a porcelain kettle and boil fifteen minutes, then add the berries, well jammed, and boil five minutes, then add the sugar and when it comes to a boil, take it off. Allow a pound of sugar to every pint of juice and three-quarters of a pound to every pound of berries.—Mrs. W. B. Doherty.

Chipped Pears

Eight pounds pears, chipped, eight pounds granulated sugar, one pound preserved ginger root, (chopped), six lemons, one cup water. Pare the yellow rind from the lemons and chip in small pieces. Squeeze out the juice and add it to the sugar with the water. When the sugar is all dissolved, add the pears and ginger root and boil until thick and rich.—Mrs. A. McPherson.

Grape Jelly

Scald grapes and strain through a jelly bag, measure juice and add same amount of sugar as juice. Put juice on stove, let come to a boil, take off stove and add sugar. Stir twenty minutes, put in glasses and seal.—Miss May Jay.

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Cream Nectar

Dissolve two pounds sugar in three quarts of water, add white of one egg, well beaten, then strain, and put in two ounces of tartaric acid, one tablespoon of lemon. Shake well and bottle.—Mrs. Williams.

Raspberry Vinegar

Cover berries with vinegar. Let stand forty-eight hours. Drain. One pound of sugar to one pint of juice. Boil twenty minutes. Put in air-tight bottles.

Grape Juice

One basket of grapes, washed and taken from the stems. Put in granite kettle and pounded until juicy. Boil until soft, or the seeds rise to the top, stirring frequently to prevent burning. Strain through cheesecloth, and put juice back in kettle, and boil for a few minutes with two large cups of sugar, then seal air-tight —Mrs. A. C. Hill.

Unfermented Grape Wine

Take twenty pounds Concord grapes and two quarts of water. After crushing the grapes, put them in a porcelain kettle. When at the boiling point, the juice separates from the pulp and skins, then strain through a sieve, using a little more water. Add six pounds granulated sugar. After it is all dissolved, strain through a cloth, then heat again and pour into jars. Seal tight while hot. This will make three gallons. Mrs. M. G. Hay.

Turkish Delight

One package Knox's granulated gelatine or one ounce of the sheet gelatine, dissolved in half a cup of water, one pint white sugar, boiled with half a cup water, till it threads as if for icing. Add to this when boiling the melted gelatine and boil slowly thirty minutes. Add grated rind and juice of one lemon and one orange. Pour into shallow pans, let stand some hours, till firm and perfectly cold, then cut into squares and roll in icing or fruit sugar and chopped nuts.—Miss McAdam.

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Ginger Wine

Three lemons, sliced fine, one ounce tartaric acid, one ounce sugar, burned, half ounce essence of ginger, quarter ounce tincture of capsicum, three pounds of white sugar, five quarts of boiling water.—Mrs. W. B. Doherty.

Salted Almonds

Shell and blanch one pound almonds. Dry thoroughly in a towel, put into a large pan, a piece of butter, size of small chesnut, and when melted, turn the almonds into it, stirring rapidly, until every nut is shining with butter. Then sprinkle over them, an even tablespoon of fine salt, put in bottom of oven and let it remain there, shaking and stirring every few minutes, until the almonds are a light brown, when they will be crisp and delicious.—Mrs. M. G. Hay.



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CANDY

Maple Cream

Two cups of yellow sugar, quarter cup of milk, half cup of maple syrup. Boil fifteen minutes, then add one tablespoon of butter. Beat to a cream and put in buttered pans.—Mrs W. Norsworthy.

Fondant

One tablespoon glucose, three cups granulated sugar, enough water to dissolve sugar. Boil until syrup forms into a soft ball in water, allow to cool, and then beat, until it becomes hard and white. Then knead with hands, till creamy.—Mrs. E. C. Harvey.

Butter Scotch

Two cups sugar, half cup butter, one teacup of cold water. Put water and butter together. When butter is melted, add half teaspoon cream tartar, boil until hard and cool quickly.—Mrs. F. M. Griffin.

Fudge Candy

Three cups granulated sugar, two large tablespoons grated chocolate, one dessertspoon butter, milk enough to dissolve sugar. Set on stove and stir till sugar is dissolved, then let boil, without stirring again, till it will form a soft ball, when tried in cold water. Set aside till nearly cool, then add one teaspoon vanilla and chopped nuts. Stir till creamy and pour into square tin. When nearly cold, cut in small pieces.—Mrs. E. C. Harvey.

Vinegar Candy

Two cups sugar, one cup vinegar, quarter cup butter. Boil until it will harden in water.—Miss Nash.

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Marshmallows

Two tablespoons Knox's gelatine, six tablespoons of water. Dissolve gelatine in the water. Two cups granulated sugar, six tablespoons hot water. Boil sugar and water until it forms a ball, rather hard, in water. Take off and pour over the gelatine and heat twenty minutes. Add one teaspoon vanilla. Pour into buttered pans dredged with cornstarch. When cold, cut in squares and roll in pulverized sugar.—Miss Nash.

Proulines

One pound, or two cups of light brown sugar, three tablespoons cream, two tablespoons water, butter the size of a walnut. Boil the above, except butter, until it becomes stringy. Then add butter and English walnuts and stir until it begins to get stiff. Pour into buttered plate and cut into squares.—Miss Nash.

Fondant

One cup granulated sugar, quarter cup water, quarter teaspoon cream of tartar, flavoring. Stir over fire until the sugar is dissolved. Boil, without stirring, until, when tried in cold water, a soft ball may be formed, that will keep its shape. Let fondant cool, until it becomes a thick waxy consistency. Stir until stiff, then work with the hands until smooth. This fondant is a foundation for any cream candy.

Patience

One cup granulated sugar allowed to melt down and brown. Then stir into one cup hot milk, adding it little by little. Then add two more cups granulated sugar, a small piece of butter, and boil until it hardens in water. Take off stove and stir down, until it gets quite stiff, putting in chopped nuts and a little flavoring.—W. F. Mackenzie.

Stuffed Dates

Remove pits and stuff with two tablespoons cheese, two tablespoons peanuts, dash of cayenne.—Mrs. Angus Murray.

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Dates

Remove stones from some fresh dates, fill with chopped walnuts and roll in powdered sugar or, the dates may be filled with boiled icing, and then rolled in sugar.—Mrs. L. I. Hunt.

Candied Orange Peel

Make a brine of half cup salt to two quarts of water. Put in orange peel and leave a week or more. Drain and wash in cold water. Simmer gently, changing waters till all taste of salt disappears. Cut into strips or put through the grinder. Cook in a thick syrup (made by adding two cups of water to four cups of sugar), till transparent. Place on a buttered plate to dry. When syrup is absorbed, pack in jars.—Hattie Robinson.



MARMALADES

Orange Marmalade

One dozen bitter oranges, three sweet oranges, three lemons. Slice all the fruit very thin, keep the seeds of all the fruit in a bowl, with one cup cold water over them. Put seven quarts of water over all the fruit you have sliced, and let it remain over night. In the morning, place over the fire and boil two hours until the skins are tender. Then take off and measure, to every quart of fruit, add three pounds white sugar. Now tie the seeds and water in a muslin bag, squeeze into the pan of fruit. Drop bag in also, and boil one hour. It is in the seeds you have the jelly. Throw away the peel of the sweet oranges.—Mrs. Kirkpatrick.

Cut thin one doz. bitter oranges, using all but seeds and thick end. To every pint of cut-up fruit, add two and a half pints water. Let stand over night in a stone crock. Next day boil quickly three-quarters of an hour, then put back into crock. The following day measure and to every pint of fruit, put one and a quarter pints sugar. Then boil for an hour.—Mrs. E. Heiter, Aylmer, Ont.

Two dozen Valencia oranges, four lemons, twelve quarts water. Cut up fruit fine, leaving out all skins of one dozen oranges and ends of other dozen. Add water and let stand over night. Boil two hours. Then measure and put an equal quantity of sugar with pulp. Cook till it will jelly.—Mrs. E. C. Harvey.

One dozen Seville oranges, must be quartered, then sliced very thin, pulps and all, leaving out the seeds. To each pound of sliced fruit, add three pints of cold water. Let it stand twenty-four hours. Then boil until tender. Let it stand until next day. Weigh it, and to every pound, add one and a quarter pounds of white sugar. Then boil until the syrup jellies. One hour is generally enough.—Mrs. Kennedy.

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Orange Marmalade

One dozen bitter oranges, cut in very fine pieces, using all the orange except the pips. Cover with ten pints of cold water and let stand twenty-four or thirty-six hours. Then boil for two hours, after which, add twelve pounds of granulated sugar and boil steadily until it jellies. Add juice of two lemons and take quickly off stove. Put the pithy parts, pips and seeds into a kettle with some water and let boil for a little time, then strain juice into the mixture, as a great deal of the jelly is in the seeds.—Kate A. McColl.

Citron Marmalade

Eight pounds citron, chopped fine, eight pounds sugar, six lemons, chopped, half pound bruised ginger or preserved ginger, boil in as little water as possible, for about six hours.—Mrs. F. M. Griffin.

Red Currant Marmalade

Six pounds currants, six pounds sugar, six oranges, half pound raisins, half teaspoon mace, half teaspoon cinnamon. Boil currants three-quarters of an hour, strain through colander to remove seeds. Cook rind of oranges until soft. Chop fine. Chop raisins and pulp of oranges, add to currants and sugar. Cook until thick.—Mrs. L. M. Miller.

Rhubarb Marmalade

Cut and stew the rhubarb with as little water as possible. To every pound of rhubarb, add one orange and one pound of sugar. Cook oranges before putting in the rhubarb. Then simmer until thick. Add almonds or English walnuts.—Mrs. Hugh McPherson.

Orange and Rhubarb Marmalade

Five oranges, two and a half pounds rhubarb, five pounds sugar. Peel the oranges and boil skins. When cooked cut into fine pieces. Put skins and oranges, rhubarb and sugar on to boil, until required thickness is obtained.—Mrs. Cochrane.

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Pumpkin Ginger

Five pounds pumpkin, five pounds granulated sugar, three-quarter pound root ginger (not bruised). Cut pumpkin very fine. Put into a crock, a layer of pumpkin, sugar and ginger. Stand for twenty-four hours. Cut six lemons thin, add to the ingredients and boil until clear and the syrup is very thick. Take ginger out before bottling.—Miss Morley.

Pear Marmalade

Put four pounds sugar in kettle. Pour over it, one quart cold water. Allow to boil one hour. Skim well. Have ready four pounds pears, pared, cored and sliced very thin, add to syrup, with rinds of four large lemons. Let simmer one hour. Add juice of the lemons. Let boil hard for half an hour. Stir constantly. Rind of lemons better, if soaked over night.—Mrs. Robertson.

Eight pounds granulated sugar, eight pounds of fruit, half a pound preserved ginger, four lemons. Peel and slice pears very thin, also slice ginger in small pieces. Add to pears and sugar, half a pint cold water. Boil one hour, stirring often. Cook the lemons (whole), until tender, in water, cut them in small pieces, add to the pears and boil one hour longer.—Miss Love.

Eight pounds of pulp, eight pounds of granulated sugar, one pound of preserved ginger root, four lemons, one pint cold water. Boil lemons in water, skin and all, till tender, then put the water with the pulp. Boil one and a half hours.—Mrs. W. H. Graham.

Rhubarb Marmalade

Four lemons, cooked whole in a little water till tender, cut fine and remove seeds, four pounds rhubarb peel and cut up. Add one cup water and cook till tender, add six pounds sugar and half pound chopped walnuts. Cook ten minutes.—Mrs. M. H. Penhale.

Red Currant Marmalade

Six pounds currants, six pounds sugar, six oranges, half pound raisins, half teaspoon mace, half teaspoon cinnamon. Boil currants until cooked and put through colander. Cook rind of oranges, until soft. Chop fine. Chop raisins and pulp of oranges, add to currants and sugar and cook until thick.—Mrs. J. B. Morford.

Rhubarb and Pineapple Marmalade

Three bowls pineapple, two bowls sugar, five bowls rhubarb, five bowls sugar. Let each stand overnight, covered with the sugar. Boil all the juice twenty minutes, then add pineapple and boil ten minutes, then add rhubarb and boil until clear.—Mrs. J. B. Morford.



BEVERAGES

Orangeade

Six oranges, grate the rind and squeeze out the juice, six cups water, four pounds sugar. Boil all together. Add one and a half ounces citric acid. Bottle up the syrup and use like lemonade.—Mrs. Atkins.

Punch

Four dozen lemons, two dozen oranges, one grated pineapple, one pint grape juice, water and sugar to taste. Add piece of ice. Marichino cherries and green grapes to garnish.—Miss McDougal.

Cream Nectar

Dissolve two pounds sugar in three quarts of water, add white of one egg, well beaten, then strain, and put in two ounces of tartaric acid, one tablespoon of lemon. Shake well and bottle.—Mrs. Williams.

REMEDIES

For Burns

One pint castor oil, slightly warmed and beaten to a froth. Add one teaspoon carbolic acid. Cork and use for burns. It gives instant relief.

Cure for Pneumonia

Rub chest with sweet oil, then cover with powdered lobelia.

Cough Mixture

Four cents anise seed, three cents laudanum, three cents essence peppermint, one pint molasses, one cup water. Mix with warm water.

Harvey's Baking Powder is Pure and Wholesome.

Croup Mixture, tried and true

One ounce each of camphor gum, alcohol, turpentine and castor oil. Rub briskly all over chest and down over the bowels. If applied when child shows indications of croup, will prevent it. Is also excellent to apply to older ones, suffering with cold or sore throat.—Mrs. S. H. Smiley.

Hop Bitters

Hops two ounces, ginger one tablespoon water two gallons, brown sugar, two pounds, yeast half cup or one cake. Boil hops (in bags), also sugar and ginger. Cool to blood heat, then add yeast and let stand twenty-four hours, skim and bottle. This is a very strengthening drink for the hot weather.—Mrs. J. B. Morford.

Soap

Five pounds cleaned fat, one can concentrated lye, quarter cup ammonia, half cup borax, one quart cold water. No boiling.—Mrs. E. A. Smith.

Washing Compound

Cut fine one bar of laundry soap into two quarts rain water, add one teaspoon Gillet's lye. Boil till thoroughly dissolved, remove from the fire and when slightly cooled, stir in cup gasoline. Put enough of the mixture into a boiler of water to make strong suds, then plunge clothes in, without rubbing, and boil thirty minutes. They will come out comparatively clean.—Mrs. McKellar.

A Splendid Liniment

Two ounces spirits ammonia, two ounces spirits turpentine, two ounces spirits camphor, two ounces best sweet oil. Rub well and often.—Mrs. T. Robertson.

Lotion for Hands

Equal parts of glycerine, witch hazel and spirits of camphor.—Mrs. Morley.

Harvey's Baking Powder is all Leaven.

Face Cream

Half ounce White Wax, half ounce Spermaceti, half ounce Lanolin, one ounce Cocoanut Oil, two ounces Oil Sweet Almond, one ounce Orange Flower Water, thirty drops Tincture Benzoin, five drops Oil of Rose. Heat first five in double boiler. Beat until cold. Mix liquids and slowly cream a few drops at a time.—Mrs. Morley.

Salve

For cold in head, rub nose and forehead. For croup, rub well, throat and chest. Take equal parts in bulk, (not weight) of camphor gum, lard and yellow beeswax. Melt altogether until camphor is dissolved.

Excellent Furniture Polish

A wineglass of vinegar, a wineglass of sweet oil, and half a wineglass of turpentine.—Mrs. A. C. Hill.

May Dew.—Toilet Preparation

Excellent for rough or chapped hands. Gum tragacanth three-eighths ounce, cologne two ounces, alcohol two ounces, glycerine two ounces, soft water one pint. Dissolve the gum tragacanth before adding the other ingredients. Miss Winnie Graham.

Chiffons, veilings and ostrich plumes in light shades can be easily and successfully dyed in tinted gasoline. Mix a small quantity of tube paint in half a cupful of gasoline, stir gradually into a quart or more of the fluid until, by testing with a small piece of the chiffon, the right color is obtained. The material must be dipped quickly and shaken, then dried in the open air. A white chiffon hat was dyed without ripping apart in this way, changing it to a pale blue.

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E. S. ANDERSON, Manager.



