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RECIPES



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W

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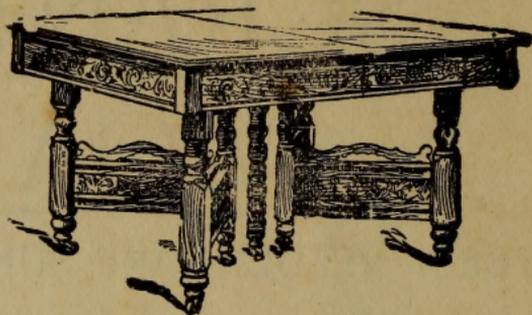
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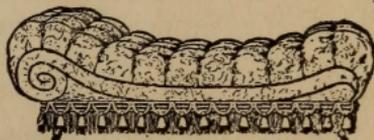
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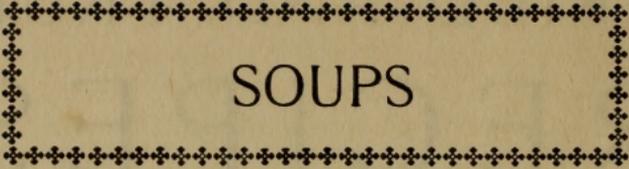
accurately

TRIED AND TRUE RECIPES

ARRANGED BY THE YOUNG WOMEN'S
GUILD OF ST. ANDREW'S CHURCH,
KINGSTON.

“We may live without poetry, music or art;
We may live without conscience and live without
heart;
We may live without friends, we may live without
books,
But the civilized man cannot live without cooks.”

OWEN MEREDITH.



SOUPS

"No useless dish our table crowds;
Harmoniously arranged and consonantly just,
As in a concert instruments resound;
Our ordered dishes in their courses chime."

If one has good stock the making of soup is easy.

To Prepare Stock for Soup.

Cut meat into small pieces and have bones well cracked, To one pound of meat and bones, allow one pint of water and half a teaspoonful of salt. Let stand for two hours, then put on back of stove to simmer, for four hours. It is then ready for use.

Vegetable Soup.

M. M.

Cut vegetables into small pieces. Stew till tender. Add sufficient stock to make soup of desired strength, and season with pepper and salt. Let boil for half hour.

Pea Soup.

MISS M. MINNES.

Pres through a colander a pint of cooked peas; add stock and boil for a short time. A small piece of salt pork boiled with the peas adds greatly to the flavor.

White Celery Soup.

MISS E. SHARPE.

Cut two heads celery into finger lengths and simmer in one quart milk for a half hour. Remove pieces of celery with a skimmer. Thicken soup with a tablespoon of corn starch blended with a little milk and salt (if desired), and a teacup of whipped cream.

Chicken Cream Soup.

M. M.

Boil the fowl with an onion in four quarts of water till there remains but two quarts. Take it out and let it cool. Cut off the breast and chop very fine. Mix with yolks of two hard boiled eggs and rub through a colander. Cool, skim and strain the soup; season; add the chicken and egg mixture; simmer ten minutes and pour into the tureen. Then add a small cup of boiling milk.

Potato Soup.

M. M.

Select three large potatoes, weighing about a pound. Pare, wash and cover with boiling water; boil for five minutes; drain and throw the water away; cover with a pint of fresh, boiling water; add one onion sliced (if you care for onions), a bay leaf and stalk of celery chopped; cover and boil till potatoes are tender. Press the whole through a sieve; put one quart of milk in double boiler, rub together one tablespoonful of butter and two of flour, add to the milk and stir till thick and smooth. Add the potato, also pepper and salt. Stir over the fire for five minutes.

Veal Soup.

MRS. JONES.

Three pounds of joint of veal, well broken up, a gallon of water; boil. Prepare quarter of pound of macaroni by boiling with sufficient water to cover it; add a little butter when the macaroni is tender. Strain the soup and season with salt and pepper; then add the prepared macaroni. If desired add a pint of rich milk and celery flavoring.

Pea Soup Made With Milk.

Press through colander a pint of cooked peas; put in double boiler with one quart of milk; add a bay leaf and teaspoonful of grated onion; rub together two tablepoonfuls of butter and same of flour; add to mixture, stir and cook till thick and smooth; salt and pepper to taste.

Bean soup may also be made according to this recipe.

Macaroni Soup.

M. M.

Put into a stew pan of boiling water (a small pan) four ounces of macaroni, one ounce of butter and an onion. When macaroni has become quite tender, drain it very dry and pour on it two quarts of clear stock. Let it simmer for ten minutes, taking care that the macaroni does not burst or become a pulp.

Barley Soup.

J. M.

Boil barley till quite soft and add one onion, chopped fine. Add stock as in vegetable soup. Pepper and salt.

Oyster Soup.

MISS M. M.

One quart of oysters, one pint of milk, one teacupful of hot water. Pepper and salt. Strain all the liquor from the oysters; add the water and heat; then near the boil add the seasoning, then the oysters; cook about five minutes; stir in boiling milk and tablespoonful of butter. Serve.

Tomato Soup.

MISS L. McCORMICK.

No 1.—One can of tomatoes, one onion, one potato, one quart of water; cook and strain. Add one teaspoonful of soda, one pint of hot milk, two rolled crackers, butter the size of an egg, pepper and salt to taste and let come to a boil.

No 2.—One dozen of tomatoes, three pints of water (or stock) boiled together half an hour; remove from the stove and add one cup of milk, one teaspoonful of soda, butter the size of an egg, salt and pepper to taste—less butter when stock is used.

Potato Soup.

MISS MABEL MILLS.

Six boiled and mashed potatoes, one quart of sweet milk, quarter of a pound of butter, pepper and salt to taste. While mashing potatoes add butter and pour in gradually boiling milk, stir well and strain through a sieve, heat again, beat up one egg and put in the tureen, pour over it the soup when ready to serve.

Duchess Soup.

MRS. H. T.

Slice of onion and carrot ; cook in tablespoonful of butter three minutes, then add one quart stock. Cook fifteen minutes, strain and add one pint of milk, one tablespoonful each flour and butter, blend, pepper and salt, then add four tablespoonfuls grated cheese. Cook ten minutes.

Mulligatawny Soup.

MRS. W. F.

One quart stock, one tablespoonful curry powder, two small onions, one clove of garlic, one-half ounce almonds, one small slice bacon, juice one-half lemon, one tablespoonful butter, one-half cup boiled rice, salt to taste. Brown butter and onions ; mix curry powder, lemon juice, crushed almonds and garlic ; add bacon to browned onion. Add all to stock, boil one-half hour, pour over hot rice in a tureen, serve.

Ox-Tail Soup.

MRS. JONES.

Take two ox-tails, two good-sized onions, two carrots, a small turnip, two tablespoonfuls of flour, a little white pepper. Add a gallon of water ; let it boil two hours. Take out the tails and cut the meat into small pieces and return bones to the pot. Boil another hour, strain, mix two spoonfuls of arrow-root with cold water ; stir in and add the meat. Let all boil for a quarter of an hour. Add salt to taste.



FISH

“ The silvery fish,
Grazing at large in meadows submarine,
Fresh from the wave now cheers
Our festive board.”

Moulded Salmon.

MRS. JAS. MCLEOD.

One can salmon, two eggs (beaten light), two tablespoons melted butter, one-half cup fine bread crumbs, one tablespoon corn starch; chop fish fine, beat in bowl, salt and pepper to taste, put in a buttered mould and steam one and a half hours.

Broiled Salmon.

W. B.

The middle slice of salmon is the best. Sew up neatly in a mosquito net bag, and boil a quarter of an hour to the pound in hot salted water. When done, unwrap with care, and lay upon a hot dish. Have ready a large cupful of drawn butter, in which has been stirred a tablespoonful of miced parsley and juice of a lemon. Pour over the salmon, garnish with parsley and sliced eggs.

Prepared Salmon.

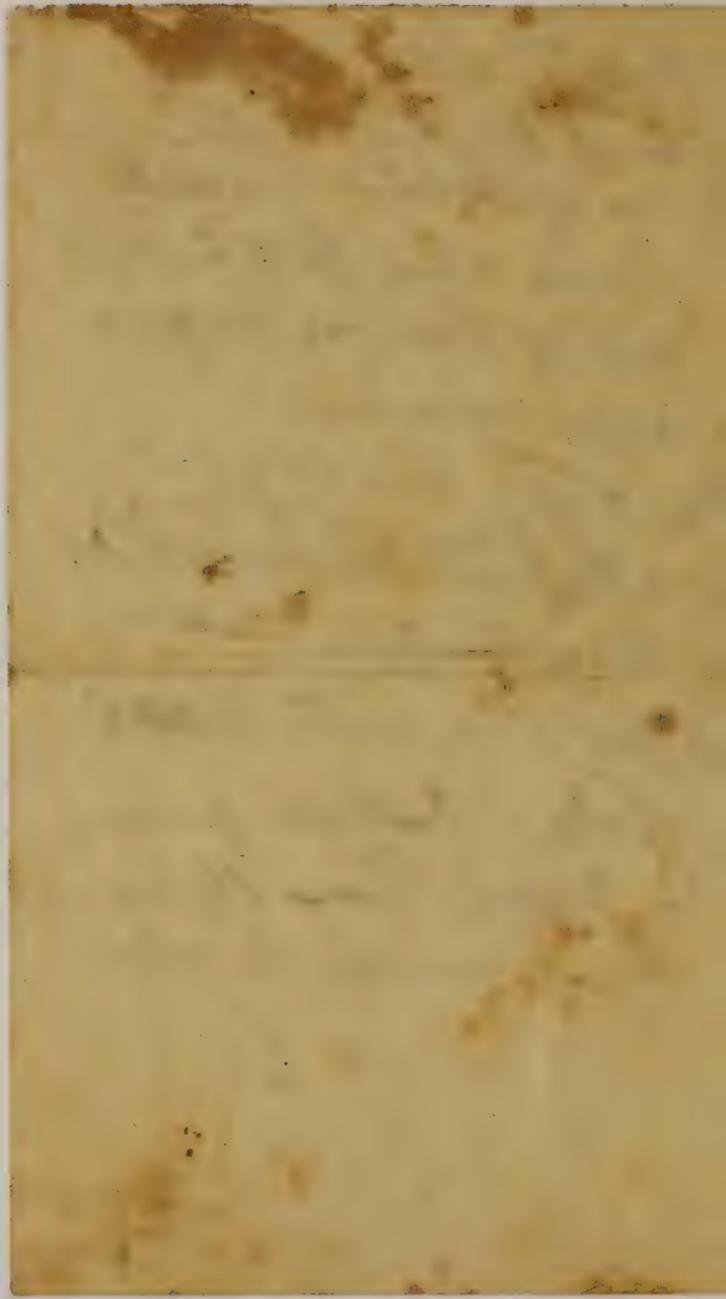
L. McC.

One can of salmon, or fresh fish, one egg, one cup of bread crumbs, one teaspoonful of melted butter, salt and pepper to taste, two tablespoonfuls of chopped pickle cucumber, pick the salmon fine, work into the above mentioned, put in a buttered bowl, cover tightly and steam three quarters of an hour, set in cold water one minute and turn out. Make one and one-half cups of drawn butter, put in a little chopped pickle, boil and pour over fish.

Buttermilk cake

- 1 cup buttermilk
- 1 " of shortening half
lard and half butter
- 1 cup of brown sugar
- 1 cup raisins
- 1/2 cups currants
- 3 cups of flour.
- 1 teaspoon mixed spice
- 1 large teaspoon soda
- of put in a little peel

Bake in buttered paper
in bread tin 1 1/4 hrs
in a moderate oven



Salmon Cream.

L. F. S.

One can salmon; remove skin, bone and fluid, and mince fine. For sauce, a little more than one-half pint of milk, thickened with cornstarch; add salt and pepper. Put bread crumbs in bottom of a dish, then fish, sauce and bread crumbs on top. Bake.

Prepared Salmon.

M. A. R.

One can salmon, one-half teaspoon mustard, one-half teaspoon salt, one quarter cup vinegar, one quarter box Cox's gelatine. Pinch salmon over, add mustard, pepper, salt and vinegar; soak gelatine for an hour in half cup cold water, mix with salmon and pour into prepared mould, which has been wet and lined with sliced cucumbers.

Salmon and Caper Sauce.

MRS. BAILEY.

Two slices of salmon, one quarter pound butter, one-half teaspoonful of chopped parsley, one shallot; salt and pepper to taste. Lay the salmon in a baking dish, place pieces of butter over it, and add other ingredients, rubbing a little of the seasoning into the fish; place it in oven and baste it frequently; when done take it out and drain for a minute, lay it in a dish and pour caper sauce over it and serve. Tomato sauce is good also.

Fish Balls.

MRS. M. D. HUTCHEON.

One cup cold fish, two tablespoonfuls fine bread crumbs, two tablespoonfuls mashed potatoes, pepper and salt to taste; one egg, two cups bread crumbs to roll balls in. Put fish, crumbs and seasoning into mixing basin. Beat the egg very light and put half on a plate to brush over the balls and other half into the mixture; flour the board and put mixture out in teaspoonfuls; flour hands and roll into balls; brush over with egg, toss into bread crumbs, and fry in dripping.

Casserole of Fish.

MISS A. L. FOWLER.

Two cups of cooked rice, one cup of fish, quarter of a cup of milk, quarter of a cup of bread crumbs, one egg, half a teaspoonful of salt, quarter of a teaspoonful of mustard, one tablespoonful of vinegar, half a teaspoonful of onion juice. Line a bowl one half inch thick with rice, put in the fish, cover with rice and steam. When steamed an hour put in the oven and dry twenty minutes.

Boiled White Fish.

MRS. R. S. DOBBS.

Lay the fish open; put it in a dripping pan, with the back down; nearly cover with water; to one fish put two tablespoons salt; cover tightly and simmer (not boil) half hour; dress with gravy, butter and pepper; garnish with sliced egg. For sauce use a piece of butter the size of an egg, one tablespoon of flour, half pint boiling water; boil a few minutes, and add three hard boiled eggs, sliced.

Stuffing for Baked Fish.

MRS. McLEOD.

One cup bread crumbs; two teaspoonfuls melted butter; one-half teaspoonful each of salt and onion sauce; one teaspoonful each of parsley, capers and pickles; one egg beaten; pepper.



VEGETABLES

Saratoga Potatoes.

MISS M. MINNES.

Cut raw potatoes in slices as thin as wafers ; lay them in cold water over night ; a small bit of alum will make them more crisp ; next morning rinse in cold water and dry with a towel. Have ready a kettle of lard, hotter than for fried cakes, and drop in the potatoes, a few at a time ; skim out and sprinkle with salt ; lay on double brown paper in the oven to dry.

Potato Croquettes.

Take cold potatoes, mash and add as many eggs as will make proper consistency for rolling into balls. Roll in cracker crumbs and fry in hot lard.

Scalloped Potatoes.

Slice potatoes thin and place in layers in a dish. Sprinkle with salt and pepper and small pieces of butter. Cover with milk and bake in the oven till potatoes are soft.

Whipped Potatoes.

Instead of mashing, in the ordinary way, whip with a fork until light and dry ; then whip in a little melted butter,, some milk and salt to taste, whipping rapidly until creamy.

Potatoes a-la-Creme.

Heat a cupful of milk ; stir in a heaping tablespoonful of butter and as much flour ; stir until smooth and thick ; pepper salt and add two cupsful of cold boiled potatoes, sliced, and and a little finely chopped parsley. Shake over the fire until the potatoes are hot all through and pour into a deep dish.

Turnips.

Boil until tender ; mash and season with butter ; pepper and salt and a little rich milk or cream.

To Boil Onions.

MRS. MACDONALD.

Take off the tops and thin outer skin, lay on the bottom of a pan which is broad enough to contain them without piling one on another ; just cover them with water, and let them simmer slowly till tender but not till they break. Serve with melted butter.

Fried Onions.

Cut them in thin slices and season them ; have a piece of fat bacon frying to get the juice ; take it out and put in the onions and stir until a nice brown.

Baked Beans.

Pick one pint of beans free from stones and dirt ; wash and soak in cold water over night. In the morning pour off the water, cover with fresh water and put on to boil ; let them boil till they begin to split open ; place in an earthen jar, after draining, add some small pieces of ham or bacon, a little salt, and a tablespoonful of molasses ; cover with hot water, cover the jar and bake in the oven for five or six hours. Add a little water occasionally should they boil dry.

Fried Parsnips, Plain.

MRS. R. S. DOBBS.

Boil some parsnips until they are about half done ; when they are cold wipe them in a cloth, slice them thickly, sprinkle with salt and pepper, and fry in butter till of a pale brown color.



PICKLES

“ Who peppered the highest was surest to please.”

Mustard Pickles.

One gallon vinegar, one pound mustard, one ounce turmeric powder, one cup flour, one ounce curry powder, one pound sugar, one dozen red peppers. Blend and boil together and pour over pickles, after salting three or four days. Leave cauliflower and onions in salt and water over night and scald before putting into pickles.

Indian Pickle.

MRS. M. WOODROW.

Two gallons vinegar, one quarter pound ginger, one-half ounce each of ground cloves and chillies, four ounces black pepper, two ounces each of garlic and eschalots, one quarter pound mustard seed, two ounces allspice, four ounces salt, one ounce alum. Boil ingredients half an hour. Mix half a pound of mustard and one quarter pound turmeric, smooth with a little vinegar and add to the above pickle, let it come to the boil. Then put it into the jar and put in the vegetables as they come in season.

Mustard Pickles.

MRS. H. J. PUTNAM.

Use equal quantities of cauliflower, small onions, small cucumbers and beans ; cover with strong brine over night, then dissolve a piece of alum in the brine, scald and pour over the pickles. When cool drain thoroughly and mix in some cut up red peppers. To one gallon vinegar add one cup brown sugar. Scald well, add three tablespoons flour, one quarter pound ground mustard, small proportion of turmeric, allspice, cloves and grated horse-radish, and pour hot over the pickles.

Indian Pickle.

MRS. A. HUBER.

One gallon vinegar, one quarter pound mustard, three ounces ginger, three ounces curry powder, two ounces turmeric, three ounces garlic, one pound salt, one-half pound sugar. Take medium size cucumbers, peel and cut in pieces and let stand over night, boil the ingredients together, put pickles in jars and pour it over them.

Mustard Pickles.

MRS. J. McBRIDE.

One-half peck cucumbers, one-half peck onions, one or two califlowers, put in brine twenty-four hours, mix in cold vinegar, one-half pound Durham mustard, one ounce turmeric powder, two ounces curry powder, put on in a porcelain kettle, two quarts vinegar, and one pound brown sugar, when it comes to a boil add other ingredients, then let mixture just come to a boil and pour hot over the vegetables, that have been drained ; cover securely.

Indian Pickles.

MRS. HODGSON.

Five quarts white wine vinegar, one quart water, one pint of salt, one quarter pound root ginger, one ounce ground mace, one ounce ground white pepper, tablespoon cayenne. Mix all together and boil ten minutes. When cold put into a jar with two ounces mustard, one ounce turmeric, one tablespoon curry powder, one and one-half pounds sugar ; wet the mustard, turmeric powder and sugar with a little vinegar. Let stand for three weeks when pickles are ready for use.

Sweet Cucumber.

MRS. PERROT.

Pare skin and core cucumbers and soak in salt water for two days. Drain and then pour over them hot water and let them stand over night, then pour water off. For each quart vinegar use one pint of hot water, two coffee cups of sugar, a table-spoonful each of cinnamon, spice, cloves, nutmeg and mace. Boil until easily penetrated with a fork.

Sweet Tomato Pickle (good).

E. C.

One peck green tomatoes, slice and sprinkle one cup salt over them, let stand over night. Drain and scald in vinegar and water (equal parts), drain again and scald vinegar and three pounds sugar and mixed whole spices. Pour over tomatoes and cook fifteen minutes.

Chow-Chow.

MRS. W. ALLEN.

Half peck sliced green tomatoes, half peck sliced white onions, twenty-five small cucumbers, two cauliflowers. Sprinkle salt over them and let stand for twenty-four hours, then drain well. Mix half a cup grated horse radish, half an ounce of turmeric powder, and half ounce each of ground cinnamon and cloves, one ounce of ground pepper, one pint of mustard, and a pint of brown sugar, two bunches of chopped celery. Put this mixture into a porcelain kettle in layers with vegetables, cover with cider vinegar and boil slowly for two hours.

Celery Sauce.

MRS. A. CHOWN.

Cut two dozen heads of celery in small pieces. Let them stand twenty-four hours in salt and water; drain well. Little more than three quarts vinegar, two pounds granulated sugar, quarter teaspoonful cayenne pepper, one pound mustard. Mix the above and boil ten minutes, then add celery. Let it become quite hot, but do not let celery boil. Seal and keep in a cool place. If preferred add a little turmeric to the vinegar when boiling, to give celery a nice color.

Tomato Catsup.

MISS M. A. MCCARTHY.

One bushel ripe tomatoes, one pound salt, one and one-half pounds sugar, one quarter ounce whole white pepper, one quarter ounce root ginger, two ounces whole cloves, six onions, one quart vinegar, one-half ounce cayenne pepper. Boil four or five hours, strain and bottle while hot.

Indian Sauce.

MRS. COLE.

One dozen ripe tomatoes, one dozen apples, one pound raisins (chopped fine), one large red pepper, six or eight onions. Boil one hour and put through sieve, then add seven ounces ginger, one-half pound mustard, one pound salt, two pounds brown sugar and one gallon vinegar.

Tomato Mustard.

MRS. S. ELDER.

Two dozen tomatoes, two dozen apples, one bunch onions, one bunch red peppers, boil all together, strain through colander and then through a sieve. Put it back on fire and boil with two quarts vinegar, one-half pound mustard, one cup salt, two pounds sugar. Boil two hours.

Plum or Currant Catsup.

MRS. FOLGER.

Three pounds Damson plums, one of sugar, one-half pint vinegar, cinnamon, cloves and allspice to taste; cook until thick. Weigh the plums, scald and put through a colander, then add spices, etc., and boil till thick.

Chili Sauce.

MRS. F. FOLGER.

One peck ripe tomatoes, six onions sliced thin, two red and two green peppers chopped fine, four tablespoons of salt, eight tablespoons brown sugar and three cups of vinegar.

Chow-Chow.

MRS. C. COCHRAN.

Two quarts small white onions, three quarts green tomatoes, one dozen green peppers, two large heads of cauliflower, six large heads of celery; chop all together and cook in a salt brine until tender, then drain and add two cups of sugar, one cup of flour, one and one-half cups of mustard, one ounce of turmeric, butter size of an egg, three quarts of white wine vinegar, boil together, stirring gently all the time, and pour boiling hot over the vegetables. Mix the mustard, flour and turmeric in cold water before putting them in the vinegar.

Tomato Soy.

L. McC.

One peck ripe tomatoes (peeled), one quart of vinegar, three and one-half pounds of sugar, one ounce of whole cloves. Boil all together until it is rich and thick.

Governor Sauce.

MRS. E. CONNOR.

Slice one peck of green tomatoes, sprinkle over them one cup salt, let stand over night and drain, and add vinegar enough to cover them; three cups sugar, six green peppers chopped fine, four onions sliced thin, ground spices to taste and boil together for two hours.

Cold Catsup.

MISS M. BEATON.

Half a peck of tomatoes sliced fine, two roots of grated horse radish, a small teacup fine salt, half a teacup white mustard seed, half a teacup black mustard seed, a tablespoonful of ground black pepper, two red peppers cut fine without seeds, four celery stalks cut fine, a teacup of nasturtiums or onions, a teaspoonful each of ground cloves and ground mace, two teaspoonfuls of ground cinnamon, a teacup of sugar, three pints cider vinegar. Mix the above together and it will be ready for immediate use.

Grape Catsup.

MRS. HODGSON.

Five pounds grapes, boiled and put through a colander, two and one-half pounds sugar, one pint vinegar, one tablespoon each of cinnamon, cloves, allspice and pepper, one-half tablespoon of salt, boil until the catsup begins to thicken a little.

Celery Sauce.

MRS. ELDER.

Thirty ripe tomatoes, peeled and sliced, two red peppers, fifteen tablespoons brown sugar, six heads celery, six tablespoons salt, six cups vinegar. Chop all fine and boil two hours.

Chili Sauce.

MISS E. CONNOR.

One peck ripe tomatoes, six onions sliced thin, three green peppers chopped fine, four tablespoons salt, eight tablespoons brown sugar, one tablespoon each ginger and cinnamon, one teaspoon cloves, six cups vinegar. Boil about three hours.

Celery Sauce.

E. C.

One peck tomatoes, ten onions, four large heads celery, fifteen tablespoons sugar, five tablespoons salt, four cups vinegar, three red peppers; boil two hours and bottle while hot.



MEATS

Beefsteak Loaf.

MISS M. FENWICK.

One and one-half pounds steak chopped fine, six soda crackers rolled, one egg, a little milk, salt, pepper, sage or savory to taste. Form into a loaf and bake twenty minutes.

Hamburg Steak.

MISS E. CONNOR.

Chop steak, salt, roll in flour and fry.

Veal Cutlets.

E. C.

Dip veal in beaten egg, then in cracker crumbs and fry.

Mock Duck.

MRS. M. R.

Take tenderloin, slit and roll out with rolling pin. Fill with dressing of bread crumbs, seasoned with pepper, salt and savory. Roll, sew up and cook about one hour, basting frequently while cooking.

Cheese Omelet.

MRS. OSBORNE.

Whisk five eggs to a stiff froth, add four tablespoonfuls of milk and pinch of salt, put some butter in a hot frying pan, pour in the mixture. When the omelet is well set sprinkle over the top four tablespoonfuls of grated cheese. When cheese is melted turn half the omelet over the other half.

To Salt Hams.

MRS. GILLIE.

Nine pounds coarse salt, one pound Brown sugar, two ounces salt petre, one ounce whole cloves half ounce baking soda, one gallon water. Boil altogether except soda till well dissolved, then add soda. Half quantity is enough for one.

Nice Way to Cook Young Chickens.

MRS. JAMES CRAIG.

Dress and joint them as usual. Place in a dripping pan and just cover with sweet cream or rich milk. Season with salt, pepper and a little butter over the top. Set in the oven to cook and by the time the cream is almost cooked away the chicken is done. Turn once or twice. Have just enough cream left to put over the mashed potatoes as a gravy.

Beef Omelet.

MRS. MITCHELL.

Four pounds rounded beef, uncooked, chopped fine; six eggs beaten together, five soda crackers rolled fine, a little butter and suet, salt, pepper and sage if you wish. Make two loaves, roll in crackers. Bake about an hour, slice when cold.

Egg Omelet.

MISS J. McLEOD.

Six eggs, separate, beat whites very stiff and yolks until smooth. Add three teaspoons flour and beat well, two cups milk, salt and pepper to taste. Heat a pudding dish and grease well with melted butter; bake one-half hour in moderate oven.

French Omelet.

F. DANIEL.

One cup boiled milk, one tablespoon butter melted in the milk, poured over one cup of bread crumbs, one quarter teaspoon of flour, salt, pepper and the yolkes of six, well-beaten eggs; fry in butter.

Cream Chicken.

MISS L. McC.

One ordinary sized chicken, one can of mushrooms, boil chicken and when cold cut as for salad, put in a sauce pan, one pint of cream, and a teacupful of milk, in another pan put four even tablespoonsful of flour, heat butter and then add flour, when cream and milk come to a scald pour over the butter and flour and stir, flavor with a small onion (grated) and a little nutmeg, season very highly with black and red pepper, mix chicken, mushrooms, and sauce together and put in a baking dish, cover with grated bread crumbs and small pieces of butter; bake about twenty minutes or until brown.



SALADS

Bean Salad.

J. J.

String young beans, wash and cook in salt water. When cool add finely chopped onions and celery. Add pepper, salt, butter and vinegar to taste.

Fruit Salad Dressing.

N. R.

Two tablespoons orange juice, one-half tablespoon lemon juice, one quarter teaspoon vanilla, one-half teaspoon orange flower water, six drops Jamacia ginger, six drops almond extract and six blocks sugar. Mix thoroughly and keep in a cool place.

Fruit Salad.

N. R.

Cut thinly, apples, oranges and pears. Place a layer of apples in your dish, lightly sprinkle with sugar; add a layer of oranges, powder with sugar, then one of pears with sugar, sprinkle well with cocoanut and repeat until material is finished. Pour over dressing and serve at once.

Salad Dressing.

MISS M. CRAWFORD.

One cup vinegar, two eggs, two tablespoonfuls each of sugar and milk, one tablespoon butter.

Vegetable Salad.

M. M.

Three heads lettuce, a handful of watercress, five tender radishes, one cucumber, three hard boiled eggs, two teaspoons white sugar, one teaspoon salt, one teaspoon pepper, one cup of vinegar and one-half cup olive oil. Mix well together and serve.

Cabbage Salad.

MISS DAVIDSON.

Half a cup of vinegar and a tablespoon of butter ; let it come to a boil. Then, after mixing thoroughly, a tablespoon of mustard, one of brown sugar, an egg and half a cup of sweet milk, stir in slowly with the vinegar and keep stirring until it boils. Cut up fine half a head of cabbage, pepper and salt it to taste, and put it into the dressing and let it come to a boil.

Potato Salad.

MISS ANNIE ROYD.

Cut finely five or six potatoes and one small onion. Add pepper and salt to taste. Make dressing of one cupful vinegar, two tablespoodfuls sugar, one tablespoonful butter, one-half teaspoonful salt, one-half teaspoonful mustard, a speck of cayenne, two eggs well beaten. Put in double boiler and cook, stirring until a smooth paste. Mix with potatoes while hot.

Chicken Salad.

M. A.

Boil the fowl tender and remove all fat, gristle and skin. Mince in small pieces. To one cup meat add two and a-half cups celery. Mix well ; pour over Mayonnaise dressing and put in cool place. Garnish with celery tips or hard boiled eggs.

Fish Salad.

M. A.

Take a fresh white fish or trout, boil and chop it. To one cup fish use one cup of celery or cabbage ; mix and pour on Mayonnaise dressing. Garnish with sliced cold beet, or celery.

Ham Salad, Very Fine.

M. M.

Chop the lean and fat together until the pieces are the size of peas. Add one cup celery or lettuce to every cup of meat and mix thoroughly. Line a dish thickly with lettuce leaves and fill with the mixture. Pour over your Mayonnaise dressing, place on ice until served.

Cold Slaw Salad.

M. M.

Slice cabbage very fine ; season with salt, pepper and a little sugar. Pour vinegar over the mixture. This is nice served in the centre of a platter with fried oysters around it.

A Fine Dressing.

MISS MAUD ALLAN.

One tablespoon sugar, one tablespoon salt, four tablespoons butter, one heaping tablespoon each of mustard and flour, one cup of milk, one-half cup of vinegar, three eggs. Melt the butter, add flour, stir until smooth, then add milk and boil. Place this mixture in double boiler. Beat eggs, add salt, sugar, mustard and vinegar ; stir into boiling mixture ; cook until thick. This keeps any time and is greatly improved by adding whipped cream before using.

Cabbage and Beet Salad.

MRS. R. R.

Equal quantities of red pickled cabbage and beets, a little chopped cold turkey. Garnish with celery and hard boiled eggs. Dressing—cream, white sugar and vinegar together. Pour over before using.

Potato Salad, Very Fine.

MISS M. ALLAN.

Six cold potatoes, one cup finely cut celery, one-half cup finely cut cabbage and one tablespoonful of onion. Cut the potato into fine dice, add celery, onion and cabbage ; mix together with a cup and a-half of Mayonnaise dressing. Garnish with celery tips and sliced radish.

Salad Dressing.

MRS. R. THOMPSON.

One tablespoon each of mustard, butter and sugar ; one teaspoon salt. Mix together well to a paste, add three eggs, beat all well together till very light ; add a cup of sweet milk and boil in double boiler, stirring all the time. Will keep about three weeks.

Hot Potato Salad.

MISS M. ALLAN.

Pare six or eight large potatoes, boil; slice while hot; peel and cut up three large onions into small bits and mix with potatoes. Cut up some breakfast bacon into small bits, enough to fill a teacup, fry to a light brown. Remove the meat and into the grease stir three tablespoonfuls of vinegar, making a sour gravy. Mix potatoes, onions and meat. Mix lightly the gravy. To be eaten when hot.

Beet Salad.

MISS C. E. LOVICK.

Take equal parts of cooked beets, chopped finely, and chopped celery. Trim the dish in which salad is served with crisp lettuce or parsley leaves and when ready to serve pour over the following dressing.

Salad Dressing.

One cup milk, half cup vinegar, two eggs, one tablespoonful flour, one teaspoon sugar, one tablespoonful butter, one teaspoon mustard, one teaspoon salt, a pinch of cayenne, juice of half a lemon, if desired; if liked, one teaspoon of curry powder. Heat milk in double boiler; when boiling add flour and butter, blended; separate eggs, beat yolks well and to them add salt, sugar, mustard, pepper, &c. Stir in lemon juice and add all to boiling milk. Stir a few minutes to cook yolks then add the vinegar, boiling hot; add whites, beaten to a froth; cook one minute. Have separate ingredients prepared beforehand as once the milk is boiling everything must be added quickly.

Tomato Salad.

MISS C. E. LOVICK.

Slice ice-cold tomatoes, and sprinkle over them an equal quantity of chopped celery. When ready to serve pour over foregoing dressing.

Dressing for Fish.

MRS. S. DONOGHUE.

Put three quarters of a cup vinegar to boil, and beat slightly one egg, three tablespoonfuls of sugar, size of a walnut of butter, pepper and salt to taste, a good pinch of curry powder, pour into vinegar and boil.

Dressing for Salad.

L. McC.

Two raw eggs, one tablespoonful of butter, two tablespoonfuls of sugar, one-half teaspoonful of mustard, one tablespoonful of vinegar; put in a bowl over boiling water and stir until it becomes like cream; pepper and salt to taste, add three tablespoonfuls of cream when cold. Let the cabbage (which has been cut in thin slices) remain in cold water half an hour before using.

Salad Dressing.

M. THOMPSON.

Three eggs, one cup vinegar, one cup milk, one tablespoon mustard, one teaspoon salt, two tablespoons sugar, two tablespoons butter, pinch of cayenne pepper, one tablespoon Worcester sauce. Mix butter, sugar, well; then eggs, salt, pepper, mustard, Worcester; add vinegar very slowly, beating all the time.

Mayonnaise Dressing.

One-half cup olive oil, the yelk of one egg, one teaspoon vinegar, two teaspoons lemon juice, one-half teaspoon salt, one-eighth teaspoon cayenne, and two tablespoons cream. Directions—whip the yelk of egg and drop in gradually the oil, drop by drop. Add the salt, pepper and lemon juice slowly. Cool on ice. Add the whipped cream when about to use the dressing.

Macaroni With Cheese.

MRS. W. G. CRAIG.

Put the Macaroni on in boiling water and let it boil for twenty minutes, then strain all the water off, which takes the sourness out of it. Put on the fire with a little more milk than will cover it and boil until you can put a fork through the macaroni. While it is boiling grate the cheese very fine, then put a layer of macaroni in the dish and sprinkle it well with salt, cayenne pepper and dry mustard to taste; then a layer of grated cheese next macaroni and so on, finishing with the cheese. Place pieces of butter here and there on top and brown in oven about twenty minutes.

Dressing for Cabbage or Beet Salad.

MRS. GRAY.

Three eggs well beaten, one quarter spoon cayenne, two teaspoons salt, one teaspoon mustard, six tablespoons cream, one cup vinegar, three tablespoons melted butter. Boil until it thickens, stirring all the time.

Cooked Mayonnaise.

MISS M. ALLAN.

The yolks of four eggs, two tablespoons vinegar, two tablespoons lemon juice, two tablespoons butter, one teaspoon mustard, two teaspoons salt, and one-half cup cream. Directions—scald the vinegar and use a double boiler, whip the yolks eggs, add vinegar, salt, mustard, lemon juice. Boil until smooth, add butter and cream. Cool before using. Will keep a long time.

Tomato Jelly.

Scald one can tomatoes with two tablespoonfuls of pickling spice, strain through a cheese cloth, salt to taste. Soak one-half box gelatine in a little cold water and add to the hot tomato juice. After straining serve when set with almost any salad.

Tomato Jelly.

R. KIRKPATRICK.

Two cups of tomatoes, one-half ounce gelatine soaked in one cup of water, one teaspoon salt, sugar, pepper, thyme; slice of onion, boil tomatoes and spices until soft, stir in gelatine, let it come to boil, strain and mould in wide shapes.

Canned Tomatoes.

L. McC.

Scald and peel small, firm ripe tomatoes and place on a cloth to drain, then pack in gem jars and put half a teaspoonful of salt in each. Put on the covers and place in a boiler half full of cold water, put a board between jars and boiler, boil until there is liquid enough to almost cover the tomatoes. Screw tightly and set the jars in a cool place with small end down.

Salad Dressing.

MRS. A. C. McMAHON.

Two eggs well beaten, one tablespoonful mustard, two teaspoonfuls of salt, one cup of milk or cream, one-half cup hot vinegar, two tablespoonfuls sugar, two tablespoonfuls melted butter, a speck of cayenne. This dressing may be used for lettuce, celery, cauliflower, &c.



DESSERTS

“And solid pudding against empty praise.”

Snow Pudding.

MISS E. M. ENGLISH.

One quarter box gelatine or one tablespoon granulated gelatine, one quarter cup cold water, one cup boiling water, one cup sugar, one quarter cup lemon juice or two lemons, whites of two eggs. Soak gelatine in cold water, dissolve in boiling water. Add sugar and lemon juice, cool till about the consistency of cream, add whites beaten stiff and serve with custard.

Snow Pudding.

MRS. J. B. McLEOD.

Soak one-half package gelatine, add juice of two lemons and grated rind of one, one pint boiling water. Mix up and let it stand till cool, beat it up to a froth with a cup of sugar. Beat up whites of three eggs and mix up with it. Put in mould; set on ice. Make a boiled custard with the yolks of three eggs.

Charlotte Russe.

MISS G. G. STRANGE.

Half a pint of thick cream, one teaspoonful of vanilla, a third of a cup of sugar, whip these together and when stiff add the beaten whites of two eggs and mix thoroughly; line the bottom and sides of a dish with lady fingers, pour in the whipped cream and set away in a cool place or on ice.

Ice Cream.

MRS. WELLS.

One pint milk boiled with two teaspoons corn starch. When done add one and a half cups of sugar and flavoring; cool. When cold add one pint of cream and freeze.

Coffee Jelly.

MISS S. THOMPSON.

One teaspoonful of dry coffee, one and one quarter cups of boiling water, mix coffee with a little cold water and pour boiling water over it; boil five minutes, pour in cold water and set back on stove, then take quarter of a box of gelatine, a quarter of a cup of cold water, one quarter (or more) cup of sugar, a little salt. Soak gelatine in cold water; pour over the boiling coffee, sugar and salt; strain and cool.

Coffee Jelly.

MISS K. ELLOITT.

One box gelatine, two cups boiling water, one-half cup cold water, one cup sugar, and three quarters cup clear strong coffee. Cover gelatine with cold water and let stand for one-half hour, (dissolved in hot water), add sugar and coffee. Stir until sugar is dissolved and strain. Turn into moulds which were wet with cold water. Serve with whipped cream.

Charlotte Russe.

MRS. G. OSBORNE.

Take a ten cent loaf of stale sponge cake and with sharp knife remove inside, leaving a shell of about three quarters of an inch in thickness, whisk half a pint of cream, sweeten, flavor with bitter almonds, fill cake shell with the cream, sprinkle tiny bits of crab apple jelly and sliced almonds over top, put in ice box to cool.

Orange Dessert.

MISS K. ELLOITT.

Pare five or six oranges, cut into thin slices, pour over them a coffee-cupfull of sugar. Boil one pint of milk, add while boiling the yolks of three eggs, one tablespoon corn starch, (made smooth with a little cold milk). Stir all time, and as soon as it thickens pour over fruit. Beat the whites of six eggs to stiff froth, add two two tablespoons of powdered sugar. Pour over the custard, brown in oven. Serve cold.

Chocolate Cream.

MRS. NICKLE.

Soak one box of gelatine in a little cold water, about half an hour, put one quart of milk in a saucepan to boil; take a little of the milk when warm and in it dissolve four tablespoonfuls of chocolate, add three tablespoonfuls of sugar, stir in the gelatine. When this comes to a boil pour into a mould and put in a cool place. Serve with whipped cream.

Pineapple Cream.

MISS G. G. STRANGE.

Whisk up half a pint of cream quite stiff, add half a tin of chopped pineapple, the juice of one lemon, four ounces powdered sugar, three dessertspoons of gelatine dissolved in a little warm water, whisk all lightly together, fill a mould and put on ice or in a cool place; serve out in a glass dish with slices of lemon and a few blossoms.

Plain Ice Cream.

MRS. CARTER.

Scald three quarts milk, into this stir one cup flour, two cups brown sugar, mix well together and let it come to a boil, so that it will not taste of the flour. Add a small piece of butter, and take from the fire and turn out to cool. Flavor and freeze. One cup brown sugar melted is good for flavoring. Put into a pan and stir until dissolved.

Frozen Pudding.

MISS M. ALLAN.

One pint milk, the yolks of four eggs, one cup sugar, three tablespoons flour, or one quarter ounce gelatine, one teaspoon salt, one teaspoon vanilla, one pint cream, one-half pound mixed fruits, one cup macaroons and one cup chopped almonds. Scald milk in double boiler, then mix in sugar and flour and cook twenty minutes; let cool. Put in salt, fruit and nuts in freezer with one-half of cream. When partly frozen stir in the rest of cream and crushed macaroons.

Orange Jelly.

Two sheets gelatine and a half a box Knox's gelatine or nine sheets of gelatine to one quart. Soak the gelatine and coloring in a cup of cold water ten minutes. Add two cups boiling water, one cup juice and grated rind of one orange, three-quarters cup sugar. One cup of juice—juice of three oranges and one lemon. Let come to a boil. Strain.

Prune Whip.

MRS. McCLELLAN.

Wash one pound prunes, cover with water and stew two hours. Put through a colander until perfectly fine and whip with an egg beater for about twenty minutes. Beat the whites of four eggs to a stiff froth, add four tablespoonfuls of white sugar and one teaspoonful vanilla and then beat all together. Eat with prunes or without.

Italian Cream.

H. C.

Three quarters package gelatine, one quart milk, let soak one hour, set on stove and stir in yolks of four eggs with five tablespoons sugar; flavor. Add whites of eggs beaten to a stiff froth with five tablespoons sugar, boil one minute and pour into moulds. Serve with pineapple or peaches.

Harvard Pudding.

MRS. F. FOLGER.

Sift together two and one third cups flour, one-half cup sugar, two teaspoons baking powder, one quarter teaspoon salt; work into this with tips of fingers one third cup of butter; beat one egg light, add cupful milk and turn into dry ingredients. Pour into buttered mould and steam two hours. Do not allow water to stop boiling. Serve with simple apple sauce or

Hard Sauce.

Cream one third cup butter, add slowly one cup powdered sugar, one teaspoon lemon juice and three quarter teaspoon vanilla.

Chocolate Caramel.

MRS. WELLS.

One and a half cups brown sugar put in pan and brown, scald one pint of milk, one and a half tablespoons corn starch, butter size of egg. Add one cup shelled walnuts and one teaspoon of vanilla; stir together; serve with whipped cream.

Peach Bavarian Cream.

MRS. McCLELLAN.

One quart can of peaches mashed through a colander. Put them in a dish to simmer, then add sugar to taste. Soak two thirds of a box of Knox's gelatine for ten minutes; when dissolved add to peaches and set away to cool. Whip one pint of cream and when the mixture is cool (not cold) stir in the cream and turn into moulds.

Vanilla Souffle.

MISS M. PORTER.

One-half pint milk put in double boiler, moisten three table-
spoons flour with a little cold milk, add to hot milk and cook
until it thickens; separate four eggs, add yolks to hot mixture.
Take from the stove and mix thoroughly, then stir in the whites
beaten stiff. Put this in greased custard cups and stand them
in a pan of boiling water and bake in moderately hot oven for
fifteen or twenty minutes. Serve hot with liquid sauce.

Dutch Apple Pudding.

MISS MAUD ALLAN.

One pint flour, one half teaspoon salt, one half teaspoon
soda, one teaspoon cream tartar (or two teaspoons baking
powder), four tablespoons butter, one egg, one scant cup of milk,
four sour apples and two tablespoons sugar. Sift together the
flour, salt, cream tartar, soda, and rub in butter; beat eggs, add
to milk, stir into the above and put into a long dish. Core
apples, quarter them and partly imbed apples in the batter.
Sprinkle sugar on apples only; bake fifteen minutes in hot oven;
serve with lemon sauce.

Charlotte Russe.

MISS G. LOWE.

One-half box of Cox's gelatine soaked in a little water, one quart whipped cream flavored and sweetened to taste; a few chopped walnuts and one dozen macaroons chopped finely; line mould with sponge cake, stir gelatine with macaroons into cream and pour into prepared mould. Soak the sponge in a little wine.

Tapioca Pudding.

MRS. ROWAN. MRS. MASSIE.

Two tablespoons of tapioca, one half cup sugar, three eggs, one pint of milk, vanilla. Soak tapioca in pint of milk over night. Boil in double boiler one half hour. Beat yelk of eggs with sugar, and pour into the tapioca; flavor to taste. Let boil till a thick cream. Whip whites of eggs and stir into cream. Pour into moulds.

Lemon Sauce.

Two cups boiling water, one cup sugar, juice of one lemon, rind of one lemon, three heaping tablespoons corn-starch, one tablespoon butter. Boil sugar and water five minutes, stir in corn-starch and boil five minutes, add juice and butter.

Vanity Fair Pudding.

MRS. WRIGHT.

One cup of sugar, one-half cup butter, one-half cup water, two cups flour, two eggs, two teaspoons baking powder. Mix and steam one hour.

Sauce.

One tablespoon butter, three of granulated sugar. Stir together until very light, then add one cup of fresh strawberries (mashed).

Banana Pudding.

MRS. ELDER.

Cut up one-half dozen bananas; take three tablespoons corn starch and enough cold water to moisten; add boiling water till the mixture is clear, one cup white sugar, one tablespoon butter, yelks of two eggs; cook and pour over the bananas. Cover the top with a meringue.

Maple Cream Sauce.

MRS. ELDER.

One cup brown sugar, one-half cup butter. Boil until browned well, stirring constantly. Take off the stove and add one tablespoon flour and four cups boiling water.

Caramel Custard.

E. H.

One cup brown sugar, one-half cup butter. Put on stove and stir until it is well browned; add three cups boiling water, one and a half tablespoons corn starch moistened in just enough cold water to allow it to pour; a pinch of salt. Serve with cream.

Danish Rhubarb Pudding.

MRS. ROWAN.

Clean one dozen stalks of rhubarb, cut into small pieces, and put into double boiler, cover with water, let boil till soft. Strain through colander, sweeten to taste. To each cup of juice put a dessertspoon corn starch, boil five minutes, add one-half cup chopped almonds, pour into mould, cool, and serve with cream and sugar.

Sponge Pudding.

MISS M. ALLAN.

One-quarter cup sugar, one-half cup flour, two cups hot milk, one-quarter cup butter, and five eggs. Mix sugar and flour, wet with a little cold milk and stir into the hot milk. Cook until it thickens and is smooth. Add butter and when mixed stir in well beaten yolks, add whites, and bake in a hot oven in a shallow dish. (Place dish in a dish of hot water in the oven.) Serve with creamy sauce.

Creamy Sauce.

One-quarter cup of butter, one-half cup of powdered sugar, two tablespoons lemon and two tablespoons cream or milk. Cream butter, add sugar slowly, then lemon and cream; beat well. Put over hot water and stir until smooth and creamy.

Carrott Pudding.

One cup each of suet, raisins, currants, brown sugar, grated carrot, grated potatoes; one and a half cups flour, a teaspoon of baking soda. Steam three hours and eat with sauce.

Queen of Puddings.

MISS MABEL MILLS.

One pint bread crumbs grated fine, yolks of three eggs, butter size of an egg, half a cup of sugar, grated rind and juice of one lemon, one pint of milk, mix and bake, when brown take from the oven and spread with preserves and whites of three eggs mixed with sugar.

Pear or Orange Pudding.

MISS L. McCORMICK.

Peel and cut in small pieces four large oranges. Place them in the bottom of a deep dish, sprinkle with sugar. Make and pour over them a custard of one quart of milk, three quarters of a cup of sugar, four heaping tablespoons of corn starch, the yolks of four eggs. Make frosting of the whites and one third of a cup of sugar. Spread and brown a little; serve cold. Any firm fruit can be used.

Plum Pudding.

MRS. J. B. McLEOD.

One pound each of bread crumbs, raisins and currants; three quarters of a pound of beef suet, half a pound of brown sugar, one quarter of a pound each of mixed peel and desiccated coconut, four eggs, one lemon, one ounce lump sugar, half pint of milk, tablespoon of ground nutmeg and cinnamon mixed, wine glass of brandy, teaspoon vanilla. Prepare ingredients, running bread crumbs through sieve twice; beat eggs to a froth, brown to almost burn ounce of sugar, pour on milk and stir till dark brown; pour on bread crumbs and let stand half an hour; add all dry ingredients, eggs, lemon juice, brandy and vanilla. Turn into greased bowl lined with raisins, cover top with white paper then tie in cloth; put in boiler water one inch from top of pudding bowl and boil six hours. This will make three small puddings.

Cottage Pudding.

MRS. GRAY.

One quarter cup of cream, one quarter cup of butter, add three quarters cup sugar, gradually beating all the time; then add one egg beaten light. Mix together a generous pint of pastry flour and two teaspoons baking powder; add this to first mixture, alternate with one cup milk. Beat all well and put in pan. Bake thirty minutes and serve with sweetened strawberries and cream.

Drop Dumplings.

MRS. R. J. ELLIOTT.

One cup of flour, one teaspoon of baking powder, salt to taste, beat one egg and add to the flour; if not enough to wet it use a little milk and make it stiff enough to drop from a spoon.

Cottage Pudding.

MISS DAVIDSON.

A tablespoon of butter, half a small cup of sugar, one egg, half a cup of sweet milk, two small cups of flour, with a teaspoon of cream a tartar and half a teaspoon of soda mixed in. Pour batter over sliced apples or any other fruit and bake in a moderately hot oven.

Bread Pudding.

One pound of stale bread crumbs, one quart milk, the yolks of four eggs well beaten, a half cupful of white sugar, the grated rind of lemon, a piece of butter size of an egg. Mix all together and beat well for half an hour; bake in a good oven a nice brown. When cool spread with jelly or jam.

Ginger Pudding.

MISS L. McCORMACK.

One cup each of suet, molasses and sweet milk, three cups flour, one teaspoon sugar and one baking soda, dissolved in milk, one and a half cups raisins (seeded and chopped), one-half cup currants. Butter a bowl and half fill with mixture. Steam four hours.

Sauce.

One large tablespoon corn starch, wet with cold water, one-half cup sugar, one cup boiling water, boil five minutes, then add one tablespoonful of vinegar and a piece of butter the size of a walnut.

Cup Pudding.

L. McC.

Two eggs, one cup each melted butter, sweet milk and raisins (seeded and chopped) two cups flour, two teaspoons baking powder mixed with flour and a little salt. Half fill cups and steam three quarters of an hour. Serve with sauce.

Golden Pudding.

Two oranges, one cup soda biscuits rolled, one cup white sugar, two eggs well-beaten, half a cup suet, two teaspoons baking powder; steam three hours. Slice the oranges, remove the seeds and chop finely; add biscuits egg and suet. Mix the baking powder with the sugar.

Sauce.

The juice of one lemon and one orange, three quarters cup white sugar, one egg, one-half cup boiling water, one teaspoon corn starch.

Suet Pudding.

MRS. J. F. LESSLIE.

One and one-half cups of flour, one cup of suet, two eggs, two large tablespoons of sugar, three tablespoons molasses, one teaspoonful baking powder, moisten with milk, put in a mould, cover and steam one hour, and keep dry. If desired this can be improved by adding part of a cup of raisins and a little candied peel slices very thin.

Cup Pudding.

MISS A. L. FOWLER.

One cup each of flour, bread crumbs, currants, raisins, sugar, sweet milk, suet and grated carrot, and teaspoonful of cinnamon, half a teaspoonful of mace, one tablespoonful of marmalade, or any seasoning, half a teaspoonful of soda, half a teaspoonful of salt, one egg. Steam two hours or longer.

Queen Mabs' Pudding.

G. G. STRANGE.

Take one quart of milk and put one box of gelatine in it and place on the back of the stove until dissolved (an hour or longer), then strain through a sieve; add a small cup of white sugar and boil all together. Beat six eggs well, take the boiling milk and pour slowly over the eggs stirring constantly, then put in a mould and keep till next day; flavor with vanilla.

Fig Pudding.

MRS. NICKLE.

Three eggs, two cups of bread crumbs, one cup chopped figs, one cup chopped suet, half a cup of milk, half a cup of flour, one teaspoonful of baking powder, one cup of brown sugar, one grated nutmeg. Steam three hours.

Mountain Dew Pudding.

H. C.

One pint milk, yolks of two eggs, two teaspoons cocoanut, a little sugar, one-half cup rolled crackers, one teaspoon lemon or vanilla. Bake one-half hour. Beat whites with one cup sugar spread on top and brown. Serve with cream.

Rice Pudding.

MRS. I. H. BRECK.

One-half cup of rice put in one quart of milk and let it steam about two hours. Beat up three eggs (save whites of two for top), with one cup sugar, and butter size of hickory nut, stir in and let steam till it thickens, flavor, put frosting over top and put in oven to brown. If wished for put in raisins when it has cooked for about one hour.

Tapioca Cream.

MRS. MASON.

Three tablespoons tapioca, cover with water, soak four hours, pour off water, put one quart milk over the fire, when it boils stir in yolks of three eggs and tapioca, a little salt, sugar and flavoring to taste, make frosting of whites of eggs, flavor sweeten, and put over top.

Orange Pudding.

MRS. MASON.

One cup of sugar, one-half cup rolled cracker, two eggs, one-half tablespoon butter, one orange, grate the rind and squeeze the juice, one quart milk, bake like custard, serve cold.

Tapioca and Apples.

MRS. MASON.

Peel, core, and quarter one-half dozen apples, soak a cupful tapioca over night. Place apples in a pudding dish with enough water just to cover them. Put in tapioca, mix the apples well through it, mix in juice of one-half lemon, put in oven to bake till tapioca becomes clear. Serve cold with cream.

Fig Pudding.

MRS. WRIGHT.

One cup bread crumbs, one cup sweet milk one cup white sugar, one cup suet, one and one-half cups chopped figs, three cups flour, three teaspoons baking powder. Steam three hours on the day you use it, and if wished for steam three quarters of an hour on the day after. Serve with sauce.

Ginger Pudding.

MISS E. CONNOR.

One egg, one cup molasses, one-quarter cup sugar, one-half cup butter, one-half cup fruit, one-half cup hot water. one teaspoon ginger, one teaspoon soda, stir stiff and steam two hours, or bake one-half hour. Serve with sauce.

Chocolate Pudding.

MRS. CONNOR.

Stir two tablespoons grated chocolate into one pint boiling milk, when smooth add beaten yolks of three eggs and one tablespoon corn starch dissolved in a little milk. Stir until it thickens and flavor to taste. Pour the mixture into a pudding dish and bake until well set. Beat the whites of the eggs very light, add three tablespoons powdered sugar, spread on top and brown in oven.

Plum Pudding.

MRS. (REV.) MACKIE.

Two pounds minced apples, two pounds minced suet, three pounds brown sugar, one pound flour, one pound bread crumbs, one pound raisins, one pound sultanas, one pound mixed peel, one pound figs, one pound currants, sixteen eggs, one table-spoon allspice, two tablespoons ginger, one teaspoon cinnamon, one teaspoon ground cloves, one teaspoon nutmeg, one teaspoon salt, one-half pint brandy. Mix all together, put in buttered basins, covered over with a buttered paper and tied over with a cloth. This quantity will make six small puddings. Steam for eight hours; when required steam again for an hour. They will keep for months in a cool place.

Batter and Fruit Pudding.

MRS. E. S. MACKIE.

One pound apples, six ounces flour, one egg, a pinch salt, one tablespoon sugar, one large cup milk, one-half teaspoon baking powder. Butter a pudding basin well and fill it nearly full with the apples chopped small, sprinkle sugar over them. Put flour, salt and baking powder in a basin, beat up the egg and add, stirring till smooth, pour over the fruit and cover with a buttered paper; steam gently for one hour. Gooseberries, &c., may be substituted for apples.

Cocoanut Pie.

MISS E. CONNOR.

One cup cocoanut, one quart milk heat to boiling and pour over cocoanut; two teaspoonfuls of butter, four eggs, sugar to taste, flavor with vanilla or lemon. Bake with under crust only.

Rhubarb Pie.

MRS. R. REID.

Three cups stewed rhubarb, one and a half cups white sugar, yolks of three eggs, two tablespoons flour mixed with sugar. Beat whites, add one teaspoon sugar, and put on top of pies. This makes two pies.

Cream Pie.

I. Mc.

Crust for two pies.—One-half cup of shortening rubbed well in one cup flour, pinch of salt, a quarter cup cold water, mix quickly, roll and bake in hot oven. Filling for same.—Yelks of four eggs, one and a quarter cups sugar, a small piece of butter, three cups milk, two tablespoons corn starch. Put milk on to boil. Mix the other ingredients together, and when milk comes to a boil stir in quickly, flavor. Let cook a few minutes. Fill the pies and spread the whites on (after beating stiff with a little sugar), sprinkle a little sugar over each pie and put in oven a few minutes to brown.

Quick Lemon Pie.

MISS J. B. McLEOD.

Grated peel of two lemons. Juice of three. One cup of sugar. Four ounces of water. One tablespoon corn starch. Three eggs. One large tablespoon of melted butter. Put corn starch in the water, stir it into melted butter, then eggs, then grated peel and juice of lemon pressed through sieve. Cook in double boiler stirring constantly till it begins to thicken. Pour into baked crust and put over top the beaten whites of two of the eggs. Put in oven until nicely browned.

Lemon Pie.

MRS. NICKLE.

The juice and half of the grated rind of one large lemon, four eggs, one cup of granulated sugar, one cup of water, one desert spoonful of corn starch, piece of butter the size of a hickory nut, two tablespoonfuls of icing sugar. Beat together the yelks and two whites and the sugar, then the butter and water.

Frosting.

Beat the two whites to a stiff froth and add icing sugar.

Currant Pie.

One pound currants, two cups bread crumbs, one cup syrup, one cup vinegar, one cup sugar; mix all together, add a little water.

Lemon Raisin Pie.

MRS. WELLS.

One cup each of sugar, raisins and water, one lemon; chop lemon and raisins fine, cook in water for three-quarters of an hour. Thicken with a little corn starch.

Lemon Pie.

MISS M. V. MILLS.

No. 1.—Grate the rind of one lemon and the juice of same, one cup white sugar, one tablespoonful of melted butter; beat to a cream two tablespoons of sweet milk, four eggs (keep whites of two), mix all and pour into crust lined plate. When done beat the whites of two eggs with two tablespoons of sugar, spread on pie and brown.

Lemon Pie.

MISS L. McCORMACK.

No. 2.—Allow the grated rind and juice of two lemons, two cups of sugar, three eggs, a piece of butter, rub smooth in some cold water, two tablespoons of corn starch and have two cups boiling water, then stir in the corn starch; cook clear, then add sugar and butter, when cold add yolks of three eggs and one of the whites beaten together, then rind and juice. Line the plates with rich crust and bake; when done pour in the above and add frosting.

Banana Pie, Good.

J. J.

One cup sugar, two tablespoons butter, yolks two eggs, boil until thick, stir in two bananas sliced fine, put into your paste.

Cranberry Pie.

MRS. J. MCINTYRE.

One cupful of cranberries cut in halves, one cup seeded raisins cut four times; one cup sugar, one of water, one tablespoon flour; cook half an hour—bake between two rich crusts.

Pine Apple Pie.

MISS K. ELLIOTT.

One cupful of powdered sugar, two eggs, one-half cup of butter, one small pine apple. Grate pine apple, beat butter and sugar together till becomes creamy, add the beaten yolks of eggs and pine apple. When well mixed add whites of eggs beaten to a stiff, dry froth; mix lightly and turn into pie plate. Bake with an under crust only.

BREAD AND BISCUIT

“There are delicate cakes and loaves,
Cakes of meal and poly pi.”

Bread.

MISS S. ALLEN.

Take four tablespoons lard, six tablespoons sugar, three or four teaspoons salt, and on these pour three cups of hot water or milk to dissolve them. Then add three cups cold water, dissolve one cake of Fleischman's yeast in one cup of luke warm water and add to the above. Add flour enough to make a stiff dough and knead well. Knead again in the morning.

Brown Bread.

MRS. G. BROOKFIELD

One soup plate cold oatmeal porridge, three quarters of a cup of warm water, salt to taste, one quarter cup molasses, one half cup yeast and as much white flour as can be stirred in with a spoon. Allow to rise and bake.

Bread—Made in Half a Day.

MRS. HINCH.

YEAST—two dippers mashed potatoes, one-half cup salt, two dippers boiling water, two dippers cold water, two dippers warm water, two cups flour the last thing. Two yeast cakes dissolved in one-half cup water, to be stirred in when mixture gets cold. Let rise over night. Keep in cellar and use as needed. BREAD.—Set in the morniug. Two cups yeast, one cup water, warm flour, and have the yeast milk warm; mix stiff; let rise, knead down, let rise again, put in pans, let rise and bake.

Invalid's Brown Bread.

HALIFAX COOKING SCHOOL.

Two cups flour, two cups graham flour, one and a half teaspoons soda, one and a half teaspoons cream tartar, one and a half teaspoons salt. Use sour buttermilk.

Steamed Brown Bread.

MRS. CONNOR.

Three cups corn meal, two cups flour, one cup molasses, three cups water or sour milk, one teaspoon soda, one teaspoon salt. Steam two and one-half hours. Cook in one pound baking powder tins two thirds full.

Brown Bread.

MRS. CONNOR.

Two cups Graham flour, two cups corn meal, one teaspoon salt, one teaspoon soda, one egg, one half-cup molasses, three cups water, steam two hours, bake one-half hour.

Baked Brown Bread.

MISS PERRY.

Two cups buttermilk, two flat teaspoons soda, one teaspoon salt, one-half cup molasses, one cup flour, two cups Graham flour, handful corn meal. Bake one and one-half hours.

Sweet Potato Bread.

L. M.

Two pounds potatoes, cooked in enough water to cover them. When done, strain and save the water; return potatoes after mashing. One tablespoon of sugar, one of salt, one of lard, one-half yeast cake and flour, like any other bread.

Graham Gems.

L. M.

Two eggs, three-fourths cup sugar, butter size of an egg, one cup sour milk, one teaspoon soda, one-half cup flour, two cups Graham flour; bake in gem tins, quick oven.

Corn meal gems are made same only use corn meal instead of Graham flour.

Spiced Currant Rolls.

MRS. L. M. THOMPSON.

Dissolve one yeast cake in a pint of scalded and cooled milk ; add flour for a sponge, when light add three eggs, one-half cup each of sugar and melted butter, a teaspoon of salt, and flour to knead. When light roll into a thin sheet, brush with butter, dredge with cinnamon and sugar, sprinkle with currants, roll, cut into rounds. Bake twenty minutes.

Coffee Cake.

MRS. HUBER.

One of Fleischmann's yeast cakes, one quart warm milk, one cup white sugar, a pinch of salt. Mix this in the evening, let stand till morning. In the morning put in butter size of a large egg. Mix the same as bread but not so stiff, let rise again, but not too much, then put in pans, when light put in oven. Be sure to keep it warm. Before putting in oven spread with butter and yellow sugar sprinkled with cinnamon.

Currant Buns.

E. H.

One and one-half cups sugar, one cup shortening, one cup sour milk, two eggs, one teaspoon soda, one teaspoon baking powder, nutmeg, one cup currants, mix stiff, drop in pans.

Scones.

MISS E. HAROLD.

Seven cups flour, one cup butter, one cup sugar, one cup milk, one cup currants, three teaspoons baking powder, three eggs, yelk of one to be brushed over top of scones.

Graham Gems.

MRS. CONNER.

Three-fourths cup sugar, one-half cup butter, two eggs, two cups sour milk, one teaspoon soda, two cups Graham flour, one of white flour. Bake in gem pans. May be made with sweet milk and baking powder.

Twin Mountain Muffins.

E. A.

Cream one-third cup butter, add gradually one-fourth cup sugar, and pinch of salt; add one egg beaten light, three-fourths cup milk, two cups flour, four level teaspoons baking powder; bake in hot buttered gem pans twenty-five minutes.

Muffins.

H. C.

Two tablespoons sugar, one egg, one cup of milk, salt, two teaspoons baking powder, small piece of butter, flour.

French Tea Biscuit.

E. A.

Three cups sifted flour, two and one-half teaspoons baking powder, piece of butter size of an egg (melt), one egg (not beaten), one-half cup of sugar, little nutmeg, one cup milk, mix together and then stir into flour.

Drop Biscuit.

MRS. L. M. JONES.

Eight tablespoons flour, three teaspoons baking powder, little salt, two tablespoons melted butter, add milk enough to thin sufficiently to drop from the spoon into gem-pan; bake in a quick oven.

Boston Brown Bread.

MISS H. L. C.

One and a half cups Graham flour, one-half cup corn meal, one-half cup flour, one-half cup of molasses, one teaspoon salt, one teaspoon soda, two cups sweet milk, one slice bread; steam three hours, then bake one-half hour.

Invalid Biscuits.

G. E. STRANGE.

Two ounces of butter, two ounces of white sugar, one pound of flour, half a pint of milk, rub the butter into flour, let the milk and sugar warm a little, roll out very thin, prick with a fork, bake a few minutes till light and brown.

Tea Bicusit.

MRS. (REV.) HUTCHEON.

Three cups flour, butter size of egg, three teaspoons of baking powder (sifted into the flour), a scant teaspoon of salt, milk enough to make a soft dough; bake in a hot oven.

Yeast Rolls.

MRS. MASON.

Soak a cake of Royal yeast for one quarter hour in luke warm water; make a batter of this with flour; set in a warm place to rise for a few hours; take three quarts flour, put in it one tablespoon salt, one-half cup of white sugar, pour in this the batter, and a quart of milk with one-half cup melted butter, mix well, add more flour or milk, as is necessary, so as to make a stiff batter; let it stand in a warm place over night, knead well in morning, cut in rolls, put in pans, let rise, place in a moderately hot oven.

Lemon Biscuits.

MRS. GILLIE.

Five cents worth oil lemon, five cents worth oil ammonia, one pint new milk, two and a half cups lard, two eggs, half teaspoon salt; dissolve the ammonia in the milk and mix stiff.

Biscuit.

MRS. CAMPBELL.

One quart flour, a little salt, two teaspoonfuls baking powder sifted with the flour, two tablespoonfuls shortening, one cup brown sugar, milk enough to make a soft dough. Roll and cut.

Egg Pancakes.

MRS. A. HUBER.

Beat six eggs light, add some salt and one pint of flour, stir in gradually enough milk to make a smooth batter; take a hot griddle, butter, and put in enough batter to run over it as thin as a dollar piece; when brown turn it, when done put on a dish, put on a little butter, sugar and cinnamon, fry another and treat likewise until dish is piled. Serve hot for breakfast or desert.

Pancakes.

M. C.

Two cups flour, two flat teaspoons cream of tartar, one teaspoon soda, and salt, sifted together, one egg, one cup milk.

Muffins.

MISS J. SHARPE.

One quart flour, two-thirds Graham and one-third white (all white may be used), two eggs, one-half cup butter, one-half cup sugar, one teaspoon soda, and two of cream of tartar. Stir butter, sugar and eggs together; put cream of tartar in the flour and dissolve soda in one pint of milk. Bake in a quick oven.

Oat Cake.

MRS. MASON.

Two cups of rolled oats, one cup of flour, three-quarter cup shortening, one-half teaspoon baking soda, one teaspoon salt, one-half cup brown sugar, mix together with luke-warm water until stiff enough to roll. Roll thin, cut in squares until nicely brown.

CAKES AND ICINGS

"But then my fare was all so light and delicate;
The fruit, the cakes, the meats so dainty frail,
They would not bear a bite—no, not a munch—
But melted away like ice."

—HOOD.

Pound or Fruit Cake.

MISS FOWLER.

One pound each of butter, flour, sugar, currants, raisins, sultanas, almonds, citron, orange and lemon peel; twelve eggs, one-half teaspoon ginger extract, two teaspoonfuls mace, one of allspice, one-half teaspoon cloves, one of vanilla and one-half teaspoon salt. Cream the butter, add the sugar, yolks of eggs and spices, then the whites of eggs, flour and fruit, except peel. Put a layer of batter, then a layer of peel and so on. Bake in two tins for about five hours.

Fruit Cake.

MRS. LANE.

Two pounds raisins, one pound carrants, one pound flour, one pound butter, one pound sugar, thirteen eggs, one-half pound figs, one-half pound almonds, two nutmegs, one-half pound lemon peel, two wine glassfuls brandy, one wine glassful wine, separate eggs, beat yolks and whites well, cream butter, add sugar and other ingredients. Bake five hours.

Old Fashioned Sponge Cake.

M. F.

Six eggs, the weight of five of sugar and four of flour. Beat eggs and sugar together half an hour; add the flour. Bake in a slow oven.

White Fruit Cake.

MRS. S. J. KILPATRICK.

Whites of four eggs, half a cup of butter, one cup of white sugar, one and one-half cups of flour, two teaspoonfuls baking powder, two ounces citron peel cut fine, four ounces of chopped and blanched almonds, half a cup of cocoanut. Beat butter and sugar to a cream, add the beaten whites of eggs, then the flour carefully sifted with baking powder, then fruit, a wine glassful of liquor. Bake forty minutes in a moderate oven.

Harlequin Cake, Pink, White and Brown.

MRS. S. J. KILPATRICK.

Four eggs beaten separately, two cups of sifted sugar, one cup of butter, one cup of milk, one teaspoonful of soda, two teaspoonfuls of cream of tartar, three cups of flour, two teaspoonfuls of the essence of lemon. When the cake is mixed take out one cupful, stir in this a tablespoonful of grated chocolate, wet with a scant tablespoonful of milk, take out one-half cupful and stir in fruit coloring enough to make it pink, then put all together like marble cake. Bake very slowly.

Fruit Cake.

MRS. F. CHOWN.

One and one-half pounds of butter, one and one-half pounds of sugar, ten eggs, one and one-half pounds raisins, stoned and chopped, one and one quarter pounds currants, one ounce of lemon peel, one ounce of citron peel, one and one-half ounce of mixed spices, two teaspoons of baking powder, flour to make stiff enough to hold spoon upright. Bake in a slow oven three hours.

Devil Cake.

MISS M. FORSYTHE.

1.—One cup brown sugar, one-half cup butter, one-half cup sweet milk, two eggs, a teaspoonful of soda, two cups of flour.

2.—One-half cup grated chocolate, one-half cup sweet milk, two cups brown sugar, a teaspoonful of vanilla; put on stove and cook till like cream; stir into the first part while hot. Bake in layers.

Christmas Cake.

MRS. L. J. W.

Half pound of raisins, half pound of butter, half pound of sugar, six eggs, yolks and whites beaten separately, one pound of currants, half pound peel, six ounces cut almonds, half teaspoonful of bitter almond, one teaspoonful of essence of lemon, one nutmeg, one dram of spice, half wine glass of brandy, one teaspoonful of baking powder, three quarters pound flour. Bake in slow oven.

Angel Cake.

MRS. GILLIE.

Whites of eight large eggs, one and one quarter cups granulated sugar, one cup flour, half teaspoon cream tartar, a pinch of salt added to the eggs before whipping; flavor to taste. Sift, measure and set aside sugar and flour; whip eggs to a foam, add cream tartar and whip until very stiff; add sugar and beat in (always using a spoon to mix cakes with), then flavor and beat in; then flour and fold it lightly through; put in a moderate oven at once; will bake in twenty to forty minutes.

Roll Jelly Cake.

MRS. McLEOD.

Three eggs, yolks and whites beaten separately, add one scant teacup sugar to yolks, three tablespoonfuls sweet milk, then add whites, one cup flour and one heaping teaspoon baking powder.

Angel Cake.

MISS J. McLEOD.

One cup whites of eggs well beaten, one and a half cups sifted granulated sugar mixed with one cup of well sifted flour, one level teaspoon cream of tartar, one teaspoonful of flavoring, one salt spoon of salt. Fold the flour and sugar into the eggs; bake in a cake tin with tube; line the tin with paper; bake about fifty minutes in a moderate oven. For the first ten minutes cover with paper.

Angel Cake.

M. FORSYTHE AND MISS A. POLLIE.

The whites of eleven eggs and a cup and a half of sugar beaten together, a cup of flour, one teaspoonful of cream of tartar.

Fig Cake.

MRS. ASHLEY.

LIGHT PART.—Two cups white sugar, three quarters cup of butter, cup sweet milk, one cup corn starch, two cups flour, three teaspoons baking powder, whites of six eggs beaten to a stiff froth.
DARK PART.—Two cups of dark brown sugar, one cup of butter (creamed), one cup of cold water, three cups flour, two cups each of raisins and currants, one teaspoon each of cloves, cinnamon and nutmeg; two teaspoons baking powder, four eggs. Bake in layers.

Katy's Cake.

MRS. JOHN McINTYRE.

Four and one-half ounces of butter, beaten to a cream, twelve ounces of sugar, one cup of milk, twelve ounces of flour, two small teaspoonfuls of bakings powder, white of six eggs, flavor to taste.

One, Two, Three, Four Cake.

MRS. JOHN McINTYRE.

One cup butter, two of sugar, three of flour, four eggs, one cup milk and one large teaspoonful of baking powder.

Layer Lemon Jelly Cake.

MISS E. CONNOR.

One tablespoonful butter, one cup sugar, two eggs, one and a half cups flour, half cup milk, two teaspoons baking powder. Bake in layers and spread filling, made as follows, between each and on top. Filling—Grate rind and juice of one lemon, add one cup sugar and two eggs; beat well and boil until cooked in double boiler, or over kettle, to avoid burning. You can ice top or spread cocoanut over.

Layer Cake.

MISS E. CONNOR.

Three eggs, one-half cup white and one-half cup brown sugar, two tablespoons water, one cup flour, two teaspoons baking powder sifted with flour twice; flavor and bake. Directions for mixing: Beat the whites of two eggs to a stiff froth, add sugar gradually, beating it all the time. Then add the yolks of the three eggs which have been beaten a little; add water but do not mix until flour is added; mix well and flavor.

Chocolate Cake.

MISS L. McCORMACK.

Two eggs well beaten, one cup sugar, four tablespoons melted butter, or six if it is made into a loaf; three quarters cup sweet milk, one and one-half cups flour, three teaspoons baking powder; flavor and salt.

Short Cake.

MISS E. JONES.

One-half pound each of butter and lard, a cup and a half of brown sugar, let soften by fire, stir well, stir in one egg, one teaspoon baking powder in two pounds of flour. Roll out half an inch thick. Bake in a shallow pan well papered and greased with lard.

One Egg Cake.

MRS. J. McINTYRE.

One egg whipped until very light, put into a teacup, and the cup filled with sweet cream. One teacup of white sugar one coffee cup of flour, one teaspoonful of baking powder, a little salt; flavor to taste.

Hot-Water Layer Cake.

MRS. M. HOPKIRK.

Three eggs, one cup flour, one cup sugar, two teaspoons baking powder, three tablespoons boiling water, salt. Makes three layers. Use lemon filling.

Chocolate Cake.

MISS E. CONNOR.

Yelks of two eggs, one cup sweet milk, one quarter cake of Baker's chocolate; let come to a boil; one tablespoonful of butter, a cup of sugar, one and one-half cups flour, a teaspoonful of dry soda. Ice with white icing.

Jelly Cake.

MRS. M. HOPKIRK.

Two eggs, one cup sugar, one tablespoon butter, one and a half cups flour, a tablespoonful baking powder, two thirds cup of milk. Beat butter to a cream and add yelks of eggs well beaten; beat whites to a froth and add to the sugar; mix all together, put in flour with the baking powder well mixed; lastly add the milk; flavor.

Yankee Cake.

MRS. J. MCINTYRE.

Beat to a cream six ounces of butter, three-quarters of a pound of sugar, three eggs, one pound of sifted flour, one-half pint of cold water, one teaspoonful of baking powder, flavor to taste. Bake in a moderate oven for two hours. It will make two cakes.

Steamed Johnny Cake.

MRS. MARY GRASSE.

Two eggs, four level tablespoonfuls of butter, about one teaspoonful salt, mix butter and yelks, add two cups sour milk; have one teaspoonful soda sifted through about two cups each of corn meal and flour, add it until very stiff, and fold in beaten whites and a little more meal until quite stiff. Steam two and one-half hours.

Spanish Bun.

MISS EVA JONES.

Three eggs leaving out the white of one for icing, two cups brown sugar, three-quarters cup of butter, two and a half cups of flour, a scant teaspoon baking soda, one-half cup of sour milk, two teaspoons mixed spice. Bake in a shallow pan, when baked ice and put in the oven to brown lightly.

Potato Cake.

One and a half cups mashed potatoes, one egg, half cup milk, a little salt and pepper, one teaspoonful baking powder, flour enough to roll, cut in square and fry in lard like crullers.

Spanish Bun.

MRS. POLLIE.

One cup brown sugar, one half cup melted butter, add one-half cup sweet milk, two eggs, retaining white of one egg, two cups flour, one teaspoonful soda, two teaspoons cream-a-tartar, one teaspoon ground allspice, one teaspoon cloves, one teaspoon cinnamon. Icing for Spanish Bun :—White of one egg, one cup brown sugar.

Sponge Cake.

MISS G. E. HAROLD.

Take yolk of five eggs well beaten to which add slowly one cup of granulated sugar, then add whites of five eggs well beaten; one cup of flour in which one teaspoonful of baking powder has been mixed; the juice of one lemon; fold these ingredients together; bake in a slow oven.

Chocolate Cake.

MISS L. McCORMACK.

Three-quarters of a cup of brown sugar, one tablespoon of butter, four eggs (the whites of two are kept for filling), two tablespoonfuls of water, one coffee cup of flour, two tablespoonfuls of baking powder, which sift well with flour, mix butter and sugar, add the beaten yolks then the flour and water, then the well beaten whites of two eggs.

Filling.

Boil one and a half cups of sugar with three tablespoonfuls of cream or milk, and a half a cake of chocolate (grated), until it will string, then pour this over the beaten whites of two eggs, add one tablespoonful of vanilla, beat until it thickens, spread between layers and on top.

Walnut Cake.

MISS GERTRUDE LOWE.

Two cups of sugar, half a cup of butter, one cup of milk, three cups of flour, whites of four eggs, two tablespoons baking powder.

Filling.

MISS G. R. LOWE.

One cup chopped walnuts, one-half cup of sour cream, one-half teaspoonful vanilla, four tablespoons powdered sugar.

Oatmeal Macaroons.

Two cups rolled oats, one cup of sugar, one tablespoon butter, two eggs beaten separately, two tablespoons baking powder, one-quarter of a tablespoon almond flavoring, a little salt.

Patties.

MISS POLLIE.

One cup sugar, one cup of sweet milk, two large tablespoons butter, two eggs, two teaspoons baking powder, or one teaspoon baking soda and two teaspoons cream of tartar mixed in milk. Stir to a soft batter with flour and bake.

Cocoanut Puffs.

One cup of white sugar, two cups of dessicated cocoanut, one tablespoon corn starch, whites of three eggs, one teaspoon vanilla. Beat the whites well, then add sugar, and heat over steam until crust forms on bottom and sides of dish, take off steam and add other ingredients; drop in small pieces on buttered pans, bake rather quickly a light brown.

Old Maids' Cake.

MRS. MARSHALL.

Beat up half a pound of fresh butter with half a pound of white sugar, add one egg occasionally till you have added five. Have half a pound of currants or half a teaspoonful of caraway seeds mixed with half a pound of flour, mix all together by stirring as little as possible; bake in a moderate oven two hours.

Rice Cake.

MISS J. GIBSON.

One-half pound fresh ground rice, one-half pound granulated sugar, five eggs, a pinch of salt, beat eggs into rice and sugar for half an hour. Bake in hot oven.

Scotch Cake.

MRS. J. W. CAMPBELL.

One pound butter, one and three-quarter pounds flour, one-half-pound of sugar (nearly), carraway seed; beat butter and sugar together, add flour; keep enough of the flour out to roll it.

Cream Puffs.

MRS. M. FORSYTHE.

One cup boiling water, half a cup butter, boil together, add a cup of dry flour, mix well, when cold add three eggs. Drop on greased pans and bake for twenty minutes.

Filling.

Boil one pint milk with a desertspoonful of corn starch, three tablespoonfuls of sugar and two eggs; flavor with vanilla.

Stawberry Shortcake.

MISS LUTTON.

First prepare berries; brush them and cover with a thick layer of white sugar. Take a quart of sifted flour, one-half cup butter, one egg well beaten, three teaspoons baking powder a milk enough to make a rather stiff dough; knead well, roll an inch thick; bake till a nice brown; turn out and cut lengthwise and crosswise; run the knife through it and lay open for a few minutes; cover bottom layer with berries one and one-half inches deep; lay top on and dust with powdered sugar.

Crullers.

MRS. WELLS.

Two eggs, a cup of sugar, a tablespoon melted butter, a cup of milk, two cups of flour, a tablespoonful of baking powder; beat eggs until light, add sugar, butter and milk; mix flour and powder with a little grated nutmeg; make a soft dough.

Miss Gray's Shortbread.

MISS M. U. GRAY.

One pound flour, one-half pound butter, one-quarter pound of sugar. Mix into a stiff paste and bake in a quick oven.

Nut Wafers.

MRS. STRANGE.

Quarter of a cup of butter, quarter of a cup of sugar, quarter of a cup of flour, one egg, one cup of finely chopped nuts; cream well together butter and sugar, add egg well beaten then flour. and lastly nuts; drop small spoonfull on buttered tins and bake in a moderate oven.

Oatmeal Cookies.

MRS E. LANE.

Two cups oat meal, one cup flour, one cup sugar, one cup butter, one teaspoonful of baking powder, salt to taste; mix the foregoing together with water till a nice dough is made; roll thin, and bake in a quick oven.

Cookies.

MISS POLLIE.

One cup of butter, one and a half cups granulated sugar, one egg well beaten, one-half cup of buttermilk, in which dissolve one teaspoon baking soda; roll after adding flour enough to mix soft; bake in hot oven.

Mrs. Girvin's Cookies.

One heaping cup sugar, six tablespoons shortening, one cup water, one teaspoon baking powder, one egg, salt, flour to roll soft. Excellent.

Ginger Cakes.

MRS. ADA.

One cup molasses, bring to a boil, stir in one tablespoon baking soda; while foaming add one cup sugar, one egg, one tablespoon ginger, one tablespoon vinegar, flour enough to roll soft.

Ginger Cookies.

MRS. WRIGHT.

Two cups sugar, one cup butter or lard, one cup sugar, one cup boiling water, two teaspoons baking soda, one teaspoon ginger; flour enough to roll.

Ginger Bread.

MISS POLLIE.

One-half cup of syrup, one-half cup butter, one-half cup of buttermilk, one egg, two teaspoons baking soda, one teaspoon ginger.

Cookies.

MRS. JOHN MCINTYRE.

Three-quarters pound sugar, one-half pound butter, one and a quarter of flour, three eggs, a little salt, roll out thin and cut into small cakes.

Cookies.

MISS WATSON.

A cup of shortening, a cup of brown sugar, three eggs, two teaspoons of baking powder and enough flour to make a soft dough; salt to taste.

Macaroons.

G. U. S.

Three quarters of a cup of butter, one pound of white sugar, three eggs, two teaspoons of bitter almonds, two teaspoons baking powder, two tablespoons milk, two cups of flour, more flour can be added; make in balls.

Macaroons.

MRS. COCHRAN.

Put the whites of two eggs and two teaspoons of cold water in a bowl and beat to a strong froth, stir in lightly one tablespoonful of corn starch, one cupful of granulated sugar, a pinch of salt, warm on top of tea-kettle, put in almost half a pound of cocoanut, stir lightly, drop on a greased pan one teaspoonful at a time, and bake in a moderate oven.

Layer Cake.

MISS J. C. GIBSON.

One and one-half cups sugar, butter size of an egg; cream these; one-half cup milk, two large teaspoons baking powder mixed in two cups flour; then beat the whites of four eggs till stiff, whisk in briskly and bake.

Short Cake.

MISS J. C. GIBSON.

A quarter of a pound of sugar (soft white), half a pound of butter, one pound flour, pinch of salt, knead well together, put on paper in tins and bake.

Christmas Cake.

MISS J. C. GIBSON.

One and one-half pounds butter, two pounds sugar, two pounds raisins, four pounds currants, one and one-quarter pounds mixed peel (lemon and citron), one nutmeg, one and one-quarter pounds flour, sixteen eggs.

Strawberry Short Cake.

MISS GIBSON.

Three cups flour, three teaspoons baking-powder, one heaping tablespoon butter mixed well in the flour, pinch of salt, milk to moisten; put in greased pan; bake in hot oven; break open, spread with strawberries; melt spoonful of butter, half a cup of milk, one teaspoonful of corn starch, boil. Pour on top of strawberries and serve.

Tutti Frutti Icing.

MISS M. McCLELLAN.

Mix with a boiled icing one ounce each of chopped citron, candied, cherries, seedless raisins, candied pine apple and blanched almonds.

Lemon Filling.

MISS LAURA McLEOD.

One cup sugar, one lemon, one egg; boil all; when thick spread between the cakes.

Filling for Chocolate Cake.

MISS L. McCORMACK.

One cup sugar, one teaspoonful of cocoa or chocolate ; mix ; add seven tablespoons sweet milk ; boil five minutes or more ; add butter size of walnut.

Caramel Icing.

MISS M. A. McIVER.

One and one-half cup of sugar, half a cup of sweet milk, half a teaspoonfuls of vanilla, put in a pan and boil until thick, then stir until thick ; it will cool quickly if put in a pan of cold water.

Chocolate Icing.

[MISS M. A. McIVER.

Six ounces of icing sugar, one ounce of grated chocolate, two tablespoonful of water, put in a pan and stir over the fire until it is melted, then it is ready for use.

Coffee Icing.

MISS M. A. McIVER.

Six ounces of icing sugar, one tablespoonful of strong coffee, one tablespoonful of water, mix together in a sauce pan and pour over the cake.

Orange Icing.

MISS M. A. McIVER.

Quarter of a pound of sugar, one tablespoonful of orange juice, put in a pan, melt but do not boil ; stir well.

Apple Icing for Filling.

MISS M. J. MILLS.

The white of one egg well beaten, one cupful of sugar, grate one medium sized apple and beat all together. Beat well.

Lemon Filling.

L. McC.

Rind and juice of one lemon, yelk of one egg, one cupful of powdered sugar, one-half cupful of cocoanut, cook until thick.

Frosting.

Three tablespoonfuls of powdered sugar, white of one egg, and the other half of the cocoanut.

Foudant Icing.

MRS. GILBERT.

One cup of sugar, one-half cup of water, saltspoon cream of tartar. Boil sugar and water for five minutes, then add cream of tartar and boil till it will form a soft ball in water but do not stir it. Pour on butter plate and when cold beat until it is light and creamy. When wanted for use melt in a double boiler until thin enough to spread on cake. This icing will keep for a long time.

Almond Icing.

MRS. W. G. CRAIG.

One pound shelled almonds, one pound pulverized sugar, two ounces of rose water, whites of four eggs well beaten; pound the almonds to a paste, adding the rose water gradually, then stir in the sugar and eggs, beating all together until smooth. With a pliable knife spread on cake and let stand for twenty-four hours. Make a second icing of four eggs, pulverized sugar and vanilla; spread on top of the almond icing.



CANDY

"Sweets to the sweet." •

White Taffy.

MISS L. CONNOR.

Two cups of granulated sugar, three tablespoons water, two tablespoons vinegar; boil until it will crack.

Cocoanut Taffy.

MISS L. CONNOR.

Pare cocoanut, slice very thin, spread on plate and pour above over it.

Butter Scotch Candy.

MISS L. CONNER.

Three pounds of granulated sugar, one-half cup of molasses, one-half teaspoon cream of tartar, four ounces of butter; boil together until it will crack, flavor, pour into pan and mark in squares.

Chocolate Fudge.

MRS. HARRISON.

One third bar chocolate, two cups granulated sugar, one cup milk; boil until it begins to thread, add butter size of an egg; beat until it begins to thicken; pour out.

Panocha.

MISS R. I. B.

Two cups brown sugar, one-half cup of milk; boil and when nearly done, add one tablespoon butter. It is cooked when it will form a soft ball in cold water; add nuts and beat.

Chocolate Caramels.

MRS. M. GILL.

One and one quarter pounds light brown sugar, one quarter pound unsweetened chocolate, grated; two ounces butter, one half cup sweet milk; flavor with vanilla. Directions: Mix all well together; boil until when tested in water it is firm, but not hard; add about a dessert spoonful of vanilla just before taking from the fire; put to cool in a buttered square or oblong pan, and when thoroughly set, cut into squares and wrap with parchment paper.

Salted Almonds.

MRS. GILLIE.

Blanch the almonds by pouring boiling water over them, when, by pressing between thumb and fingers, the skin will easily slip off. Put them in a pan in a hot oven and let remain until a light brown, stirring frequently. Then add a lump of butter, size of a walnut, to two pounds of nuts, then add a large table-spoon of salt, well mixed with the buttered nuts.

Fudge Candy.

MISS S. THOMPSON.

Two cups of white sugar, three quarters of a cup of milk, two squares of chocolate, grate chocolate, mix with milk and sugar, and boil until it can be moulded with the fingers (about ten minutes), then remove from the stove, stir until it begins to thicken; when it becomes quite thick pour on buttered tin and cut into squares. After removing from the stove add a piece of butter (a teaspoonful) if you want it to be rich.

Walnut Cream Candy.

MISS I. BUREAU.

Take the white of one egg, beat stiff, one teaspoon cream or milk, one-half teaspoon flavoring, add pulverized sugar till stiff enough to knead, shape and place a walnut on each piece. For variety use for pink, pink sugar and strawberry flavoring, the yelk of egg and vanilla for yellow, and lemon or rosewater for white.

Walnut Crisp.

MISS C. LOVICK.

Place two cups of white sugar in a pan over a hot fire and stir until melted; pour the liquid over broken walnuts which have been placed in a buttered dish.

Humbugs.

MISS E. HAROLD.

One pound brown sugar thoroughly dissolved in half a cup of water. Boil without stirring until it will form a hard ball when dropped in cold water. Put in well buttered pans, let cool, then stretch out on table; take a small piece, flavor with two drops oil of peppermint, pull until white, put on in strips over the dark piece, stretch all out and cut with scissors.

Cocoanut Macaroons.

MISS C. LOVICK.

Whites of two eggs beaten to a stiff froth, six tablespoons white sugar, enough cocoanut to make a stiff batter (a large package), a few drops of lemon. Drop in teaspoonfuls on a buttered dish and bake in a moderate oven twenty minutes.

Opera Caramel.

MRS. I. H. B.

Three cups sugar, one cup cream or milk, one quarter teaspoon cream of tartar. Boil till soft ball forms, stirring constantly; flavor and beat till stiff enough to knead. Turn into dishes and when cool cut into cubes.

Pulled Taffy.

MRS. T. C. L.

Two pounds brown sugar, one and one-half cup water, one dessert spoon vinegar, one dessert spoon butter. Boil rapidly without stirring till it forms hard ball when dropped into cold water. Then pour into a lightly buttered platter and when cool pull.

Maple Cream.

MISS I. G. B.

One pound of sugar, brown or maple, one eighth teaspoon cream of tartar, one-half cup milk or water, one teaspoon vanilla. Boil to a soft ball, flavor, cool, and beat till creamy.

Walnut Wafers.

MRS. HARRISON.

Two eggs, one cup brown sugar, six tablespoons flour, one-half teaspoon baking powder, one cup chopped walnuts and a little salt. Beat eggs until light, add sugar, beat well together, then add flour and baking powder and nuts; drop in well buttered tins. Bake to a light brown.

Turkish Delight.

(REV.) MRS. MACKIE.

Soak one ounce of sheet gelatine in a half breakfast cup of cold water for a few hours. Boil one pound white sugar with half a breakfast cup of water and when boiling add the gelatine. Wait till it boils and then let it boil steadily for twenty minutes. Now remove from the fire and add a dessert spoonful of lemon and one of vanilla essence. Steep two teaspoonfuls of citric acid in a small quantity of water and when melted add it. Color with cochineal or saffron. The mixture can be made all together and put in different basins, putting in the flavoring and coloring to taste. Pour into flat well buttered dishes till half an inch thick. Let cool over night, then cut into strips with a knife, and then into jujube sizes with scissors; roll in sugar and dry on paper. Keep turning over the candies. A tablespoonful of brandy is a great improvement. This is a winter recipe. An extra quarter of an ounce of gelatine is advised if the weather is warm. These candies keep any length of time in tins.



FRUITS

“Bring me berries or such cooling fruit
As the the kind, hospitable woods provide.”

—COWPER.

Preserved Citron.

MRS. REID.

Cut in pieces the size you wish, throw in cold water and let stand over night. Next day boil them in same water for twenty minutes, adding alum size of a walnut; strain and put three quarters pound sugar to one pound of fruit, slice lemons and put in. Boil until clear.

Preserved Currants.

MISS E. ABRAMS.

One pound red currants, one pound sugar, let syrup come to boil, then put in fruit and cook seven minutes. Can hot.

Pineapple Preserve.

MISS E. ABRAMS.

Pare the pineapples and pick to pieces with a silver fork. Put into pint cans, allow one cup sugar to a pint. Make into syrup and pour over fruit until the can is full. Boil in cans about one-half hour.

Canned raspberries done same way, only a cup and a half sugar to quart.

Garden Raspberries.

MRS. REID.

Fill jars with berries, put three quarters pound sugar to one quart water, make syrup, pour in jars. Put on stove in boiler with board in bottom and boil twenty minutes—no longer.

Canned Fruit.

MISS HAROLD.

Take the fruit as soon after being picked as possible. Be sure it is sound and clean; pack in tightly in jars; shake it down so as to completely fill the jar and pour over it the following composition:—Salicylic acid thirty-six and a half grains, white sugar six and a half ounces, soft water one quart. This proportion answers for all kinds of fruit and is sufficient for three quart sealers and one small one.

Spiced Grapes.

MISS E. CONNOR.

Five pounds grapes, three pounds sugar, two teaspoons cinnamon and allspice, one-half teaspoon cloves, pulp grapes, boil until tender, cook pulps and strain through sieve, add to it the spice and sugar, vinegar to taste, boil thoroughly.

Pickled Pears.

MRS. FENWICK.

Allow one quarter pound sugar to one pound fruit, stick a few cloves in each pear, have the syrup hot, put in pears, cook until tender, vinegar to taste.

Canned Crabapples.

M. C.

Cut in quarters, core, one-half pound sugar to quart of fruit, make syrup. When boiling put in fruit, cook until soft, flavor with stick cinnamon and few cloves.

Orange Marmalade.

MRS. J. B. McLEOD.

Take the desired amount equally of sweet and bitter oranges and lemons. To one pound of fruit add two pounds of sugar. Soak all the peel over night in salt water, throw water off and boil peel three hours or until it can be pricked through with a straw. Cut peel and pulp very fine; while cutting peel boil seed in water peel was boiled in until all jelly is extracted. Take sugar, pulp, peel and water seed boiled in and bring slowly to a boil for half an hour.

Cranberry Jelly.

MRS. MITCHELL.

One cup water to one quart berries, boil ten minutes, add two cups sugar and boil ten minutes, put through collander and then into moulds.

Tutti Frutti.

MRS. O. JONES.

One-half pint alcohol in one-half gallon jar. When in season put in the following fruits: Pineapple, strawberries, cherries, peaches, large plums, oranges, in the same quantities, one cup of fruit to one cup of sugar. Add one-half pound blanched almonds each time you add fruit and sugar. Stir and cover tightly. When required for use, take two slices of bread or same amount of stale sponge cake; cut in small squares, place in deep dish, pour over one cup of the above; make one pint boiled custard, mix together; when cool add one-half pint of cream, whipped, sweetened, flavor with vanilla, or to desired taste and spread over top.

Seville Orange Marmalade.

MRS. J. F. LESSLIE.

Cut your oranges in quarters and remove the pips and all tough stringy bits, slice very thin. To every pound of fruit add three pints of cold water and let stand till the next day, then boil gently about half an hour till soft, let it stand again till next day, then weigh again and to every pound of fruit and juice add one and one quarter pounds of sugar. Boil till quite clear and the juice jellies.

To Can Fruit.

L. McC.

Weigh and fill the bottles with raw fruit, and for every pound of fruit allow half a pound of sugar, and to every pound and a half of sugar, put one pint of water; boil this to a syrup and pour over the fruit; put on the tops part way, put a board on the bottom of the boiler, which is partly filled with cold water, put in the jars and leave till the water has boiled fifteen minutes; take out and screw tightly, let cool slowly.

Rhubarb Marmalade.

MRS. CLIFF.

Four pounds of rhubarb cut into small pieces; rind of five lemons and squeeze the juice out well; boil twenty minutes stirring occasionally, then add six pounds of sugar and one pound almonds, two teaspoons ground ginger; boil until clear; blanch almonds and chop very fine.

Pineapple Marmalade.

MRS. ALLEN.

Three bowls pineapple, two of sugar, these together; five bowls rhubarb, five of sugar, these together; let the fruit stand over night covered with sugar; strain off the juices in the morning, mix and boil twenty minutes, then add the pineapple—boil ten minutes; lastly, add rhubarb and boil a few minutes.

Orange Marmalade.

MISS E. HAROLD.

Twelve oranges, six lemons, slice very fine and cover with four quarts of water cold; let stand over night; next day boil it one hour, add ten pounds sugar and boil one hour longer.

Grape Marmalade.

MRS. R. J. REID.

Take grapes which have dropped from bunches, take the seeds out, then measure and weigh and allow measure for measure of fruit and sugar; place all together and boil slowly twenty-five minutes; add juice of one lemon to every quart or pound of fruit. Set away in jelly glasses and serve very cold.

Orange Marmalade.

MRS. M. D. STRACHAN.

Eight bitter oranges, four sweet oranges, shred finely, juice of four lemons, one pint of water to every orange, let stand thirty-six hours; then boil slowly four or five hours; add one pound sugar to every orange and boil one-half hour, or until it jellies. The lemons do not count with water and sugar.

Rhubarb Marmalade

MRS. R. J. REID.

One and one-half pounds of rhubarb, one pound sugar, one-half ounce bitter almonds, blanched and cut in halves; one lemon cut in small pieces; boil all together until quite thick.

Table for Canning Fruit.

MRS. GILBERT.

| | | | | | |
|-------------------------|-----------|----------|-------|--------|--------|
| Cherries..... | Boil five | minutes; | six | ounces | sugar. |
| Raspberries..... | “ six | “ | four | “ | “ |
| Blackberries..... | “ six | “ | six | “ | “ |
| Plums..... | “ ten | “ | ten | “ | “ |
| Rhubarb..... | “ ten | “ | eight | “ | “ |
| Small sour pears..... | “ thirty | “ | four | “ | “ |
| Peaches..... | “ eight | “ | four | “ | “ |
| “ whole..... | “ fifteen | “ | four | “ | “ |
| Pine Apple, sliced..... | “ fifteen | “ | six | “ | “ |
| Sour Apples, quart..... | “ ten | “ | five | “ | “ |
| Ripe currants..... | “ six | “ | eight | “ | “ |
| Wild grapes..... | “ ten | “ | eight | “ | “ |
| Gooseberries..... | “ eight | “ | eight | “ | “ |
| Quinces..... | “ fifteen | “ | one | “ | “ |
| Strawberries..... | “ eight | “ | eight | “ | “ |



BEVERAGES.

Black Currant Syrup.

MRS. MACKIE.

Put two or three quarts of black currants in a jar and set in a dry place; let them stand a few days; take a kitchen cloth and wring them, and to every pint allow three-quarters of a pound of brown sugar; put it on the fire in a brass pan and let it boil five minutes; run it through a piece of muslin and bottle when cold.

Ginger Beer.

MRS. MACKIE.

Pour a gallon of boiling water over three-quarters pound of loaf sugar, one ounce and a quarter of sliced ginger and the peel of one lemon; when luke-warm, the juice of the lemon and a spoonful of yeast are added. It should be made in the evening and bottled next morning in half-pint stone bottles and the corks fastened down.

Lemon Syrup.

MRS. MACKIE.

Squeeze about three dozen lemons, put the juice into a jar and add to it one quart of cold water previously acidulated with two and a half ounces of tartaric acid, add three pounds of loaf sugar and stir it occasionally till quite dissolved; pour it through a jelly bag and then bottle.

Thirst Quencher.

MRS. MACKIE.

One quart of water, one tablespoon of oatmeal, two table-spoons sugar and one lemon; boil for one hour and drink when cold.

Gooseberry Vinegar.

MRS. MACKIE.

To each pint of ripe gooseberries allow three pints of cold water previously boiled, bruising the fruit well first. Let it stand for eight hours, then strain through a jelly bag letting it run until all the juice has run through; to each pint of which add one-half pound of raw sugar, stirring it until the sugar is dissolved, then put it into a barrel and let it remain ten months.

Lemon Syrup.

MRS. WELLS.

Grate six lemons, let stand over night, squeeze out; make a syrup of three quarts of water and six pounds of sugar; when cold add two ounces of citric acid and the lemon juice; strain through a cloth when acid is dissolved. Bottle.

Grape Acid.

MRS. R. J. ELLIOTT.

Dissolve four ounces of citric or tartaric acid in two quarts of luke-warm water, pour it over twenty-pounds of grapes. After the grapes have been well crushed, let it stand twenty-four hours. To each pint of liquid add one pound of granulated sugar; let it stand in an earthen jar until well fermented, stirring frequently to dissolve the sugar. When done fermenting bottle, then cork securely.

INVALID COOKERY

Beef Tea.

Take a pound of juicy beef cut from the round, remove all fat and cut into very small pieces. Put in an earthen pot and add a quart of cold water; cover it closely and let it soak an hour, then simmer gently for two hours more or until the strength is quite extracted from the beef. Strain and season with salt and pepper.

Beef Essence.

Mince finely a pound of lean juicy beef from which all the fat has been removed. Put into a wide-mouthed bottle or fruit jar and cork tightly. Set the jar in a kettle of cold water over a slow fire and let it boil three hours; strain. Season with salt and red pepper.

White Celery Soup.

To half a pint of strong beef tea add an equal quantity of boiled milk, slightly and evenly thickened with flour. Flavor with celery seeds or pieces of celery, to be strained out before serving.

Mutton Broth.

Cut up fine two pounds of lean mutton without skin or fat. Add a tablespoon of barley, a quart of cold water and a teaspoon of salt. Let it boil slowly for two hours.

Oyster Broth.

Cut into small pieces a pint of oysters, put them into half a pint of cold water and let them simmer gently for ten minutes over a slow fire. Skim, strain, add salt and pepper.

Chicken Broth.

An old fowl will make a more nutritious broth than a young chicken. Skin, cut up and break the bones with a mallet. Cover with cold water; boil well three or four hours; salt to taste. A little rice may be boiled with it if desired.

Clam Broth.

Take three large clams and let stand in boiling water till the shells begin to open. Drain out liquor, add an equal quantity of boiling water, a teaspoonful of finely pulverized cracker crumbs, a little butter and salt to taste.

Flour Gruel.

Mix a tablespoon of flour with milk enough to make a smooth paste and stir it into a quart of boiling milk. Boil half an hour being careful not to let it burn; salt and strain. This is good in cases of diarrhoea.

Arrowroot.

Mix a teaspoon of arrowroot with four of cold milk. Stir it slowly into half a pint of boiling milk and let it simmer for five minutes. It must be stirred all the time to prevent lumps and keep it from burning. Add one-half teaspoon sugar, a pinch of salt and one of cinnamon, or one-half teaspoon of brandy. Corn starch or rice flour gruel is made in the same way.

Oatmeal Gruel.

Boil a tablespoon of oatmeal for three-quarters of an hour, then put it through a strainer. If too thick, reduce with boiling water to the desired consistency; season with salt.

Oatmeal Gruel With Milk.

Soak a tablespoonful of oatmeal in a quart of water over night. In the morning add more water if necessary and boil for half an hour. Squeeze through a fine strainer as much as you can and blend it thoroughly with a pint of boiling milk. Boil the mixture for five minutes and salt to taste.

Boiled Flour Gruel.

Moisten a pint of flour with a couple of ounces of cold water, make it into a ball and tie it up tightly in a strong cloth. Slightly dampen the cloth, sprinkle it with flour and boil it hard for ten hours. Then take off the cloth and let the ball dry in a slow oven for ten hours more. Grate two teaspoonfuls from the dry ball, mix with cold water to a smooth paste and stir it into half a pint of boiling milk. Simmer about three minutes and sweeten. This is considered especially good for children while teething.

Cracker Gruel.

Pour a pint of boiling water over three tablespoons of fine cracker crumbs. Butter crackers are best to use. Add half a teaspoon of salt, boil up once all together and serve immediately. Do not sweeten.

Wine Whey.

Heat half a pint of milk to boiling point and pour into it a wine glass of sherry. Stir once around the edge, and as soon as the curd separates remove from the fire and strain. Sweeten if desired. The whey can be similarly separated by lemon juice, vinegar or rennet. With rennet whey use salt instead of sugar.

Milk Punch.

To half a pint of fresh, cold milk add two teaspoonfuls of sugar and an ounce of brandy or sherry. Stir until the sugar is dissolved.

Barley Water.

Wash thoroughly two ounces of pearl barley in cold water. Add two quarts of boiling water and boil until reduced to one quart, or about two hours, stirring frequently; strain, add the juice of a lemon and sweeten.

Eggnogg.

Beat up one egg with a tablespoonful of sugar, stir into this a cup of fresh milk, an ounce of sherry or half an ounce of brandy, and a little nutmeg.

Eggnogg.

Beat the white of an egg stiffly, then stir into it, in turn, a tablespoonful of sugar, the yelk of the egg, a tablespoonful each of ice-water, milk and wine. Do not heat but stir very lightly.

Hot Eggnogg.

Beat together the yelk of an egg and a tablespoonful of sugar and stir into a pint of milk at the boiling point. Add a tablespoonful of brandy or whiskey and grate a little nutmeg over the top.



SUNDRIES

Good Liniment For Sprains.

One pint turpentine, one pint vinegar, two eggs well-beaten, shake or stir till it looks like cream.

Sure Cure For Small Pox.

C. E. L. & A. E. S.

One teaspoonful of cream of tartar, enough turkey rhubarb to lie on a ten cent piece. Dissolve in half a pint of water. Drink this quantity frequently.

Rose Water.

REV. J. MACKIE.

Twelve drops attar of roses, one-half ounce white sugar, two drams carbonate magnesia, two ounces proof spirit, one quart water; filter through paper.

To Restore Frozen Plants.

Pour cold water over the plant wetting every leaf thoroughly. Place in the dark carefully covered with a newspaper. The ice will slowly melt, leaving the plant in its original health.

Baking Powder.

MRS. WELLS.

Eight ounces bicarbonate soda, six ounces tartaric acid, two cups flour; sift well.

Camphor Ice.

MISS GRAY.

Two ounces olive oil, one ounce spermaceti, one ounce white wax, one-half ounce camphor.



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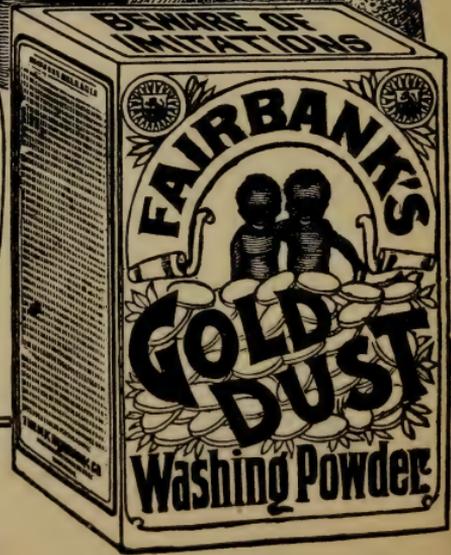
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HOW TO USE IT.

Use Cottolene for all purposes exactly as you would any other cooking fat, but take one-third less, i. e., if your recipe calls for a cup of shortening, use only two-thirds of a cup of Cottolene and you will have better results. Proper care should be taken in frying with

Cottolene to see that it does not become too hot. Bear in mind that Cottolene will not bubble when heated, and does not give off any smoke till it burns, which condition should be avoided. When preparing to fry, put the Cottolene in a cold pan and let it heat up gradually to the proper temperature, which should be ascertained by dropping in it a small piece of bread, and if the bread browns quickly it is hot enough and should not be allowed to get any hotter. For cake-making cream the Cottolene as you would butter, adding a little salt as it contains none.

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After giving the white Cottolene a test both for shortening and frying, I find it without odor or flavor, and can therefore recommend its use in place of lard or in cakes in place of butter.—Sarah Tyson Rorer, Principal Philadelphia Cooking School.

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to cure Coughs, Colds,
Bronchitis, and to relieve
Asthma, Whooping Cough

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