1939

Post & Marvella

Cake :—

Bitter	275
Sweet	170
Lemons	24
	22
	25
Sugar	29
	114
n.8 lb. each	236
	232
	11/2
	11.27
	5.63

Rings
30

4 Feby 1939

Poison — House Furniture
Sheets 1 teaspoon
Pillowcases 1 Dept/Bn
Mattresses
Mosquito Nets

A well balanced Diet
(Collier's)

3 parts carbohydrates, 1 part protein and foods containing vitamins and inorganic salts.

Carboh - bread cereals and potatoes

Proteids - eggs, meat, fish, chicken

Vitamins Salts - lettuce cabbage spinach, watercress contain the salts and add to the vitamins. And several glasses of milk a day.

Victor G. Heiser M D

In the are what we Eat

Mrs. Robinson

Scones

1 cup butter
1 " gran. sugar
1/2 " brown "
Carraway or any
flavouring desired
3 eggs beaten; add
to foregoing. Salt.
1 cup sour cream
1/2 tea. soda added
to cream. Mix with
above. Add all to
4 cups of flour
sifted which has
been stirred 4 tea.
of baking powder.
Make soft dough
Bake in quick oven.

A. R.

Mrs. Robinson

Cookies

1 cup butter
2 " sugar 1 brown 1 white
3 eggs well beaten
1/4 teaspn. soda dissolved
in boiling water
1 teaspn. nutmeg ?
1/2 " cloves ?
a little baking powder
in flour. Flour to
make a soft dough
just stiff enough to
roll out, worked in
gradually (try 2 cups
to begin with.) Cut
in round cakes. Stick
raisin or currant in
top of each. Bake
quickly - the more quickly
the better. Cocoanut
if desired. 1 3/4 sugar
often enough. A. R.

Mrs. Robinson

Buns

2 dozen. Bake 15 mts.
1 Fleischmann's Yeast Cake
or 1/2 Royal soaked in
water for 1/2 hour
1 pint milk. Scald and
cool. 2 eggs. 1/2 cup
butter. 1 1/2 or more
sugar or 1 loose cup of
brown. Set sponge at
night. Mix in a.m. with
flour to make dough
first adding eggs. Knead
down, let rise. Put
into buns & let rise
lighter than before
Bake. Caraway seed
if liked. A.R.

Mrs. Robinson

Pumpkin Pie

1 qt. squash clay

8 eggs 1½ cups milk

1 cup brown sugar 1 cup white sugar

2 tablesps cinnamon

1 " ginger

1 teaspn nutmeg

piece butter size of walnut

salt ?

Add to squash sugar spices warmed butter & milk last. Heat gently on back of stove add eggs after warming. Test by taste.

Miss Fife

Fruit Drink

1 can grape fruit juice
2 lemons
6 oranges
1 can crushed pineapple
& desired sweeten
with thin syrup

Mrs. Cook
(Annie's Recipe)

Tartaric acid 2 oz
Citric " 1 "
Rochelle Salts 1/2 "
6 Lemons
5 lbs sugar
3 1/2 pints - water
Put sugar and water
and grated peel &
lemon on to boil

Mrs. Tate

Fans

2 cups sifted flour
1/2 " brown sugar
3/4 " butter
Cut fan shape
and bake -

Madge McLaughlin

Boston Cream

4 lbs white sugar
4 qts water. Boil
and let cool then
add whites of 4 eggs,
4 oz tartaric acid,
add a 10 cent bottle
essence of lemon
Mix all together
in a bottle. Just
a little in glass
with pinch of soda
Stir well & fill with
water

Mrs. Devil

Tapioca Pudding

Soak 1 small cup tapioca over night. Boil with pinch of salt until clear. Cut apples in thick slices, add sugar to them and put with tapioca. Bake until apples are done.

The Mothers' Club.

Popovers

2 cups milk
2 eggs
2 " flour
1 tables. melted butter
salt. Bake 25 mts.

Mrs. Bergmann

Sweet Potatoes
Boil and mash sweet potatoes. Add egg, cream and delicious marshmallows on top. Bake in buttered dish.

The Mothers' Club
Split Pea Soup
without meat use more butter
1/2 gal water
1 qt. yellow split peas onion. butter
1/2 lb salt pork
1/2 " beef or a good bone. Soak peas over night - after washing well. Cook in same water with meat until tender Press thro' colander. Season
Reheat. Mrs. Winters

Nellie Whiting

Rolled Oat Cookies

1 cup brown sugar
1 " shortening
4 " rolled oats (oatmeal)
2 " flour
1 teaspn. soda
1/2 cup sour milk
or sweet + bak. powder

Murray

Short bread

1 1/2 cups butter
1/2 " lard
1 1/2 " brown sugar
1 egg beaten.
4 cups flour
1/2 teaspn. bak. powder
Mix well. Bake in
very slow oven for
nearly an hour.

Remarks
1/2 lb. pickle pork

2 cups Pearl Barley

Miss McGuire

Pea Soup.

Peas. Water.
1/2 teaspn soda
Boil. Skim skim.
drain water off.
Add fresh & one
lb. pickled pork
and boil 5 or 6
hours. French
do not strain.

Mrs. King

Cookies

2 cups rolled oats, 2
cups flour, 1 cup
shortening, 1 teasp.
salt, 1 teaspn. bak-
ing soda in 1 cup
cold water. 1 cup
brown sugar. Mix
& roll & bake.

Mrs. McCombs
3 Fruit
Marmalade

1 Grape fruit
1 lemon
1 orange
Remove seeds and sections - put aside in dish. To every lb. of pulp and juice combined allow 3 pints of water. Take sufficient water out to cover seeds &c. Stand 24 hours boil fruit until rinds are tender stand another 24 hours. Warm water with pips and put through sieve into -

(into) pulp water
stir pips occas-
ionally during 48
hours.
1 1/2 lbs sugar to
1 lb. of liquid. add
sugar to pip water
with- boiled water
Boil rapidly -
about 1 1/4 hrs. Test
at 50 minutes.

Mrs. McCombs' Elade
Orange Marma-
lade

6 Seville oranges
1 Sweet - "
2 lemons
Cut in quarters
Take out pips, put
them in basin

covering with 3/4 pint of cold water. Remove pulp, put in pan slice kinds thinly. To 1 pound fruit-3 pints of water stand 24 hours then boil till fruit is tender. Stand another 24 hours. Then to every pound of fruit and juice combined add 1 1/2 (one and one half) lbs of sugar (cane). Strain 8 pints add pint water to the above and boil till it stiffens.

Mrs. Mackenzie

Oat Cakes

3 cups oatmeal
(N. Heath Standard)
1 teaspn. salt (good)
1/4 cup dripping (clean)
1 pinch baking soda
Fill cup with hot
water. Pour into
bowl & stir.
Put little on board,
flatten, & roll thin.
Divide into 4 on
plate. Moderate
oven.

Marmalade

1 doz sweet oranges
6 bitter oranges 2
lemons 8 quarts
water 16 lbs sugar
Thinly peel oranges
& lemons. Clip rinds

Mrs. McIlroy
(Contd.)

very fine Remove
all white meats-
then mince Put
with water Stand
over night- Boil
1 hr. next a.m. Let
stand until next day
add sugar. Boil
1 hr. Test by cooling
seeds in cup.
N.B. 4 bitter to 6 sweet
for ½ quantity.

THE DISH OF THE WEEK

MRS. McILROY, of Roseville, Carnalea, Co. Down, Ulster, calls this unusual preserve Oriental Marmalade. We are awarding her the five-shilling prize this week.

Take 1lb. dried figs, 1lb. of dried apricots, 1lb. of dates, 1lb. of raisins or sultanas, 1 quart of cold water, 12 ounces of brown sugar and two lemons. Cut apricots, figs, dates and raisins in pieces, cover with water and soak over night. Add sugar and juice of the lemons. Cook slowly until thick (forty minutes). Pour into glasses and seal.

Eleanor McMurtrie

Imperial Drink
(as used at Deer
Lodge 5 or 6 glasses
a day if liverish)
Revised Dec Lodge

Grated rind and
juice of 1 lemon
3 teaspns. Cream of
tartar, 3 teaspns
sugar, 1 quart of
boiling water of
1 teaspon Epsom
salts! This may
be made without
the salts. Oranges
may be put in
to change flavour

Prescribed for
Mrs. Rideout (dropsy
swelling in ankles)

Mrs. Mackenzie
2 tabls molasses
2 desserts sulphur
1/2 teas. Cr. of tartar

Very Best Fruit Cake.

1/4 lb citron
" " lemon peel
" " orange "
1/2 " candied cherries
" " nutmeats
" " dates
" " candied pineapple
" " raisins
1/4 " dry cocoanut
1/2 " (1 cup) shortening
" cups of sugar
" " honey
5 eggs
1/2 lb (2 cups) flour
1 teaspn. allspice
1/2 " nutmeg
" " cloves
1 " salt
1 " baking powder

over

6 tablespns fruit juice
(grape fruit, orange
grape or other juice)
Shred the peel halve
the cherries, nutmeats
and dates. Cut pine-
apple in pieces, sip
of almonds. Chop
coconut very fine.
Dredge fruit thoroughly
in 1/4 cup or more of
flour. Sift remaining
flour with dry in-
gredients. Cream
shortening with sugar
and add honey. Stir
in eggs, well beaten
add dry ingredients
and fruit juice alter-
nately, blending thor-
oughly.

over

Pour batter over the floured fruit & mix until all the fruit is well covered with batter. Line oiled baking tins with 3 layers of waxed paper, allowing 1/2 inch of the paper to extend above all sides of the pan.
Pour all the batter into pans lightly; do not flatten. Bake in a slow oven (250 degrees) for 4 hours.
This recipe makes 5 lbs of fruit cake.
Place flat pan containing 2 cups of water in oven while baking - gives greater

volume, better appearance & a more uniform texture & produces a smooth, shiny glaze.

Experiment 2

Division of Home Economics in Univ. of Minnesota

Valice M. Child

Grown Butter Horner & Gardens

Millie

Rhubarb

4 lbs. rhubarb
2 oranges
1 lemon
1 pk. raisins
3 lbs. sugar.
Cut rhubarb in inch lengths. Take orange & lemon rinds, squeeze juice, put rinds with raisins, mix, put through mincer. Then put all ingredients together let stand an hour or two. Then let come to a boil and simmer an hour or until thickness desired & bottle.

Mrs. Whiting

Canned Tomato Soup

1 peck ripe tomatoes
2 stalks celery
4 onions

Boil 1 hour: strain
Add 1/2 cup butter
1/2 cup flour
1/4 " sugar
1/4 " salt
1/4 teaspoon cayenne
Boil 5 minutes
Real hot.

Mothers' Club

Buffalo
No. 4.

Almond Soup

Simmer a cup of chopped and blanched almonds in a quart of rich milk or thin cream, adding a level tabls. of butter rubbed with as much flour and a little hot milk; then strain into cups. A tea. of whipped cream on top.

Mexican Dish - Frijoles

1 can Kidney beans
butter size of an egg
3 large green peppers chopped fine. 1 lb of grated cheese. Cook and just before serving stir in cheese. Stir fast. Serve hot. Mrs. Robson

Mothers' Club
Cream of Lettuce Soup

1 head Lettuce, 1 qt. white soup stock, 1 Bay leaf, parsley, 1 teaspn. salt, 4 tabls. flour, ½ pint cream, 2 tabls. butter.

Wash lettuce and chop. Cook in butter 5 mts. Add to stock in soup pot with flavorings also washed flour. Cook 45 mts. Strain thro' sieve add cream and heat but do not boil.

Mrs. F. Bowen.

Nellie Carpenter
(Mrs. Robinson)
B. C.

Dream Cake

1/2 cup butter
1 " flour
Work together like Shortbread. Put in small square pan (about 1/4 inch thick) and bake in moderate oven. While baking mix as follows:

2 eggs, 1 cup brown sugar, 2 heaping teaspns flour, 1 " baking powder, vanilla, & and 1 cup finely chopped walnuts. Pour over above mixture & bake in moderate oven.

Icing: butter, cream and " sugar to spread.

Nellie C.
(from Mrs R.)

Lemon Pudding

2 eggs, separate whites beat very stiff and dry, butter size of an egg; small cup of white sugar cream together, juice and grated rind of a lemon. 1 cup of milk, 2 rounded tablesps. flour. Beat in stiff whites. Set pudding basin in another of water & bake in oven.

Salad Dressing

1 egg 1/2 teaspn. Salt
1 1/2 teaspns. mustard
1/8 " paprika
1/4 cup vinegar
3/4 " oil. Do not

stir. 2 level table-
spns corn starch
1 cup cold water
Cook until thick
while hot mix
with other ingre-
dients and beat with
dover beater until
smooth: makes 3/4
of a pint. N.C. & R.

Bread & Butter Pickles

20 medium size
cucumbers
6 cups pickling vinegar
3 cups granulated
sugar
1 tablespoon celery
seed
2 tablespoons of must-
ard seed
1/2 teaspoon curry

(next page.)

Hot Water Pastry

1½ cups pastry flour
1/3 teas bak. & powder
1⅛ " salt
4 tables. hot water
½ cup shortening

Pour the boiling water over the fat and beat with a fork until it becomes a smooth liquid. Sift flour, bak. pow. & salt into this mixture. Stir together. Chill thoroughly. Roll out & shape as desired.

Pickles

B. & B. Cont'd.

(Curry) powder
Wash cucumbers,
brushing gently
with soft vegetable
brush. Dry with
dry clean cloth.
Slice in slices
about 1/8 of an
inch in thick-
ness. Make a
ten per cent
brine by dissolv-
ing 3/4 of a cup
of salt in 8
cups of water
Pour on top of
cucumbers. Leave
for 24 hours. Drain
well. Add sugar
& other ingredients
to vinegar, bring

to a boil. Add cucumber slices. Heat continually stir constantly (X) but do not allow mixture to reach boil. Pack into hot clean jars. Seal tight. Keep for 2 weeks before using

M. B. Carpenter

4 pounds

Bread & Butter Pudding.
Cut 5 slices bread
1/2 inch thick. Butter.
Lay all together, cut in
dice & place in
buttered baking dish
Take 2 eggs, 2 1/2
cups milk 5 tabls.
sugar. Flavor with
nutmeg, mix and
pour over bread.
Let set, preferably
mix in morning
for baking at night.
Bake brown.
Add meringue if
desired. Serves 7.

Mrs. D. L. Hamill
Buffalo.

Mrs. Bauriff

Potato Cakes

1 cup of flour
1½ teas bak. powder
½ " salt
1 large cup of mashed or riced potatoes
1 egg broken
add enough milk to mix. Cut in squares or oblongs. Grease pan. Cook on top or in oven

Mrs. Bennitt
Cookies
(V. M.?)

1½ cups flour
1½ tsas B. powder
¼ tsas salt —
½ cup shortening
½ cup brown sugar
(packed)
¼ tsas vanilla
1 large or
2 small eggs
Mix and sift —
flour — B. powder
& salt. Cream
shortening & sugar
add vanilla &
egg — Mix well.
Sift in flour &
shape in roll
about 2" in diameter
Wrap & chill. Slice.
Ungreased Cook

Mrs. Tannyff

(Cont'd.)

ing sheet — 400 for 8 minutes

Grape Juice

(Mrs. Campbell - (Lillian))

10 lbs of grapes (Concord)
3 " " Sugar

Put grapes in kettle with 1 cup of water. When burst and soft, mash well and put through a sieve. Add 1/2 as much water as you have pulp and boil ten minutes. Strain through cheese-cloth. Then add warm sugar to juice.

Boil ten minutes and bottle.
Very fussy to make but GOOD.

Oatmeal Cookies

1/2 teaspn. salt
2/3 cup shortening
1 " brown sugar
2 " pastry flour
2 " rolled oats
1/2 teaspn. bak. soda
1/2 cup warm water
1/2 teas vanilla

Cream shortening and sugar thoroughly; add vanilla; mix flour, sifted once, salt and rolled oats; add alternately with

Hot water in which soda has been dissolved - makes a stiff dough Drop on greased cookie sheet & flatten 375° for about 12 minutes

Canadian Churchman

Oatmeal Cookies

One package of butterscotch or caramel pudding

One cup of oatmeal or rolled oats -

One cup of flour

One teaspoon of

Cream of tartar
1/2 teaspoon of
Baking soda
1/2 teaspoon salt
Three quarters
of a cup of
shortening.
Rub all together
One egg beaten
and added
last.
Mrs. Tamiff

Ethelwyn Hobbes

Raisin Squares

1 1/2 cups raisins
1/2 teaspn. cinnamon
1 cup boiling water
Simmer for 15 minutes. While simmering assemble
1/4 cup mild shortening
1/2 cup sugar
1 egg
Sift 3 times
1/4 cup whole wheat flour
1 1/2 cups white flour
1 teaspn. bak. soda
1/2 " salt
1 " nutmeg
1 " cinnamon
Take raisins off fire cool Cream

Ethelwyn Hobbs

(Cont'd.)

shortening sugar adding sugar gradually. Add dry ingredients - Stir raisins.

Bake in pan 9x12 for 45 minutes.

Kostick

Cont'd.

a little water 2 tablespoons of mustard 1 teaspoon of turmeric - Put in other mixture and boil 5 minutes Put in sterilized jars.

Mrs. Kostick

Her Pickle

12 large cucumbers
6 to 8 onions
1 branch celery
1 large red &
1 " green pep-
per, or 2 of each
Put all thro
meat chopper
add 2 tablesp's.
salt. Let stand
over night.
Drain and add
2 cups of white
vinegar. Boil
for 1/2 an hour
add about 2
lbs of brown
sugar. Boil 15
minutes slowly.
add 1 cup of
flour mixed
with a little

Mrs. Brewer

Grape & Pineapple

3 2 lbs. grapes
1 cup crushed
pineapple
(drained)
3x 6½ cups sugar

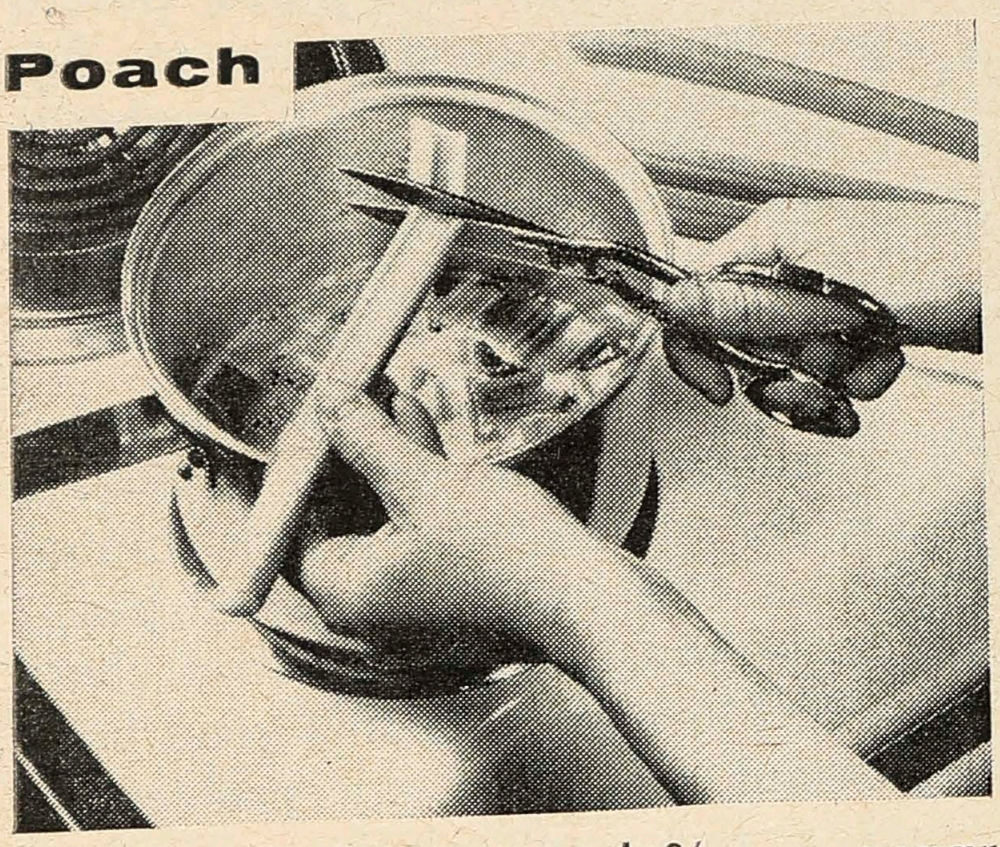
Separate grapes
Put pulp on
stove. Let boil
one minute. x
Put skins
through mincer
and after seeds
are removed
from pulp. Also
add pineapple
and sugar
Simmer 15 min-
utes. Bring all

Preserves

Jams

Cut 1 pound washed unpeeled rhubarb in 1-inch pieces into top of double boiler; stir in ¾ cup sugar; cover. Cook, without stirring, over boiling water, about 30 minutes, or until tender when tested with fork

Poach



Bring ¾ cup water and ¾ cup sugar to boiling in medium-size saucepan. Cut 1 pound washed unpeeled rhubarb into 1-inch pieces into syrup; bring quickly to boiling, stirring twice; remove from heat; cover; cool. Rhubarb will cook tender as it cools

Bake

Cut 1 pound washed unpeeled rhubarb into 1-inch pieces into 6-cup casserole; add ¾ cup sugar and 2 tablespoons water; cover tightly (use aluminum foil if casserole has no cover). Bake in hot oven (400°F) about 30 minutes, or until rhubarb is tender

Point, New York.

• • •

WILL you share with other readers of FAMILY CIRCLE *your experiences in bringing up children? If so, send us a letter telling us how you handled a child-rearing situation—the method or device you used, the attitude you found most helpful. Whether your contribution deals with a baby, a preschooler, a school-age child, or a teenager, other parents are likely to find practical help and encouragement in your suggestions. We will pay $5 apiece for the ones we publish. No contributions will be returned. Address "How Did You Handle It?,"* FAMILY CIRCLE, *25 W. 45th St., New York 36, New York.* ##

Strain while hot through double thickness of cheesecloth. Heat juice to simmering. Pour into hot sterilized fruit jars, filling to top. Seal at once. Process in boiling-water bath 20 minutes. Makes approximately 2½ pts. Cool and store in dry cool place.

WHAT TO DO WITH

RHUBARB

ONE mighty good thing to do with rhubarb is to put away a few jars of it, ready to help out in tight menu spots next winter.

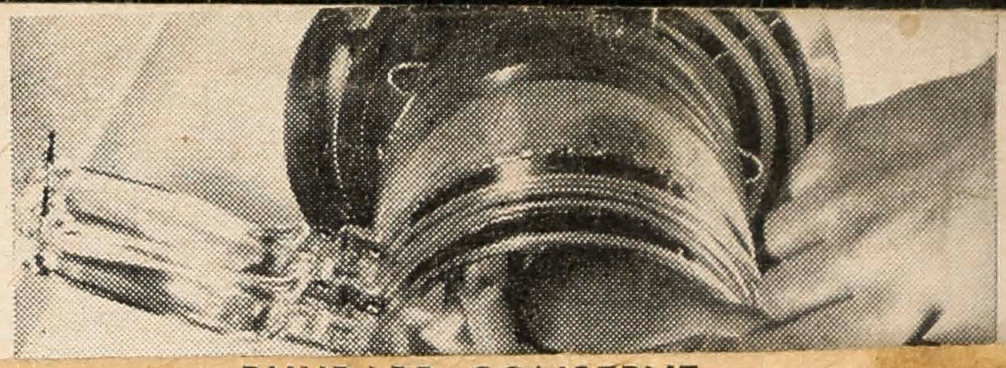
Canning rhubarb is simple. It can be put up with or without sugar. First, of course, wash and trim the stalks; don't peel them. Lay several together on a cutting board and slice through them all at once, making ½- or ¾-inch pieces.

TO CAN—Cook the cut rhubarb until soft in a very little water or medium syrup (1 cup sugar to 2 cups water). Pack hot into hot jars (½ inch from top for quarts, ¼ inch for pints). Then wipe rims and adjust lids. Boil in boiling-water bath 15 minutes; longer for high altitudes (see "Processing" under Strawberries).

SPICED RHUBARB JAM

6 cups sugar
1 tsp. powdered ginger or other spice
3 cups, or about 1 lb., thinly sliced rhubarb
½ cup, or ½ bottle, liquid pectin

Add 1 cup of the sugar and the spice to prepared rhubarb in large kettle; let stand 15 minutes. Add remaining 5 cups sugar. (If rhubarb isn't red, add a few drops of red food coloring if you wish.) Mix well; place over high heat. Bring to full rolling boil; boil hard 3 minutes, stirring constantly. Remove from heat; stir in liquid pectin; skim; pour quickly into hot sterilized jelly glasses. Paraffin at once. Makes about 8 six-oz. glasses.



RHUBARB CONSERVE

2½ lbs., or about 2 qts., rhubarb
7 cups sugar
3 cups diced pineapple, canned or fresh
½ cup orange juice
2 tbsps. grated orange rind
1 to 2 cups coarsely shredded blanched almonds

Wash rhubarb; cut in inch-thick slices; place in large kettle; add sugar; let stand overnight. Add pineapple, orange juice and rind. Boil rapidly 45 minutes, stirring frequently. Add almonds a few minutes before removing from heat. Pour into hot sterilized jelly glasses. Paraffin at once. Makes about 6 eight-oz. glasses.

RHUBARB-PINEAPPLE MARMALADE

1½ lbs., or about 4½ cups, rhubarb cut in ½-inch pieces
3 cups sugar
2 tbsps. lemon juice
1 tsp. grated lemon rind
1½ cups finely cut pineapple, canned or fresh

Combine all ingredients in large kettle. Cook slowly about 25 minutes, or until thick and clear; stir frequently. Pour into hot sterilized jelly glasses. Paraffin at once. Makes 4 eight-oz. glasses.

RHUBARB-STRAWBERRY JAM

6 cups, or about 2 lbs., rhubarb cut in ½-inch pieces
6½ cups sugar
7 cups strawberries

Wash rhubarb. Combine half the sugar with the rhubarb in large kettle; let stand 2 hours. Wash strawberries; pick over; hull; add remaining sugar to berries; let stand 30 minutes. Heat rhubarb to boiling; boil 10 minutes, stirring occasionally. Add strawberries; continue cooking about 20 minutes, or until syrup is thick and berries transparent; stir occasionally. Pour into hot sterilized jelly glasses. Paraffin at once. Makes 7 eight-oz. glasses.

(*Please turn to page* 18)

GOOD HUNTING, MY MAN!

(*Continued from page* 5)

to rolling boil
for one minute
Boile.

Winodausis

Burnt-Cream

1 qt. milk
1 cup brown sugar
3/4 " flour

Take enough of the milk to blend with flour thoroughly. Let rest come to boil pour on flour stirring well. When smooth turn back into sauce pan and let boil until it thickens. In another sauce pan let the brown sugar melt and burn according to taste. Into this pour milk and flour let all boil well together. Strain into mould. Serve with cream when cold. Mrs. G. Cecil Moore

Jelly Roll

1 cup sugar
2 eggs
1 cup flour
1 teas. bak. powder
rind of 1/2 lemon,
grated, 1/4 cup of
boiling water.

Mix sugar, lemon
rind and beaten
yolks, then half the
flour, half of beaten
whites - other half
of flour and re-
mainder of whites
lastly the boiling
water. Bake in
large shallow pan
15 minutes. Sprinkle
sugar on damp cloth
turn out cake - spread
jam, jelly - fresh crushed
fruit -

Mrs. Jas. Acton

Dot

Dot's Sponge Cake
1 cup flour 1 cup
sugar 1 teaspn bak.
powder pinch of salt
all sifted together.
Break 2 eggs in
and stir off. way
until eggs have
absorbed flour etc.
then beat until
very light. 1/2 cup
boiling water.
Flavour. Beat again
with egg beater.
Pour into buttered
tin & bake in mod.
brate oven

While Use.

Plain Chocolate Icing

Put into a shallow bowl 4 tblspns. grated choc-late and place it where it will melt gradually but not scorch. When melted stir in 3 tblspns of milk or cream and 1 T water. Mix all well together + add 1 scant-heaps of gran. sugar. Boil about 5 minutes while hot — & when cake are nearly cold spread over surface evenly & set in a warm oven to harden. (Baker's Unsweetened chocolate) also used for Eclairs

Norah

Chocolate Icing

1 tblspn. butter
2 " cream ½ teas.
vanilla: icing sugar
to proper consistency
spread on cake.
Pour over this
2 oz melted unsweet
ened chocolate to
which has been
added piece ⅔ par-
afine size of a pea

Miss L. Carl

Conserve

15 pears
9 peaches
4 apples
1 orange

3/4 cup sugar to
1 " fruit

just before taking
off stove add
juice of 2
lemons.

Preserves

To Prevent Mildew
While off egg

Birds' Food

1 lb. melted suet
1/2 cups peanut-
butter: keep hot
2 cups popped corn
1 " rolled oats
some corn
flakes
a few raisins
some bird seed
Mix dry ingre-
dients and
pour over them
the melted fat-

4 cups 4 nails
stand nails in
cups (on heads)

Ethelwyn Hobbes

Curtsying

Put your right foot a little to the side; put the ball of the left foot behind the heel of the right foot. Go down slowly with your weight on the right foot putting your left knee through your right knee. Now come up again slowly bringing your weight on to the left foot.

Mrs. Bevard

Float Cookies

1 cup flour
2/3 " goals (or more)
1 small teas bak pow
der - salt. 4 level
tbls. shortening
(2 butter or all
shtng) milk to
moisten Cook
well in quick
oven.

Ice Box Cookies
(Chico)

1 cup Chisco
2 eggs beaten
3 1/2 cups flour
2 cups brown or white sugar
1 teaspd. salt
2 " baking powder
1 " vanilla

(1/4 cup sugar, 1/2 teas. each cinnamon & nutmeg)

Blend Chico & sugar add beaten eggs & flour sifted with salt & bak. pow. Mix well, add flavouring shape into rolls 3" in diameter: place in ice box. Next-day

slice 1/8" thick sprinkle with sugar &c. Moderate oven 10 mts.

Fruit for the Pudd.

9 tables. Cracker Crumbs
2 teas. bak. pow.
1 cup white sugar
1 " chopped nut meats
1/2 lb " fine dates
6 eggs beaten well together.

Mix bak. pow. in cracker crumbs, then work in dates, nuts & sugar with hands until well mixed; then beat in eggs. Bake in slow oven 1/2 hour. Serve cold cut in wedges

shapes. Pile whipped
cream on top.
Mrs. McG.

German Spice Cake

3 cups flour
4 teas. bak. pow.
1 " salt
1/4 " nutmeg
1/4 " cinnamon
3/4 cup sugar
1/4 " Crisco
2 eggs unbeaten
1 cup milk
Sift all dry in-
gredients together
Work in Crisco
with fork or knife
Add eggs & milk
Stir until smooth
Pour into two small

or one 8"×12" tin
greased. Cover with
1/4 cups Crisco
1 " brown sugar
4 tabls. flour
1/2 teas. cinnamon
1/8 " salt.
Blend ingredients
with fork spread
smoothly on top
batter sprinkle
with 1 cup of
coarsely chopped
nuts. Bake 30"
in mod. oven.

Maryland Biscuit
4 cups flour unsifted
3 tabls. of thin cream
or milk
6 tabls. shortening

If anyone has a yen for a steaming bowl of traditional Quebec pea soup, here's a winning recipe:

RECIPE

1 cup of dried peas.
6 cups of water.
½ lb. of salt pork.
1 small onion.
Pinch of pepper.

Soak peas in cold water for one hour. Drain and place in a pot with 6 cups of water and add onions and pork. Simmer over a low flame for about three hours until peas are tender.

Pea soup, whether traditional or modern, invariably takes several hours to prepare. It doesn't fall into the "quick lunch" category unless it comes out of a soup tin.

Copper or brass can be cleaned by mixing up a paste of equal parts of table salt and flour and vinegar as the combined agent. Rub this on the metal, let dry, and then remove with hot soapy water. If the metal is very dirty, apply the paste more thickly and allow to stay on for several hours before removing.

Time, cleaning and storage will dry out the oil in furs. To restore the oil use neats-foot oil or glycerine very sparingly and rub into the back or leather side of the fur.

Windows will have an added sparkle, if 1 tablespoon of vinegar, kerosene, or washing soda is added to two quarts of tepid water.

or one
greased
1/4 cups
1 "
4 tabl
1/2 tea
1/8 " S
Blend
with
smooth
batter
with
coarse
nuts. C
in Sm

Marg
4 cups
3 tabls.
or mi
6 tabls.

amounts to more than 1,000 drawings, paintings and sculpture.

One of Price's prized possessions is a 40-foot British Columbia totem pole which stands in his garden. Once the property of John Barrymore, this totem is probably the greatest in private hands anywhere. Price also owns a number of other important Canadian Indian carvings.

"My interest in Canadian art shouldn't surprise anyone," said Price. "After all, I spent almost every summer of my boyhood in Amherstburg, Ont.

Born 45 years ago in St. Louis, Missouri, Price collected his first work of art when he was 15. It was a Rembrandt etching.

errors or omissions which were made, are regretted.

We do not take kindly to the charge that there was a deliberate attempt to deceive the public.

No doubt the Music Festival Committee will be equally emphatic in their reply to the author.

New Postage Stamp To Commemorate Founding Of Quebec

The Post Office Department today announced details of the new postage stamp to be issued on June 26/58, to mark the 350th anniversary of the founding of Quebec by Samuel de Champlain.

While the first white man to

1/2 cup cold water
1/2 tbsp. salt
Combine dry ingredients. Work in the shortening. Add the liquid. Place the dough on a flat surface & beat with a mallet for 20 mts., beating the dough out flat, rolling it up & repeating the process. Shape into biscuits about 1/2" thick. Prick entire surface of each with a fork. Bake in a 450° F oven 15 mts.

Sandy Springs Md.

Butter Cakes

3 cups flour
3/4 tea. soda
1/2 " bak. pow
1 " salt
about 1 1/2 cups of
sour or butter
milk. Sift to-
gether twice flour
soda, bak. pow &
salt. Then mix
lightly with enough
of the milk to moist-
en. Turn out on
a floured board
& knead very gently
Roll thin & cut
into large rounds.
Bake on a well
greased griddle,
turning frequently
to insure even

browning for at least
8 mts. Tear apart
& drop a piece of
butter on each cake
Wrap in a napkin
& serve piping hot
(Delicious with a
sauce of cherries)
Beechwood Brk Pa.

Foamy Orange Dainty

2 egg whites
1/2 cup sugar
1/2 " orange juice
1 tabls. grated " rind
candied orange
peel
Beat whites until
stiff & dry: add su-
gar and o. juice
gradually, beating

constantly. Just before serving stir in the grated orange rind. Pour over any corn starch or custard pudding garnish with thin slices of candied peel.

Good Housekg. Dist.

Tapioca Cream.

Soak 1 1/2 tabls. of tapioca in water over night. In a.m. drain. add 1 pint of milk, yolks of 2 eggs beaten well with 1 tabls of sug. ar, small pinch of salt & flavouring. Put in double

boiler. When at boiling point add whites well beaten & sweetened & let remain undisturbed for a few mts. Then stir & turn into dish. Serve cold.

Mrs Geo

Cake Pudding

1 egg 1 tabls butter
3/4 cup sugar 1/2 cup milk
1 cup flour, 2 teas Bak. powder
Butter mold put in preserve, then batter steam 1 hour.

Mrs Geo

Welsh Rarebit

1/2 lb cheese grated fine (ordinary Canadian)
1 ounce Butter
2 tabls milk, ale or consommé,
1 tabls of made mustard
and a little salt

Melt Butter in saucepan, add grated cheese & stir until melted, put in ale milk or consommé little at a time then mustard & a very little salt. Stir constantly until smooth & pour over slices of hot buttered toast. For 3 pers 10 mts to prepare

Mrs Guo

Rinktum Tiddy

1 pint canned tomatoes
1 tea salt
1 " sugar
1/8 " pepper
Dash cayenne
1 tables chopped onion
1/2 lb. cheese
1 teas. butter
1 egg
Buttered wafer or crackers

Heat tomatoes & add all seasonings. When hot melt in it the cheese cut in bits, adding it gradually while stirring constantly. When smooth add the butter and the

egg beaten, stirring all the while. Serve on slices of hot-buttered toast or hot-cakes.

Concord, Mass

Brown Rice
and Cheese.

3 cups milk 2 eggs
3 " boiled brown Rice
2 " grated cheese
1 tsp salt
1/4 " paprika

Scald milk, add beaten eggs and other ingredients. Pour into buttered custard cups, set in a pan of cold

water & bake in a 350° F oven until a silver knife inserted comes out clean
Pimentoes are an addition. Serve very hot—

Angola, Ind.

Cornmeal Rarebit
1 pint boiling water
1/2 cup granulated cornmeal
1 tea salt
few grains cayenne

1 cup milk
1 " grated cheese
2 tables butter
2 " flour
1 teas minced parsley
Add meal slowly to boiling water

with 1/2 tea soda-
Cook five minutes over
direct heat & one
hour over hot water.
Pour into greased
shallow pan & let
cool. When cold cut
in small squares
place in greased
pan & cover with
cheese sauce:—
In a saucepan melt
butter add flour
& cook until bub-
bling, add milk
gradually. When
thickened add rest
of salt, cayenne
cheese & parsley.
Cook until cheese
is melted & pour
over cornmeal.

Brown delicately under broiler flame for in hot oven. Serve at once with crisp bacon curls. Serves 4

Philadelphia Pa.

Cherry Pie

1 qt. sour cherries
1 cup gran. sugar
1/8 tsp salt
few drops almond Extract
3 tables flour
pastry

Line pie plate with pastry. Mix sugar salt & flour & spread half of it over pastry. Wash & pit

cherries & fill pie plate
with them. Sprink-
le almond extract
& remaining sugar
mixture over the
cherries. Mech lower
crust around
edge & put upper
crust in position
Bake at 450° F.
for 40 mts.
Columbus O.

Tort Lancaster Dame
1 egg white - 1/2 cup
sugar 1 cup cream
1/2 cup red jelly
Whip white of egg
until stiff add
sugar gradually
continuing beating

Then fold in cream beaten until solid just before serving add any bright red jelly cut in bits. Combine very lightly - pile in serving dish

Concord, Mass.

Candied Yams

3 medium sized sweet potatoes
2 tabls. margarin
1 to 1 1/2 cups of syrup from canned peaches
Boil potatoes until nearly ten-

der. Peel & slice lengthwise & lay in a shallow pan (glass or earthenware) pour over them the juice & add dots of margerin. Bake for 30 mts in a 400° F oven. Raise heat to brown or brown under broiler flame.

Boyd, Texas

Salad Dressing

4 tabls melted butter
1 " flour
1 " sugar
1 cup milk

1/2 cup mild vinegar
1 teas. salt
1 " mustard
dash of cayenne
2 eggs
Stir butter
& flour together;
add milk & let
cook in top of
double boiler till
quite thick. Beat
egg-yolks slightly,
add salt, pepper,
sugar mustard &
vinegar. Stir
into thickened
mixture & cook
till thick like
cream. Remove
from heat & pour
on egg-whites beaten
stiff, stirring constantly.
Mechanicsville

Sour Milk Biscuits

2 cups flour
3 teas. Bak. powder
1 teas. salt
2 tables. Crisco
1/2 teas. soda
3/4 cup sour milk

Mix & sift flour, Bak. pow. & salt. Cut in Crisco or rub with finger tips. Mix soda with sour milk. Add slowly to flour mixture & mix to a soft dough. Roll out on a slightly floured board & cut. Oven 450° F. 10 to 15 mts.

12 biscuits

Featherweight Cake

1/2 cup Crisco
2/3 " sugar
2 " flour
2 tsp. Bak. pow.
1/2 " salt
2/3 cup milk
3 egg whites
1 tsp. vanilla

Cream together Crisco & sugar. Mix & sift flour, Bak pow & salt & add alternately with milk to first mixture. Fold in thoroughly stiffly beaten egg whites & add vanilla - layer or loaf 30 mts in 350° F oven.

Famous Lady Baltimore Cake

Cream together 1 cup of butter & 1½ cups confectioners sugar add 1 cup milk & ½ tea rose extract and 3 cups of pastry flour sifted with 2 tea of bak. pow & ¼ " " salt. Beat smooth & fold in the stiffly beaten whites of six eggs Bake in 3 rounded layer cake tins lined with greased white-paper in a 375-° oven. Cover with a paper while baking to prevent browning. For

The filling Boil 2 cups confectioners sugar & 1/2 cup of water together until it spins a thread 225° F when it may be poured very slowly upon the stiffly beaten whites of 3 eggs. Beat until the consistency of cream then add 2 cups of chopped raisins, 2 " " figs 1 cup of " pecan-meats & 1/2 teas of almond extract. Put the filling between the layers & over the top of the cake.

Charleston. O.E.

Hot-Cross Buns
of the London Chiefs

Sweet milk 3 cups
Yeast 1 "
Flour to make a thick batter. Set over night. In the morning add sugar 1/2 cup, 1/2 a nutmeg salt spoon of salt & flour enough to roll out like biscuit dough. Knead well & set to rise 5 hours Roll 1/2 inch thick cut, & set in a well buttered pan: When they have stood 1/2 hour make a cross with

a knife upon each, and instantly put in the oven: bake to a light brown & brush over with the whites of eggs beaten with white sugar.

Mrs. E. B. Durden
(Selkirk)

Cake Butterless
Eggless - milkless -
2 cups brown sugar
2 " hot water
2 tables. shortening
1 teas. salt
1 pk. raisins
1 teas cinnamon
1 " cloves
3 cups flour
1 teas soda

- over -

Boil together sugar water, lard, salt raisins and spices for 5 minutes.
When cold add flour and soda dissolved in a teas of hot water. Makes 2 loaves. Bake 45 mts. in a 325° F. oven.

Red Tomato
Marmalade

2 lbs Red Tomatoes
3 lemons sliced very thin
2 lbs of sugar
Blanch tomatoes, cold dip and remove skins. (If very large remove

and discard. Heavy
cores.) Cut in slices
or chunks. Add 6
lemons Sugar (Re-
move seeds from
lemons) Bring
to boil over
slow heat stirring
carefully - frequently
until sugar dis-
solves. Simmer
gently for 1 hour
or until like
marmalade. Pour
into hot clean
jars & seal
Katherine Middleton

Disinfectant
vinegar boiled
with myrh -
sprinkle floor &
furniture in
sick room.

Flaxseed
Steep
1 tablespn. in a pint
of boiling water

upon
An ounce of un-
bruised flaxseed
& a little pulverized
liquorice root put
a pint of boiling
soft or rain water
place near cul-
dron on fire for
4 hours. Obtain
two linen clothi-
makes fresh daily
(Fever accompanied
by cough)

Norah

Chocolate Icing

1 cup icing sugar
1/4 (scant) cup milk
1 tabls butter
2 squares chocolate
1 whole egg

melt chocolate
beat egg. stir

Norah

15 large peaches
(Red Rivers good)
4 oranges.
Put through
chopper after
removing juice
6 cups sugar

Mrs. Parsons (Mildred)

Fudge Cake

2 tabls. melted butter
1 egg
1 cup brown sugar
1/2 c. 25¢ pkg. walnuts-
1/2 cup flour
2 tbls. cocoa
1 teas. vanilla

Mix. Put in greased tin.

Icing

2 tbls. butter
1 teas. vanilla
1 cup icing sugar
If not moist enough add milk
Ice cake while hot.

Parsons Mrs M.

Pancakes
(Hungarian)

1 egg
3/4 cup milk plus
2 tables.
2 tables melted fat
2 " sugar
2 " flour
1/2 teas. salt
2 tables. bak. powder
Beat egg with
shortening & add
dry ingredients
& mix.

Norah

Sailor's Dot

1 egg well beaten
2 tablespns. white sugar
2 " butter
1/2 cup molasses
1 small teaspn soda in 1/2 cup of water
1 1/2 cups flour
Steam 2 hours

Sauce

1/2 pint whipping cream
1/2 cup sugar
1 egg yolk beaten
Vanilla
(Rum was the "dot")

Norah

Caramel Pudding

1 qt. milk
4 eggs
about 1 tblspn
Knox gelatine
dissolved
1 cup brown sugar
(scant) 1 cup brown
sugar to caramelize
Chopped walnuts
if desired
Warm milk add
scant cup of sugar
and eggs well
beaten, then car-
amel and last
of all the gelatine
Cook until ready
for mold. Let
stand and serve
with whipped cream.

Mrs. Belle Grille

Chinese Chews

1 cup dates cut
1 " walnut meats - cut
2 eggs
1 cup white sugar
3/4 " flour
1/2 teas. bak. powder
1/4 teas. salt
vanilla
spread very thin on
Bake
Cut in strips and roll in powdered sugar

Corn Tea Dish

1 can corn
1/2 cup bread or cracker crumbs
1/2 cup milk
2 eggs (1 will do)
butter size of a

Mrs. Bellefeuille

walnut (large walnuts)
seasoning
buttered crumbs on
top. Bake about
1/2 hour - "Nan".

Mother

Mince Meat

First Class —

3 lbs raisins
3 " currants
2 " sugar
8 " apples
2 " suet
2 oz. citron peel
2 " lemon "

1/4 lb mixed spice ground

The juice of 2 lemons and the rind of one chopped very fine.

2 wine glasses of Brandy

N.B. I make double this quantity.

Mother

This is the recipe my mother, Mrs. Tebs - in fact the whole family used for years.

This was by Emmy -

Squash Pie

as Mother made it

1 pint of boiled dry squash
1 cupful of brown sugar
3 eggs
2 tablespoons molasses
1 tablespoon melted butter

Mother

1 tablespn ginger
1 teaspn. cinnamon
a pinch of salt
1 pint of milk

makes 1 large deep or 2 small pies
while hot
Eng Boh

Plum Pudding
(genuine)

(note made by Mother "I use 1 lb. of crumbs to 3 times the following)

Soak 1 lb of stale bread in

Mother

1 pint of hot milk
add let it stand
and cool. When
cold add to it
1/2 lb of sugar
and the yolks of
8 eggs beaten
to a cream.
1 lb of raisins
stoned and
floured
1 lb of Zante
currants washed
and floured
1/4 of a lb of
citron cut in
slips (slips) and
dredged with
flour
1 lb of beef suet

Mother

chopped fine and salted:
1 glass of wine
1 " of brandy
1 nutmeg
1 tablespn of mace
cinnamon and cloves mixed:
Beat the whole well together and as the last thing add the whites of the 8 eggs beaten to a stiff froth.
Pour into a cloth previously scalded and dredged with flour. Tie it firmly, leaving

Mother

room for the pudding to swell and boil 6 hours
Serve with wine or brandy sauce.
It is best to prepare the ingredients the day before and cover closely

From White House

~~Squash Pie~~
~~1 pint boiled dry squash~~
~~1 cup brown sugar~~
~~3 eggs. 2 tablespns molasses 1 " melted butter 1 " ginger~~
~~1 teaspn cinnamon~~
~~1 pint milk. a pinch of salt~~ White House

Meat Patties

Meat. 1 egg
1 cup bread crumbs
Salt. Pepper
1 tabls minced
onion
1 " ditto celery
a little milk
Bake or fry.
Mrs. Cauiff

Oatmeal Cookies

Miss Fife

1 cup flour
1/2 tea. soda
1/2 " salt
2 standard oat meal
1/2 cup sugar (brown)
1/2 " shortening
Mix dry: work in shortening
3 to 5 tablespoons warm water

Mother

Brullers.

1 1/2 cups sugar
1 cup sour milk
2 eggs
2 scant tablespoons
melted butter
1/2 a nutmeg grated
1 large teaspoon
cinnamon
1 teaspn salt
1 " soda
make a little
stiffer than biscuit
dough, roll out
a quarter of an
inch thick and
cut with a fried-
cake cutter with
hole in center.
Fry in hot lard.
May use sweet

milk & baking powder — 2 heaping teaspoons in place of soda.

Chris-House.

Preserved Citron

Pare green skin and remove the fibrous sections that hold seeds and cut in 1/2 inch squares the kind of ripe melons. Soak in alum water to cover, allowing 2 teaspns. of powdered alum to each quart of water. Heat gradually to boiling point and cook slowly ten minutes. Drain, cover with ice water and let stand 2 hours again drain and dry between

towels. Weigh. Allow
1 lb of sugar to
each lb of fruit
and 1 cup of water
to each lb of sugar
Boil sugar and
water ten minutes
Add melon rind
and cook until
tender. Remove
rind to a stone
jar and cover
with syrup. 2
lemons cut in
slices may be
cooked ten minutes
in the syrup,
also two ounces
of whole ginger

(Mother used
this recipe some
times)

Mrs. Henry Bulmer

Salad Dressing

4 eggs beaten separately. To the yolks add 2 tbls melted butter 1 " sugar 1 tbls mixed mustard 7 " best vinegar 1 small tea spn salt. Add whites beaten to stiff froth. Cook in double boiler until thick as corn starch. Thin with cream.

Mother always used this recipe!

Zutaten Reinessig

Essig Essenz
Zutaten wie
Essig Sie kost
Essig mittel
Zucker
Wasser Kochen
Essigessenz
Essig Essenz
Essig Essenz Zucker
Essig Essenz
Essig Essenz Zucker
Essig Essenz
Essig Essenz Zucker
Essig Essenz
Essig Essenz Zucker

Boston

Salad Cream Dressing.

1 tbles. salt (scant)
1 " mustard
1½ " sugar
2 eggs slightly beaten
5 tabls. melted butter
1½ cups cream
½ " vinegar

Mix in order given. Add vinegar very slowly. Cook over boiling water stirring constantly until mixture thickens, strain and cool.

Wimodausis Club Cook Book

Mayonnaise

1 egg beaten
1/4 cup water
1/4 " vinegar
1 saltspoon salt
1 tablspn brown sugar
1 teaspn corn starch
1 " mustard

Cook in double boiler until thick when ready to serve mix with sour or sweet cream or evaporated.

Mrs. W. H. Baker

when done have ready whites beaten stiff with 3 small tbls of sugar. Spread over top and return to oven to brown

Ebbitt House
Washington

Cocoa Nut Cakes

Whites of 4 eggs beaten to stiff froth, 1 cup sugar 4 level teas. of corn starch. Mix well together and cook until sugar is melted and corn starch cooked then take off stove and add 3 cups of cocoanut Drop by spoon on to well greased pan & bake to light brown.

Mrs. Partington

Lemon Filling
Grated rind of 2
lemons, add one
cup of white sugar
2 heaping tablespoons of
unsifted flour (or
1 of corn starch) stir
well together then
add the yolks of
three well beaten
eggs, beat thoroughly
add juice of
lemons, 2 cups of
water and piece of
water butter size
of a walnut. Place
in double boiler
and cook until it
thickens and will
dip up on spoon like cold
honey. When cool pour
into deep pie tin lined
with pastry. Bake and

Mother

Yorkshire Pudding

1 pint milk
3 or 4 eggs
pinch salt
2 teaspns baking powder
flour to make batter a little thicker than pancakes.

Suet Pudding

1 cup suet
2 " flour
3 teasps bak. powder
pinch salt
1/4 cup sugar
1 egg
Currants
Water or milk to thin
Biscuit dough consistency
- batter thickness -

RHUBARB RAISIN MARMALADE.

4 lbs. Rhubarb
2 Oranges
1 Lemon
1 Pkg. Raisins
3 lbs. Sugar

Squeeze Orange and Lemon juice. Take rinds and mix with raisins. Put through mincer, then put all ingredients together and let stand an hour or two. Then let come to boil, and simmer an hour, or until thickness desired.

Millie