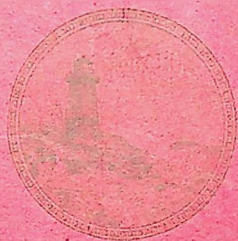


SELECTED RECIPES



PUBLISHED BY
THE ONTARIO EQUITABLE
LIFE & ACCIDENT INSURANCE COMPANY

S. C. TWEED, President

Head Office - - Waterloo, Ontario

SELECTED RECIPES



Most of the following Recipes were contributed
by Members of St. Quentin Chapter of the
Imperial Order of Daughters of the Empire,
and were published in a Cook Book which
the Chapter has very kindly permitted
**THE ONTARIO EQUITABLE LIFE
AND ACCIDENT INSURANCE
COMPANY** to reprint.

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TABLE OF WEIGHTS AND MEASURES

2 cups	1 pt.
4 cups	1 qt.
2 cups butter, (packed solidly)	1 lb.
3½ cups flour	1 lb.
2 cups granulated sugar	1 lb.
2 cups fruit	1 lb.
2¾ cups icing sugar	1 lb.
3¼ cups brown sugar	1 lb.
5½ cups rolled oats	1 lb.
2½ cups cornmeal	1 lb.
1¾ cups rice	1 lb.
3¼ cups graham flour	1 lb.
4 cups coffee	1 lb.
2 cups finely chopped meats	1 lb.
8 medium eggs	1 lb.
1 square Baker's chocolate	1 oz.
3 teasp.	1 tbsp.
16 tbsp.	1 cup
2 tbsp. butter	1 oz.
2 tbsp. granulated sugar	1 oz.
3½ tbsp. flour	1 oz.
1 lb. wheat flour	1 qt.
1 lb., 2 oz. cornmeal	1 qt.
1 lb. soft butter	1 qt.
1 lb., 2 oz. brown sugar	1 qt.
4 tbsp.	½ gill
1 wineglass holds	½ gill
1 tea cup	1 gill
1 tbsp.	½ oz.

Measurements are all made level.

VEGETABLES

TIME-TABLE FOR COOKING VEGETABLES IN WATER

Asparagus	20 to 30 min.	Macaroni.....	30 to 45 min.
Beets (old)	3 to 4 hrs.	Onions	45 to 60 min.
Beets (young)	45 min.	Parsnips.....	30 to 45 min.
Cabbage.....	45 to 60 min.	Potatoes	25 to 30 min.
Carrots.....	35 to 45 min.	Rice.....	20 to 30 min.
Cauliflower.....	20 to 30 min.	Spinach	35 to 40 min.
Celery.....	30 to 40 min.	String beans	1 to 3 hrs.
Green corn.....	12 to 20 min.	Tomatoes.....	30 to 60 min.
Green peas.....	30 to 45 min.	Turnips.....	45 min.
Lima beans	1 hr. or more		

GENERAL RULES

Wash vegetables thoroughly, pare or scrape, if skins are to be removed. To keep them crisp and to prevent their being discolored, stand in cold water until cooked.

Vegetables may be cooked by steaming, baking, or in boiling water. Steaming is preferable to cooking in boiling water.

If cooked in boiling water use one teasp. salt with one quart water, and add it when the vegetables are partly cooked. The water in which vegetables are cooked is called vegetable stock.

Fresh green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked uncovered in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper, and serve hot with butter or a sauce.

Cold vegetables may be used for salads, or may be placed in a baking dish with $\frac{1}{2}$ the quantity of sauce (2 cups of vegetables, 1 cup of sauce), covered with buttered crumbs, and browned in a hot oven.

SOUPS

HOW TO CLEAR SOUP

Whites of eggs, slightly beaten, are used for clearing soup stock. The albumin effects the clearing by drawing to itself some of the juices which have been extracted from the meat and, by action of heat, have coagulated. Some rise to the top and form a scum; others are precipitated.

Cool stock and remove fat. Allow white and shell of one egg to each qt. of stock. Beat eggs slightly, crush shells and add to stock. Heat gradually to boiling point, stirring all the time. Boil five minutes. Remove to back of range, add a half cup of cold water (for two qts. of stock). Let stand five minutes, then strain through cotton placed over a strainer. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added before clearing.

BEEF STOCK

2 lbs. meat and bone

3 pts. cold water

Cut the meat into small pieces and soak with bone in cold water one hour; then cook at a low temperature for 3 hours. Strain through a cloth. The trimmings and bones of fresh meats, bones or pieces from roasts, cut into small pieces, may be used for stock, but no smoked or charred pieces may be used. Stock may be colored with caramel.

BEAN SOUP

Mrs. C. Bean

Boil white beans, mash and add bacon cut in dice. Then add milk, salt and pepper and thicken a little.

CREAM OF CELERY SOUP

1½ cup celery

1 pt. stock

2 cups milk

4 tabbsp. butter

4 tabbsp. flour

½ teasp. salt

⅛ teasp. pepper

¼ teasp. onion juice

Cook celery in boiling water until very soft, press through a strainer (there should be 1 pt. celery stock and pulp), and add to hot milk. Make as a white sauce. The outer stalks and green leaves of celery may be used.

CREAM OF RICE SOUP

½ teacup rice

1 qt. of cream or milk

½ small onion

1 bay leaf

1 qt. white stock

1 tabbsp. butter

1 stock of celery

Salt and pepper to taste

Wash the rice carefully, add it to the cold stock with the bay leaf, onion and celery. Simmer slowly for 2 hours. Press it through a sieve, return it to the soup kettle, add the butter, cream or milk, salt and pepper and stir constantly until it comes to a boil. Then it is ready to serve.

Cream of barley soup may be made the same as above, simmering the barley four hours.

GREEN PEA SOUP

1 pt. or 1 can of peas	1 tablesp. flour
1 qt. of boiling water	$\frac{1}{2}$ teasp. salt
1 pt. of milk	Pepper
2 tablesp. butter	1 tablesp. sugar

Wash the peas and cook in boiling water until soft. Press through a strainer and add to milk. Make as a white sauce. If the peas are fresh, pods may be cooked with them.

NOODLE SOUP

Miss Alice Scott

1 egg, $\frac{1}{2}$ cup milk, salt, flour enough to make a stiff dough

Beat eggs slightly, add other ingredients. Knead on a slightly floured board. Roll as thin as possible. Let dry and cut into thin strips. Add to chicken stock. Season with parsley and salt and pepper to taste.

OYSTER SOUP

1 pt. oysters	1 tablesp. butter
1 qt. milk	2 rolled crackers

Season with salt and pepper to taste. Bring to boiling point, except the oysters. Add oysters, let come to boiling point as quickly as possible, and serve at once.

POTATO SOUP

Miss Alice Scott

Six medium-sized potatoes, boiled until soft. Add 1 cup of cream and 1 cup milk with 1 tablespoonful of flour. Slice 1 medium-sized onion fine and brown in $\frac{1}{4}$ cup butter. Add salt and pepper to taste.

TOMATO SOUP

Mrs. L. A. Koepfel

1 can tomatoes	3 soda biscuits rolled
1 tablesp. butter	Size of pea of baking soda
1 tablesp. sugar	Salt and pepper to taste
1 pint milk	

Boil tomatoes with soda and strain. Add butter, sugar, salt and pepper. Add the milk boiling hot. When it comes to boiling point add the rolled biscuits and serve.

TOMATO SOUP

Mrs. Mathers

1 large basket tomatoes	1 bunch celery
6 large onions	6 whole cloves
1 bunch parsley	8 bay leaves
1 cup white sugar	

Cut fine and boil all ingredients together for 2 hours. Strain, add 1 cup flour, 1 cup butter, $\frac{1}{4}$ cup salt.

Boil until thick and bottle hot. When serving, add milk or meat stock.

VEGETABLE SOUP

4 tablesp. beef drippings	1½ cups potatoes
⅓ cup of carrots	1 qt. of boiling water
⅓ cup of turnips	1 tablesp. butter
⅓ cup celery	½ tablesp. chopped parsley
½ onion	1 teasp. salt

⅛ teasp. pepper

Prepare vegetables and cut into small cubes. Cook carrots, turnips, celery and onions in dripping until a delicate brown, add potatoes, cook two minutes longer and then add water. Cover and simmer one hour. Add water as needed to keep amount of liquid one quart. Add butter, parsley and seasonings. Butter may be used instead of dripping.

THE COMPANY

THE ONTARIO EQUITABLE LIFE is an "old line," legal reserve Company, holding statutory reserves for every policy it issues, to protect its policyholders.

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The Company has had a brilliant history of rapid progress. It maintains agencies in the principal Canadian centres.

THE ONTARIO EQUITABLE LIFE & ACCIDENT INSURANCE COMPANY

S. C. TWEED, President

Head Office—Waterloo, Ontario

FISH

FISH BALLS

Mrs. G. Liphardt

Take 1 cup of salt fish chopped fine, and 2 cups of potatoes peeled and cut fine. Boil together, and when potatoes are done, mash, add 1 egg, a small piece of butter, then make into balls.

OYSTERS CREAMED

Miss Nelda Conrad

1 pt. oysters

1½ cups white sauce

⅛ teasp. celery salt

Clean oysters, cook until plump and the edges begin to curl, drain and add to white sauce. Season with celery salt and serve on toast, timbale cases, or patty shells. One-quarter lb. sliced mushrooms may be added.

OYSTERS SCALLOPED

Mrs. A. Lee

Put alternate layers of oysters and crackers in a baking dish until the dish is filled. Then for the top layer put dry breadcrumbs, pieces of butter the size of a walnut, a little salt, then cover with milk and bake for 1 hour.

SALMON CHOPS

Mrs. J. S. Lockie

1 can salmon

2 eggs well beaten

4 shredded wheat biscuits
rolled

Salt and pepper to taste

Mix well and form in oblong shapes, stick a piece of macaroni in the end of each. Dust with flour and fry in hot lard or butter.

STEAMED SALMON

Mrs. F. Edmonds

1 can salmon, drained and
minced4 rolled crackers
4 well-beaten eggs

Pepper, salt and a good size piece of butter. Cover with milk and steam 4 hours. Serve cold.

MEATS

ROASTING

Skewer meat into shape. Lay it on a rack in a meat pan, skin side down, and place pieces of fat from meat in the bottom of the pan. Dredge meat with flour. Place it in the hot oven on the grate for ten minutes to sear the meat. Remove to the floor of oven, and baste every ten minutes. Season when partly cooked.

BROILING

Remove extra fat from meat. Grease the broiler with some of the fat. Place over a clear fire; sear, and then turn every ten seconds. Chops one inch thick should be cooked five minutes. A steak one inch thick should be cooked eight minutes. Season and serve on a hot platter.

PAN-BROILING

Remove extra fat from meat. Heat a frying pan very hot, rub slightly with some of the fat. Sear the meat on both sides, then cook more slowly, turning every ten seconds. Stand chops up on edge to brown. Keep the pan free from fat. The time for pan-broiling is the same as for broiling.

BAKED PORK CHOPS AND POTATOES

Mrs. H. M. Snyder

Arrange thinly-sliced potatoes in a casserole, seasoning with salt and pepper, about a tablesp. of finely-chopped onion, and a dessertspoon of sage between the layers. Cover with water and bake $\frac{1}{2}$ hour, then place chops over potatoes, having trimmed off the fat. When chops are brown on one side, turn, and do not have oven too hot. Bake $1\frac{1}{2}$ hours.

BAKED SLICED HAM

Miss Lucia Bauer

Cut a slice of ham about an inch thick, and soak for 2 hours in cold water. Dry it. Trim off the thin layer of rind. Then trim off the fat. Put the fat, together with a small onion, through the food chopper. Mix together one tablesp. of flour (level) and $\frac{1}{2}$ teasp. dry mustard and rub into the ham. Lay the ham in a casserole or other dish with a tightly-fitting cover, spread over it the mixture of fat and onion. Lay on this 3 or 4 cloves. Barely cover the ham with a mixture of equal parts of milk and water. Cover the dish tightly, and bake in a slow oven from $1\frac{1}{2}$ to 2 hours. When done, scrape off the mixture that is on top of the ham, and with a pancake lifter, so as not to break the slice, remove the ham to a hot platter. Boil up the gravy and add a few drops of Kitchen Bouquet. Strain it into the dish from which it will be served. Surround the ham with neat little mounds of buttered spinach and whipped potatoes, and serve very hot with the gravy.

BEEF LOAF

3 lbs. beef, chopped fine	2 cups breadcrumbs
3 eggs	1 cup sweet milk
1½ cups suet or butter	

Pepper, salt and sage to taste. Bake.

BROWN STEW WITH DUMPLINGS

Mrs. Haberer

1 lb. stewing beef	1/8 teasp. pepper and a little
2 tabsp. flour	cayenne
1/2 teasp. salt	Water to cover

Cut beef in small pieces, stir flour around it and put in a stew pan with a little butter or fat, and brown. Cover with hot water, add salt and pepper and cook slowly for 1 hour.

CANNELON OF BEEF

Mrs. C. C. Parsons

1 lb. chopped beef (left-over roast)	Grated rind of 1/2 lemon
1/2 teasp. salt	1 egg yolk
1/4 teasp. pepper	1 teasp. onion juice
	1 teasp. chopped parsley

Mix well the above. Form into a loaf and roll in pie crust. Bake and serve with tomato sauce.

CHICKEN A LA KING

Mrs. G. Liphardt

1 green pepper	1 red pepper
4 or 5 fresh mushrooms	1 cup shredded breast of chicken cooked
1/2 pt. cream	

Let simmer 4 or 5 min. Remove from fire, and add 2 eggs, yolks whipped with a 1/2 cup cream. Do not boil after adding egg.

CURRY

Mrs. L. M. Bidwell

Peel and slice 1 large potato, 1 large onion, 1 large carrot and 1 apple. Fry for 15 minutes in 2 tabsp. butter. Cut cold pork or other meat into small squares. Mix 2 tabsp. of flour, 1 dessertsp. sugar, 1 teasp. of salt and curry powder to taste. Add to the vegetables and cover with water. Let simmer for 15 minutes and turn into casserole and cook in oven for 2 hours. Serve with boiled rice.

DUMPLINGS

1/2 teasp. baking powder	1 cup flour
1/4 teasp. salt	Milk or water to make a soft dough
3/4 teasp. butter	

Drop in spoonfuls into stew about fifteen minutes before serving.

FRICASSEE OF VEAL

Mrs. S. C. Tweed

Take a veal steak from the round, cut out the bone and all the fat. Cut into pieces the desired size, dip in egg and breadcrumbs. Fry until a light brown, then pour over the meat 3/4 cup of milk, cover and cook over a low flame for 1 hour. The milk should all be absorbed by the meat.

HAMBURG STEAK

Chop fine, lean, raw beef; add 1 teasp. salt, pepper, a few drops of onion juice. Shape into small flat cakes and pan-broil.

HUNTER'S STEAK

Take a piece of round steak and with the edge of a plate pound in it as much flour as will work in. Fry brown, add water enough to cover and let simmer very slowly until tender. Season with salt and pepper to taste.

JELLIED TONGUE

Mrs. F. G. Hughes

Wash the tongue and soak overnight in salt water. Put in a pot of cold water and boil slowly. When it boils, skim well and add one large onion, $\frac{1}{2}$ teasp. each of cloves and mace, 1 tabsp. celery seed, a tomato and a little red pepper. When cooked, skin, slice or leave whole and put in a mould. Take 2 small cups of the tongue broth, strain and add 1 tabsp. of calf's-foot jelly. Pour over tongue and let cool.

MEAT CROQUETTES

Mrs. C. C. Parsons

1 pt. cold meat chopped
 $\frac{1}{2}$ pint milk
1 tabsp. butter
2 tabsp. flour

1 tabsp. onion juice
1 tabsp. chopped parsley
Little desiccated celery
Salt

Make a thick cream sauce of the milk, butter and flour. Add the chopped meat and seasonings and set aside to cool. When cool form into croquettes, dip in beaten egg to which 1 tabsp. of water has been added, roll in cracker crumbs and fry in smoking fat, or brown in oven.

PICKLE FOR PORK

Mrs. L. M. Bidwell

4 qts. water
1 lb. white sugar

1 lb. treacle
1 oz. saltpetre
 $1\frac{1}{2}$ lb. salt

Boil 1 hour and pour boiling over pork. Let stand in crock for 3 weeks. Soak for a short time in cold water and boil as you would a ham. Sufficient for about 10 pounds.

ROUND STEAK ROAST

Mrs. S. C. Tweed

Round steak two to three inches thick. Put on a board, sprinkle with flour, salt and pepper and pound well. Put in a pan and add 2 onions chopped, 3 bay leaves, 1 quart tomatoes. Set the pan in a larger one containing water. Bake very slowly about 4 hours.

STUFFED PORK OR LAMB CHOPS

Miss Rothman

Take rib chops about $1\frac{1}{4}$ inch thick, and with a sharp knife cut a pocket in the chop, inserting knife from outside edge to reach to bone. Into this pocket place dressing (not too much), fasten cut sides with toothpicks that have been dipped in butter. Place chops on pan, sprinkle with salt and pepper and bits of butter and bake $\frac{3}{4}$ hour.

SWISS STEAK

Mrs. C. C. Parsons

 $\frac{1}{2}$ slice round steak cut 2 ins.

thick

Little flour

1 small onion

1 bay leaf

Sprig of parsley

Dripping

Salt and pepper

Dredge both sides of the meat with flour, pressing in well. Put bacon or other dripping in skillet and when hot sear both sides of meat. Cover with boiling water and simmer for 2 hours (pan covered). Add the seasonings and simmer for $\frac{1}{2}$ hour longer. If necessary add a little flour to thicken the gravy. Strain.

YORKSHIRE PUDDING $1\frac{1}{2}$ cups flour $\frac{1}{2}$ teasp. salt

2 eggs

1 pt. sweet milk

Bake 20 min.

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This Company has always striven to give the word "Service" a real meaning, as applying to the attention our agents give the interests of our policyholders.

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THE ONTARIO EQUITABLE**LIFE & ACCIDENT INSURANCE COMPANY**

Head Office—Waterloo, Ontario

SALADS

APPLE SALAD

Mrs. Alf. Haehnel

4 tart apples cut in cubes 2 heads celery cut in cubes
1 cup broken walnuts

Add mayonnaise dressing to moisten.

BEAN SALAD

Boil butter beans until tender, drain, and when cold add the following dressing:

1 cup sour cream Salt and pepper to taste
½ cup vinegar 2 tabsp. sugar
Small onions, sliced finely

Lettuce, cucumbers, cabbage or potatoes may also be used with this dressing.

BEET SALAD

Mrs. H. Liphardt

1 qt. cooked beets, chopped 2 cups white sugar
1 qt. cabbage, chopped 1 tabsp. salt
1 cup grated horseradish 1 teasp. pepper

Vinegar to cover

CARROT SALAD

Mrs. C. Roos

Two cups chopped carrots, salt and let stand for 2 hours. Drain and add 1 cup celery cut fine, mayonnaise and cream. Just before serving add ¼ cup chopped walnuts.

CHERRY SALAD

One pint of cherries, mixed; remove the stones as carefully as possible and fill cherries with peanuts, filberts, English walnuts, chopped not too fine, or almonds. Separate and wash a bleached head of lettuce; wipe each leaf dry and fill with the cherries; sprinkle a little finely-shredded celery over the fruit. Arrange these nests in a mould shape on a dish, and just before serving sprinkle a little salad oil and lemon juice over them, or serve with a mayonnaise made with the cherry juice instead of vinegar.

CHICKEN SALAD

Mrs. F. S. Hodgins

Cut meat fine (either boiled or roasted).

Add ¾ same amount of celery cut fine.

Dressing

½ cup vinegar 1 teasp. mustard
½ cup butter 4 teasp. sugar
Yolks of 4 eggs 1 small teasp. salt

Pinch of cayenne

Stir all together until thick. When cool add juice of one lemon. Just before serving add whipped cream.

DANDELION SALAD

Mrs. C. Bean

Cut bacon into dice and fry brown, add $\frac{1}{4}$ cup vinegar not too strong, sugar, salt and pepper. When boiling add dandelion and scald. Put in salad bowl and cover with sliced hard-boiled eggs.

DEVILED EGGS

Boil hard the number of eggs required; cut in half, remove yolk, being careful to preserve whites; grate yolks, add a little minced ham, minced celery, salt, pepper and mayonnaise; fill the whites; garnish with parsley.

EGG SALAD

Mrs. Alf. Haehnel

4 hard-boiled eggs cut in cubes 2 heads celery cut in cubes

Salt to taste and pour enough mayonnaise dressing to moisten. Serve on lettuce leaf.

EGG SALAD

Mrs. J. M. Laing

3 stalks celery

Whites of 4 hard-boiled eggs

Salt and pepper to taste

Put celery into bowl after being chopped fine. Add the eggs, chopped fine, with salt and pepper. Pour over a plain dressing and garnish with celery leaves.

FROZEN FRUIT SALAD

Mrs. C. C. Parsons

1 cup stiff mayonnaise

3 cups diced fruit, any season-

3 cups stiffly whipped cream

able varieties, as: pine-

1 teasp. gelatine dissolved in

apple, canteloupe, bananas

2 tabsp. boiling water

and cherries

Combine the whipped cream and mayonnaise, add gelatine and fruit. Place in mould and pack in ice and salt in proportion of 4 to 1. Unmould after 4 hours and serve on crisp lettuce leaves with mayonnaise or the following fruit dressing:

Fruit Dressing $\frac{1}{2}$ cup pineapple juice $\frac{1}{4}$ cup lemon juice

1 cup sugar

2 eggs (well beaten)

Cook until thick in double boiler, stirring constantly.

FRUIT SALAD

Miss Alice Scott

2 oranges

 $\frac{1}{2}$ lb. green grapes

2 bananas

1 cup pineapple

 $\frac{1}{2}$ cup sugar

Cut the oranges and bananas into small pieces, add other ingredients and let stand until ready to use. Serve on a lettuce leaf with whipped cream flavored with mayonnaise. Garnish with crushed walnuts and maraschino cherries.

GREEN PEA SALAD

Mrs. Alf. Hachnel

- 1 can green peas 4 ripe tomatoes, sliced
1 head celery cut in cubes

Mix together with mayonnaise.

MANHATTAN SALAD

Mrs. A. Foster, Jr.

- 1 pkg. lemon jelly powder 1 cup walnuts
1 pt. boiling water 1 head celery
1 cup tart apples Salt

Dissolve the jelly powder in the boiling water. When cool add chopped apples, celery and nuts. Cool in small moulds and serve with mayonnaise.

PORK SALAD

Miss E. Conrad

- 2 lbs. pork (ham or loin) 1 large celery

Boil the pork, add salt and pepper and boil down until only a cup of liquid remains. Chop the meat and add the liquid, when cool add celery.

- Dressing
- 4 eggs beaten light ½ tsp. salt
1 tabsp. sugar 1 tabsp. melted butter
1 pinch red pepper 1 tsp. mustard
1 cup vinegar

Cook and when cool add to salad.

POTATO SALAD

Boil 1 qt. potatoes with the skins on, drain and peel. When cold, slice and pour over the following dressing:

- 1 dessertsp. flour 1 tsp. mustard
1 tabsp. butter

Blend together in a pan, and when hot add:

- ½ cup vinegar Salt and pepper
¾ cup cream 2 teasp. sugar

Boil until thick. Pour this over the potatoes and garnish with chopped parsley.

SALAD

Miss G. Roos

- 1½ cups chopped cabbage ½ cup red peppers, chopped
1½ cups celery fine

Soak ¼ box gelatine in a pt. of hot water and ½ cup vinegar. Add ½ cup sugar and a little salt. When the gelatine begins to set, stir in the cabbage, celery and peppers.

STUFFED TOMATOES

Select round tomatoes of equal size, peel and scoop from the stem end. Place them on ice until ready to serve, then fill them with celery cut fine and mixed with mayonnaise dressing. Let it rise above the top of tomato. Put a little mayonnaise on small lettuce leaf and place a stuffed tomato in the centre of each leaf. Tomatoes may be stuffed in the same way with chopped veal and celery, chicken, sweetbreads or chopped hard-boiled eggs.

TOMATO JELL-O SALAD

Cook $\frac{1}{2}$ can of tomatoes with a small onion cut in pieces and half a bay leaf until the onion is soft. Rub through a sieve. Add the juice of one lemon, enough water to make a pint, a little red pepper and salt to taste. Heat to the boiling point and then dissolve a package of Strawberry Jell-O in it. Pour into individual moulds and when set serve on lettuce leaves with salad dressing—or, jell in a border mould, and turn out on a platter and fill the centre with chicken or celery salad.

WHAT IT ACCOMPLISHES

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ONTARIO EQUITABLE policies can be secured to meet all requirements.

SALAD DRESSING

FRUIT SALAD DRESSING

Mrs. S. C. Tweed

4 eggs

2 lemons

1 cup white sugar

Beat yolks well, add well-beaten whites, gradually add sugar, then lemon juice. Cook in double boiler until thick. When needed, thin with whipped cream.

SALAD DRESSING

Mrs. J. S. Lockie

1 egg

A little cayenne

 $\frac{1}{3}$ cup milk $\frac{1}{2}$ tablesp. flour $\frac{1}{4}$ cup vinegar

1 teasp. mustard

1 tablesp. butter

1 teasp. salt

 $1\frac{1}{2}$ tablesp. sugar

SALAD DRESSING FOR FRUIT

Mrs. C. Wells

Juice of one lemon

1 cup of icing sugar

1 egg white beaten stiff

This mixture can be kept, and when wanted add whipped cream.

THOUSAND ISLAND SALAD DRESSING

Mrs. H. M. Snyder

3 dill pickles, chopped and

1 tablesp. catsup

dried

 $\frac{1}{2}$ cup whipped cream

1 pimento cut fine

1 cup salad dressing

1 small onion cut very fine

2 hard-boiled eggs, chopped

Mix all together, adding eggs last. This is used with head lettuce, etc.

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THE ONTARIO EQUITABLE popularized this provision in Canada.

PICKLES AND RELISHES

BEET RELISH

Mrs. L. M. Bidwell

- | | |
|---|----------------------------------|
| 1 qt. raw red cabbage (chopped
fine) | 1 tablesp. salt |
| 1 qt. boiled beets (chopped) | 1 teasp. black pepper |
| 2 cups sugar | 1 teacup grated horse-
radish |

Cover with cold vinegar, and bottle.

CELERY SAUCE

Mrs. S. C. Tweed

- | | |
|-------------------------|---------------------|
| 6 bunches celery | 4 cups vinegar |
| 10 large onions | 1 pk. ripe tomatoes |
| 15 tablesp. brown sugar | 4 red peppers |
| | 5 tablesp. salt |

Boil 2 hours and bottle while hot.

CHILI SAUCE

Mrs. J. Welker

- | | |
|-------------------------|-----------------------|
| 1 large basket tomatoes | 1 teasp. tumeric |
| 6 red peppers | 2 heads celery |
| 4 tablesp. salt | 6 onions |
| 4 cups white sugar | 5 cups vinegar |
| | 1 teasp. curry powder |

Cook slowly for 3 hours.

CHOW CHOW

Mrs. C. C. Parsons

- | | |
|-------------------------------------|---------------------------------|
| 3 sweet peppers (chopped) | 1 qt. large onions (chopped) |
| 3 strong green peppers
(chopped) | 1 qt. large cucumbers (chopped) |
| 1 qt. small onions (whole) | 1 qt. small cucumbers (whole) |
| | 1 large head cauliflower |

Put in separate dishes and cover with hot brine. Let stand over night, then drain, put together and add:

- | | |
|------------------------|--------------------------|
| 3 cups sugar | ¼ lb. white mustard seed |
| ½ gallon cider vinegar | ¼ ounce celery seed |

Let come to a boil, then make a paste of $\frac{2}{3}$ cup of flour, $\frac{1}{4}$ lb. yellow mustard, $\frac{1}{2}$ ounce tumeric with a little vinegar. Stir in slowly and let boil up.

COLD DILL PICKLES

Mrs. Harper

1 gal. white wine vinegar	1 teasp. tumeric powder
1 lb. brown sugar	1 lb. salt
6 green peppers	4 red peppers
1 oz. ginger	1 oz. whole black pepper
1 oz. celery seed	2 oz. mustard
	1 teasp. cayenne

Wash the cucumbers (if large cut in small pieces), and drop in the above mixture. Stir every day. Small onions, small green tomatoes, beans and cauliflower may also be put in.

CORN RELISH

Mrs. M. Hawke

9 ears of corn	6 stalks of celery
6 onions	1 red pepper
3 pts. vinegar	2 tablesp. salt
2 cups brown sugar	4 oz. mustard
½ teasp. tumeric	1 tablesp. flour

Mix well and boil 25 minutes.

CORN SALAD

Mrs. J. Scott

3 cans of corn	½ cup salt
1 head of cabbage chopped fine	2 qts. vinegar
4 cups brown sugar	1 tablesp. tumeric
½ lb. mustard	4 red peppers

Mix and boil 20 minutes.

CUCUMBER RELISH

Mrs. E. Irwin

7 large cucumbers	4 large onions
Slice cucumbers and onions and sprinkle with salt and let stand over night.	
2½ cups vinegar	1¾ cups water
3 cups white sugar	½ cup flour
2 tablesp. mustard	¾ tablesp. tumeric
1 teasp. ginger	Pinch red pepper

Make dressing and boil 5 minutes. Add cucumbers and onions and boil 10 mins.

CUCUMBER SAUCE

Miss Hilda Roos

36 small cucumbers cut in slices	1 qt. chopped onions
	¾ cup salt
Mix and let stand over night, drain and in the morning add:	
1 qt. vinegar	1 tablesp. tumeric
2 red peppers	1 tablesp. mustard
4 cups brown sugar	5 cents of mustard and celery seed mixed
1 teasp. curry powder	1 tablesp. olive oil

Simmer 15 minutes.

EAST INDIA RELISH

Mrs. R. S. Bean

44 ripe tomatoes, chopped fine	3 cups white sugar
4 large onions, chopped fine	4 cups vinegar
4 red peppers, chopped fine	4 tabls. salt

A stick or two of horse-radish. Cook gently for 3 hours. Bottle.

EAST INDIA RELISH

Mrs. Valentine

100 small cucumbers	2 heads cauliflower or 2 of
1 peck green tomatoes	cabbage
½ peck onions	2 bunches of celery

Chop all fine, sprinkle with salt and let stand over night. Drain thoroughly and cover with vinegar and, add:

2 red peppers, chopped fine	1 oz. tumeric
4 lbs. brown sugar	½ lb. mustard mixed with
1 oz. cassia	cold vinegar

Boil until tender and bottle. This makes 10 qts.

FRENCH PICKLE

Miss M. Dickman

One qt. each of cucumbers, onions, cabbage and celery cut into small pieces, put in brine over night.

1½ qts. vinegar	½ cup flour
2 cups brown sugar	2 tabls. mustard

Boil all together. Makes 6 pints.

FRUIT RELISH

Mrs. L. A. Koepfel

20 ripe tomatoes	2 tabls. salt
8 pears	6 large onions
8 peaches	2 red peppers
4 cups white sugar	2 tabls. whole spices tied
1 qt. vinegar	in a bag

Chop not too fine and boil 2 hours.

FRUIT RELISH

Mrs. S. Snyder

30 tomatoes	5 cents whole spices
6 pears	6 peaches
1 qt. vinegar	4 cups white sugar
6 large onions	2 tabls. salt
	3 red peppers

Tie spices in a bag and chop and mix all together and boil 2 hours.

GREEN TOMATO SAUCE

Mrs. Scott

1 small basket green tomatoes 4 onions

Cut and salt over night.

In the morning drain and add:

1 qt. vinegar	1 teasp. curry powder
4 cups brown sugar	1 teasp. nutmeg

Boil until tender

HORSE-RADISH SAUCE

Mrs. C. Wells

4 tabbsp. grated horse-radish	1 teasp. salt
1/2 teasp. pepper	2 teasp. mustard, vinegar and sugar to taste
3 or 4 tabbsp. cream	

JELLIED BEETS

Miss Adeen Bruegeman

2 cups vinegar	1 heaping teasp. salt
2 cups of water in which beets have been boiled	4 tabbsp. sugar
	1/2 teasp. pickle spice

Pinch of pepper

Bring to a boil, then add 1 teasp. horse-radish. Let stand a moment to extract flavor, then add 2 packages of cherry jello, strain and pour over cold boiled beets.

MIXED PICKLE

Mrs. C. Roos

1 qt. whole pickles	1 qt. chopped onions
1 qt. chopped pickles	1 head celery chopped fine
1 qt. whole onions	1 head cauliflower chopped fine

Salt this and let stand over night, drain and add:

1/2 gal. vinegar	1 teasp. tumeric
1 teasp. celery seed	1 tabbsp. mustard
1 teasp. mustard seed	3 cups brown sugar

When almost done add 3/4 cup flour.

MUSKOKA PICKLE

Mrs. Fred Snyder

1 large head of cabbage	4 green peppers
6 onions	4 red peppers

Chop all fine, then sprinkle with 1/2 cup of salt.

Let stand over night, then drain and add:

4 cups white sugar	3/4 cup mustard seed
1 tabbsp. celery seed	

Cover with vinegar and let the mixture stand 3 days. Stir it 3 or 4 times a day, then bring it to a boiling point and seal.

MUSTARD PICKLES

Mrs. E. H. Lindner

36 small cucumbers cut into small pieces 1 qt. chopped onions

Let stand in salt water over night, drain and add:

2 red peppers chopped fine	1 tabsp. olive oil
1 teasp. curry powder	1 qt. vinegar
1 tabsp. mustard	1 teasp. tumeric
3 cups brown sugar	5 cents celery and mustard seed mixed

MUSTARD PICKLE

Mrs. J. Scott

1 qt. small onions	1 qt. chopped cucumbers
1 qt. chopped onions	1 qt. cauliflower
1 qt. small cucumbers	1 qt. chopped celery
3 green peppers chopped	

Cover with boiling hot brine over night, pour off brine, and add:

1 qt. vinegar	1/4 oz. celery seed
3 cups brown sugar	2 oz. mustard seed

Let boil. Make $\frac{2}{3}$ cup flour, $\frac{1}{4}$ lb. mustard, 1 oz. turmeric into a paste with water. Boil all together, and bottle.

NINE-DAY PICKLES

Mrs. N. Bolduc

Four qts. cucumbers cut in pieces, put in strong brine for 3 days. Then put in clean water for 3 days, changing water daily. Then stew in weak vinegar for 3 hours and drain. Boil together and pour on the pickles for 3 successive days, heating every time, the following:

3 pts. vinegar	1 oz. cinnamon buds
3 lbs. sugar	1 oz. celery seed (put in bag)
1 oz. allspice buds	

OLIVE OIL PICKLES

Mrs. H. Germann

1 doz. large cucumbers	1/2 cup olive oil
1/2 cup salt	1/3 cup mustard seed
	Vinegar to cover

Mix ingredients and pour over sliced pickles.

PEPPER CHOW

Mrs. J. Welker

1 doz. sweet red peppers	1 doz. green peppers
1 qt. onions	

Chop together and pour boiling water on and boil 5 minutes, drain and pour boiling water on again and let stand 10 minutes. Drain well and add 1 qt. vinegar, 1 lb. sugar, 2 tabsp. salt. Boil 15 minutes and bottle while hot.

STEWED HORSE-RADISH

Miss A. Rathman

To 1 cup grated horse-radish add a dessertspoon of butter, $\frac{1}{4}$ cup water and salt. Boil slowly for 20 minutes, then add $\frac{1}{2}$ cup milk to which a pinch of soda has been added to prevent curdling, $\frac{1}{2}$ cup breadcrumbs or soda biscuits. Boil a minute or two and add two egg yolks, stirring well.

SWEET CUCUMBER PICKLE

Miss L. Rittinger

Cut the inside out of ripe cucumbers and slice into strips one inch wide, to make 7 lbs. Boil in salt water until tender and drain. Boil together:

1 qt. vinegar	} tied in a bag
3 lbs. sugar	
2 or 3 sticks cinnamon, and	
1 oz. cloves,	
$\frac{1}{2}$ oz. allspice	

Add the cucumbers and simmer 2 hours.

TOMATO CATSUP

Mrs. E. Irwin

1 large basket tomatoes
10 large onions
1 tablesp. cloves

1 handful bruised ginger
1 handful stick cinnamon
Large horse-radish

Boil 1 hour, then strain through a sieve and add 2 cups vinegar, 5 small tablesp. salt, 13 tablesp. sugar, $\frac{1}{2}$ teasp. cayenne pepper. Boil 2 hours or until thick enough. Put spice in a muslin bag.

TOMATO KETCHUP

Miss L. Rittinger

Recipe for 1 gal. of tomato juice.

3 tablesp. salt
2 tablesp. pepper
1 pt. vinegar
 $\frac{1}{2}$ tablesp. cinnamon

A little red pepper
2 tablesp. mustard
1 lb. sugar
 $\frac{1}{2}$ tablesp. cloves

$\frac{1}{2}$ tablesp. allspice

Put all spices in a bag and boil until thick.

WHOLE GREEN TOMATO PICKLE

Mrs. S. C. Tweed

One peck small green tomatoes peeled but not scalded. Sprinkle with 1 cup of salt and let stand over night. Drain well in the morning and scald with:

2 qts. strong vinegar
6 cups white sugar

2 tablesp. tumeric
2 tablesp. cinnamon
2 tablesp. cloves

Put spices in bag and boil together for 20 minutes or until tender.

TO CAN BEANS

Mrs. H. Germann

To 9 cups of cut-up beans add 1 cup of sugar and $\frac{3}{4}$ cup of salt. Dissolve sugar and salt in 1 pint boiling water and pour over beans. Let boil for 5 minutes and put in jars. If not enough liquid fill with boiling water.

2 cups sugar**1 tablesp. salt****Pepper to taste**

Add vinegar enough to cover, heat and seal.

TO PICKLE BEANS

Mrs. Mathers

4 qts. beans, prepared and **$\frac{1}{2}$ cup flour****cooked as for table****1 tablesp. tumeric****3 lbs. white sugar****1 tablesp. celery seed** **$\frac{1}{2}$ cup mustard****3 pts. vinegar**

Cook until thick and pour over beans which have been drained dry.

**THE ONTARIO EQUITABLE PROVIDES FREE
PERIODIC HEALTH EXAMINATIONS**

All policyholders are entitled to free examinations at stated periods, by local physicians appointed by the Life Extension Institute, Inc.

The Institute analyzes the reports and in each case sends the insured a complete statement, with any needed advice and instructions as to diet, exercise or treatment.

Periodic Health Examinations are valuable means of prolonging life by disclosing incipient troubles. The examinations are thorough.

BREAD AND BISCUITS

BOSTON BROWN BREAD

Mrs. Robt. Hackney

1 egg	½ cup brown sugar
2 tabbsp. butter	1 cup sour milk
2 tabbsp. golden syrup	1 cup white flour
1 cup graham flour	1 teasp. soda and a pinch salt

Mix well and steam for 1 hour, then put in oven for ¼ hour.

BOSTON BROWN BREAD

Miss E. B. Roos

1 cup molasses	1 cup corn meal
1 cup brown sugar	3 cups graham flour
1 pint milk	1 teasp. soda
1 cup wheat flour	1 teasp. salt

Steam 2 hours, then put in oven 15 minutes.

BRAN BISCUITS

Mrs. Scott

2 cups flour	1 tabbsp. shortening
1 cup bran	A little salt
3 teasp. baking powder	

Sweet milk enough to make a soft dough.

BRAN BREAD

2 cups bran	1 cup sour milk
2 cups flour	1 teasp. soda
1 cup brown sugar	1 teasp. salt

Sift the salt and soda with the flour. Add the bran and sift again. Add sugar and beat in sour milk. Bake in greased pans.

BRAN MUFFINS

1 small egg, and	½ cup rich sour cream
¾ teasp. salt, beat well	¾ teasp. soda
¼ cup brown sugar	1 cup bran
½ cup flour	

Bake in a quick oven 20 minutes.

BREAD

Miss Alice Scott

3 large potatoes	2 Fleischmann's yeast cakes
1 qt. water	3 tabsp. salt
2 qts. flour	2 tabsp. sugar
	1 tabsp. lard

Boil potatoes until soft, mash and add water enough to make a quart, soak the yeast in $\frac{1}{2}$ cup of lukewarm water. Stir enough flour into potato water to make a stiff batter, then add yeast cakes and beat well. Let stand over night in a warm place. In the morning add 1 qt. hot water, salt, sugar and lard and enough flour to make it stiff. Knead until it does not stick to your hands, about fifteen or twenty minutes. Let rise until light, knead, and put into pans. Let rise until light and bake in a hot oven for 1 hour. This makes 6 or 7 loaves.

BROWN BREAD

Mrs. C. Scott

1 cup each of graham flour,	1 cup sweet milk
cornmeal and white flour	Small pinch of salt
$\frac{1}{2}$ cup molasses	1 teasp. soda, dissolved in milk

Mix the flour, stir in the molasses, then the milk and soda. Steam 3 hours. Add 1 cup raisins if desired.

COFFEE CAKE

Mrs. H. Germann

$2\frac{1}{2}$ cups potato water	$\frac{1}{2}$ cup milk
A little grated potato	$3\frac{1}{2}$ cups flour
	1 yeast cake

Have liquid lukewarm. Beat and let rise one hour. Then beat 2 eggs, scant cup white sugar, $\frac{1}{4}$ cup shortening, 1 dessertsp. salt and about $5\frac{1}{2}$ cups flour. Add this to batter and let rise.

COFFEE CAKE

Mrs. H. Smith

Flour	$1\frac{1}{2}$ cups white sugar
1 yeast cake	5 potatoes
A handful salt	1 qt. milk and water
1 cup shortening	mixed

Mix flour, salt, sugar and grated potatoes, then add milk and shortening. Add yeast cake and stiffen with flour. Let rise and put into pans.

DREAM BISCUIT

Miss E. Conrad

2 cups flour	4 teasp. baking powder
2 tabsp. butter	1 teasp. salt
	1 cup milk

Bake in quick oven about 20 minutes.

GEMS

Mrs. Sterling

1 tablesp. melted butter
1 cup sour milk
1 egg

2 tablesp. sugar
2 cups graham flour
2 teasp. baking powder

Bake in small tins.

GRAHAM BREAD

Mrs. R. S. Bean

1 cup sour cream
1 egg
1 small teasp. soda
1 small teasp. cream of tartar

1 small teasp. salt
 $\frac{1}{2}$ cup brown sugar
2 cups graham flour
1 cup white flour

GRAHAM BREAD

Mrs. F. Edmonds

$\frac{1}{2}$ cup brown sugar
1 cup sour cream
1 cup flour

2 cups graham flour
1 egg
1 teasp. soda and salt
 $\frac{1}{2}$ teasp. cream of tartar

Bake in a moderate oven.

GRAHAM BREAD

Mrs. W. Wells

$1\frac{1}{2}$ cups graham flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup seedless raisins

1 teasp. soda dissolved in 1
cup buttermilk
A little salt

Bake in two 1-lb. baking powder tins with lid on and bake in moderate oven $\frac{3}{4}$ of an hour and leave lid on until cold.

GRAHAM BROWN BREAD

Miss Ida J. Martin

1 egg
 $\frac{1}{2}$ cup brown sugar or cooking
molasses

1 small teasp. soda sifted with flour
1 cup graham flour
2 tablesp. butter

1 cup sour milk

Add either nuts floured and chopped or dates.

Steam 1 hour in buttered baking powder tins, then bake 15 or 20 minutes in oven.

GRAHAM MUFFINS

Mrs. Harper

2 tablesp. sugar
1 tablesp. melted butter
1 cup milk
1 teasp. salt

1 egg
1 cup graham flour
1 cup white flour
4 teasp. baking powder

GRAHAM MUFFINS

Mrs. H. Liphardt

3 eggs well beaten	1 tablesp. cream of tartar and
1 cup white sugar	1 tablesp. soda (scant)
1/2 cup melted butter	1 1/2 cups graham flour
1 cup sour cream into which stir	3/4 cup white flour

Bake in muffin tins. Makes about 1 1/2 dozen.

HEALTH BISCUITS

Miss M. Dickman

1 pint flour	1 tablesp. soda
1 pint bran	1 tablesp. salt
1 pint sour milk	1 tablesp. butter
5 tablesp. molasses	

HEALTH BREAD

Mrs. M. Frank

1 qt. bran	2 tablesp. baking powder
1/2 pt. white flour	1/2 pt. graham flour
1 tablesp. salt	

Sift into bowl, dissolve 1/2 tablesp. soda in 1 tablesp. hot water, then stir into 1 pt. molasses. Pour 1 pt. sweet milk, 1 tablesp. melted butter and the prepared molasses over dry ingredients and mix thoroughly. Put in pans and bake 35 minutes. 1 cup raisins or nuts may be added.

NUT BREAD

Mrs. J. Ferguson

1 cup sugar	1/2 tablesp. salt
1 egg	1 cup chopped walnuts
Small cup milk	2 tablesp. baking powder
2 cups flour	

NUT BREAD

Mrs. Lochead

1 cup sugar	4 cups flour
4 tablesp. baking powder	1 egg
1 1/2 cups chopped nuts, peel or dates	1 tablesp. salt

Mix dry ingredients and add slowly beaten egg and milk. Let stand 1/2 hour and bake 3/4 hour.

NUT LOAF

Mrs. E. H. Lindner

3 cups flour sifted with 4 teasp. baking powder	1 egg
1 tablesp. salt	10 cents walnuts
3/4 cup white sugar	1 cup sweet milk
	1 cup seedless raisins

Let rise 20 minutes and bake.

POP OVERS

Mrs. Clive Bean

- 1 egg
1 cup milk
1 cup flour and a little salt

Put in muffin pans half full and bake quickly. Serve hot with maple syrup.

ROLLED OAT BREAD

Mrs. J. S. Lockie

- 2 cups boiling water
1/2 tbsp. salt
1/2 yeast cake dissolved in 1/2 cup lukewarm water
1 cup rolled oats
1/2 cup molasses
1 tbsp. butter
4 1/2 cups flour

Add boiling water to rolled oats and let stand 1 hour. Add molasses, salt, butter, dissolve yeast cake and flour. Let rise, beat thoroughly, turn into buttered bread pans, let rise again and bake.

ROYAL COFFEE CAKE

Mrs. Scott

- 2 cups flour
1/2 teas. salt
4 tbsp. sugar
4 tbsp. shortening
1 teas. baking powder
1 egg
1/2 cup milk
1 tbsp. cinnamon
Reserve for top,
2 tbsp. flour
2 tbsp. sugar
Cinnamon
2 tbsp. shortening
Rub together

Mix and spread 1/2 inch thick in pan and sprinkle second mixture on top. Bake about 25 minutes.

SCOTCH SCONES

Miss M. Bechtel

- 2 tbsp. butter and lard
2 tbsp. sugar
1 egg
1/3 cup milk
2 cups flour
4 teas. baking powder
1/4 teas. salt

Mix shortening and sugar together, add well-beaten egg, then milk and flour, baking powder and salt. Roll out 1/3 inch thick and cut into any shape desired.

SUCCESS BREAD

- 2 cups bran
1 cup cornmeal
2 cups sour milk
1 cup brown sugar
1 cup raisins or dates
2 teas. soda
1 cup flour and a little salt

Bake in baking powder tins 1 hour.

TEA BISCUITS

Mrs. C. Wells

- 2 cups sour milk
4 cups flour
1 cup lard
1 cup currants
1 dessertsp. baking powder
1 small teas. soda
1 cup sugar
1 teas. salt

PIES, PUDDINGS AND DESSERTS

BANANA SPONGE

Mrs. C. C. Parsons

½ ounce (2 level tabsp.) gelatine	1 cup sugar
½ cup cold water	4 tabsp. lemon juice
¾ cup boiling water	1½ cups banana pulp
	4 egg whites

Soften gelatine in cold water; dissolve sugar in boiling water. Boil a minute. Add gelatine and dissolve but do not let boil. Remove from fire and add fruit juices. When partly set beat and add beaten eggs. Serve with whipped cream or custard made from the egg yolks.

BANBURY TARTS

Miss A. Bruegeman

1 cup stoned raisins	1 cup sugar
¼ cup citron	1 egg slightly beaten
1 lemon, juice and grated rind	Flaky pastry

Chop the raisins and citron fine, add the lemon rind and juice and part of the sugar and let heat in a double boiler; add the rest of the sugar to the beaten egg and stir and cook in the hot mixture until it thickens; use when cold.

Roll the pastry as for covering a pie, cut into large rounds; put a spoonful of the mixture on one side of each round, brush the edge with cold water, cut slits in the other side of the rounds and fold over the mixture; brush over the tops with cold water, dredge with sugar and bake till well colored.

BISCUIT PIE

Mrs. E. H. Lindner

4 biscuits rolled fine	¼ cup vinegar
1 cup hot water on the biscuits	¾ cup sugar
Piece of butter, size walnut	1 egg
1 cup chopped raisins	½ teasp. cinnamon
A little nutmeg	½ teasp. cloves

BUTTER SCOTCH PIE

Mrs. H. Liphardt

1 cup brown sugar	Yolks of 2 eggs
3 tabsp. flour	1 tabsp. butter
Mix well and add	2 cups water

A little vanilla

Boil in the double boiler until thick, pour in shallow crust, beat whites of eggs for meringue.

CARROT PUDDING

Miss Alice Scott

1 cup sugar	1 cup grated carrots
1 cup suet chopped fine	1 cup grated potatoes
1 cup raisins	1½ cups flour
1 cup currants	1 teasp. soda

Steam 3 hours.

CHEESE TARTS

Miss A. Bruegeman

- | | |
|--------------|------------------------|
| 3 eggs | 1 cup granulated sugar |
| 1 cup butter | 1 cup currants |

Mix well and bake in tart tins lined with flaky pastry.

CHOCOLATE PIE

Mrs. R. S. Bean

- | | |
|-----------------------------------|------------------|
| 1 cup sugar | 2 tablesp. flour |
| 4 tablesp. grated sweet chocolate | 1 teasp. vanilla |

Boil $1\frac{1}{4}$ cups sweet milk. Add other ingredients and boil until it thickens.

CHOCOLATE PUDDING

Mrs. H. Liphardt

- | | |
|-----------------------------|--------------------------------------|
| 3 cups milk | 3 tablesp. sugar |
| 1 cup breadcrumbs | 2 eggs |
| 2 teasp. chocolate or cocoa | A pinch of salt and a little vanilla |

Heat milk, add breadcrumbs, sugar and chocolate. Stir until it boils, and when cool add yolks of eggs, salt and vanilla. Put in buttered dish and bake $\frac{1}{2}$ hour. Beat whites of eggs and put on top and brown slightly.

CHRISTMAS PUDDING

Mrs. A. Foster, Jr.

- | | |
|--------------------------------------|--|
| 1 cup scalded milk | $\frac{1}{3}$ teasp. each, cloves and mace |
| 1 pint breadcrumbs | $\frac{1}{2}$ lb. raisins |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ lb. currants |
| 1 teasp. salt | $\frac{1}{2}$ lb. almonds |
| 4 egg yolks | $\frac{1}{2}$ lb. suet |
| 1 teasp. each of cinnamon and nutmeg | Whites of 4 eggs |

Soak breadcrumbs in scalded milk, when cool add sugar, salt and egg yolks, beaten together, also the chopped suet, almonds, raisins, currants, spices. Fold in the well-beaten egg whites, steam 4 hours.

CHRISTMAS PUDDING

Mrs. Wm. McDougall

- | | |
|-----------------------------|-----------------------------|
| 1 cup currants | 1 cup breadcrumbs |
| 1 cup raisins | $\frac{1}{2}$ teasp. spices |
| 1 cup brown sugar | $\frac{1}{2}$ teasp. soda |
| 1 cup suet | 2 eggs |
| $\frac{1}{2}$ cup sour milk | $1\frac{1}{2}$ cups flour |

Steam 2 hours.

CHRISTMAS PUDDING

Mrs. C. C. Parsons

1 cup brown sugar	4 cups raisins
3 eggs	5c. worth lemon and citron
1 cup breadcrumbs	peel
1 cup flour	$\frac{1}{2}$ nutmeg
1 lb. chopped suet	$\frac{1}{2}$ cup liquid (wine or jelly)
$\frac{1}{2}$ lb. almonds	1 teasp. soda

Steam or boil 3 hours.

CREAM PIE

Make a thick cream sauce. Beat yolks of 3 eggs, add sugar and when cold add rind and juice of 1 lemon. Fill a puff paste shell and make a meringue of the 3 egg whites and 3 tablesp. fruit sugar.

CREAM PUFFS

$\frac{1}{3}$ cup boiling water (scant)	$\frac{1}{3}$ cup flour
2 tablesp. butter	1 small egg

Have water boiling in saucepan. Add butter. When boiling add flour all at once, stir quickly until the mixture leaves the side of the pan. Remove from fire and chill. Add the unbeaten eggs one at a time, beat until smooth after each egg has been added. Bake in hot oven.

DUCHESS CREAM

Mrs. E. Irwin

Soak $\frac{1}{2}$ cup tapioca over night in water to cover. Put in double boiler to cook, add $\frac{1}{2}$ teasp. salt. When clear add 1 cup sugar and juice of $\frac{1}{2}$ lemon. Have ready the stiffly beaten white of 3 eggs. Into these beat the tapioca and 1 cup grated pineapple. Serve with custard made out of yolks of eggs, also whipped cream.

ENGLISH PLUM PUDDING

Mrs. C. G. Merritt

2 lbs. raisins	1 teasp. nutmeg
2 lbs. currants	1 teasp. ginger
1 lb. mixed peel	1 teasp. cloves
1 lb. brown sugar	1 teasp. cinnamon
1 lb. breadcrumbs	1 teasp. salt
1 lb. beef suet chopped fine	2 medium-sized apples
$\frac{1}{2}$ lb. dates	2 carrots scraped fine
$\frac{1}{2}$ lb. almonds chopped	4 eggs
1 lb. flour	1 pint milk
2 tablesp. baking powder	1 cup molasses

Mix dry ingredients well, putting eggs and milk in last. Pack in buttered paper and tie in cloth over top. Steam for 6 or 8 hours.

FRUIT CHARLOTTE

Mrs. S. C. Tweed

Soak 1 tablesp. gelatine in 2 tablesp. cold water and dissolve in $\frac{1}{4}$ cup scalding milk. Scald $\frac{3}{4}$ cup milk and add 1 cup sugar, add to this gelatine mixture, and stir till cooled. Whip 1 pint cream and add to it gradually the thickening gelatine mixture. Fold in 1 doz. macaroons or almond biscuits crumbled, $\frac{1}{2}$ cup blanched and shredded almonds, a few marshmallows cut fine, $\frac{1}{2}$ cup candied cherries, a little candied pineapple, 1 teasp. vanilla. Pour into a wet mould and serve with whipped cream. Garnish with candied cherries and blanched almonds.

GINGER PUDDING

Mrs. E. F. Seagram

Upon 2 cups of crumbled breadcrumbs pour sufficient hot syrup drained from a pint of preserved ginger to moisten thoroughly, beating with a wooden spoon to a paste; then add one well-beaten egg, the yolk and white beaten separately; salt, 1 teasp. grated nutmeg, 2 tablesps. powdered macaroons and $\frac{1}{2}$ cup ginger cut in dice evenly. Turn at once into a pudding mould that has been buttered, and steam for 2 hours. Serve on a hot dish with a foaming sauce or whipped cream.

GRAHAM PUDDING

Mrs. C. Roos

1 cup graham flour
 $\frac{1}{2}$ cup white flour
 $\frac{1}{2}$ cup molasses
 $\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup sour milk
1 egg
1 cup raisins
1 teasp. soda

Pinch of salt, spices to taste

Steam $1\frac{1}{2}$ hours.

GREEN TOMATO PIE

Miss Alice Scott

2 cups chopped green
tomatoes
2 tablesp. vinegar

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teasp. each of cinnamon
and cloves

Bake with lower and upper crust.

ICE CREAM PUDDING

Mrs. J. Conrad

Beat yolks of 4 eggs and 1 cup of white sugar, 3 tablesps. flour together, heat 1 qt. milk, pinch of salt and flavor. Stir in above ingredients and boil until thick, put in pudding dish when cold, spread beaten white on top and brown in oven.

KISS ME QUICK PUDDING

Mrs. Wright

2 eggs
 $3\frac{1}{2}$ oz. flour
 $3\frac{1}{2}$ oz. butter

$3\frac{1}{2}$ oz. sugar
1 tablesp. jam
 $\frac{1}{2}$ teasp. soda

Cream butter and sugar. Add flour and soda. Fold in beaten egg, add jam. Steam 2 hours.

LEMON CREAM PUDDING

Mrs. Lohead

2 egg yolks
 1/2 cup sugar

1 tablesp. flour
 1/4 teasp. salt

Mix to a smooth paste with a little water. Add 2 cups of hot milk and cook until it thickens. Take off the fire, add juice and grated rind of 1 lemon. When pudding is cold put the stiffly beaten whites of eggs on the top.

LEMON PIE

Mrs. R. S. Bean

Juice and grated rind of 1
 lemon
 1 cup sugar
 2 eggs—less white of one for meringue

2 tablesp. flour
 1 1/2 cups boiling water
 Butter size of egg

Mix flour and sugar first, then add balance and allow to boil slowly until it thickens.

LEMON PIE

Mrs. J. Harper

2 egg yolks
 2 tablesp. butter
 2 tablesp. flour
 1 cup sugar

Rind and juice of 1 lemon
 1 cup milk, heat before mixing with other ingredients

Beat whites of 2 eggs and add last. Bake with crust.

LEMON PIE

Mrs. E. H. Oxley

1 1/4 cups sugar
 1/2 cup flour
 1/4 teasp. salt
 5 tablesp. lemon juice

1 cup boiling water
 Grated rind of 1 lemon
 3 egg yolks
 1 tablesp. butter

Mix sugar, flour and salt, add boiling water, stir well and allow to come to boil, then cook in double boiler 15 minutes, add eggs, lemon juice, rind and butter.

Meringue

Egg whites beaten stiff, and 3 tablesp. fruit sugar and 1 teasp. lemon juice. Brown in slow oven.

LEMON PUDDING

Miss Alice Scott

3 cups water
 1 1/2 cups sugar

Juice and rind of 1 lemon
 3 tablesp. cornstarch

Boil all until thick. When cool add whites of 3 eggs. Chill and serve with a thin custard made of yolks of eggs.

LEMON RICE PUDDING

Mrs. E. Irwin

Wash 4 tablesp. rice and boil until soft in 1 qt. milk sweetened to taste, butter the size of an egg. When nearly cold add the beaten yolks of 4 eggs and the grated rind of a lemon. To the beaten whites of the eggs, add the juice of the lemon and 4 spoons of powdered sugar. Pour the rice into bake dish and put the whites of eggs on top and bake until golden brown. Serve cold.

LEMON SOUFFLE

Miss N. Conrad

1 tablesp. melted butter	2 egg yolks, beaten
1 cup granulated sugar	Juice and rind of 1 lemon
2 heaping tablesp. flour	1 cup milk

Beat whites of eggs and fold in lightly. Set baking dish in pan of water and cook in moderate oven about $\frac{1}{2}$ hour.

MAPLE SYRUP PIE

Mrs. L. A. Koepfel

2 cups maple syrup	2 egg yolks
	3 tablesp. flour

Beat egg yolks, add maple syrup. Heat and thicken with flour. Pour in baked crust and use egg whites for meringue.

MARMALADE PUDDING

Mrs. Webb

2 tablesp. butter	2 tablesp. marmalade
2 tablesp. sugar	4 tablesp. flour
2 eggs	$\frac{1}{2}$ teasp. soda dissolved in 2 tablesp. hot water

Grease mould and steam 1 hour.

MEXICAN DATE PIE

Mrs. A. Lee

1 cup of white sugar	2 egg yolks
	1 cup sweet milk or cream

Line a pie plate with paste and put in a layer of chopped dates, then add above mixture and bake. Make a meringue of egg-white, and brown.

MINCE-MEAT

Mrs. J. Scott

2 lbs. raisins	1 lb. mixed peel
2 lbs. suet	1 cup vinegar
2 lbs. boiled meat (beef)	8 lbs. chopped apples
	1 dessertspoon each of spices

Juice and grated rind of 2 lemons and 2 oranges.

MINCE-MEAT

Mrs. S. C. Tweed

4 lbs. lean beef	1/2 oz. cloves
2 lbs. suet	16 large apples chopped fine
3 lbs. brown sugar	2 lbs. citron peel sliced
3 lbs. seeded raisins	Grated rind and juice of 4 lemons
3 lbs. currants	Grated rind and juice of 4 oranges
1 oz. mace	1 tablesp. salt
1 oz. nutmeg	
1 oz. cinnamon	

Add any fruit juice from canned fruit. Boil beef till well done, when cold chop fine, add chopped suet and apples to beef. Mix sugar and spices and add to the fruit juices. Add salt. Mix raisins, currants, citron, lemon and orange rinds. Now combine all gradually.

ORANGE CHARLOTTE

Mrs. C. C. Parsons

1/2 ounce gelatine	1/2 cup cold water
1/2 cup boiling water	1 cup sugar
2 tablesp. lemon juice	1 cup orange juice and pulp
2 egg whites	1 cup whipped cream

Soften gelatine in cold water. Dissolve sugar in boiling water. Boil a minute. Add gelatine and dissolve but do not let boil. Remove from fire and add fruit juices. When partly set beat and add beaten eggs. Serve with whipped cream, or custard made from the egg yolks.

ORANGE PUDDING

Miss L. Bauer

3 eggs	1 cup breadcrumbs
1 cup scalded milk	Pinch of salt
3/4 cup sugar (or 1 cup if desired quite sweet)	Grated rind and juice of 2 oranges
	2 teasps. lemon juice

Mix together the crumbs, sugar and salt and pour over them the scalded milk. Cool slightly. Then add lightly beaten egg yolks and juice and rind. Bake pudding, reserving 1/4 cup of the sugar (powdered). Make a meringue of the egg whites and sugar and pile on top of the pudding after it is cooked, and return to a slow oven to brown lightly. Pour pudding into a well-buttered baking dish, stand dish in a shallow pan containing hot water, and bake in a slow oven for from 45 to 60 minutes, until pudding is firm.

PINEAPPLE CUSTARD

Mrs. E. H. Oxley

One can pineapple, cut in cubes and drain off juice. Put juice in double boiler, add 1 rounding tablesp. cornstarch and 3 eggs. Stir and cook until thickened. Pour over pineapple and add 1/2 pint whipped cream.

PINEAPPLE-GINGER DESSERT

Miss H. Henrick

Dissolve a package of lemon gelatine in 1 cup of boiling water and 1 cup of pineapple juice. Chill this until thick, but not set. Whip it and fold in 1 cup of whipped cream, $\frac{3}{4}$ cup diced pineapple and $\frac{1}{4}$ cup of preserved ginger. Mould and chill.

PLUM PUDDING

Mrs. B. B. Playford

6 eggs	2 cups suet
2 cups raisins	1 teasp. soda
2 cups currants	$1\frac{1}{2}$ cups brown sugar
2 cups buttermilk	Flour to stiffen

POOR MAN'S PLUM PUDDING

Mrs. C. Wells

Mix together 1 cup each of currants, raisins, flour, suet, and breadcrumbs, $\frac{1}{2}$ cup candied peel. Put 1 teasp. soda with enough milk to moisten the dry ingredients. Put into a well-greased basin and steam fully 2 hours. Omit any of the fruit if you wish, or add a little grated nutmeg.

PUDDING SAUCE

Mrs. H. Stauffer

1 cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	2 eggs beaten separately
	2 teasp. brandy

Cream butter, add well-beaten yolks and milk, cook until creamy, then fold in the beaten whites.

PUMPKIN PIE

Mrs. C. Wells

2 eggs	$\frac{1}{2}$ teasp. salt
$\frac{1}{2}$ pt. pumpkin	1 teasp. cinnamon
$\frac{1}{2}$ pt. milk	1 teasp. ginger
$\frac{1}{2}$ cup sugar	1 lump butter size of a walnut

PUMPKIN PIE

Mrs. P. J. Wright

For 1 deep pie allow:	$\frac{1}{2}$ teasp. ginger
2 cups stewed pumpkin	$\frac{2}{3}$ cup sugar
$\frac{1}{2}$ teasp. salt	2 eggs
$\frac{1}{2}$ teasp. cinnamon	1 pint milk (scant measure)

Beat the eggs until light. Place pumpkin in a quart measure, add the sugar, salt, spice and then the beaten eggs. Stir well and add sufficient milk to make a quart of the whole mass. Turn into a pie tin lined with paste and bake slowly about 45 minutes.

PUMPKIN OR SQUASH PIE

Mrs. Lohead

1 cup pumpkin	½ cup milk
2 eggs	Sugar to taste
Ginger and cinnamon	

QUEEN'S PUDDING

Mrs. J. Conrad

Select an angel cake of ordinary size. Place in deep dish, sweeten 1 pint cream and flavor with vanilla, whip until stiff. Cut 1 doz. raisins and 1 doz. marshmallows into bits. Chop ¼ lb. blanched almonds fine, then add 1 doz. candied cherries to the cream. Let stand on ice for 1 hour. When needed fill hole of cake with the mixture, pour the rest over top and around it and garnish with almonds and cherries.

QUEEN'S PUDDING

Mrs. Wright

2 oz. breadcrumbs	½ pint milk
2 oz. fruit sugar	2 eggs
1 oz. butter	1 lemon

Jam

Beat yolks and add to breadcrumbs, sugar and butter melted in the milk. Add grated lemon peel. Fill dish ¾ full and bake 1 hour. When cool spread a layer of jam on the top.

Beat whites, add 1 oz. sugar and lemon juice. Pour over jam and brown in a cool oven. Serve hot or cold.

RAISIN PIE

Mrs. F. Edmonds

Take 1 cup chopped raisins, juice and rind of 1 lemon, 1 cup cold water, 2 tbsp. flour, 1 cup sugar. Boil mixture in a double boiler until thick, then cool before baking between crusts.

RAISIN PIE

Mrs. J. S. Lockie

1 cup raisins	1 teasp. mixed spices
3 egg yolks	1 cup water
1 tbsp. butter	1 tbsp. cornstarch
1½ cups sugar	3 tbsp. vinegar

Boil until stiff. Use white of eggs for meringue. This makes 2 pies.

RHUBARB PIE

Mrs. S. Snyder

Pour boiling water over 2 teacups chopped rhubarb. Drain off the water after 4 or 5 minutes and mix with the rhubarb.

1 teacup sugar	Small piece of butter
Yolk of 1 egg	1 tbsp. flour

Moisten the whole with 3 tbsp. water.

Bake with lower crust only.

Make a meringue of the egg-whites and 3 tbsp. sugar.

RICE PUDDING

Mrs. A. H. Snyder

Boil $\frac{1}{2}$ cup rice with pinch of salt until soft. Then cool and add $\frac{1}{2}$ pint whipped cream, sweeten and beat well.

Serve with maple syrup, garnish with maraschino cherries.

SAILOR'S DUFF

Miss L. Bauer

2 tablesp. melted butter

2 tablesp. brown sugar

1 egg

 $\frac{1}{2}$ cup molasses or treacle $1\frac{1}{2}$ cups flour

Pinch of salt

1 level teasp. baking powder

 $\frac{1}{2}$ teasp. baking soda dissolved
in 1 tablesp. boiling water

Beat all together, then add $\frac{1}{2}$ cup boiling water. Mix, and pour into a well-buttered mould. Cover, and steam for 1 hour. Serve hot with the following sauce.

Creamy Sauce:

1 well-beaten egg

2 tablesp. sherry or

1 teasp. vanilla

 $\frac{1}{2}$ cup powdered sugar $\frac{1}{4}$ pint cream, whipped until
stiff

Beat egg-yolk and gradually add to it $\frac{1}{4}$ cup powdered sugar. Beat again. Beat egg-white and add to it the other $\frac{1}{4}$ cup sugar. Beat again. Then fold the white into the yolk. Whip the cream. Add to it vanilla to taste. Then fold it into the egg mixture.

SCALLOPED RICE

Mrs. D. A. MacKeracher

Half cup rice. Put on in boiling salted water. Boil for 20 minutes. Put a cup of milk on the back of stove. Add milk to the rice.

In baking dish put alternate layers of grated cheese, rice, salt and pepper and dots of butter.

SNOW BALLS

Miss L. Rittinger

 $\frac{1}{4}$ cup butter $\frac{1}{2}$ cup sugar $\frac{1}{4}$ cup milk $1\frac{1}{8}$ cups flour

2 teasp. baking powder

Whites of 2 eggs

Cream butter and sugar, stir in milk and beat until sugar is dissolved. Sift in flour and baking powder, and beat thoroughly. Fold in the beaten egg-whites. Put in buttered moulds and steam 35 minutes. Serve with chocolate sauce.

SURPRISE PUDDING

Mrs. J. H. Webb

1 cup suet

 $\frac{3}{4}$ cup sweet milk

1 tablesp. sugar

1 teasp. soda

Pinch of salt

 $\frac{1}{2}$ cup black currant preserves
(or any other fruit desired) $1\frac{1}{3}$ cups flour

Steam $2\frac{1}{2}$ hours.

TAPIOCA PUDDING

Mrs. Webb

$\frac{3}{4}$ cup tapioca	A little salt
Just enough water to cook	1 cup sugar
1 cup pineapple chopped fine	

While a trifle warm beat in the whites of 2 eggs, add a little juice of maraschino cherries, whipped cream on top, then a few cherries, chill on ice.

VANILLA TARTS

Mrs. C. C. Parsons

1 cup brown sugar	1 teasp. vanilla or
1 level tabsp. butter	grated rind and a little juice
1 egg	of lemon

Cream the butter and sugar. Beat the egg into this and add flavoring. Cook in raw tart shells.

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CAKES

ALMOND BARS

Mrs. H. Germann

Whites of 4 eggs beaten stiff $\frac{3}{4}$ lb. icing sugarPut aside $\frac{1}{2}$ cup of this for icing, then add1 lb. shelled almonds, chopped 2 teasp. vanilla
fineRoll on back of plate, cut into squares and ice.
Bake in a slow oven.

ALMOND MACAROONS

Miss Ida Martin

1 lb. almonds put through 1 lb. pulverized sugar
grinder 4 egg whitesBeat whites stiff, add sugar. Reserve $\frac{1}{4}$ of mixture for icing, add nuts to remainder. Roll out thin, cut in diamond shape. Ice. Bake till crisp and light brown in color.

BANANA CAKE

Mrs. E. H. Oxley

$\frac{1}{2}$ cup butter (melted)	1 scant teasp. soda in little hot
1 cup granulated sugar	water
2 eggs	2 cups flour
4 tabbsp. sour milk or cream	2 teasp. baking powder
3 bananas mashed	Salt and vanilla

Use a boiled icing.

BOILED RAISIN CAKE

Miss Alice Scott

1 cup raisins	$\frac{1}{4}$ cup butter
1 egg beaten lightly	$\frac{3}{4}$ cup sugar

Boil raisins for 20 minutes with $1\frac{1}{2}$ cups water.Use $\frac{1}{2}$ cup of water the raisins have been boiled in.

1 teasp. nutmeg	1 teasp. soda dissolved in raisin
1 teasp. cinnamon	water
$1\frac{1}{2}$ cups flour	

BRANDY SNAPS

Mrs. Geo. Wegenast

$\frac{1}{2}$ pt. best molasses	1 cup butter
$\frac{3}{4}$ cup sugar	Ginger to taste

Thicken with flour, drop on pans and bake in a quick oven.

BROWNIES

Mrs. E. H. Oxley

1 cup granulated sugar	Salt and vanilla
$\frac{1}{2}$ cup butter	2 sq. chocolate
$\frac{1}{2}$ cup flour	2 eggs
$\frac{1}{2}$ cup walnuts	

Bake in buttered pan in slow oven, cut in squares and roll in powdered sugar.

BUTTERMILK CAKE

2 cups buttermilk	4 cups flour
2 cups brown sugar	2 tablesp. butter
2 cups currants	1 teasp. soda

Stir up and put in pan at night and bake in the morning.

CARAMEL CAKE

Mrs. L. Koepfel

1 cup brown sugar	1 cup sweet milk
$\frac{1}{2}$ cup butter	1 teasp. vanilla
2 eggs	1 cup flour
2 teasp. baking powder	

Cream butter and sugar, add egg yolks, milk, and vanilla. Add flour and baking powder, last of all stiffly-beaten egg-whites. Ice with caramel icing.

CHEAP FRUIT CAKE

Mrs. Haberer

1 cup butter	1 teasp. soda (put soda in flour
$1\frac{1}{2}$ cups brown sugar	and sift 2 or 3 times)
3 eggs	5 cups flour
$\frac{1}{2}$ cup molasses	1 lb. raisins
$\frac{1}{4}$ lb. mixed peel	1 lb. currants
10 cts. almonds	$\frac{1}{2}$ teasp. each of cinnamon,
	cloves, allspice and nutmeg

Bake all in moderate oven for $2\frac{1}{2}$ hours.

CHEAP SPONGE CAKE

Mrs. J. M. Laing

3 eggs	1 cup flour
5 tablesp. cold water	1 teasp. baking powder
1 cup granulated sugar	Vanilla

Separate yolks from whites, beat yolks thoroughly, add 2 tablesp. cold water, beat again, then add sugar. Beat this thoroughly, then add 3 tablesp. cold water, beat, add one cup flour and 1 tablesp. baking powder, sifted 3 times, and lastly add the beaten whites. Put in pan but do not butter, and bake about 40 minutes.

CHEESE TARTS

Mrs. Bruegeman

- | | |
|-------------------|----------------|
| 3 eggs | 1 cup butter |
| 1 cup white sugar | 1 cup currants |

Mix well. Line muffin tins with a rich biscuit dough and fill with above. Bake in a moderate oven till brown.

CHERRY CAKE

Mrs. E. H. Oxley

- | | |
|---------------------------|--------------------------|
| 3/4 lb. butter | 1 teasp. baking powder |
| 2 cup sugar <i>(with)</i> | 1/2 teasp. salt |
| 4 eggs | 1/2 lb. candied cherries |
| 1 cup milk | 1/2 lb. citron peel |
| 4 cups flour | 1/2 lb. raisins |

Cream butter and sugar together, add eggs, one at a time, and beat, add little flour, little milk until all is added. Flour cherries, peel and raisins. Bake in slow oven 1 1/2 hours.

CHERRY CAKE

Mrs. H. Stauffer

- | | |
|---------------------|--------------------------|
| 1 1/2 cups butter | 5 eggs |
| 1 cup white sugar | 2 cups raisins |
| 1/2 cup milk | 1/2 lb. candied cherries |
| 10 cts. citron peel | 1 teasp. vanilla |
| 1 cup brown sugar | 4 1/2 cups flour |
| | 1 teasp. baking powder |

CHOCOLATE BARS

Miss H. Henrick

- | | |
|-------------------|-----------------------------------|
| 1 cup butter | 2 oz. grated and melted chocolate |
| 1 tabsp. lard | 1 egg |
| 1 cup sugar | 1/2 teasp. soda, dissolved in 2 |
| 1/2 teasp. salt | tabsp. of warm water |
| 1 teasp. cinnamon | 2 1/2 cups flour (or more) |

Roll thin and cut about the size of water ice wafers. Bake in a quick oven.

CHOCOLATE BROWNIES

Miss Rose Moogk

- | | |
|------------------------|----------------------------|
| 2 eggs beaten light | 1/2 cup sifted flour |
| 1 cup granulated sugar | 2 tabsp. Baker's chocolate |
| 1/4 cup melted butter | 1 teasp. vanilla |
| | 1 cup nuts |

This makes one (coffee cake) pan full. Bake very slow, and when baked cut in small squares.

CHOCOLATE CAKE

Mrs. J. Ferguson

 $\frac{1}{2}$ cup chocolate $\frac{1}{2}$ cup sweet milk

Yolks of 2 eggs

Boil all together until it thickens, stirring all the time. Add 1 cup of white sugar, 1 tabbsp. butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, 1 teasp. soda, 1 teasp. vanilla.

CHOCOLATE CAKE

Miss A. M. Jamieson

2 eggs

1 cup sugar

 $\frac{1}{2}$ cup sweet milk $\frac{1}{2}$ cup butter

3 teasp. grated chocolate or cocoa

1 teasp. soda dissolved together in hot water

When cool add 2 cups of flour and $\frac{3}{4}$ teasp. cream of tartar

CHOCOLATE CAKE

Mrs. A. Lee

2 eggs

1 cup sugar

 $\frac{1}{2}$ cup sweet milk $\frac{1}{2}$ cup butter and lard mixed $1\frac{1}{2}$ cups flour $\frac{3}{4}$ teasp. cream of tartar

1 small teasp. soda

1 small teasp. vanilla

3 small teasp. chocolate dissolved in hot water

CHOCOLATE CAKE

Mrs. Chas. Mueller

1 egg yolk

 $\frac{1}{2}$ cup chocolate $\frac{1}{2}$ cup sour milk

Mix all together and stir on stove until thick, then add: 1 cup sugar, white of 1 egg, $\frac{1}{2}$ cup sour milk, 1 cup flour, butter size of large walnut, 1 teasp. soda in warm water, and vanilla.

CHOCOLATE CAKE

Mrs. W. T. Wilton

1 cup sugar

1 egg

2 teasp. shortening mixed

2 tabbsp. grated chocolate

2 small cups flour

Last add 1 small teasp. soda dissolved in a cup of hot water.

CHOCOLATE COOKIES

Mrs. B. Playford

 $\frac{1}{2}$ cup butter $\frac{1}{4}$ teasp. soda dissolved in 4

1 cup sugar

tabbsp. milk

2 tabbsp. melted chocolate

 $\frac{1}{4}$ teasp. salt

1 well-beaten egg

 $2\frac{1}{2}$ cups flour

Bake in a hot oven.

CHOCOLATE CUBES

Mrs. E. F. Seagram

1 cup granulated sugar	1 tablesp. chocolate
$\frac{1}{2}$ teas. butter	3 tablesp. water
Salt	

Boil mixture until a soft fudge, then while hot dip in fingers of fresh bread, then roll quickly in chopped nuts or cocoanut. Cool quickly and keep in a tin box.

CHOCOLATE LOAF

Mrs. C. C. Parsons

(Large quantity)

1 cup butter	3 cups flour
$2\frac{1}{2}$ cups brown sugar	$\frac{3}{4}$ cake Baker's chocolate
1 cup sour milk	5 eggs (beaten separately)
1 teas. soda added last	

Boil chocolate in the sour milk, keeping enough milk to dissolve soda. Stir milk and chocolate well. Put 1 teas. vanilla in chocolate mixture and when cool add to the cake.

Make a thick chocolate icing, to which add 1 cup chopped walnuts and spread on the cake. This recipe makes two cakes.

CHOCOLATE MARBLE CAKE

Mrs. Bruegeman

$\frac{1}{2}$ cup butter	Whites of 6 eggs
1 cup sugar	1 teas. vanilla
$\frac{1}{2}$ cup milk	$2\frac{1}{2}$ teas. baking powder
$1\frac{1}{2}$ cups flour	1 square chocolate
1 tablesp. flour	

Cream butter and sugar, then add milk alternately with flour mixed and sifted with 2 teas. baking powder, whites of eggs beaten until stiff, and vanilla. To $\frac{1}{4}$ of the mixture add melted chocolate and reserved baking powder mixed and sifted with remaining flour. Butter a deep cake pan, put in mixtures by spoonfuls and bake in moderate oven for 15 minutes.

CHRISTMAS CAKE

Mrs. F. M. Mathers

1 lb. butter	1 teas. soda
3 cups brown sugar	1 small teas. cinnamon
2 packages seedless raisins	10 eggs
2 lbs. dates	$\frac{1}{2}$ lb. walnuts
2 lbs. currants	2 grated nutmegs
$\frac{3}{4}$ teas. mace	1 lb. citron peel
$\frac{1}{2}$ cup sour cream	6 cups flour

Bake for 3 hrs. or steam for $2\frac{1}{2}$ hrs. and bake for $\frac{1}{2}$ hr. or less in fairly hot oven.

COCOA CAKE

Mrs. E. Irwin

2 cups coffee sugar	1 tablesp. soda dissolved in
1/2 cup butter	1 cup sour milk
2 eggs beaten separately	3/4 cup cocoa
2 cups flour	1 tablesp. vanilla

When baked and cool, cover with cooked dates and ice with the following icing.

Icing:

3/4 cup granulated sugar	1 tablesp. cocoa
1 tablesp. cornstarch	Pinch salt
1 cup boiling water	

Boil until thick and add 1 tablesp. butter as you take off stove.

COCOANUT MACAROONS

Mrs. G. Liphardt

1 cup butter	3/4 lb. cocoanut
3 eggs	2 cups white sugar
2 1/2 cups flour	3 tablesp. vanilla
1 tablesp. baking powder	

Form dough into little round balls size of marble.

COCOANUT PATTIES

Miss A. Bruegeman

3 cups granulated sugar	6 cups grated cocoanut
Butter, size of an egg	6 eggs
1 cup milk	

Cream 2 large cupfuls sugar and butter. Beat eggs with remaining sugar. Mix all with milk. Stir into this mixture the cocoanut. Bake in little scalloped patty pans lined with puff paste or flaky pastry.

COCOANUT PUFFS

Miss Mildred Dickman

3 eggs (whites only)	1 tablesp. vanilla (put in last)
1 cup white sugar	1 tablesp. cornstarch
2 cups cocoanut	

Beat whites of eggs well and add sugar, heat over steam until a crust forms around the dish. Take off stove and add rest and drop in small pieces in greased pans.

CORNSTARCH COOKIES

Miss Schlote

1 cup white sugar	1/2 tablesp. soda
1 cup cornstarch	1 cup butter creamed
3 eggs well beaten	2 cups flour
1 tablesp. cream of tartar	

Roll out and sprinkle with sugar.

Filling for Cookies:

1 box dates cut fine	1 cup white sugar
1 cup boiling water	

Boil like jam and put between cookies.

CRUMB CAKE

Mrs. J. M. Laing

1½ cups white sugar	2 cups flour
1 tabbsp. butter	2 teasp. baking powder
1 tabbsp. lard	2 eggs
	¾ cup sweet milk

Mix together with hand, sugar, butter, lard, flour and baking powder. Taking out ¾ cup of above mixture, then to remainder add eggs well beaten, and lastly add the milk. Put the ¾ cup of mixture on top of cake and bake in moderate oven.

CRUMB CAKE

Mrs. W. M. O. Lothead

2 cups flour	1 cup butter
	1 cup brown sugar

Cream butter and sugar, and add flour. Take out 1 cup of this and set aside for icing.

1 cup raisins	1 teasp. soda
1 cup currants	1 egg
2 teasp. mixed spice	1 cup sour milk

Mix these with remainder of crumbs and pour into pan, then sprinkle cup of crumbs on top.

CUP CAKE

Mrs. E. Irwin

1¼ cups butter	1 teasp. each of nutmeg,
2 cups brown sugar	cinnamon and cloves
1 cup sweet milk	4 cups flour
3 eggs	3 teasp. soda in flour
1½ cups currants	3 tabbsp. molasses
	3 cups raisins
	3 pieces lemon peel

Bake 1¼ hours.

DARK LAYER CAKE

Mrs. W. Sterling

1 cup brown sugar	1 teasp. soda
½ cup butter	1 teasp. cream of tartar
½ cup sour milk	1 teasp. cinnamon
½ cup chopped raisins	A little nutmeg
1 egg	1½ cups flour

DATE CAKE

Mrs. E. Irwin

Cream together 1 cup brown sugar and	1 teasp. soda in flour
½ cup butter	1½ cups flour
2 eggs	1 lb. chopped dates
½ cup warm water	½ cup chopped walnuts
	1 teasp. vanilla

DATE COOKIES

Miss M. Bechtel

1 cup brown sugar	1 cup butter and lard
2 eggs	3 cups flour
2 teasp. cream of tartar	1 teasp. soda

Mix butter and lard and sugar together, then add well-beaten eggs. Sift the soda and cream of tartar into the flour and mix into batter. Roll out and cut into rounds the size of a silver dollar. Put one date (raw or cooked) on each, then pinch the sides of the dough over the middle of the date, letting the ends show. Bake in a quick oven.

DATE COOKIES (PIGS IN BLANKETS)

Miss A. Bruegeman

1 cup brown sugar	1 cup butter and lard
2 eggs	3 cups flour
2 teasp. cream of tartar	1 teasp. soda

Mix butter and lard and sugar together, then add well-beaten eggs. Sift the soda and cream of tartar into the flour and mix into batter. Roll out and cut into rounds the size of a silver dollar. Put one date (raw or cooked) on each, then pinch the sides of the dough over the middle of the date, letting the ends show. Bake in a quick oven.

DATE ROCKS

1 cup sugar	1 cup chopped walnuts
$\frac{3}{4}$ cup butter	1 lb. dates
2 eggs	1 teasp. cinnamon
$2\frac{1}{2}$ cups flour	1 teasp. soda in $\frac{1}{4}$ cup hot water

DATE ROLLS

Mrs. E. H. Oxley

2 eggs	$\frac{1}{4}$ teasp. salt
1 cup granulated sugar	1 teasp. baking powder
$\frac{1}{2}$ cup flour	1 lb. dates
1 cup cocoanut or nuts	

Bake in large buttered pan in slow oven until light brown on top. Cut in pieces about 1 inch by 2 inches and shape like roll. Roll in castor sugar.

DATE STICKS

Miss Edith Conrad

1 cup sugar	1 cup chopped dates
2 eggs	1 scant teasp. baking powder
1 cup flour	1 dessertsp. water
1 cup chopped nuts	Vanilla, salt

Beat yolks with sugar, and whites separately. Roll in pulverized sugar when ready to serve.

DATE TART

Mrs. F. M. Mathers

4 egg whites	1/2 lb. dates
1 1/2 cups fruit sugar	1/2 lb. blanched almonds

Grind dates and nuts, beat eggs till stiff, add ingredients, then bake in pan for 3/4 hour, spread 1/2 inch thick, cut in small pieces while hot, any shape desired.

DOUGHNUTS

Mrs. Henry Liphardt

1 egg	4 cups flour
1 cup sugar	1/2 teasp. salt
3 tabbsp. melted lard	1/2 teasp. nutmeg
3/4 cup sour milk	3/4 cup thick sour cream
1 teasp. cream of tartar	1 teasp. soda
3 teasp. baking powder	

Stir soda with sour milk and sift baking powder with flour, mix well and add flour enough to roll. Bake in hot lard.

DOUGHNUTS

Mrs. Cranson Snider

1/2 cup white sugar	2 eggs
1/2 cup brown sugar	1/2 pt. sweet cream
1/2 teasp. salt	2 tabbsp. brandy
3 1/2 cups pastry flour	3 1/2 teasp. baking powder

Beat all together, shape, and fry in deep fat.

DOUGHNUTS

Mrs. J. Welker

1 cup white sugar	1/2 cup sweet milk
2 eggs	3/4 cup mashed potatoes
3 tabbsp. melted butter	2 teasp. baking powder

Flour to mix a soft dough. Fry in hot lard.

EGGLESS FRUIT CAKE

Mrs. J. Scott

1 1/2 lbs. raisins	2 cups brown sugar
1 1/2 lbs. currants	1 teasp. cinnamon
1 lb. dates	1 teasp. nutmeg
1/2 lb. walnuts	1 teasp. vanilla
1/2 lb. almonds	1 teasp. salt
1/2 lb. peel, mixed	2 cups sour milk
3 large tabbsp. melted butter	4 cups flour
2 teasp. soda dissolved in little hot water	

ENGLISH TEA CAKES

Mrs. D. A. MacKeracher

$\frac{1}{3}$ cup butter	1 scant cup sugar
2 eggs	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup dates	$\frac{1}{2}$ cup walnuts
$\frac{1}{2}$ teasp. cloves	$\frac{1}{2}$ teasp. nutmeg
$\frac{1}{4}$ teasp. salt	$1\frac{1}{2}$ to 2 cups flour
3 teasp. baking powder	2 tabsp. milk

Drop from a teasp. on pan and bake in a very moderate oven 15 minutes.

FIG CAKE

Mrs. O. Geiger

2 eggs	$\frac{1}{4}$ cup molasses or maple syrup
1 cup brown sugar	$\frac{1}{2}$ teasp. oil of lemon
$\frac{1}{2}$ cup melted butter	1 cup currants or raisins
Little salt	2 cups flour
1 cup sour milk or cream	1 heaping teasp. soda put in the cream

Icing:

1 lb. figs cut fine, 1 cup water and 1 cup sugar, cook until thick, spread on top of cake, then pour over this a plain icing.

FIG CAKE

Mrs. George Liphardt

1 cup brown sugar	1 teasp. soda
1 cup butter (scant)	$\frac{1}{2}$ cup currants
1 cup molasses	$\frac{1}{2}$ teasp. lemon juice
2 eggs	1 cup sour cream
	$2\frac{1}{2}$ cups flour

Filling:

$\frac{1}{2}$ lb. figs	1 cup sugar
	$\frac{1}{2}$ cup water

Boil until thick.

FIG CAKE

Mrs. Cranson W. Snider

1 cup brown sugar	$\frac{1}{2}$ cup molasses
2 eggs	1 teasp. soda
$\frac{1}{2}$ cup butter	2 cups flour
1 cup sour cream	$\frac{1}{2}$ cup currants
	5 drops oil of lemon

Spread the top with cooked chopped figs, sweetened, and whipped cream.

FIG COOKIES

Miss H. Wendell

1 cup chopped figs	$\frac{1}{2}$ teasp. cloves
1 cup butter	2 cups oatmeal
1 cup sugar	2 eggs
2 cups flour	5 tablesp. milk
$\frac{1}{2}$ teasp. salt	$\frac{3}{4}$ teasp. soda
1 teasp. cinnamon	

Half butter and half lard can be used in place of all butter if preferred. If lard is used, increase the amount of salt to $\frac{3}{4}$ teasp. Cream shortening and sugar. Mix remaining dry ingredients and figs. Add well-beaten eggs to first mixture. Add milk and then dry ingredients. Beat well. Drop from tip of spoon onto oiled and floured pans, leaving about 2 inches between drops. Bake 15 minutes in a hot oven.

FILBERT DROPS

Mrs. Arthur Foster

1 cup chopped nuts	5 soda biscuits (finely rolled)
1 cup confectioner's sugar	3 egg whites

Beat egg whites slightly, add sugar, nuts and crumbs. Drop on buttered pans and bake in a moderate oven.

FRUIT BARS

Mrs. C. Roos

1 cup brown sugar	$\frac{1}{2}$ teasp. baking powder
2 eggs	1 cup flour
Pinch of salt	1 cup dates
1 cup walnuts	

Bake in moderate oven 20 minutes, cut in bars and roll in powdered sugar.

FRUIT CAKE—WHITE

Mrs. N. Bolduc

$\frac{1}{2}$ lb. butter	1 lb. sultana raisins
$\frac{1}{2}$ lb. white sugar	1 teasp. vanilla
5 eggs	1 wineglass brandy
$\frac{1}{2}$ lb. lemon peel	Salt
$\frac{1}{2}$ lb. citron peel	$\frac{1}{2}$ lb. flour
$\frac{1}{2}$ lb. almonds	1 teasp. baking powder
1 lb. Brazil nuts	Red and green cherries

Steam $1\frac{1}{2}$ hours and bake 1 hour.

FRUIT KISSES

Mrs. H. Germann

Whites of 2 eggs beaten stiff	$\frac{1}{2}$ lb. dates, chopped
1 cup sugar	$\frac{1}{2}$ lb. nuts, chopped
Put in double boiler and add:	Drop on buttered tins

FRUIT KISSES

Mrs. George Liphardt

- Whites of 4 eggs beaten stiff
- 1 cup white sugar
- 1/2 lb. dates
- 1/2 lb. walnuts

Bake in a slow oven.

FRUIT LAYER JELLY CAKE

Mrs. J. S. Lockie

- 1 cup brown sugar
- 1 1/2 tabsp. butter
- 2 eggs
- 1 cup sour cream
- 1 teasp. soda
- 1/2 teasp. each of cloves and allspice
- 1 cup chopped raisins

Flour to thicken

FRUIT ROLLS

Miss Minnie Snyder

- Mix and sift 2 cups flour
- 4 teasp. baking powder
- 1/2 teasp. salt
- 1 teasp. sugar

Work in 2 tabsp. butter, then add gradually 3/4 cup milk. Toss on a lightly-floured board, pat and roll to 1/4 inch thick. Brush over with melted butter and sprinkle 1/3 cup raisins stoned and finely chopped, 1 tabsp. sugar, 1 tabsp. citron peel (chopped), and a little cinnamon. Roll like a jelly roll and cut into small pieces 3/4 inch thick. Bake in a hot oven 15 minutes.

FRUIT SCONES

Miss Jamieson

- 3 cups flour
- 2 1/2 teasp. baking powder
- 1 cup butter
- 1 teasp. vanilla
- 1/2 cup milk
- 1/2 cup sugar
- 1/2 cup raisins and currants

Mix together and cut into shapes. Brush over with yolk of egg before putting into oven.

FUDGE CAKE

Mrs. H. Liphardt

- 1 cup white sugar
- 1/2 cup butter
- 1 egg
- 2 tabsp. cocoa dissolved in
- 1/2 cup boiling water
- 1 scant teasp. soda in
- 1/2 cup sour milk
- 1 1/2 cups flour
- 1/2 teasp. baking powder
- A little salt and vanilla

GINGER COOKIES

Mrs. Geiger

- 1 cup brown sugar
- 1 cup molasses
- 1 teasp. ginger
- 1 cup lard
- 1 teasp. soda in a little sour milk

A little salt and flour enough to stiffen.

GINGER NUT WAFERS

Mrs. Alfred H. Snyder

To $\frac{1}{2}$ cup each of brown sugar and molasses add: $\frac{1}{4}$ cup lard and $\frac{1}{4}$ cup butter

Heat on the fire to boiling point. Remove and add:

3 cups of flour sifted with 1 teasp. each of ginger and cinnamon and $\frac{1}{2}$ teasp. cloves or mace and $\frac{1}{4}$ teasp. soda.Mix ingredients well and set away over night in a cool place. In the morning roll out dough $\frac{1}{4}$ inch thick and sprinkle with chopped walnuts. Cut into squares or strips and bake in a moderate oven.

HAZEL NUT KISSES

Mrs. Robt. Hackney

4 egg whites beaten stiff 1 lb. of granulated sugar
1 lb. of hazel nuts

Mix well together and drop on buttered pans. Bake in a slow oven.

HERMITS

Mrs. A. B. McBride

1 $\frac{1}{2}$ cups brown sugar	2 teasps. cream of tartar dis-
1 cup butter	solved in $\frac{1}{4}$ cup sour milk
3 eggs	1 teasp. cinnamon
2 $\frac{1}{2}$ cups flour	1 cup chopped raisins
Pinch salt	1 cup chopped dates
1 teasp. soda	$\frac{1}{2}$ lb. walnuts chopped

Drop small spoonfuls on buttered tins and bake in moderate oven.

HONEY COOKIES

Mrs. N. Bolduc

1 cup brown sugar	3 teasp. soda
2 cups honey	1 teasp. cream of tartar
2 eggs	3 teasp. ginger
Flour enough to roll	

Mix in evening. Roll and bake in morning.

HOT MILK SPONGE CAKE

Mrs. J. Conrad

4 eggs	2 teasp. baking powder
2 cups sugar	1 cup hot milk
2 cups flour	Pinch of salt. Vanilla

Beat whites of eggs stiff, then add yolks one by one, then add baking powder with the flour, last hot milk. Beat in all $\frac{1}{2}$ hour.

HOT WATER CAKE

Mrs. H. Germann

3 eggs
1 cup white sugar
1 1/4 cups flour

2 tablesp. baking powder
5 tablesp. boiling water
Vanilla

Bake in layers, orange filling.

HOT WATER CAKE

Mrs. H. Schondelmayer

1 1/4 cups sugar
3 eggs (whites beaten separately,
then add to yolks)

1 1/2 cups flour
1 1/2 tablesp. baking powder
1/2 cup boiling water

IMPERIAL CAKE

Mrs. F. M. Mathers

1 lb. sugar
1 lb. butter (creamed)
10 eggs (beaten yolks)
1 lb. flour
1 lb. almonds (blanched and
split)

1 lemon (grated rind and juice)
1/2 lb. raisins (stoned)
1/2 lb. citron cut in strips
1 tablesp. extract nectarine in 1
teasp. water
2 tablesp. rose water

Stiff whites of the eggs. Have raisins and citron well dredged with 2 extra tablesp. flour.

JAM CAKE

Miss Gertrude Gerald

1 cup sugar
1/2 cup butter
3 eggs
1 tablesp. sour milk

1 tablesp. soda
1 1/2 cups flour
1 tablesp. cinnamon or cloves
1 cup jam put in last

The eggs not to be beaten before putting in cake. Raspberry or strawberry jam is best.

KING EDWARD CAKE

Mrs. W. T. Wilton

1/2 cup butter
1 cup brown sugar
1 cup sour milk
2 well-beaten eggs

1 small tablesp. baking soda
1 cup chopped raisins
2 cups flour
Bake in two layers

Icing:

Beat white of 1 egg, 1 apple grated, 1 cup sugar, beat all together well.

LADY FINGERS

Mrs. R. S. Bean

- | | |
|------------------------------|-------------------------------|
| 1 cup sugar | 1 teasp. cream of tartar |
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ teasp. soda |
| 1 egg | $1\frac{1}{4}$ teasp. vanilla |
| $\frac{1}{4}$ cup sweet milk | 1 pt. flour |

Cut in strips, roll in sugar and bake in a quick oven.

LIGHT FRUIT CAKE

Miss Ida Martin

- | | |
|---------------------------|-----------------------------|
| 1 cup butter | 1 lb. raisins |
| 2 cups granulated sugar | 1 lb. citron peel |
| 1 cup sweet milk | 1 teasp. lemon extract |
| $2\frac{1}{2}$ cups flour | 1 cup ribbon cocoanut |
| 1 cup almonds blanched | 7 egg whites |
| 1 lb. figs | 2 even teasp. baking powder |

Bake slowly 2 hours.

MERINGUES

Miss E. O'Leary

Whites of 4 eggs beaten dry and stiff. 2 small cups of sugar added gradually. Drop in dessertspoon on buttered paper, and bake in a slow oven for about 45 minutes. Join two together with whipped cream, and serve with crushed strawberries, or fruit in season.

NUT MACAROONS

Miss H. Henrick

- | | |
|---|---------------------------------------|
| 1 cup brown sugar | 1 teasp. cinnamon |
| 2 eggs | $\frac{1}{2}$ teasp. allspice |
| $\frac{3}{4}$ cup butter | $\frac{1}{2}$ teasp. nutmeg |
| 1 teasp. soda (dissolved in a little hot water) | $\frac{1}{2}$ teasp. cloves |
| 2 cups flour | Add $\frac{1}{2}$ lb. chopped walnuts |
| | 1 lb. dates |
| | 1 cup raisins |

Drop on tins and bake in a slow oven.

OATMEAL CAKE

Mrs. Clive S. Bean

- | | |
|-------------------------------|---------------|
| 1 egg | 1 cup oatmeal |
| $\frac{1}{2}$ cup white sugar | 1 cup flour |
| 1 cup sour cream | 1 teasp. soda |
| | 1 teasp. salt |

Bake in greased pan and serve warm with syrup.

OATMEAL CAKE

Mrs. Alfred H. Snyder

1 cup oatmeal

1 cup boiling water poured over it

Let stand 20 minutes, then add $\frac{1}{2}$ cup butter, 2 cups brown sugar, 2 eggs, 1 cup flour, 1 teasp. cinnamon, $\frac{1}{2}$ teasp. cloves, $\frac{1}{2}$ cup raisins, scant teasp. soda.

Icing:

One cup brown sugar, almost $\frac{1}{2}$ cup water, whites of 1 egg beaten stiff, boil sugar until it strings, then pour over egg and beat well, add a little vanilla.

OATMEAL CAKES

Mrs. W. Wells

1 cup oatmeal

Let stand twenty minutes

1 cup water (boiling)

1 teasp. cloves

 $\frac{1}{2}$ cup butter

1 teasp. soda

2 cups brown sugar

1 cup flour

2 eggs

 $\frac{1}{2}$ cup raisins

1 teasp. cinnamon

 $\frac{1}{2}$ cup walnuts

Icing:

1 cup maple syrup

1 cup brown sugar

Let boil to a taffy. Beat one egg-white and add to taffy.

OATMEAL COOKIES

Miss Margaret Bruce

1 cup flour

 $\frac{1}{4}$ teasp. soda in a $\frac{1}{4}$ cup

2 cups fine oatmeal

boiling water

A little salt

 $\frac{1}{2}$ cup butter $\frac{1}{2}$ cup lard $\frac{1}{2}$ cup brown sugar

Cut in squares and bake.

Date Filling:

1 pound dates

1 cup boiling water

1 cup white sugar

Boil like jam.

OATMEAL DROP COOKIES

Mrs. J. Ferguson

Cream together $\frac{3}{4}$ cup of any preferred shortening and 1 cup of light brown sugar. Add 2 eggs, lightly beaten, 4 tabbsp. sweet milk, 2 cups of oatmeal, 1 cup flour, 1 teasp. soda, $\frac{1}{2}$ teasp. ground cinnamon, $\frac{1}{4}$ teasp. cloves, 1 cup seeded raisins, $\frac{1}{2}$ cup chopped nutmeats. Beat the batter vigorously and drop from a spoon upon a greased baking sheet.

OATMEAL DROPS

Miss S. Schlote

2 eggs well beaten	$\frac{1}{4}$ cup flour
1 cup granulated sugar	3 cups oatmeal
2 tabbsp. melted butter	2 teasp. baking powder
1 teasp. vanilla	

ONE-EGG CAKE

Mrs. E. H. Oxley

$\frac{3}{4}$ cup sugar	1 egg
$1\frac{1}{2}$ cups flour	Salt
2 teasp. baking powder	2 tabbsp. melted butter

Break egg into measuring cup, fill cup up with milk and add to the above, and beat, last add melted butter. Beat well.

ORANGE CAKE

Mrs. F. Edmonds

1 egg	Grated rind of $\frac{1}{2}$ orange
1 cup white sugar	2 teasp. baking powder
1 tabbsp. butter	$1\frac{1}{2}$ cups flour
$\frac{3}{4}$ cup milk	Salt

Balance of grated rind and juice in icing.

ORANGE RAISIN CAKE

Mrs. E. H. Oxley

$\frac{3}{4}$ cup butter	1 teasp. soda
2 eggs	$\frac{3}{4}$ cup raisins
2 cups flour	$1\frac{1}{2}$ cups sugar
$\frac{3}{4}$ cup sour milk	1 orange put through grinder

Grind orange and raisins together.

PEANUT WAFERS

Mrs. R. W. Engel

1 pt. chopped peanuts	3 eggs
2 tabbsp. sour milk	Salt
1 cup sugar	2 tabbsp. butter

Add flour enough to make a soft dough. Roll very thin, cut into strips and bake in a moderate oven.

PLAIN COOKIES

Mrs. C. C. Parsons

3 cups flour	1 teasp. soda
1 cup butter	1 teasp. nutmeg
2 eggs	$\frac{1}{2}$ teasp. ginger
2 teasp. cream of tartar	$1\frac{1}{2}$ cups white sugar

Cream butter and sugar, add the eggs and spices, then the dry ingredients sifted together. Roll out thinly, cut into cookies and bake.

POTATO CAKE

Miss Nelda Conrad

2 cups sugar	1 cup chopped nuts
1 cup butter	2 eggs
$\frac{1}{2}$ cup milk	2 tablesp. baking powder
$\frac{1}{2}$ cup grated chocolate	1 tablesp. each of lemon
1 cup mashed potatoes	juice, vanilla and cinnamon
2 cups flour	$\frac{1}{2}$ tablesp. cloves and nutmeg

Bake in layers with chocolate or white filling.

PRUNE CAKE

Mrs. A. H. Snyder

1 cup sugar	1 tablesp. cinnamon
$\frac{1}{2}$ cup butter	1 tablesp. cloves
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ tablesp. nutmeg
1 tablesp. soda	3 eggs, reserving whites of one
4 tabbsp. sour milk	for icing
	1 cup cooked prunes cut fine

Add prunes last and beat well.

PRINCE OF WALES CAKE

Mrs. J. Charles Mueller

1 cup white sugar	$\frac{1}{2}$ tablesp. allspice
2 eggs	$\frac{1}{2}$ tablesp. cinnamon and
$\frac{1}{2}$ cup butter	nutmeg
2 tabbsp. molasses	1 tablesp. cocoa
$\frac{1}{2}$ cup sour milk	1 tablesp. soda
$\frac{1}{4}$ cup sour cream	$1\frac{1}{2}$ cups flour

RAISIN CAKE

Mrs. J. Bruegeman

2 eggs well beaten	1 tablesp. soda
1 cup butter	1 pkg. seeded raisins
3 cups sugar	1 cup walnuts
5 cups flour	1 tablesp. cinnamon
2 cups milk (sour)	1 tablesp. cloves

Cream butter and sugar, add eggs, milk, flour, with soda sifted through it; add spices and raisins and walnuts.

RAISIN CAKE

Mrs. T. Garner

2 eggs beaten separately	1 cup chopped raisins
1 cup brown sugar	1 tablesp. soda
$\frac{1}{4}$ cup butter	1 tablesp. cinnamon
1 cup sour cream	A little lemon peel
	$1\frac{1}{2}$ cups flour

RAISIN CAKE

Mrs. E. W. Smith

2 eggs	1 1/4 cups flour
1/2 cup butter	1 cup water
1 cup brown sugar	1 cup raisins
Boil water and raisins 3	When cool add:
minutes	1 teasp. soda
2 teasp. cocoa	1 teasp. vanilla

Filling:

1/2 cup chopped raisins	1/4 cup water
1/4 cup sugar	1 tablesp. flour
1 tablesp. cocoa	

SHORT BREAD

Miss Ida Martin

1 lb. flour	1/4 lb. icing sugar
1/2 lb. butter	1 tablesp. brown sugar

Sift dry ingredients on the mixing board, keeping the butter in one piece, work flour and sugar in the butter, roll out 1/2 inch thick, pierce with silver fork, cut in shapes as desired, either round, square or diamond shape.

SHORT BREAD COOKIES

Mrs. E. H. Oxley

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

Mix well and roll about 1/4 inch thick.

SOFT GINGER BREAD

Mrs. A. Howie

1 cup brown sugar	1 cup sour milk into which stir
1/2 cup butter	1 teasp. soda
1 egg	2 teasp. ginger
1/2 cup molasses	2 cups flour

SPANISH BUN

Mrs. J. S. Lockie

1 cup brown sugar	1 teasp. cream of tartar
1/4 cup butter	1 teasp. vanilla
1 egg	1 teasp. cinnamon
1/2 cup sour milk	1 teasp. cloves
1 teasp. soda	1 1/2 cups flour

SPANISH BUN

Mrs. Geo. Wegenast

- | | |
|-------------------------------------|--|
| 5 eggs (keep whites of 2 for icing) | A little each of allspice, nutmeg and cinnamon |
| 2 cups brown sugar | 1 tablesp. essence of lemon |
| 1 cup sour milk | $\frac{3}{4}$ cup butter |
| 1 tablesp. soda | 2 cups flour |
| 2 tablesp. cream of tartar | |

Icing:

Whites of 2 eggs, 1 cup brown sugar and 1 tablesp. lemon.

SPICE CAKE

Mrs. T. Garner

- | | |
|--------------------------------------|---------------------------------|
| 1 cup sugar (brown or white) | 1 tablesp. baking powder |
| $\frac{1}{2}$ cup butter | 2 cups flour |
| 2 eggs | $\frac{1}{2}$ tablesp. cloves |
| 3 tablesp. syrup | $\frac{1}{2}$ tablesp. cinnamon |
| $\frac{3}{4}$ cup sour cream or milk | 1 tablesp. allspice |
| 1 tablesp. soda | 1 cup raisins |

SPICE CAKE

Mrs. W. M. O. Lothead

- | | |
|--------------------------|-------------------------|
| 1 cup white sugar | 2 eggs |
| $\frac{1}{2}$ cup butter | 1 cup flour |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup cocoa |
| 2 tablesp. baking powder | Vanilla |

SPICE CAKE

Mrs. A. B. McBride

- | | |
|----------------------------|---------------------------------------|
| 1 cup brown sugar | 1 lb. dates cut fine |
| $\frac{1}{2}$ cup butter | 1 tablesp. cinnamon |
| 2 eggs | $\frac{1}{2}$ scant tablesp. allspice |
| 1 cup sour milk | $\frac{1}{2}$ scant tablesp. cloves |
| 1 tablesp. baking soda | $\frac{1}{2}$ scant tablesp. nutmeg |
| 2 tablesp. cream of tartar | 1 cup flour |

Cream butter and sugar, add yolks of eggs. Dissolve soda and cream of tartar in sour milk. Sift flour and spices two or three times, add dates and lastly fold in stiffly-beaten whites of eggs.

SPICE CAKE

Mrs. H. Schondelmayer

- | | |
|---------------------------------------|---------------------------------|
| $1\frac{1}{2}$ cups light brown sugar | $1\frac{1}{2}$ cups sour cream |
| 2 eggs | $\frac{1}{2}$ tablesp. soda |
| 1 cup raisins | 1 cup English walnuts |
| Spices to taste | 2 cups flour (or a little more) |

SPICE CAKE

Miss H. Wendell

 $\frac{3}{4}$ cup chopped dates $\frac{1}{2}$ cup raisins

Pour over this 1 cup boiling water with 1 teasp. soda. Let boil a few minutes, then cool and add:

1 cup white sugar

 $\frac{1}{2}$ cup chopped walnuts $\frac{1}{2}$ cup butter

2 eggs

 $\frac{1}{4}$ cups flour

1 teasp. cinnamon

1 teasp. baking powder

 $\frac{1}{4}$ teasp. cloves

1 teasp. nutmeg

Bake in a moderate oven. This is very nice with date filling spread over the cake and topped with chocolate or maple icing.

SPICE COOKIES

Mrs. R. B. Moore

1 cup sugar

1 egg

Butter size of an egg

 $\frac{1}{2}$ cup sour milk $\frac{1}{2}$ teasp. soda $\frac{1}{2}$ teasp. cream of tartar

1 teasp. ground cloves

 $\frac{1}{2}$ cup currants

1 tabbsp. molasses

A little salt

Flour to make quite stiff and drop on pans.

SPONGE CAKE

Mrs. O. Geiger

Whites of 3 eggs well beaten, add 1 cup sugar gradually and beat well. Beat the yolks well, add vanilla, add this to the whites; also 1 cup of flour and 2 teasp. baking powder, and last of all 2 tabbsp. boiling water. Beat well, then bake, using a plain icing.

SULTANA CAKE

Miss Margaret Bruce

 $\frac{1}{2}$ lb. butter, beaten to a cream

Rind of 1 lemon

1 big cup white sugar

3 tabbsp. sweet milk

4 eggs, beaten separately

 $\frac{1}{2}$ cup minced walnuts

2 cups flour

Vanilla

 $\frac{1}{2}$ cup sliced citron peel $\frac{1}{2}$ teasp. soda

1 cup chopped raisins

1 teasp. cream of tartar

WALNUT CAKE

Mrs. H. Stauffer

 $1\frac{1}{2}$ cups sugar

1 cup walnuts

4 eggs

1 teasp. vanilla

 $\frac{1}{2}$ cup butter

2 teasp. baking powder

 $\frac{1}{2}$ cup sweet milk

2 cups flour

WALNUT DROPS

Mrs. Playford

- | | |
|--|---------------|
| 1½ cups brown sugar | 3 eggs |
| ½ cup butter | ¼ lb. walnuts |
| 1 lb. dates chopped | 3 cups flour |
| 1 teasp. soda dissolved in 1 teasp. hot water. | |

Beat butter and sugar well, then add eggs, fruit and vanilla, last of all the soda. Drop from a dessert spoon on buttered pans.

WHITE CHRISTMAS CAKE

Mrs. C. C. Parsons

- | | |
|------------------------------------|-----------------------------------|
| 1 lb. butter | ½ lb. citron peel |
| 1 lb. brown sugar | ½ lb. orange and lemon peel |
| 1 lb. flour | ¼ lb. almonds blanched and sliced |
| 10 eggs | ¼ lb. candied cherries |
| 2 lbs. raisins (bleached sultanas) | |

Cream softened (not melted) butter, add sugar and cream well. Add beaten yolks of eggs, then add flour gradually, putting in well-beaten whites before all the flour is in. Lastly add the fruit which has been well prepared and well floured. Bake in a moderate oven about 3 hours.

WHITE FRUIT CAKE

Mrs. J. M. Laing

- | | |
|-------------------|------------------------|
| 1 cup butter | 1 teasp. baking powder |
| 1 cup white sugar | ½ teasp. vanilla |
| 1 cup sweet milk | ½ lb. almonds |
| 3 cups flour | ¾ lb. citron peel |
| 3 eggs | 5 cents lemon peel |

Cherries, pineapple, wine and brandy.
Steam one hour and bake one hour.

WHAT IS ADEQUATE LIFE INSURANCE?

While the answer must depend upon varying individual circumstances, each household should try to reach this general ideal:

To have the bread-winner insured for such amount as, when paid in monthly instalments of principal and interest, will give his wife a Life Income equal to his salary.

Ask an ONTARIO EQUITABLE agent to explain the policy which will do this.

FRUIT

BITTER ORANGE MARMALADE

Mrs. E. Irwin

To each pint of orange add $2\frac{1}{2}$ pints of water. Let it stand over night. Then boil $\frac{3}{4}$ hour. Then let it stand over night. To each pint of liquid put $1\frac{1}{4}$ lbs. sugar and boil 1 hour. Put water on seeds and boil them and strain and put the jelly with the marmalade.

CANNED PINEAPPLE

Miss Ida Martin

For 6 lbs. of fruit when cut and ready to can, make syrup of $2\frac{1}{2}$ lbs. of sugar and nearly 3 pints of water. Boil syrup for 5 minutes and then add fruit, let come to a boil and bottle.

CITRON PRESERVES

Mrs. Rittinger

Pare and seed the citron and cut into squares 1 inch thick. Take pound for pound of sugar and citron. Make syrup of sugar and water and boil for 20 minutes. Add the citron and boil until tender. When boiled, add 2 lemons cut thin.

CRANBERRY JELLY

Mrs. S. C. Tweed

1 quart cranberries

2 cups granulated sugar

$1\frac{1}{4}$ cups water

Boil berries and water till the berries burst. Mash and strain pulp, add sugar and stir till dissolved. Do not let boil after sugar is added.

GRAPEFRUIT MARMALADE

Mrs. Robt. Hackney

1 large grapefruit

1 large orange and a large lemon

Cut rind and pulp very fine. Add 3 times as much water as fruit and let stand over night. Next morning, boil fast for 10 minutes and let stand another night. Next morning add 1 pt. sugar to 1 pt. of mixture and boil fast until it jells.

HEAVENLY HASH

Miss Edith Conrad

5 lbs. currants

5 lbs. sugar

5 oranges

2 lbs. seeded raisins

Grate peel of 3 oranges and use juice of five. Cook until thick.

MARMALADE

Mrs. A. K. Cressman

2 vegetable marrows	1 stick cinnamon
1½ doz. lemons	1 teasp. whole cloves
1 doz. oranges	3 pieces whole ginger
2 qts. sugar	1 teasp. whole allspice, tied in a bag

ORANGE MARMALADE

Mrs. J. Scott

12 oranges sliced fine	1 large grapefruit sliced fine
3 lemons sliced fine	4 qts. water

Let stand 24 to 36 hours and boil 2 hours.
Add 8 lbs. sugar and boil 20 minutes.

PLUM JAM

Mrs. F. M. Mathers

5 lbs. plums cut fine	Nuts
1 lb. raisins	5 lbs. sugar
	3 orange pulps

Boil for ½ hour.

STRAWBERRY AND PINEAPPLE PRESERVES

Miss Rose Moogk

1 qt. berries	½ cup pineapple grated
	¾ lb. white sugar

Cook sugar and water until a thick syrup, then add fruit and cook until like jelly.

TOMATO MARMALADE

Mrs. J. S. Lockie

17 ripe tomatoes	3 lemons cut fine
10 cups white sugar	2 tabsp. ginger

Mix and boil slowly 3 hours.

**All premiums for ONTARIO EQUITABLE
LIFE policies are guaranteed low and constant.**

FROZEN MIXTURES

CREAM

Mrs. P. J. Wright

$\frac{3}{4}$ pt. cream
3 oz. sugar

$\frac{1}{4}$ pt. milk
 $\frac{1}{2}$ oz. gelatine

Flavoring

Dissolve gelatine in milk, add sugar and cream and beat well. Flavor and put in a wet mould. This is better if made the day before.

ICE CREAM

Mrs. B. B. Playford

1 pt. milk
 $1\frac{1}{2}$ pt. cream

1 teasp. powdered arrowroot
1 cup sugar

Flavoring to taste

Take a $\frac{1}{2}$ cup milk and mix with the arrowroot, putting the remainder on to boil. When boiling add arrowroot and when thick add sugar. Stir till smooth and add flavoring and freeze.

ICE CREAM

Mrs. J. H. Webb

5 cups cream
3 tabsp. flour which has been wet with milk

3 cups milk

Stir in the hot milk, and cook a short time.

3 cups maple syrup added before putting in freezer.

JELL-O WITH FRUIT

Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a bowl or mould. Just as Jell-O is beginning to set, arrange in it, with the aid of a fork, sliced oranges and bananas, or peaches and strawberries, or cherries and currants, or any other fruit that may be preferred for the purpose.

LEMON JELL-O WHIP WITH PRUNES

Marion Harland

Dissolve 1 package of Lemon Jell-O in a pint of boiling water and set it aside until it begins to thicken. Then beat with an egg-beater until it reaches the consistency of whipped cream. Stir in 1 cup of chopped prunes, which have been stewed until very tender. Very much better if 1 cup of whipped cream is added. Turn into mould to harden. Add more sugar to the water in which the prunes were cooked and boil this down to a thick syrup. When cold pour it about the base of the dessert, after you have turned this out, and arrange whole prunes as a garnish.

MAPLE MOUSSE

Miss E. O'Leary

Heat 1 cup maple syrup and stir into it the beaten yolks of 4 eggs. Cook stirring constantly until the mixture thickens. Remove from the fire and cool. When cold, fold in the stiffly-beaten whites of the eggs and a pint of cream whipped dry and stiff. Turn into mould and pack in ice or snow and salt.

MAPLE VELVET

Miss Nelda Conrad

1 pt. maple syrup	1 qt. thick sweet cream
$\frac{1}{2}$ box Knox's gelatine dissolved	Whites of 4 eggs
in 1 pt. warm water	

Freeze.

ORANGE ICE CREAM

Grate very fine the fresh peel of 2 oranges.
Cook 10 minutes with 1 cup water and 1 cup sugar. Cool and add, 1 pt. milk and 1 pt. cream. Freeze.

PINEAPPLE CREAM

Mrs. Gerald

2 tablesp. gelatine soaked in $\frac{3}{4}$ cup of cold water, $\frac{1}{2}$ cup grated pineapple, heated. Add $\frac{1}{2}$ cup sugar, 1 tablesp. lemon juice, then the soaked gelatine, stirring constantly until it begins to thicken. Fold in 2 cups whipped cream. Put in moulds and chill.

PINEAPPLE FRAPPE

Miss Nelda Conrad

Grate 1 pineapple	Juice of 1 orange and 1 lemon
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Boil together 10 minutes.

1 lb. sugar	2 cups water
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Add juice and bring to a boil.
Freeze and serve in sherbet glasses.

PINEAPPLE SHERBET

1 qt. water	Pulp and juice of 6 lemons
2 grated pineapples	Pulp and juice of 6 oranges
2 lbs. sugar	

Freeze stiff, then add beaten whites of 6 eggs and freeze very stiff. Repack in ice. Will serve 20.

STRAWBERRY ICE

Make boiled syrup of 1 lb. sugar and 1 pt. water. Boil 10 minutes. Add juice of 1 lemon, 1 orange, and 1 qt. of strawberries. Freeze. Serve with ripe berries.

STRAWBERRY SNOW

Mrs. H. Germann

Dissolve 2 tabbsp. gelatine in 4 tabbsp. water, 1 cup of sugar, juice of 2 lemons and strain. When cold fold in the whites of 2 eggs. Put in moulds on ice and when ready to serve turn out and garnish with canned strawberries. Pour over this a thin custard that has been chilled.

VELVET CREAM

Mrs. J. H. Webb

4 tabbsp. powdered sugar
1 pt. good cream

1 teasp. vanilla
 $\frac{1}{3}$ box gelatine

Add sugar to cream and stir until dissolved. Add gelatine that has been soaked in a half cup of cold water, for $\frac{1}{2}$ hour, and dissolved over hot water. Mix and turn into mould, stand on ice to harden and serve with cream, hot chocolate or coffee sauce.

THE EASY WAY TO MAKE ICE CREAM

Use 1 quart of milk for a package of Jell-O Ice Cream Powder. Pour the contents of a package of Jell-O Ice Cream Powder in a dish. Pour on it 1 cup of milk and stir to a thick, smooth paste, to avoid lumps. Add the rest of the quart of milk, stir until thoroughly dissolved, and freeze.

TOTAL AND PERMANENT DISABILITY

Has been described as a "living death." For a nominal rate a provision will be included in ONTARIO EQUITABLE policies which

(1) Pays \$20 per month per each \$1,000 insurance **for life**, if the insured is totally and permanently disabled.

(2) Waives future premiums, making the policy paid-up in full.

(3) All this without deduction from the face amount payable in event of death or maturity of the policy.

CANDIES

CHOCOLATE FUDGE

Miss H. Wendell

1 cup white sugar	Vanilla
1 cup brown sugar	Butter size of a walnut
$\frac{2}{3}$ cup milk	Pinch of cream of tartar
1 heaping tabsp. cocoa	Nuts, raisins

Put sugar and milk in a saucepan. Dissolve cocoa in a little hot water, and add to milk and sugar. When boiling point is reached, add butter, vanilla and cream of tartar. Continue boiling over a slow fire until soft ball stage is reached. Remove from fire, add nuts or raisins, or both if desired, and beat until creamy. Pour into buttered pan.

MAPLE CREAM

3 cups brown sugar	1 cup milk
Butter size of a walnut	Vanilla
	Chopped nuts

Put sugar and milk in a saucepan. When boiling point is reached, add butter and vanilla. Continue boiling over slow fire until soft ball stage is reached. Remove from fire, add nuts, and beat until creamy. Pour into buttered pan.

The above recipes may be combined as a layer candy, by having the bottom layer of Maple Cream and sprinkle it lightly with chopped nuts, and when cool, pour over it the Chocolate Fudge, sprinkling the top lightly with nuts. It is very delicious made in this way.

CREAMY FUDGE

Mrs. E. H. Oxley

2 tabsp. butter	3 sq. chocolate
3 cups granulated sugar	1 cup evaporated milk
$\frac{1}{4}$ cup corn syrup	(Carnation)
$\frac{3}{4}$ cup walnuts	$\frac{1}{4}$ teas. salt, Vanilla

Melt butter in saucepan, add other ingredients, boil until soft ball when tried in cold water. Cool until lukewarm, add nuts and beat until creamy.

DIVINITY CANDY

Miss Rose Moogk

2 $\frac{1}{2}$ cups white sugar	$\frac{1}{2}$ cup corn syrup
$\frac{1}{2}$ cup water	2 egg whites

Boil sugar, syrup and water until it forms a soft ball when dropped in water. Pour $\frac{1}{4}$ cup of this over the beaten whites of eggs and let the rest boil until it hardens in cold water. Then pour it over the mixture of beaten whites. Beat until it creams. Add nuts.

FUDGE

Miss A. Bruegeman

1 cup white sugar
1 cup brown sugar
 $\frac{3}{4}$ cup milk

Vanilla
1 tabsp. butter
1 heaping tabsp. cocoa

A pinch of cream of tartar

Put sugar, milk and cocoa into a saucepan and stir until sugar is dissolved. Boil without stirring till it forms a soft ball when dropped in cold water. Add cream of tartar and butter as soon as it begins to boil. Cool slightly, then beat until creamy. Add vanilla, nuts or raisins.

GLAZED NUTS

3 cups brown sugar

1 cup water

Boil until very brittle when dropped in water.

Pour over any kind of nuts in a shallow pan.

HONEY FONDANT

Miss Alice Scott

1 cup white sugar
4 tabsp. water

2 dessertsp. honey
 $\frac{1}{4}$ teasp. salt

Mix ingredients together and stir until sugar is dissolved.

Boil until a soft ball is formed in cold water.

Remove from fire and beat until candy begins to grain, and pour on a buttered platter. Nuts, fruit and any desired flavoring may be added.

MADRID CONFECTION

Mrs. Arthur Foster, Jr.

$\frac{1}{4}$ lb. each of figs, dates and
raisins

$\frac{1}{2}$ lb. each of filbert and
English walnuts

Mix fruit and nuts and put through food chopper. Knead to a smooth paste on a board well dredged with confectioners' sugar. Roll to a $\frac{1}{4}$ inch thickness and shape with a small round cutter dipped in sugar, and roll in white sugar.

MARSHMALLOWS

Mrs. A. Foster, Jr.

3 cups sugar
1 cup water

2 teasp. vanilla
1 box gelatine

1 cup water

Soak gelatine in cold water 15 minutes, make a syrup of 1 cup water and the sugar and pour it over the soaked gelatine. Simmer 10 minutes, add vanilla, beat until very thick and white. Pour into wet mould and stand over night. Cut into squares and roll in powdered sugar or grated cocoanut.

PATIENCE CANDY

Miss H. Wendell

3 cups white sugar
1 cup milkButter size of a walnut
Vanilla. Nuts

Take 1 cup of sugar and pour into a pan and melt over slow fire. Put the remaining 2 cups of sugar and milk into a saucepan and bring to boiling point. Then very slowly add, a little at a time, the melted sugar, stirring constantly. Add butter and vanilla. Continue boiling until the soft ball stage is reached. Remove from fire, add nuts and beat until creamy. Pour into buttered pan.

PEACH MAPLES

Mrs. P. Roos

Boil 1 cup maple sugar and 1 cup white sugar with 1 cup of cream until it forms a ball in water. Remove from fire and add the stiff white of an egg and $\frac{1}{2}$ cup of soft canned peaches. Beat until the mixture is entirely blended and firm, and shape into squares with greased fingers.

TOFFEE

Mrs. E. H. Oxley

1 lb. brown sugar (2 $\frac{1}{2}$ cups) 1 tin gold seal milk
 $\frac{1}{2}$ lb. butter 1 cup corn syrup

Boil until hard when tried in cold water. Put in buttered tins and mark in squares.

TOFFEE

Miss Bernice Roos

2 cups brown sugar $\frac{1}{2}$ cup corn syrup
 $\frac{1}{4}$ lb. butter 1 can condensed milk

Bring to boil and boil for 17 minutes, stirring constantly. Pour into buttered pans.

GIVE THE BOY A CHANCE

Most boys don't get a college education simply because it costs too much.

We have a College Education policy which matures when the boy needs the money. It is taken out when he is quite young, and the Fund is accumulated gradually over a long period of years.

Besides, if the father or mother, who pays the premiums, should die, no more premiums will be due, but the policy provides that the full amount intended will be paid the boy at the end of the period. Costs less than an Endowment.

The Ontario Equitable Life & Accident Insurance Company
Waterloo, Ontario

MISCELLANEOUS

BAKED CHEESE OMELET

2 eggs	1 tablesp. melted butter
2 cups milk	Salt and cayenne to taste
1 cup grated cheese	1 cup of fine breadcrumbs

Soak the crumbs in the milk in which you have dissolved a tiny pinch of soda. Beat the eggs light, add bread and milk, stir in the butter, seasoning, and last of all cheese. Bake in a well-greased pudding dish and serve at once.

BEAN LOAF

Mrs. C. C. Parsons

2 cups beans (soak over night)	1 teasp. salt
1 cup breadcrumbs	$\frac{1}{2}$ cup liquid
$\frac{3}{4}$ cup grated cheese	1 tablesp. chopped onion

Boil beans until they crack, put through the chopper and add other ingredients. Bake 40 minutes, basting occasionally. Serve either hot as a luncheon dish or sliced cold on lettuce leaves.

BOSTON BAKED BEANS

Mrs. H. M. Snyder

3 cups beans (parboil with a little soda, then in fresh water till they begin to soften)	$\frac{1}{2}$ lb. salt pork (cut in narrow strips to the rind, not cut through)
1 cup brown sugar	A small handful salt

Place all in an earthen jar, covering pork with beans. Cover with water and as it boils down keep adding more until almost done, then let boil down an hour or two. Have the pan covered and bake in a slow oven about 8 hours.

CLARET CUP

Mrs. H. M. Snyder

1 doz. oranges, juice only	2 doz. lemons
1 jar pineapple	6 bottles ginger ale
2 qts. of claret or less	Maraschino cherries
Fruit sugar to taste	

CHEESE BALLS

$\frac{1}{2}$ cup cheese	$\frac{1}{4}$ teasp. paprika
$\frac{1}{4}$ teasp. salt	Whites of 3 eggs

Mix cheese, salt and pepper, then add whites of eggs beaten stiff. Shape into small balls, roll in sifted bread or cracker crumbs, fry in deep fat about one minute. Drain on soft paper and serve with salad.

CHEESE FRITTERS

Mrs. P. J. Wright

2 eggs (whites) 3 oz. grated cheese
Mustard, pepper and salt, a little of each

Beat eggs, add cheese and seasoning and drop in boiling lard.

CORN PATTIES

Miss J. Stuart

1 can of corn 1 egg
1 teasp. baking powder 1 cup flour
A small piece of butter

Fry in lard.

EGGS POACHED IN TOMATOES

Carefully break 6 eggs into hot stewed tomatoes and cook 10 minutes. Have ready slices of buttered toast, lift the eggs, one at a time, from the tomatoes, place on the toast, and pour the tomatoes around them.

ESCALLOPED ASPARAGUS

Miss A. Bruegeman

1 bundle asparagus 6 eggs, hard-boiled
White sauce (1 pint milk) ½ cup bread or biscuit crumbs

Trim and boil the asparagus in salted water for 20 minutes, then drain. Chop or slice eggs. Put a layer of asparagus in the bottom of a baking dish, then egg and pour some white sauce over it; then another layer of asparagus, and egg, and white sauce until the dish is full; sprinkle the crumbs over the top, and if you like, sprinkle over also a tabbsp. of grated cheese. Bake in a quick oven until the bread is golden brown (about 15 minutes).

FRUIT PUNCH

Miss E. Conrad

6 bananas 6 oranges
4 lemons 1 pt. fruit juice
4 cups sugar 4 cups water
6 qts. of ice water 1 cup tea, freshly made

Boil the 4 cups of water with the sugar 15 minutes. When cold add fruit juices, pulp of 4 bananas and tea. Let stand on ice until time of serving, then add ice cold water and other 2 bananas cut in thin slices. Blackberry, strawberry, cherry juice may be used to color. Pineapple or claret may also be used.

GREEN TOMATO MINCE MEAT

Mrs. Hemphill

4 lbs. green tomatoes 4 lbs. apples
4 lbs. currants 4 lbs. raisins
½ lb. suet 8 cups brown sugar

Spices to taste and boil 1 hour.

OMELETTE

Mrs. Geo. Wegenast

1 pt. milk
½ teasp. baking powder

4 eggs beaten separately
Salt to taste

Put in the whites of eggs last.

POTATO AND CELERY CROQUETS

Mrs. G. Liphardt

4 cups cold mashed potatoes
¾ cup very finely cut celery

3 tabbsp. minced onion
2 eggs and a little salt

Add to the potato seasoning to taste and egg beaten. Blend well, stir in celery and onion, form into croquets, dip in egg, roll in crumbs and fry in deep hot fat. This amount will make 15.

POTATO SOUFFLE

Miss Nelda Conrad

Take 2 cups cold, mashed potatoes, and mix with 2 tabbsp. melted butter, and beat well. Then add 2 eggs, whipped very light, and a cup of milk. Season to taste. Pour into a deep dish, sprinkle with cheese, and bake in a quick oven until nicely browned.

RASPBERRY VINEGAR

Mrs. C. C. Parsons

Pick over raspberries. Almost cover with white wine vinegar. Let stand over night. Squeeze through a jelly bag. Add 1 lb. sugar to 1 pint juice and boil ½ hour. Bottle for use as either a cold or hot drink.

SPAGHETTI AND TOMATOES

Three-quarters lb. spaghetti boiled in salt water until tender. When done strain through colander and pour cold water over it. Drain again and put a layer of spaghetti, then a layer of canned tomatoes in a baking dish until it is nearly full. Put 2 or 3 slices of bacon cut in thin strips and a few slices of onion on the top with salt and pepper to taste. Bake in oven for 1 hour.

SUGAR CURE FOR PORK

8 lbs. salt
1 lb. sugar

3 oz. saltpetre
4 gal. water

Boil for 20 minutes. Let stand until cold. Cover pork. This can be used for pickling any kind of meat.

WELSH RAREBIT

Miss E. Conrad

1 cup grated cheese
1 or 2 tabbsp. butter

¼ teasp. salt
½ cup cream or milk
1 egg

Blend all ingredients except egg, over hot water and cook until smooth. Add beaten egg, cook until thick and serve on crackers or toast. Pepper and mustard may be added.

USEFUL HINTS

To remove wet paint from white material, wash stain with soap and water and boil with paraffin in the water. Dry paint on white material can easily be removed by steeping the stain in turpentine. Rub well and wash in ordinary way.

To remove paint from colored material, dip the stains in turpentine, rub, then place in a little ammonia and rub it out and wash in warm water.

Pitch and tar stains should be covered with salt butter, then wash thoroughly in benzoline. Dry cleaning soap used with benzoline will help.

Fruit stains may be removed by a strong solution of borax or the stain moistened with water, rubbed with borax and boiling water poured through.

Mildew stain, the simplest way is to moisten the stained material, rub thickly with soft soap and sprinkle with finely powdered calcium sulphate or calcium oxide or common salt. Bleach well on the grass, keeping fabric moist, or a quicker and sure method is to steep the material, if white, in a solution of bleaching liquor.

Blood stains, if fresh, washing in cold water will almost entirely remove it. If hard and dry steep for a few hours in cold water, to which add a piece of baking soda, washing and bleaching will finish removing. Never put blood stains in hot water.

Iron mould and dry ink may be removed from white materials by steeping the stained material in a hot solution of salts of lemon. One tablespoon of the salts to 1 quart boiling water; or simply place the stained part over a basin, covering the stain with salts and pour the boiling water through. Repeat if necessary.

Wet ink stains may be removed by washing in milk or sanitas. Buttermilk is better. Wash, changing the milk frequently. If sanitas is used steep it for a time, then wash in the ordinary way.

Tea and coffee stains may be removed by a strong solution of washing soda poured through the stained parts.

To remove stains and discolorations from tinware, try rubbing with a damp cloth dipped in soda.

To cleanse hands from vegetable stains, rub with a slice of raw potato.

To restore the original whiteness to ivory articles which have turned yellow, rub with a flannel moistened with turpentine.

White enamelware can be cleaned of stains by making a strong solution of baking soda and rain water. Put the utensils in it and boil them hard; they will be as white as snow.

When paint sticks to glass it can be removed with hot vinegar.

Clean aluminware with a cloth dipped in lemon juice.

To clean rusty knives use a raw potato dipped in brick dust.

Should you find your steel frying pan has rusted, scrub it with ashes or sand. Dry it and hold over the fire until it burns blue. This will clean the pan.

To polish nickel, rub a damp cloth over soap until a thick lather is formed. Then dip in salt and apply to nickel. After it is dry polish with a soft cloth.

If silver, after it is cleaned, is rubbed with a piece of lemon, and then washed and well dried, it gets a white brilliancy which it seldom has otherwise, and will keep clean longer than with the ordinary cleansing.

For silver in every-day use, the following method of cleaning is a great labor-saver. In an aluminum saucepan put a quart or so of boiling water with a heaping teaspoon of baking soda. Put in your forks, spoons, etc., and let boil for a few minutes. Drain them, rinse in clean hot water and wipe dry.

A good home-made silver polish is as follows: 1 oz. ammonia, 2 ozs. wood alcohol, 3 ozs. water, 1 oz. prepared chalk. Shake bottle before using.

Marks on woodwork made by scratching matches will disappear when rubbed with a cut lemon.

If linen is stained with tea, the stains can be removed by applying glycerine. A little of the best glycerine should be rubbed on the stained parts before washing.

Milk and cream stains should not have hot water put on them. Wash them out in cold water, followed by soap and water.

Rub sewing machine oil stains with lard, let stand for several hours and wash with cold water and soap.

To remove scorch stains, wet the scorched place with soap and bleach in the sun.

Wash chocolate and cocoa stains with soap in tepid water.

Grass—Cold water, no soap. Alcohol or ether for unwashable materials.

For chocolate stains—Soak in coal oil and wash in cold water.

Coffee stains yield to boiling water if treated when fresh.

Tea stains are treated with boiling water.

Table salt and cream of tartar, equal parts, will remove rust stains. Wet the spot and spread the mixture on thickly, then place material in the sun.

To remove grease from silk—Lay silk on table on clean white cloth. Cover spot thickly with powdered French chalk. On this lay a sheet of blotting paper and on the top a hot iron. If grease does not disappear at once, repeat process.

A sure recipe for removing ink stains: Juice of 1 lemon, 1 tablespoon of salt. Let stain soak well, then wash in the usual way.

To make a faded dress white, boil it in two gallons of water in which a half cup of cream of tartar is dissolved.

To bleach handkerchiefs, towels, etc., soak over night in a solution of half a teaspoon of cream of tartar to each quart of water.

Linen that has become yellow may be bleached snow white if soaked in butter-milk for a short time—rinse and hang in sun.

Linen of any kind may be whitened by adding to the washing water a little pipe-clay dissolved in cold water. This method saves a good deal of labor, and cleanses the dirtiest linen thoroughly.

When the color has been taken out of black goods it may be restored by the application of liquid ammonia.

To set green, blue, lavender and pink colors in wash goods, soak in alum water before washing, two ounces to a tub of water. Black, dark blue and gray should be soaked in strong salted water.

Salt and water will prevent the red borders in towels, etc., from running if the towels are steeped in it for twenty-four hours.

To restore faded silks to their natural color, immerse them in soapsuds to which a little pearl ash has been added.

When washing and rinsing colored materials, add a teaspoon of Epsom salts to each gallon of water, and even the most delicate shades will neither fade nor run.

Always rinse black stockings in blue water, and they will keep a good color.

If your cream is too thin to whip add the unbeaten white of a fresh egg. You will have some excellent whipped cream.

For grit in the eye apply a drop or two of castor oil. It relieves the irritation.

When fern turns yellow slice a raw potato and put it on top of the soil. This will draw out the worms.

When your rubbers break, cover the hole with adhesive plaster and go over this with shoe polish. If properly done the repair will outwear the rubber.

There is nothing like bran, slightly moistened—only very slightly—for cleaning carpets. Sift evenly over the carpet and sweep in the usual way. The bran scours and cleans the carpet, raising very little dust. Be careful not to have the bran too damp.

To brighten up a dull carpet, wring a cloth out of salt water and rub the carpet well, renewing the cloth as it becomes dry or soiled.

A varnished floor should never be washed with hot water. A cloth wrung out in lukewarm water is best, and each piece must be dried as it is washed.

To clean linoleum without washing, remove all dust, then take a piece of flannel sprinkled with paraffin and rub over the linoleum. This not only makes it appear like new but preserves the linoleum.

To prevent red ants put 1 pint of tar in an earthen vessel, pour on it 2 quarts boiling water. Place it in closets.

A good washing fluid can be made as follows: 1 tin Gillett's lye, $2\frac{1}{2}$ oz. borax, 1 oz. washing soda, 1 oz. coal oil, $\frac{1}{2}$ oz. alum, 1 oz. liquid ammonia, 1 gallon water. Boil all together for 20 minutes, except the ammonia; cool, then add ammonia, bottle immediately and cork tightly. Directions: Use 1 large cupful to a boiler of cold water; $\frac{1}{2}$ bar soap, boil clothes $\frac{1}{2}$ an hour and rinse as usual; in putting clothes in a second time be sure to wet clothes with cold water before putting in hot water.

To wash clothes without rubbing use $\frac{1}{2}$ tablespoon Gillett's lye, $\frac{1}{2}$ tablespoon turpentine, 1 bar soap. Fill boiler half full of water, add above mixture, stir well, put in clothes and boil for 15 minutes. Add more water if necessary.

To preserve eggs, wrap eggs in dark blue papers, stand on small end and pack in large open box, so air can circulate freely. Keep in dry, cool place.

GENERAL INSTRUCTIONS FOR WEIGHT REGULATION

[NOTE.—The pages which follow are from a booklet published by the Life Extension Institute, Inc., New York City, for subscribers to its Weight Regulation Service.

All policyholders in the Ontario Equitable Life are offered free, periodic Health Examinations by the Institute, which has examiners on its list in all chief towns on the continent. These examinations are thoroughly made and are followed up by advice and detailed corrective suggestions from the Institute.

The Institute has kindly granted us permission to reprint these instructions on diet.]

Those who wish to bring their weight to the normal and keep it there must do more than blindly follow special menus or routine diet and exercise measures.

The principles underlying weight reduction and the maintenance of normal bodily weight are very simple. The subscriber should endeavor to grasp them from the instructions given and co-operate with the Institute understandingly in its efforts to improve the physical condition.

1. **Cause of Overweight**—Overweight is due to the fact that more food of a *certain kind* has been taken than is required by the body to maintain its activity. This excess of food is accumulated as *fatty tissue*.

2. In people who are extremely inactive the quantity of fat-forming food taken may not exceed what would be entirely appropriate for a person of normal activity. It is necessary therefore to find out to what extent the accumulation of fat is due to physical inactivity on the one hand or excessive food intake on the other.

3. The average civilized individual is necessarily physically inactive as compared to man in a state of nature. The average person cannot adjust his or her activities to conform to the ideal of physical exercise.

4. **Diet or Exercise**—This means that in keeping the weight at the proper point, more reliance must be placed upon diet than upon exercise. The average exercise system for reducing weight is illogical and oftentimes dangerous, and usually futile and temporary in its effects. When we know that it requires eight hours' steady walking on the level to burn up about four ounces of fat, we can readily see how difficult it is to keep the weight down by exercise alone.

5. Fortunately, it is possible by simple regulation of the diet to keep these four ounces of fat off the body or get them off the body, and secure the equivalent in weight regulation of eight hours' walking on the level or five hours of hill climbing.

6. We do not wish to disparage exercise, but in heavyweights this must be graded very carefully according to the type of individual and the physical condition. By all means secure as much exercise as possible within the limitations laid down by your advisers, but do not make the mistake of supposing that you cannot reduce your weight and keep it where it belongs without strenuous exercise far beyond your power to maintain regularly.

7. Your diet statement will be analyzed and an effort made to find out your fundamental dietetic errors that result in overweight. These errors will be pointed out and an earnest effort should be made to correct them. Do not be skeptical as to results, but be steadily faithful to the plan laid down.

8. **Follow Instructions**—The menus suggested must be faithfully tried out, but in an understanding way. It is well to know why a certain line of diet is counseled.

9. A glance at the list herewith presented, giving the principal food substances in the order of their fat-forming power, will soon reveal the basis on which the menus are adjusted. The principle followed in the Institute's system involves a cutting down but not an absolute cutting out of the high caloric or fat-forming foods. It is a good plan when ordering a meal which is intended to differ in any way from the menu furnished to consult this list and keep away from the high fuel foods as far as possible. On the other hand, it is permissible to range quite freely among the low fuel foods, provided they are not cooked in such a way with fats, sugars or starches as to add to their fuel value.

10. **Calories Needed**—The average individual at rest requires between 1,600 and 1,700 food calories of heat. Moderate activity would add from 500 to 1,000 calories to this requirement. If the fuel in the diet furnishes less than the average heat production of the body, the fatty tissue will surely be consumed and the weight come down. It is on this principle that the diet is adjusted.

11. It is neither feasible nor necessary to ascertain the heat production in each case. This can be roughly estimated according to the occupation and type of individual. The supreme test is the result shown by the scales. The principal fat-forming foods *must* be reduced to the point where weight reduction will take place. The amount of these foods that a subject can take and yet maintain proper weight can only be determined by individual trial.

12. It is for this reason that the Institute requires that the subscriber report within a period of two months, so that there may be a review of the conditions and counsel given as to further procedure.

13. **Harmful Measures**—Overweight subjects are warned against certain needless and often harmful measures that are prescribed for such conditions:

- (a) Over-strenuous exercise, as already stated.
- (b) Drug treatment of any kind, except by a skilled regular physician for certain glandular disturbances.
- (c) Sweating treatments, Turkish baths, etc. Such treatments do not remove any fatty tissue; they simply withdraw water from the body which is promptly taken up again in the intervals between baths.
- (d) So-called thirst treatment, or abstinence from water. There is no reason why the heavyweight should not take an average amount of water. Indeed, this is required for purposes of elimination. Excess of water at meals should be avoided, and very heavy people perhaps do better to take water principally between meals, as water at meals stimulates digestion and appetite, but this matter, apart from the need of drinking sufficient water—say five or six glasses a day—is not important.
- (e) Subscribers are warned against all preparations for the reduction of weight. Apart from a limited number of cases that require treatment, there are no special breads, drugs, mineral waters, or others that have any merit or that are at all necessary in the reduction of weight, and some of these preparations are distinctly harmful. Nothing in weight reduction can be accomplished that depends upon any other principle than the reduction of the high fat-forming foods and the substitution of those that have little fat-forming qualities.

(f) **Extras**—Extra food and indulgences. Very often a carefully planned dietary will be defeated by extra meals or food indulgences that are looked upon by many as having no dietetic significance. As a matter of fact, these indulgences as a rule have enormous fat-forming value. Ice-cream, ice-cream sodas, candy and nuts have an enormous fuel value, and even a moderate indulgence in these sweets or fatty foods which are taken mostly for amusement rather than to satisfy hunger, will offset the deprivation at the table of substantial portions of butter, cream, bread, cereals or sugar. A consideration of the tables presented herein will show this at a glance. People who insist that they are light eaters but nevertheless gain weight are usually guilty of getting their calories irregularly between meals even if they are fairly abstemious at table, or else their selection of foods is very faulty.

14. Depression From Losing Weight—As the weight comes down, there may be a feeling for a time of goneness or depression. This is often purely a mechanical matter, due to a more rapid emptying of the stomach under an anti-fat diet. Such a condition can often be met by a harmless between-meal indulgence such as a cup of beef bouillon or vegetable puree. Such food has almost no fat-forming qualities, but may prove grateful. Another cause for such a feeling is the disappearance of the bulky fat in the abdominal region. In middle-aged people who have carried a great excess of fat, it is often necessary to wear an abdominal belt or support which can be adjusted as the weight comes down. In the average case this feeling passes over as one becomes adjusted to the diet and the ultimate result is a feeling of increased "pep" and vitality.

Another principle in evading this feeling of depression and goneness is to be faithful in the use of bulky foods which allay the hunger contractions of the stomach. A simple cutting down of the fat-forming foods is not sufficient. There must be substitution of these bulky green vegetables which are found listed in the low caloric foods, in order that there may be a physical and mental sense of satisfaction in a square meal. As many of these foods are rich in vitamins and the bulk is necessary to maintain intestinal activity, they are essential features of a healthful diet, entirely apart from weight reduction. Only in exceptional instances are they ill adapted.

15. Another cause of depression or feeling of weakness is neglect of a reasonable amount of exercise as the weight comes down. Physically lazy people who rely on diet alone for reduction may suffer in this way through flabbiness of the muscular system. Another source of weakness is undue reduction of meat or flesh foods. Under a low caloric diet such as is necessary for weight reduction, there is a loss of nitrogenous matter from the muscular tissue which must be replaced by adequate protein from eggs, milk, meat or flesh food. Lean meat is not high in calories and can be taken in moderation.

16. The value of attaining weight reduction through this rational physiological method lies in the fact that such reduction is usually permanent and when the individual becomes adjusted to the dietary and to modifying this in accordance with his activities, it is a very simple matter to keep the weight within bounds. If a tendency to gain is noticed an adjustment in the diet can easily be made to correct this.

17. Watch Certain Foods—Finally, bear in mind that success will depend upon keeping to a proper limit foods of the following type:

(a) **Fats**, such as butter, fatty portions of meat, salad oil, cream and nuts, which contain a large proportion of fat.

(b) **The starchy foods**, especially bread and breadstuffs, and pastry. These are probably the principal factors in weight production, as most breadstuffs are taken with butter, and since pastry has added to its starchy value both fat and sugar, it is readily seen that these are concentrated fat-forming foods.

(c) Sugars and sweets of all kinds. Sugar is pure fuel. Apart from this and its flavoring qualities, it has no value in the diet. Saccharin may be used instead of sugar for sweetening, not to exceed four grains daily. One-half grain and often less will sweeten a cup of tea or coffee. Cutting out sugar at the table will in the course of a few weeks represent a substantial equivalent of body fat and permit a more liberal use of foods that assist in balancing the diet, such as milk, bread, cereals and vegetables.

18. The Range of a Non-Fat-Forming Diet—Lean meat and flesh food and non-fatty fish are not highly fat forming. Potatoes, so often excluded from anti-fat dietaries, are quite permissible. While containing some starch, they are in fact mostly water and belong to the bulky foods. If potatoes are not taken with butter or cooked in fat, they may be taken regularly as the best source of starch.

19. The mainstay of the diet to satisfy hunger and avoid a sense of deprivation will be found in the following foods which can be freely eaten if not dressed or cooked with fats or sugar, and can be adjusted on a basis that will present the following not unattractive dietetic picture of permitted foods:

Eggs, meat, fish, fowl, soups, green vegetables of all kinds, most fruits, potatoes, milk, buttermilk, tea and coffee.

Cereals, bread and cake may usually be included in restricted amounts.

20. By cutting out sugar as a sweetening agent at the table, by cutting out bread and breadstuffs in two meals during the day, and eliminating heavy pastries, candy and extra food indulgences, an enormous advantage may be gained in weight reduction.

Alcohol is a fat sparer and if taken in any form imposes an obligation to cut down the fat-forming foods.

These are the general principles that are applied in weight regulation. The application of these principles to the individual requires a consideration of the diet customs, physical condition and the personal and family history, as is customary in the service of the Institute.

FOOD VALUES

The following is a list* of foods arranged in the order of their fat-forming power (calories) per pound. Some of these high calory foods are so concentrated—butter, for example—that if taken in great moderation they have no more fat-forming power than other foods much lower in calories, such as bread, for example, when it is taken in much larger quantity. Bulk in relation to calories must always be considered. Nevertheless it is quite plain from the list what types of foods must be eaten sparingly by the fat person and what types may be eaten almost without restriction. It would be difficult, for example, for a fat person to eat too much of the bulky green vegetables which are so low in calories, but a very slight increase in the use of the concentrated foods, such as butter, cream, oil, sugars, pastry, etc., would have a marked influence on weight production.

*Adapted from "Chemistry of Food and Nutrition," by Henry C. Sherman, Ph. D.

HIGH CALORIED FOODS

Food	Fuel Value per Pound in Calories	Food	Fuel Value per Pound in Calories
Lard	4,086	Dried Dates	1,575
Salt Pork	3,555	Dried Beans	1,565
Butter	3,491	Raisins	1,562
California Walnuts	3,182	Cow Peas (dried)	1,550
Butternuts	3,065	Orange Marmalade	1,548
Brazil Nuts	3,040	Mutton (forequarter)	1,543
Black Walnuts	3,001	Pork Chops	1,530
Almonds	2,940	Neuchatel Cheese	1,484
Pistachios	2,900	Honey	1,481
Bacon	2,840	Sweetened Condensed Milk	1,480
Chocolate	2,768	Fresh Ham (medium)	1,458
Potato Chips	2,598	Dried Zante Currants	1,455
Peanuts	2,490	Beef Brisket (medium fat)	1,449
Side of Pork	2,423	Beef Cross Ribs (average)	1,440
Cocoa	2,258	Mutton (hindquarter)	1,430
Pineapple Cheese	2,180	Raisins	1,407
American Red Cheese	2,102	Bread (toasted)	1,385
Pork Sausage	2,030	Lamb (forequarter)	1,385
American Cheese, pale	1,990	Dried Prunes	1,368
Doughnuts	1,941	Olives, Green	1,357
Cream Crackers	1,938	Corned Beef	1,353
Macaroons	1,922	Turkey	1,320
Zwiebach	1,915	Smoked Herring	1,315
Graham Crackers	1,905	Breast of Lamb	1,311
Full Cream Cheese	1,890	Salt Mackerel	1,305
Butter Crackers	1,887	Cane Molasses	1,302
Soda Crackers	1,875	Mince Pie	1,300
Water Crackers	1,885	Tenderloin Steak	1,290
Boston Crackers	1,835	Commercial Mince Meat	1,280
Sugar	1,815	Bread (water rolls)	1,268
Oatmeal	1,811	Side of Lamb	1,263
Beef, Ribs, Fat	1,721	Apple Pie	1,233
Shredded Wheat	1,660	Porterhouse Steak	1,230
Roquefort Cheese	1,645	Smoked Lean Ham	1,209
Farina	1,640	Bread (white homemade)	1,199
Cracker Wheat	1,635	Bread, Vienna	1,199
Entire Wheat Flour	1,630	Graham Bread	1,189
Graham Flour	1,628	Average Bread	1,182
Macaroni	1,625	Brie Cheese	1,170
Wheat Flour (patent roller process)	1,623	Milk Bread	1,158
Rice	1,620	Lemon Pie	1,156
Corn Meal	1,620	Hindquarter Fresh Ham	1,149
Pearled Barley	1,615	Ripe Olives	1,130
Chops (Lamb), broiled	1,614	Whole Wheat Bread	1,113
Dried Peas	1,611	Fresh Chestnuts	1,098
Hominy	1,609	Sirloin Steak	1,089
Rye Flour	1,590	Grape Butter	1,088
Wheat Flour, California fine	1,585	Bologna Sausage	1,061
Pork (chuck, ribs and shoulder)	1,585	Fresh Lean Ham	1,042
Buckwheat Flour	1,580	Fowls	1,017
Roast Beef	1,576		

MEDIUM CALORIED FOODS

Olives	995	Beef, tongue.....	717
Beef, chuck, average	978	Veal, hindquarter.....	715
Homemade mincemeat	942	Veal, side	697
Beef, rump, lean	940	Canned Pineapples	695
Salmon, whole	923	Beef, round, lean	694
Beef, hindquarter, lean	907	Veal, forequarter	690
Beef, sides, lean	890	Veal, cutlet	683
Cream	883	Whitefish	680
Beef, loin	877	Eggs, uncooked	672
Lamb, leg, roast	876	Beef, fore shank, lean	647
Pork Tenderloin	875	Herring, whole	644
Mutton, leg	863	Mackerel	629
Beef, ribs, lean	845	Beef, hind shank, lean	617
Beef, forequarter, lean	842	Green Cowpeas	603
Celery	840	Beef, liver	584
Beef, flank, lean	838	Baked Beans (canned)	583
Squash Pie	817	Shad Roe	582
Beef, dried, salted and smoked	817	Salmon, dressed	582
Veal, breast	817	Veal Liver	562
Custard Pie	806	Sweet Potatoes, raw	558
Beef, sweetbreads	799	Lima Beans, fresh	557
Beef, rib rolls, lean	795	Halibut steaks	550
Beef, neck, lean	732	Beef, round (free from visible fat)	512
Shad, whole	727		

LOW CALORIED FOODS

Cottage Cheese	499	Parsnips	294
Chicken, broilers	493	Pears, fresh	288
Cod, salt	473	Apples	285
Green Corn	455	Flounder	282
Green Peas	454	Apricots	263
Pomegranates	447	Blackberries	262
Bananas	447	Currants, fresh	259
Succotash, canned	444	Peas, canned	252
Grapes	437	Raspberries, red	247
Cherries, canned	407	Celery soup, canned	243
Bluefish	402	Koumiss	234
Calf's Foot Jelly	394	Oranges	233
Blackfish	393	Pea Soup, canned	232
Plums	383	Oysters, fresh	228
Lobster, canned	382	Onions, fresh	220
Lobster, whole	379	Peaches, canned	213
Potatoes, white, raw	378	Asparagus, cooked	213
Cherries, fresh	354	Cranberries	212
Lima beans, canned	350	Cod, dressed	209
Huckleberries	336	Squash	209
Oysters, canned	328	Fresh Beets	209
Haddock	324	Carrots, fresh	204
Milk, whole	314	Mushrooms	204
Raspberries, black	300	Lemons	201
Nectarines	299		

VERY LOW CALORIED FOODS

Pineapples, fresh.....	196	Watermelons.....	136
Peaches, fresh.....	188	Radishes.....	133
Beans, string, fresh.....	184	Eggplant.....	126
Beets, cooked.....	180	Pumpkins.....	117
Muskmelons.....	180	Spinach, fresh.....	109
Lemon Juice.....	178	Rhubarb.....	105
Turnips.....	178	Tomatoes, fresh.....	104
Okra.....	172	Tomatoes, canned.....	103
Strawberries.....	169	Asparagus, fresh.....	100
Milk, skimmed.....	167	Beans, string, canned.....	93
Oxtail Soup, canned.....	166	Lettuce.....	87
Buttermilk.....	162	Cucumber.....	79
Cabbage.....	143	Vegetable Soup, canned.....	62
Cauliflower.....	139	Consomme, canned.....	53

FOOD INDULGENCES

The fat-forming power or fuel value of some commonly used food indulgences follow:

Soda Waters

ICE CREAM (WITH CREAM)

	Total Calories per Portion
Chocolate, chocolate ice cream.....	443-467
Chocolate, chocolate ice cream.....	251-377
Chocolate, vanilla ice cream.....	349-354
Fresh strawberry, vanilla ice cream.....	436
Vanilla, vanilla ice cream.....	391-399
Vanilla, vanilla ice cream.....	202-321

Chocolates

PLAIN

Walter Baker, Vanilla Sweet.....	620
Park & Tilford.....	641
Stollwerck.....	490
Milk Chocolate.....	220-460
Nut Chocolate.....	157-524

SUNDAES

Chocolate ice cream.....	327-516
Chocolate sauce, walnuts.....	412
Fudge sauce, walnuts.....	383
Marshmallow sauce, walnuts.....	429
Marshmallow and chocolate sauce, walnuts.....	419
Maple walnut sauce.....	225-235
Strawberry sauce.....	

Strawberry ice cream	
Fresh strawberry sauce.....	227-406
Strawberry sauce.....	257
Strawberry sauce and marshmallow.....	412
Vanilla ice cream	
Fresh strawberry sauce.....	334
Marshmallow sauce, walnuts.....	350
Chocolate sauce, walnuts.....	396
Marshmallow sauce.....	251
Chocolate sauce, nuts.....	371
Strawberry sauce.....	304

Note that some of these indulgences are the equivalent in calories or fat-forming power of an entire breakfast or luncheon. Remember that ordinary food portions contain as a rule about 100 calories—for example, one egg, small glass of milk, moderate helping of roast beef or other non-fat meat. A chocolate ice-cream soda gives the same number of calories as a meal of fish-cakes, bread and butter and macaroni. If between-meal indulgences are craved, take bouillon, vegetable soup, or, as thirst-quenchers in hot weather, carbonated water with a dash of lime or lemon.

What the Institute Stands For—The Institute believes in exercise for you—but the kind of exercise that you need.

The Institute believes in regulation of diet, but diet regulated according to your individual condition.

The Institute does *not* believe that you can "eat yourself out of rheumatism" when you have a septic tonsil or a root abscess in your jaw.

The Institute does *not* believe in regulating a misbehaving stomach when the cause is bad mental habit or a neglect of physical training.

The Institute does *not* believe that physical training will do you any good so long as there is a focus of infection in your body that is responsible for your trouble.

The Institute does believe in exercise, diet, mental and physical hygiene all along the line and it appeals to the intelligence and common sense of the public to follow the lead of science and reject the half-baked pseudo-scientific cults that appeal to the unwary.

The Institute does believe in the periodic examination, not only of the body, but of the whole life of the individual, and in this it has the co-operation and endorsement of the forward-looking members of the medical profession, who believe that the mission of medical science is to keep people healthy—nay, more, to increase their total health as well as to relieve suffering and cure disease.

MEMO.

