

**PALATABLE FOOD RECIPES FOR THE UP-TO-DATE HOUSEKEEPER'S DAILY USE**

**General**

**Hot Sandwiches for Children's**  
Chop fine 1 cup of raisins together with 1 cup nuts, preferably walnuts. Mix with whipped cream or the white of an egg. Sweeten to taste.

**Ice or Graham Griddle Cakes**  
1/2 cup graham or 1/2 tspn. cream tartar 1/2 cup white flour 1/2 tspn. salt 1/2 cup white flour 1/2 tspn. sugar 1/2 cup milk 1 egg 1/2 tspn. soda

Let half the milk boil, pour in graham flour and rub smooth. Add cold milk and cool the mixture. Mix white flour and other dry ingredients and sift. Add with the well beaten egg to the graham and milk; beat well and fry on hot griddle well greased.

**Frosted Apples**

Have large apples, not too sour; remove cores, peel and put them in a steamer; steam until you can pierce them with a knitting needle. Set away to get cool. Beat the whites of three eggs very stiff and add six tablespoons sugar, and frost the apples while warm; then put them in a hot oven until they are a light brown. Serve cold.

**Peach Leather**

Stew as many peaches as you require, allowing a quarter pound of sugar to 1 pound of fruit; mash it up smooth as it cooks; when it is dry enough to spread in a thin sheet on a board greased with butter, set it out in the sun to dry; when quite dry it can be rolled up like leather, wrap up in a cloth and will keep perfectly from season to season.

**Bread**

**Whole Wheat Bread (by Request)**

Soften 1-3 cup compressed yeast 1/2 cup lukewarm water 2 teaspoons salt water 2 1/2 cups entire wheat 1/2 cup milk 1/2 cups bread flour 1/2 cup molasses.

Method—Place yeast, water, milk, molasses, butter and salt in bread bowl; mix thoroughly; then stir in entire wheat and white flour, mix very thoroughly. The dough will not be quite firm enough to knead in the morning; cut it through with a knife; turn it over and over; then put them into floury-buttered pans; make smooth with a knife and let it rise until nearly doubled its bulk. Bake 1 hour. I have found entire wheat bread made stiff enough to knead is very unsatisfactory because it dries up quickly.

This recipe makes 3 medium loaves. Norwich, Conn.

**Soup**

**Tomato Soup**  
1 can tomatoes 1/2 pkg. macaroni



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1 lb. Hamburg steak about 1 qt. water 1 large or 2 small onions piece of butter onions salt and pepper.

Boil the macaroni first in the quart of salted water for 20 minutes, then add the other ingredients and boil till the steak is done.

Avoid cooking the steak too long, for it toughens the fibers.

**Spaghetti Soup**

Get a shin bone with meat weighing about 2 pounds, 1 small turnip, one carrot, one onion, 1/2 pound of spaghetti.

Cut vegetables in small pieces and cook with the meat in about 2 quarts of water. Let come to a boil and then skim carefully, season with salt, pepper and a dash of paprika. Let cool slowly for 4 hours. Lay aside to cool, then skim off fat, add spaghetti and cook for 1/2 hour.

**Clam Chowder**

25 clams (or 1 qt.) pork 6 potatoes 2 tablesp. salt onion 1/2 tablesp. pepper

1/2 lb. finely cut salt 1 qt. milk Remove dark part (soft part) of lams. Slice potatoes and onion thin, put pork into pan and cook a short time, add potatoes, onion and seasoning, also juice of clams. Cook 2 1/2 hours then add clams. Boil 15 minutes and just before serving add hot milk. Serve with oyster crackers.

**Fish**

**Broiled Mackerel**

Wash and split the fish down the back, dust with salt and pepper, rub over with butter. Put on a greased wire boiler and broil flesh side down. When brown, turn and broil the skin side. Chop fine 1 tablespoon parsley, mash with 1 tablespoon butter (melted) and add slowly the juice of 1/2 lemon. Place fish when cooked on a hot platter and pour sauce over it. Place pieces of lemon around it.

**Muddled Halibut**

Try out a couple of slices of salt pork in a pan. Clean and scrape halibut into small chunks about 1 1/2 inches. Put the halibut into the hot fat. Also add 1 large or 2 small onions. Season with salt and pepper to suit the taste. Add to this 1 1/2 pints of water and 1/2 cup of new milk after thickening has been put in. Let boil until fish is done.

**Vegetables**

**ASPARAGUS LOAF**

Probably every housewife knows how to make an egg soufflé of some sort, and this is just a revised version with asparagus added either canned or fresh asparagus.

Beat 4 eggs thoroughly, 1 cup full of cream gravy, that is, milk thickened with flour and seasoned well. Butter a baking dish and put the ingredients all in, and add a cup of asparagus tips and 2 tablespoons of any chopped meat. Whisk it all up together till fluffy and bake in a moderate oven for 25 minutes, setting the baking dish in a shallow pan of hot water. To test when the loaf is done, put a dinner-knife into it and when nothing sticks to the knife, it is done.

Good for variety. To 1 cup milk use 2 level tablespoons of flour.

**FRIED CABBAGE**

Shave fine 1 small cabbage, boil until soft in as little water as possible. Add 1-2 teaspoon salt, 1 tablespoon vinegar and 2 tablespoons meat fryings or butter. Fry until light brown. Serve hot. This will serve three people.

**Potato Fritters**

They do not soak fat and are light. Sift 2 teaspoons baking powder and a little salt with 1 1/3 cups of flour, add 2 cups of milk, stir thoroughly, then add 1 egg. Take warm boiled potato, mash and add salt, pepper and butter; stir into batter, drop by teaspoons full into deep hot fat. The fritters will rise an inch and will not drop.

**BAKED SWEET POTATOES**

Boil and peel the sweet potatoes. Slice them, but not too thin. Put a layer of sweet potatoes into a baking dish, then a layer of butter, sugar and nutmeg and so on until the pan is filled. Cover with sweet milk. The milk, sugar and butter form a rich custard or gravy which is delicious.



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**CREAMED POTATO CROQUETTE**

Form seasoned mashed potatoes into medium sized croquettes. Dip in melted butter and crumbs and fry a delicate brown. Place immediately in a warm, deep dish, cover with white sauce and butter. Serve piping hot.

(About eight potatoes for four people is my usual formula).

**Meat**

**MARCARONI**

1 small fowl 1/2 cup grated cheese 1-4 lb. salt pork Salt and pepper 1 lb. spaghetti or 1 small onion 1 small can tomatoes A bit of parsley  
Try out salt pork, add chicken and onion cut up and browned, salt and pepper, parsley, the tomatoes. When tomatoes cook add 1 qt. hot water, let simmer slow till done, time about 2 hours. Have pan of boiling water for macaroni and boil 20 minutes. Be sure to have water salted to taste. Drain well, put in deep dish, cover with cheese and sauce. Serve hot.

**SMOTHERED SAUSAGE**

Cook little link sausages in their own fat until they are brown. Then arrange them in a casserole, pour just a little water over them and cover thickly with tart apple

slices to correspond with the sausages. Sprinkle the apples with dark brown sugar, then cover the casserole and bake slowly for one hour. Serve steaming and spicy in the casserole.

**BRAISED DUCK WITH TURNIPS**

2 ducks 2 stalks celery 1 bunch parsley 2 turnips 2 cups water 1 onion Nutmeg, pepper, salt 4 slices ham  
Wash and cut 2 carrots, 2 stalks celery, 2 turnips, 1 onion in large pieces, put them in pan; on these place 4 slices ham, then 1 duck trussed for roasting, 1 bunch parsley, 2 cups water, dust with nutmeg, pepper and salt. Lay buttered paper over top, then cover and simmer 1 hour or till duck is tender. Melt 3 tablespoons butter in a pan, add 1 dozen small, peeled turnips and toss until they are golden brown. When duck is cooked, remove strings and skewers. Put on hot dish and arrange turnips around. Season gravy and strain over duck.

**Salad**

**VEGETABLE SALAD**  
1 cup finely cut red 1 cup cold boiled

cabbage ed potatoes 1 cup cold boiled red 1 cup finely cut celery 1 1/2 cup pimientos 1 cup cold boiled 1 head lettuce 1 cup French dressing

Soak cabbage in cold water 1 hour, drain and add beets, carrots and celery. Mix well together, season with salt and pepper and serve on lettuce leaves. On top put strips of pimiento and serve with French dressing, to which may be added 1 teaspoon of onion juice.

All vegetables should be diced.—Lasell.

**FRENCH DRESSING**

Put 1 tablespoon lemon juice or vinegar, 1/2 teaspoon salt, 1 1/2 teaspoon pepper into bowl, add 3 tablespoons oil, beating constantly. Serve very cold.

**MARQUISE SALAD**

5 fine ripe tomatoes 2 tblspns salad 1-2 cup chopped onion 2 cup chopped celery Parsley  
Pare tomatoes and cut in half, mix finely cut onion, parsley and celery, add salad oil, a pinch of salt and red pepper. Line salad bowl with lettuce, place tomatoes in it and on each half put 1 tablespoon mixture, pour on French dressing, put a teaspoon of mayonnaise dressing on top, serving cold.