

THE
NORTH PARK
Cook Book

CHURCH BUILDING EDITION



Published by
North Park Ladies Circle
1922

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THE
NORTH PARK
Cook Book

A COLLECTION OF
TRIED RECIPES
TENDERED BY FRIENDS OF THE CIRCLE
FOR THE EDIFICATION OF
COOKS
TO WHOM IT IS DEDICATED

SECOND EDITION

Published by
North Park Ladies Circle
1922

The Ladies' Circle wishes to thank those who have assisted in compiling this second edition of the North Park Cook Book. The poet has well defined the need of cooks and we sincerely hope these carefully selected recipes will be of great help to our many friends.

"We may live without poetry, music and art,
We may live without conscience and live without heart,
We may live without friends, we may live without books,
But civilized man cannot live without cooks.

"He may live without books; what is knowledge but grieving?
He may live without hope; what is hope but deceiving?
He may live without love; what is passion but pining?
But where is the man who can live without dining?"

—Owen Meredith.

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RECIPE FOR A HAPPY DAY

Take a little dash of cold water,
 A little leaven of prayer,
 A little bit of sunshine gold,
 Dissolved in morning air.

Add to your meal some merriment,
 Add thought for kith and kin,
 And then for a prime ingredient,
 A plenty of work thrown in.

Flavor it all with essence of love,
 And a little dash of play;
 Let the dear old book and a glance above
 Complete the well spent day.

—Anonymous.

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KNOX GELATINE makes a transparent, tender, quivering jelly

SOUPS

"Some like it hot,
Some like it cold;
Some like it in the pot
Nine days old."

SOUP STOCK

2 pounds shin beef.	2 teaspoons salt.
2 quarts cold water.	$\frac{3}{4}$ cup each carrot, turnip, celery.
1 small onion.	1 sprig parsley.

Wipe the meat with a damp cloth and cut up into small pieces. Put it with the salt into cold water and let simmer for 5 hours; add chopped vegetables and cook one hour longer. Set aside to cool and remove cake of fat. When ready to use add more salt if necessary and the stock may be strained and vegetables removed if desired. To this stock may be added other vegetables, such as potatoes, tomatoes or peas, rice or spaghetti.

Jennie Pixley.

PUREE OF PEAS OR CORN

One can peas (drained), put through collander to take out skins; 3 cups hot water, add to peas and let simmer for a few minutes. Add 2 cups rich milk and let come to boiling heat but do not boil. To this add 2 teaspoons of flour creamed with 1 teaspoon of butter and salt to taste. Again let come to boil. Serve hot with salted wafers. A dash of onion or celery salt is liked by many.

Mrs. Sumner Wells.

HOLLAND PEA SOUP

2 pork hocks.	2 onions.
1 quart dried peas, soaked over night.	2 potatoes.
	Salt to taste.

Boil until peas are tender

Mrs. W. R. Townsend.

TOMATO SOUP

One quart tomatoes, heat to boiling; add salt, pepper, butter and $\frac{1}{2}$ teaspoon soda; stir well; add 1 quart of boiling milk or milk and cream.

Ellen N. Holms.

CREAM OF PEA SOUP

$\frac{1}{2}$ lb. dried peas, soaked over night. Drain and add 1 onion and some celery tops. Cover with water and cook until tender. Press through wire sieve. Add 1 pint milk and 1 cup water and large piece of butter. Thicken with 1 tablespoon cornstarch moistened with water. Salt to taste. Dried lima beans may be used instead of peas.

Mrs. V. E. Thebaud.

CREAM SOUPS

Asparagus, corn, lima beans, peas, tomatoes, spinach and celery make very delicious and wholesome cream soups. The foundation for each of these is a well-made white sauce.

Use Smith's Vanilla and your cake will have a soul

KNOX GELATINE makes dainty desserts for dainty people

CREAM OF ASPARAGUS SOUP

- | | |
|--|-------------------------------|
| 1 No. 2 size can asparagus tips | 1 tablespoon flour. |
| or $\frac{1}{2}$ No. 2 size can of long asparagus. | $\frac{1}{2}$ teaspoon salt. |
| | $\frac{1}{4}$ teaspoon pepper |
| 1 tablespoon butter or margarine. | $1\frac{1}{2}$ cups milk. |

Drain the liquid from the asparagus and cut the tips from it, reserving both. Melt the butter and add the flour, cook both together to the bubbling stage, then add the milk, the asparagus liquor and the seasoning, to which a tiny sprinkle of mace and paprika may be added if desired. Rub the long asparagus or the tips through a sieve, and stir the pulp into the liquid. Simmer for a few moments, then add the asparagus points and serve with little triangles of toast, or with hot crackers.

CREAM OF TOMATO SOUP

- | | |
|-----------------------------|---|
| 1 No. 2 size can tomatoes. | 1 tablespoon butter or butter substitute. |
| 1 teaspoon sugar. | |
| $\frac{1}{4}$ teaspoon soda | $1\frac{1}{2}$ cups milk. |
| 1 tablespoon flour. | |

Cook the tomatoes with the sugar for ten minutes, then add the soda, let boil for a moment, then press through a sieve. Make the white sauce as usual, add the tomato pulp and serve at once. Do not cook the soup after the tomato pulp and white sauce have been combined, or it may curdle. Small square crackers, toasted, make a pleasant accompaniment to this soup.

CLEAR TOMATO SOUP

- | | |
|----------------------------|---------------------|
| 1 No. 3 size can tomatoes. | 1 teaspoon tapioca. |
| 1 cup canned celery. | Salt. |
| 1 pint water. | Pepper. |
| 1 slice onion. | Paprika. |

Cook the tomatoes, onion and celery together twenty minutes, then rub through a coarse sieve, pouring the water boiling hot through the sieve after the vegetables have been pressed through it. Place over the fire and add the tapioca, which should be soaked for ten minutes. Cook till the tapioca is clear. If desired a teaspoon of Worcestershire Sauce and one of sugar may be added to this soup.

VEAL SOUP

Cook a knuckle of veal covered with cold water, let it simmer 2 hours, remove the veal, add rice to the broth; when rice is soft add a few sprigs of parsley and season to taste.

Mrs. Albert Smith.

TOMATO SOUP

- | | |
|--------------------------|--|
| 1 peck ripe tomatoes. | $\frac{1}{4}$ cup salt. |
| 8 stalks celery. | Cayenne pepper. |
| 6 large onions. | 1 cup flour made into paste with cold water. |
| 4 cups water. | |
| $\frac{1}{4}$ cup sugar. | |

Mix everything together except the flour and cook thoroughly; strain, add the flour and cook again for a few minutes and can.

Mrs. Clayton Lawson.

Smith's Maple Flavoring is delicious. Try it

See that the name K-N-O-X is on each package of gelatine you buy

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Try the KNOX GELATINE recipes found in this book

FISH

"Oh! you who have been a-fishing
Will indorse me when I say,
That it always is the biggest fish
You catch that gets away."
—Eugene Field.

BAKED FISH

2 tablespoonfuls of chopped onions.
Butter size of a walnut.
1 tablespoonful suet.
Pepper, salt and 1 egg beaten thoroughly.
Little parsley.
Make a dressing of bread crumbs.

Stuff the fish and sew or tie securely. Bake in pan with hot water, laying pieces of pork on top, seasoning with salt and pepper. Baste very often.

Mrs Walker.

CODFISH BALLS

1 cup salt fish.
2 cups mashed potatoes.
2 tablespoonfuls cream.
1 tablespoonful melted butter.
1 egg, season with pepper.
Remove from the fish all the bones.

Make into cakes and fry in smoking hot pork fat or Cottolene.
Mrs. Chas S. Davies.

SALMON TURBOT

2 cans salmon.
Pepper and salt.

Dressing—Heat a pint of milk, thicken with 1 cup of flour; when cool add 2 eggs beaten, $\frac{1}{4}$ pound butter, season with a little grated onion, and a little chopped parsley. Put in a dish, layers of fish and dressing, sprinkle bread crumbs and bits of butter over the top. Bake one-half hour.

Mrs. Frank Van Steenberg.

BAKED CANNED SALMON

Freshen by pouring over contents of 1 can of salmon, 3 cups of cold water and let come to a boil. Beat up lightly 2 eggs; stir into fish after it has drained and cooled. Add $\frac{1}{2}$ cup of cream (or milk and a little butter) and a little salt. Put in individual baking dishes and sprinkle over with rolled crackers. Bake $\frac{1}{2}$ hour.

Mrs. Wm. Rudy.

SALMON CROQUETTES

1 can salmon, remove bones and skin.
1 egg.
 $\frac{1}{2}$ cup milk.
1 cup cracker crumbs.
Salt.

Make into patties and fry in butter.

Mrs. F. Hachmuth.

Smith's Flavoring has a flavor all its own

Where recipes call for Gelatine, use KNOX GELATINE

FISH TURBOT

- | | |
|---------------------------|--------------------|
| 2½ cups cold fish flaked. | ⅛ teaspoon pepper. |
| 2 cups milk. | ¼ cup butter. |
| ½ cup flour. | 1 lemon. |
| 1 slice onion. | Yolks of 2 eggs. |
| ½ teaspoon salt. | Cracker crumbs. |
| Sprig of parsley. | |

Scald milk with onion and parsley, remove seasoning. Melt butter, add flour, salt and pepper and gradually the milk—then add eggs slightly beaten.

Mrs. Wm. H. Perkins.

TUNA FISH OR CRAB MEAT IN RAMEKINS

Prepare as above, omitting the pepper, and bake in small individual dishes with fine bread crumbs sprinkled over the tops.

SCALLOPED OYSTERS

- | | |
|-------------------------------------|-------------------------------|
| 1 No. 1 size can oysters. | A few drops of Worcestershire |
| 1 cup bread crumbs. | Sauce. |
| 2 tablespoons butter, salt, pepper. | |

Drain the oysters. Butter a baking dish and place a layer of crumbs in it. Cover with a layer of oysters, sprinkle with salt and pepper and dot with butter. Then place a layer of crumbs over the oysters and repeat the process, making the top layer of crumbs. Pour the oyster liquor, brought to the boiling point and seasoned with Worcestershire Sauce, over the dish, dot with butter and bake twenty minutes in a hot oven.

FRIED OYSTERS

- | | |
|---------------------------|------------------|
| 1 No. 2 size can oysters. | Fat for frying. |
| 1 egg. | Salt and pepper. |
| Cracker dust. | |

Drain the oysters, then wipe them dry and dip in egg well beaten with a tablespoon of water. Next roll the oysters in cracker meal and let them stand a few moments. If liked very fluffy, they may be dipped again in egg and cracker meal. See that they are well coated on all sides, also that they are given an opportunity to harden slightly before frying. Drop in deep boiling fat and fry a rich brown. Drain on paper, then serve with a garnish of sliced lemon.

LITTLE PIGS IN BLANKETS

- | | |
|------------------------------|-------------------------------|
| 1 No. 2 size can oysters. | Salt, pepper, parsley, toast. |
| ½ pound thinly sliced bacon. | |

Drain the oysters well, sprinkle with salt and pepper and roll each in a bit of bacon. Fasten with toothpicks and broil over a hot fire. Remove the toothpicks and serve on squares of hot buttered toast. Garnish with sprigs of parsley.

Mrs. J. R. Pixley.

If you want something different, try Smith's Nectarin

Simply add water and sugar to the KNOX ACIDULATED package

TUNA FISH, A LA KING

- | | |
|------------------------------|--------------------------|
| 1 No. 2½ size can tuna fish. | 6 canned muhsrooms. |
| 1 green pepper or | 1 tablespoon flour. |
| 1 canned pimento. | 1 cup milk. |
| 1 tablespoon butter or | Salt, pepper, paprika. |
| margarine. | A few grains of cayenne. |

Flake the fish in large pieces. Make a white sauce of the margarine, flour, milk and seasonings, then add the pepper cut in large pieces, and the mushrooms; simmer for a few moments, then stir in the fish and cook till it is thoroughly heated. Omit the mushrooms if not desired.

SALMON LOAF

Flake a can of salmon fine and mix with 2 cups of bread crumbs and 2 eggs. Season with salt, cayenne, onion chopped fine or onion juice, lemon juice. Form into a loaf; put in a buttered pan and bake 1 hour; cover with paper and set in a pan of hot water.

Mrs. Albert Smith.

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SALADS

"To make a perfect salad there should be a miser for oil, a spendthrift for vinegar, a wise man for salt, and a mad cap to stir the ingredients up and mix them well together."—Spanish Proverb.

COMET SALAD

Soak $\frac{1}{2}$ box Gelatine in $\frac{1}{2}$ cup of water 5 minutes. Add:
 $\frac{1}{2}$ cup of mild vinegar. 1 cup sugar.
Juice of 1 lemon. 1 teaspoon salt.
1 pint boiling water.

When beginning to set add 1 cup of finely shredded cabbage, 2 cups of celery cut fine, $\frac{1}{4}$ can sweet red pepper. Turn in mold and chill, serve on lettuce with mayonnaise dressing.

Mrs. W. R. Townsend.

PEACH SALAD

Fresh or canned peaches; dates; walnut meats; lettuce. Lay halves of peaches on crisp lettuce leaf, then add chopped dates and nut meats mixed with mayonnaise dressing. Lastly add $\frac{1}{2}$ walnut meat.

Mrs. Geo. H. Hamilton.

HOT POTATO SALAD

2 quarts diced cold potatoes.	1 tablespoon water.
2 good sized onions.	1 tablespoon sugar.
Butter size of two eggs.	1 tablespoon flour.
3 tablespoons vinegar.	$\frac{1}{2}$ teaspoon mustard.

Heat, pour over potatoes and heat in oven. Don't brown. Parsley, chives or eggs on top when ready to serve.

Mrs. John Schouten.

WALDORF SALAD

Pare and cut in pieces, enough apples to make 2 cups, cut celery to make 1 cup. Mix, add $\frac{1}{2}$ cup of chopped nuts and 2 tablespoons of dressing. Serve on lettuce leaves.

Mrs. Chas. Ellenger.

COTTAGE CHEESE SALAD

Lettuce shredded, cottage cheese with pimento in it, 1 teaspoon of minced pineapple; salad dressing with mustard mixed with whipped cream and chopped nuts on top.

Mrs. Hodge.

RICE SALAD

One cup rice cooked in salted water; when cold add 1 cup pineapple and $\frac{1}{2}$ pint of whipped cream.

Mrs. Chas. S. Davies.

Be sure and ask for Smith's Flavoring

KNOX GELATINE comes in two packages—**PLAIN** and **ACIDULATED (Lemon Flavor)**

POTATO SALAD DRESSING

- | | |
|---------------------------------|--|
| 1 tablespoon butter. | 1 teaspoon salt. |
| 1 tablespoon flour. | 1 egg. |
| Mix to paste. | 1 cup hot water. |
| 1 teaspoon sugar. | $\frac{1}{2}$ cup vinegar, added last. |
| $\frac{1}{2}$ teaspoon mustard. | |

Cook until thick. When cool, thin with cream or milk.

Mrs. Chas. S. Davies.

CUCUMBER SALAD

- 1 large cucumber diced. 1 small onion.
Pour over them a dressing made of $\frac{1}{2}$ cup of whipped sour cream,
1 tablespoon sugar, 2 tablespoons vinegar and $\frac{1}{4}$ teaspoon salt.
Mrs. McTaggart.

TUNA SALAD

- 1 cup of tuna. 2 cups celery, diced.

Dressing

- | | |
|--------------------------------|---------------------------------|
| 1 heaping tablespoon of flour. | $1\frac{1}{2}$ cups of vinegar. |
| 1 cup of sweet milk. | 1 teaspoon mustard. |
| Cook this and then add: | Pinch of salt. |
| 3 eggs, beaten. | Butter size of an egg. |
| 3 tablespoons of sugar. | |

Cook all together in a double boiler; when cold, thin with whipped cream.

Mrs. Frank Townsend.

SALAD

- 1 leaf of lettuce. Spread thick cream cheese.
1 slice of pineapple. 3 sections grape fruit.
Whipped cream and salad dressing sweetened and colored pink;
cherry on top.

Mrs. Wm. P. Putnam.

PERFECTION SALAD

- | | |
|-------------------------------------|-------------------------------------|
| 1 envelope Knox Sparkling Gelatine. | $\frac{1}{2}$ cup sugar. |
| $\frac{1}{2}$ cup cold water. | 1 teaspoonful salt. |
| $\frac{1}{2}$ cup mild vinegar. | 1 cup cabbage, finely shredded. |
| 2 tablespoonfuls lemon juice. | 2 cups celery, cut in small pieces. |
| 2 cups boiling water. | 2 pimientos, cut in small pieces. |

Soak gelatine in cold water 5 minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimientos.

A delicious accompaniment to cold sliced chicken or veal.

Drink Smith's Jiffy Punch, the delicious home drink

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed

CABBAGE SALAD

- | | |
|-------------------|--------------------------|
| 1 small cabbage. | 1 stalk celery. |
| 1 small onion. | Nut meats. |
| 1 can pimientoes. | Sugar and salt to taste. |

Serve on shredded lettuce with mayonnaise dressing.

Mrs. J. C. Force.

LUNCHEON SALAD

- | | |
|-------------------------------------|------------------------------------|
| 1 envelope Knox Sparkling Gelatine. | $\frac{1}{2}$ cup sugar. |
| 1 cup cold water. | 3 tart apples. |
| $1\frac{1}{2}$ cups boiling water. | 1 cup celery, cut in small pieces. |
| $\frac{1}{2}$ cup lemon juice. | $\frac{1}{2}$ cup pecan nut meats. |

Soak gealtine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

TUTTI FRUTTI SALAD

- | | |
|--------------------------------|-----------------------|
| 2 slices canned pineapple. | 6 marshmallows. |
| Small bottle cherries. | Fruit Salad dressing. |
| 2 tablespoons chopped walnuts. | Lettuce. |
| 2 canned peaches. | |

Cut the pineapple into shreds, also the peaches, nuts, marshmallows and cherries, reserving a few of the latter for a garnish. Arrange the fruit on lettuce leaves with a generous spoonful of fruit salad dressing on each serving. Decorate with whole cherries.

FRUIT SALAD DRESSING

- | | |
|--------------------------|-------------------|
| 1 cup sugar. | Juice of 1 lemon. |
| $\frac{1}{2}$ cup water. | 1 egg. |

Boil the sugar and water together until the syrup will spin a thread, then pour over the well beaten yolk of the egg. Beat while cooling and add the lemon juice. When cool and just before serving, whip in the stiffly beaten white of the egg.

FRENCH DRESSING

- | | |
|------------------------------|--------------------------------|
| 3 tablespoons oil. | $\frac{1}{4}$ teaspoon pepper. |
| 1 tablespoon vinegar. | Cayenne. |
| $\frac{1}{2}$ teaspoon salt. | Paprika. |

Place the oil and seasonings in a cold bowl and with the back of a spoon stir them round and round till well mixed. In warm weather add a small piece of ice while stirring. Then add the vinegar slowly, and stir until a perfect emulsion is formed.

There is no Vanilla like Smith's Gilt-Edge Blend

Use KNOX GELATINE—the two-quart package

SHRIMP AND SARDINE SALAD

1 can sardines.
1 can shrimps.

Sauce Tyrolienne.
Lettuce.

Remove the skin from the sardines and break into small pieces. Break the shrimps also and mix with the dressing. Serve on lettuce leaves.

ASPARAGUS SALAD

Use canned or fresh asparagus. Arrange on lettuce leaves, garnish with red and green peppers, cut into strips, dress with French dressing.
Mrs. Andy Mouw.

CHICKEN SALAD

Cut a cold boiled fowl in about ½-inch cubes, equal amount of celery, 3 hard boiled eggs; add mayonnaise dressing and serve on crisp lettuce. Add a teaspoon of cottage cheese on the side and 2 olives on top.

Robinwood.

SALMON OR TUNA SALAD

1 No. 2 size can fish.
6 olives.

Mayonnaise.
Lettuce.

Drain the fish well and flake into medium-size pieces. Cut the olives into bits and mix with the fish and salad dressing; serve on lettuce leaves, placing a spoonful of mayonnaise on each serving.

ROQUEFORT DRESSING

Three tablespoons grated Roquefort cheese added to the French dressing with enough paprika to color it well, will transform it into a delicious Roquefort dressing.

FRENCH DRESSING FOR FRUIT SALADS

Substitute lemon, orange or grapefruit juice for vinegar in the original recipe.

MAYONNAISE DRESSING

1 egg.
1 heaping teaspoon mustard.
½ teaspoon salt.

Dash of cayenne.
2 tablespoons vinegar.
1 pint oil (corn or cottonseed)

This recipe is a far more simple one than the old tedious method of making mayonnaise, and is thoroughly reliable.

Place the egg, mustard, salt, cayenne and vinegar in a bowl, beat them well with a Dover egg beater till thoroughly blended, then add 1 tablespoon of the oil and beat again, continue adding the oil gradually until one cup has been used, then add oil in larger quantities. Beat vigorously, taste and add more vinegar or seasoning as necessary.

Your cake will be better if you use Smith's Vanilla

See that the name K-N-O-X is on each package of gelatine you buy

SAUCE TARTARE

Add a teaspoon each, chopped capers, small pickles, olives, parsley and grated onion to the mayonnaise.

Mrs. E. A. Power.

SAUCE VINAIGRETTE

This is but a variation of the foundation French dressing. Merely add to the former a teaspoon each of chopped capers, olives, parsley and small cucumber pickles. Use this sauce with asparagus, cold meats, celery and other salads.

SAUCE TYROLIENNE

Add half a cup of chili sauce to a cup of mayonnaise and fold in the stiffly beaten white of one egg.

THOUSAND ISLAND DRESSING

To a cup of mayonnaise add a cup of chili sauce, a tablespoon each chopped peppers, small onions or chives, and olives.

FRUIT SALAD DRESSING

1 cup vinegar.	$\frac{1}{2}$ teaspoon salt.
1 cup water.	Dash paprika.
1 cup sugar.	2 small tablespoons cornstarch.
$\frac{2}{3}$ cup butter.	4 eggs, well beaten.

Cook in double boiler.

Mrs. Clayton W. Lawson.

SALAD DRESSING

$\frac{1}{2}$ tablespoon salt.	$\frac{1}{2}$ tablespoon sugar.
Pinch red pepper.	$\frac{1}{4}$ cup vinegar.
$\frac{1}{2}$ tablespoon flour.	1 tablespoon butter.
Yolks of 2 eggs.	$\frac{3}{4}$ cup milk.

Mix the dry ingredients; add the beaten yolks gradually to make a smooth paste, add the other ingredients; cook in a double boiler, stirring occasionally; if cooked next to the blaze it must be stirred constantly as it will curdle.

Mrs. Frank Kress, Jr.

CRAB MEAT SALAD

1 can Sapco crab meat.	Same amount of celery, cut
Remove bones.	medium.
	2 hard boiled eggs, sliced.

Serve with mayonnaise and serve on crisp lettuce.

Robinwood.

EGG SALAD

Cut hard boiled eggs into halves lengthwise, remove yolks, put through a potato ricer, add mustard, salt and pepper, moisten with olive oil and make into balls. Refill the white, dress with cream dressing; serve on lettuce.

Smith's Maple Flavoring is delicious. Try it

KNOX ACIDULATED GELATINE saves the cost, time and bother
of squeezing lemons

THOUSAND ISLAND DRESSING

1 cup mayonnaise.	2 tablespoons chilli sauce.
2 teaspoons chopped pimentos.	2 tablespoons catsup.
2 teaspoons chopped olives.	1 tablespoon chopped onions.
Fold in $\frac{1}{2}$ cup whipped cream.	

Robinwood.
Mrs. Andy Mouw.

ROBINWOOD SPECIAL SALAD

$\frac{1}{2}$ ring pineapple.	$\frac{1}{2}$ pear on lettuce.
3 asparagus tips.	

Fill pear with 1 cake of Philadelphia cheese moistened with thick cream, beat smooth. and add walnut meats as many as you wish, or use plain. Will serve six. French dressing on asparagus tips and pineapple.

Robinwood.

FRENCH DRESSING

1 teaspoon (rounding) sugar.	$\frac{1}{4}$ teaspoon mustard.
1 teaspoon (level) salt	$\frac{2}{3}$ cup olive oil.
1 teaspoon paprika.	$\frac{1}{3}$ cup vinegar.
Beat well before serving.	

Robinwood.

• CELERY SALAD

Cut celery into small pieces, add one-half of that amount of nut meats, English walnuts or pecans; dress with cream dressing.

Mrs. Andy Mouw.

BANANA SALAD

Peel bananas, cut lengthwise into four strips, cut strips into cubes, dress with French dressing, adding plenty of paprika and lemon juice; serve on leaf lettuce, garnish with strips of red and green sweet peppers.

Mrs. Andy Mouw.

COMBINATION SALAD

A few leaves of head lettuce, large stuffed olives cut into pieces, very smallest beets, slice of Nippy cheese. Use cream dressing.

Mrs. Andy Mouw.

BRAZILIAN SALAD

Remove seeds from Malaga grapes, cut into halves, add same amount of pineapple (canned or fresh) cut in cubes. Same amount of celery cut fine. Add $\frac{1}{2}$ of quantity of Brazilian nuts cut in pieces. Mix with cream dressing, lemon juice. Whipped cream for top.

Mrs. Andy Mouw.

There is no Vanilla like Smith's Gilt-Edge Blend

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Pinning curtains to the floor, stretching and pulling them over hooks, curtains with crooked corners—you needn't be bothered with any of these things this spring if you'll just call us. We have a curtain service you'll like. We call for your curtains—clean them perfectly—and finish them without a single hook or pin. The scallops are kept in place, the edging and corners are perfectly true—your curtains come back all ready to lend new beauty to your windows. Just phone DUBL 4 DUBL 3 and have your curtains laundered by

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COIT AVENUE, NEAR PALMER STREET

GRAND RAPIDS, MICH.

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

MEATS

"Some hae meat an' canna eat
And some wad eat that want it;
But we hae meat and can eat
Sae let the Lord be thanket."—Burns.

BEEF LOAF

- | | |
|--------------------------------------|------------------------|
| 1½ pounds beef. | 1 small onion, ground. |
| ½ pound fresh pork, ground together. | 1 egg. |
| 1 cup bread crumbs. | 1 tablespoon salt. |
| 1 cup tomatoes. | 1 tablespoon pepper. |
| 1 green pepper. | 1 tablespoon butter. |

Mix well and bake 1 hour.

Mrs. Wm. S. Sherman.

VEAL AND RICE LOAF

One pound veal stew, put through the chopper before cooking; equal amount of boiled rice.

- | | |
|-----------------------|---------------------|
| 2 eggs. | Salt, pepper, sage. |
| 1 small onion. | 1 can tomato soup. |
| 1 cup cracker crumbs. | 1 can water. |

Mix in loaf and bake 1 hour.

Sauce—Melt butter, flour, 1 can tomato soup, 1 can water, mushrooms.

Mrs. B. M. Fox.

LOUISIANA CHICKEN JUMBLELI

- | | |
|-----------------------|--------------|
| 1 chicken. | 2 cups rice. |
| 2 large spoons lard. | 1 onion. |
| 2 large spoons flour. | |

Put lard in kettle; when hot, put in chicken (cut up), brown all over, then add flour and onion cut up fine, add water to cover, cook until tender; cook rice in a separate dish; when done, mix with chicken let cook a short time. A nice change is to add tomatoes to chicken and cook spaghetti instead of rice.

Mrs. H. L. Oatley.

VEGETABLE STEW

Use any bits of meat at hand, or, brown and stew until tender 1 pound of beef, veal, mutton or lean fresh pork. Add to the juice of the meat enough boiling water to make a quart. An hour before the meal peel and add to the above 5 or 6 potatoes, cut to medium size; 4 or 5 good sized onions, carrots cut to size of potatoes or a bit smaller, and if you like, two or three parsnips. Keep enough liquor over meat and vegetables to cover well, and when ready to serve add salt to taste, and thicken just slightly with 2 teaspoons flour mixed to a smooth paste with water. Appetizing and satisfying.

Mrs. Sumner Wells.

All good Grocers sell Smith's Flavoring

Where recipes call for Gelatine, use KNOX GELATINE

BREADED VEAL OR PORK CHOPS

Beat 2 eggs very light, dip the chop in this a piece at a time, so as to cover both sides with the egg, then roll in grated bread crumbs, salt and pepper; fry in half butter and lard until a nice brown. Veal will taste very much like chicken fixed this way.

Mrs. J. R. Pixley.

CREAM CHICKEN

Pick cold boiled chicken into small pieces; to 1 chicken 1 pint cream, 3 hard boiled eggs, whites chopped fine; heat cream and make sauce as follows: Two tablespoons butter, creamed with a cup of flour; beat into hot cream; season with parsley, onion, red and black pepper, nutmeg and salt; serve on platter with yolks of eggs, rubbed fine.

Mrs. Pixley.

CHICKEN CUTLETS

Meat of cold roast chicken cut fine, 1 cup of drawn butter or cream gravy, 4 eggs, $\frac{1}{2}$ cup bread crumbs, pepper and salt. Place gravy in pan, when hot stir in meat, add the beaten eggs, mix well together, stirring constantly for 3 minutes, then pour out on a broad dish to cool. When cold and stiff cut into oblong pieces 3 inches by 2 inches, dip in egg and crumbs, and fry in hot lard. Drain and serve.

Mrs. Irving Woodworth.

CHICKEN, A LA KING

- | | |
|---------------------------|--|
| 1 No. 1 size can chicken. | $1\frac{1}{2}$ cups milk. |
| 1 green pepper. | $\frac{1}{4}$ cup butter or butter substitute. |
| 1 canned pimento. | 2 tablespoons flour. |
| 1 small can mushrooms. | Seasoning. |

Make a white sauce of the butter, flour and milk, saute the green pepper freed from seeds and cut in pieces in a little of the fat, and add to the sauce, also the mushrooms and pimento. Cut the chicken in large cubes and simmer in the sauce for ten minutes. Do not cook this dish rapidly or it will lose its delicacy.

CHILI CON CARNE

- | | |
|--|-------------------|
| 1 pint kidney beans. | 1 quart tomatoes. |
| 2 onions chopped fine. | Red pepper, salt. |
| One pound veal cooked, chopped fine and put back in the broth. | |
| Beans may be cooked first or canned beans may be used. | |

Mrs. W. R. Townsend.

CHILI CON CARNE

- | | |
|------------------------|---------------------------------------|
| 1 pound hamburger. | 2 green or 1 red pepper. |
| 1 cup tomatoes. | 1 cup kidney beans (soak over night). |
| 1 cup celery, chopped. | $\frac{1}{4}$ cup suet and butter. |
| 4 onions. | |

Put onions, meat, suet and butter on stove, let simmer quite a while, put in celery, beans and pepper. Add water about 1 pint, cook 1 hour. Add cooked spaghetti.

Mrs. J. C. Force.

Be sure and ask for Smith's Flavoring

FOUR PINTS of jelly in each package of KNOX GELATINE

HAM LOAF

1 pound smoked ham.

$\frac{3}{4}$ pound round steak, ground fine.

Mix. Beat 1 egg, add $\frac{3}{4}$ teaspoon mustard. Bake. Delicious for sandwiches.

Robinwood.

BRAISED LAMB—SHORT RIBS

2½ lbs. breast of lamb.

1 onion, sliced.

1 carrot, sliced.

Flour.

Salt.

Pepper.

1 egg.

8 potatoes, boiled and mashed.

Peas.

Have butcher cut lamb into pieces 1½ inches wide and 4 inches long. Wipe and sprinkle with salt, pepper and flour; cook over hot fire until brown on all sides; add onion, carrot and boiling water to cover, simmer until tender. At serving time skim off excess fat and thicken broth with two tablespoons flour mixed with a little cold water. Cook five minutes, add a few drops of kitchen bouquet, garnish with potato cases.

Potato Cases

Season potatoes and beat until light, drop by spoonfuls on a buttered tin, shape and hollow out center to form nests, brush with beaten egg and brown in hot oven; fill with peas. Very attractive and easy to make.

Mrs E. D. Hulliberger.

DUMPLINGS FOR POT PIE

1 pint flour.

2 tablespoons corn starch.

2 teaspoons Royal baking powder.

Pinch of salt.

Sift all together. Wet with sweet milk. Make a very stiff batter. Drop into liquor with meat in teaspoonfuls. Boil twenty minutes.

Mrs. W. Tillitson.

MEAT LOAF

2 pounds round steak.

$\frac{1}{2}$ pound salt pork.

1 small onion.

Salt and pepper to taste.

Pinch nutmeg.

1 pint bread crumbs, wet with milk.

Put in a pan and just cover with water. Bake about 2 hours in slow oven.

Robinwood.

BAKED HAM

Boil whole ham in plenty of water until tender. Remove skin. Rub surface with plenty of brown sugar. Press a few whole cloves into the ham and bake until brown. To be served hot or sliced cold.

Mrs. Valentine.

Your cake will be better if you use Smith's Vanilla

KNOX GELATINE is measured ready for use—each package is divided into two envelopes

CHICKEN PIE

Cook chicken until it falls from bones. Put in baking dish with 2 tablespoons butter, 3 cups stock, 1 cup milk, thickened with 3 tablespoons flour. Place in oven while preparing crust.

Crust

2 cups flour, 1 teaspoon salt, 2 teaspoons Royal baking powder, 2 tablespoons butter. Rub through flour. Beat 1 egg, add 1 cup milk, then the flour. Stir to batter; spread over chicken and bake.

Mrs. J. R. Pixley.

MICHIGAN TOMALES

1 cup mashed rice.
1 chopped onion.

1 pound chopped pork loin or
steak.
Salt and a little red pepper.

Form in rolls like large sausages; wilt 8 or 9 cabbage leaves by boiling a few minutes; roll mixture loosely in the leaves, pin toothpicks through them to hold them together. Put in a pan, pour over a quart of tomatoes and water, enough to cover well. Steam or bake 1 hour.

Mrs. W. R. Townsend.

MEAT LOAF

1 pound Hamburg steak.
 $\frac{1}{2}$ pound fresh side pork.
1 cup rolled crackers.
Bake in bread tins.

2 eggs.
1 pint milk.
Salt, pepper and butter.
Mrs. Chas. Ellinger.

BEEF LOAF WITH TOMATOES

$2\frac{1}{2}$ pounds round steak.
 $\frac{1}{2}$ pound fresh pork, chopped.
2 eggs.

$\frac{1}{2}$ cup milk.
- cups bread crumbs.
Salt and pepper.

Mix all together. Make a loaf, bake and pour over one quart tomatoes; 1 green pepper, cut in narrow strips; salt and pepper.

Bake $1\frac{1}{2}$ to 2 hours; take out loaf when done and put on platter; add some water to the tomato left in baking dish; thicken with a little flour and water; pour over loaf and garnish with parsley.

Mrs. Wm. P. Putnam.

VEAL AND PEAS

$1\frac{1}{2}$ pounds veal.
 $\frac{1}{2}$ cup butter.
1 can peas.

$\frac{1}{2}$ pint cream.
3 tablespoons flour.

Put peas and butter on the fire; when butter melts add flour mixed with milk; then add veal which has been boiled and shredded. Season with salt and pepper. Put in bake dish, cover top with cracker crumbs. Bake $\frac{1}{2}$ hour. Serve with toast.

Mrs. Fred Rudy.

Use Smith's Gilt-Edge Blend Vanilla

KNOX GELATINE solves the problem of "What to have for dessert"

SCALLOPED PORK CHOPS AND POTATOES

Take cold boiled potatoes, slice and nearly fill baking dish. On top place small pork chops, covering potatoes, season well and add milk until it can be seen. Bake in moderate oven until pork is done. An excellent dish.

Mrs. C. C. Nevers.

CHOP SUEY

- | | |
|---|---|
| 2 pounds sirloin steak, veal
or chicken. | 1 can peas. |
| 4 or 5 small onions. | 1 can tomato soup or strained
tomatoes, thickened. |
| 4 or 5 carrots. | 1 can mushrooms. |

Cut steak into small pieces and brown in $\frac{1}{2}$ cup butter; add water and simmer two hours. Cut up onions and carrots in small pieces and brown in $\frac{1}{2}$ cup butter and add to meat when partly cooked. When done add tomatoes, peas and mushrooms, salt, pepper and a little Worcestershire sauce. Serve with toast and boiled rice.

Mrs. Clayton W. Lawson.

CHOP SUEY

- | | |
|-----------------------------------|---------------------------------------|
| 3 cups onion. | 1 teaspoon salt. |
| 3 cups celery. | 1 teaspoon sugar. |
| 1 cup mushrooms. | 1 $\frac{1}{2}$ pounds pork and veal. |
| $\frac{1}{2}$ cup Show You sauce. | 3 cups water. |

Cut meat in little pieces, fry in butter, fry onion and celery separately in a little butter; mix all together; add 3 cups of water, simmer slowly. Serve with plain boiled rice and hot biscuit.

Mrs. F. Van Steenberg.

ITALIAN DISH

Boil spaghetti until tender. Put a layer in a baking dish, salt, pepper and butter. Pour over tomatoes, then dot with small pork balls or pork sausage. Sprinkle with cheese and then green peppers cut small. Repeat until dish is full, cover with cracker crumbs and bake in hot oven according to amount made.

Mrs. Wesselius.

COMPANY IRISH STEW

- | | |
|---------------------------------------|---------------------------------------|
| 2 pounds round steak. | 1 $\frac{1}{2}$ pints stock or water. |
| $\frac{1}{4}$ pound suet (or butter). | 1 carrot and 1 bay leaf. |
| 1 onion. | Salt and pepper to taste. |
| 2 tablespoonfuls flour. | |

Put suet in kettle, when fat is rendered out remove pieces of fat, slice onion in, let simmer a few minutes, cut meat 2 inches square, put in kettle, shake on flour, let brown; add stock or water, also carrot and seasoning. Boil 1 $\frac{1}{2}$ hours. Make dumplings, steam in pan with open center 20 minutes; turn out on platter, pour stew over it, serve hot. 1 pint flour, 1 teaspoonful baking powder, 1 cup milk, salt.

Mrs. Wm. Rudy.

Use Smith's Vanilla and your cake will have a soul

KNOX GELATINE is economical—**FOUR PINTS** in each package

MEAT CROQUETTES

- | | |
|---------------------------------|--------------------------|
| 1 cup cold meat. | 1 cup thick white sauce. |
| $\frac{1}{2}$ cup bread crumbs. | Salt, pepper. |
| 1 onion. | |

Mold and roll in egg and cracker crumbs and fry in deep fat.

Mrs. McTaggart.

HOT TOMALES

- | | |
|--|------------------------------------|
| $1\frac{1}{2}$ pounds lean pork chops. | $\frac{3}{4}$ cup rice (uncooked). |
| 2 onions (small). | Salt and pepper. |

Put the pork and onions through the food chopper and mix with the rice, salt and pepper. Take 8 or 9 large cabbage leaves, wilt and put a spoonful of the mixture in each leaf, wrap up and fasten with toothpicks, boil or steam 2 hours in a quart of tomatoes and 1 quart of hot water. Serve tomatos on a platter with liquid in which they were cooked for a dressing.

L. A. Hubbard.

COLE DOLCOME

- | | |
|---------------------------------|----------------------------------|
| 1 pound round steak, ground. | 3 tablespoons water. |
| 1 beaten egg. | $\frac{1}{2}$ teaspoon cinnamon. |
| $\frac{1}{2}$ cup bread crumbs. | $\frac{1}{2}$ tablespoon salt. |
| 1 onion fried in butter. | Some pepper. |
| 3 tablespoons uncooked rice. | |

Mix well together and make into 12 or 14 patties and roll each in a cabbage leaf and pin with a toothpick.

Sauce

- | | |
|---------------------------------------|---|
| 1 quart tomatoes cooked and strained. | 1 bay leaf. |
| 1 tablespoon flour mixed with butter. | $\frac{1}{2}$ teaspoon each of cloves and allspice, salt and paprika. |

Pour over meat and bake $1\frac{3}{4}$ hours.

Mrs. Maud Sherman.

SWISS STEAK

Have round steak cut very thick and cut in pieces large enough for a single serving. Brown them in hot grease on both sides. Place in casserole, salt and pepper; add a bay leaf, onions sliced if desired, and cover with water. Cover and bake in slow oven until steak is tender. At serving time tomatoes, peas or any desired vegetable may be added and served with the meat.

Mrs. Peter Van Wingen.

SAUSAGE

- | | |
|----------------------------|---------------------------|
| 20 pounds of chopped meat. | 1 ounce of powdered sage. |
| 8 ounces of salt. | 1 tablespoon ginger. |
| 2 ounces of pepper. | $\frac{1}{2}$ cup sugar. |

When cool pack in pans and first cover it thick with lard, then with paper. Keep in cool, dry place.

TO CAN PORK OR BEEF

Cut in chunks that will go in top of cans. Pack in solid; put teaspoonful salt in top of each quart can and screw top on can with thumb and little finger. Place in boiler of hot water and boil 3 hours. Tighten caps when cool.

Jennie Pixley.

Smith's Flavoring has a flavor all its own

HART BRAND

Canned Fruits and Vegetables

Pears

Plums

Peaches

Cherries

Blackberries

Strawberries

Red Raspberries

Black Raspberries

Peas

Corn

Pumpkin

Succtoash

String Beans

Pork and Beans

Red Kidney Beans

Green Lima Beans

The Red Heart is your guarantee of quality and that what you get is a full size can containing full weight of the food you purchase, also that the food has undergone the strictest inspection in our Canneries and that in every respect it is clean, pure and wholesome.

W. R. Roach & Co.

GRAND RAPIDS, MICHIGAN

Try the KNOX GELATINE recipes found in this book

VEGETABLES

"The onion strong, the parsnip sweet,
The twining bean, the ruddy beet;
Yea, all the garden brings to light
Speak it a landscape of delight."

GLAZED SWEET POTATOES

Pare, slice and boil sweet potatoes, 1 tablespoon butter, 1 cup brown sugar, salt.

Slice the potatoes lengthwise and place in a buttered baking dish, cut the butter in small pieces and place over them, with the sugar and a sprinkling of salt. Add a few spoonfuls of hot water, cover the dish and cook slowly till the syrup begins to candy. Then remove cover and brown the potatoes.

Mrs. W. P. Putnam.

LYONNAISE POTATOES

Take 8 or 10 good-sized cold boiled potatoes, diced. Heat some butter or good drippings in a frying pan, frying in 1 small onion, chopped fine, until it begins to change color and look yellow. Now, put in your potatoes; sprinkle well with salt and pepper; stir well and cook about 5 minutes, taking care that you do not break them. They must not brown. Just before taking up stir in a tablespoonful of minced parsley. Drain dry by shaking in a heated colander. Serve very hot.

Mrs. C. C. Nevers.

ESCALLOPED TOMATOES

Cover the bottom of a buttered bake dish with sliced, fresh or canned tomatoes. Sprinkle with salt and sugar, and cover with another layer of crumbs and dot with pieces of butter. Add another layer of tomatoes and another of the crumbs; cover pan and bake 20 minutes.

Mrs. T. J. Haynes.

POTATOES O'BRIEN

6 raw potatoes.
1 pint milk.
2 tablespoons flour.
1 tablespoon butter.

Salt and pepper.
1 chopped green pepper.
1 cup cheese.

Bake as escalloped potatoes.

Mrs. Frank B. Hilton.

CREAMED CABBAGE

Chop fine as much cabbage as will be needed and boil in salted water until tender. To 1 quart of boiled cabbage add cream with butter as large as a walnut, salt and pepper. Flour with condensed milk partly diluted is a very good substitute for cream in an emergency.

Mrs. Wm. Donker.

If you want something different, try Smith's Nectarin

DESSERTS can be made in a short time with **KNOX GELATINE**

HEALTH CABBAGE.

Shred cabbage (not too fine) and put in boiling hot water and boil 20 minutes. Drain, season with salt, pepper and butter, and serve while hot. An invalid can eat it.

Mrs. Frances Deaton.

ESCALLOPED ONIONS

Boil until tender, chop and place in baking dish with alternate layers of bread crumbs; season with butter, pepper and salt, and nearly cover with milk; bake half an hour.

Mrs. Wm. Donker.

MACARONI

About a quart of water, salted, let boil, then add from 12 to 15 sticks of macaroni. Cook until soft, put in colander, rinse with cold water. Put in a dish, add cheese or tomatoes or both, season with salt, pepper and butter, cover with milk. Bake until brown.

Mrs. Frank B. Hilton.

RICE AND PEAS

For 1 pound of rice take 1 can of peas or $\frac{1}{2}$ peck green peas. Boil rice until tender; drain water from canned peas; add to the rice with seasoning to taste. Stir the rice and peas gently, mixing them thoroughly, but do not crush them. Butter a mold or bowl; put the mixture in, pressing firmly; turn out on plate, serving very hot.

Mrs. Wm Rudy.

ESCALLOPED CORN

Cut from the cob what would make about 1 pint; sprinkle over a little pepper and salt, and stir well together; then add about 1 pint of bread crumbs and put in a layer of each until your dish is full, adding bits of butter; pour over this milk until you can see it near the top. Bake about $1\frac{1}{2}$ hours.

Mrs. Geo. S. Norcross.

SPANISH RICE

1 pound rice and a little salt.	2 onions cut fine.
1 quart tomatoes.	2 tablespoons butter.
1 tablespoon flour.	$\frac{1}{8}$ teaspoon cayenne pepper.

Stew onions until tender, cream butter and flour; add this to onions. Cook rice; when done, drain, return to fire until dry, add tomatoes and cayenne pepper and onions. Mix well; serve hot.

Mrs. Chas. Ellinger.

BUTTERED ASPARAGUS

1 No. 2 $\frac{1}{2}$ size can asparagus.	1 tablespoon lemon juice.
2 tablespoons butter.	Salt, pepper and paprika.

Heat the asparagus in its own liquor, add the butter, lemon juice and the seasonings. Serve on a hot platter.

Smith's Cake Colorings are pure and healthful

Use KNOX GELATINE—the two-quart package

ASPARAGUS ON TOAST

- | | |
|---|---------------------------|
| 1 No. 2½ size can asparagus
or asparagus tips. | 1 tablespoon butter. |
| 1 cup milk. | 1 tablespoon flour. |
| | Salt, pepper and paprika. |

Heat the asparagus in the liquid in the can, then drain, carefully reserving the liquid. Melt the butter and flour together, add the milk, liquid and seasoning. Cook until thick; arrange the asparagus on strips of buttered toast, pour the sauce over it and serve.

STRING BEANS, SOUR SAUCE

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|--------------------------------------|-----------------------|
| 1 No. 2 size can string beans. | 1 tablespoon vinegar. |
| 1 tablespoon butter or
margarine. | 1 egg. |
| 1 tablespoon flour. | Salt. |
| | Pepper. |

Heat the beans in their own liquor, add the butter and flour blended, also vinegar and seasoning. Simmer several minutes, then add egg, well beaten, and serve immediately.

LIMA BEANS IN WHITE SAUCE

- | | |
|---------------------------------------|---------------------|
| 1 No. 2 size can lima beans. | 1 tablespoon flour. |
| 2 tablespoons butter or
margarine. | 1 cup milk. |
| | Seasoning. |

Heat the beans well, then make white sauce as usual, add to beans and serve at once.

CAULIFLOWER

Soak cauliflower 2 hours in salted water, head downward. Then put in boiling water, boil until done, drain. Take one cup fine bread crumbs and brown in two tablespoons butter; pour over cauliflower just before serving.

Mrs. J. R. Pixley.

BRAISED CELERY

- | | |
|------------------------------|-----------------------|
| 1 No. 2 size can celery. | Pepper. |
| 2 tablespoons melted butter. | Worcestershire Sauce. |
| Salt. | |

Heat the celery in its liquor, adding salt to taste. Drain and serve on strips of toast, pouring over it a sauce made of one cup of the celery liquor, the butter and Worcestershire Sauce cooked together.

CORN SOUFFLE

- | | |
|---|-------------------------|
| 1 No. 2 size can corn,
chopped fine. | 1 egg. |
| 1 cup milk. | Seasoning. |
| | 1 teaspoon corn starch. |

Add the milk to the corn and simmer ten minutes. Stir in the seasoning the cornstarch blended with cold milk, and cook a few moments, then whip in the egg yolk, and lastly the stiffly beaten egg white. Bake in a hot, well greased baking dish twenty minutes.

Smith's Vanilla does not bake out

KNOX GELATINE makes a transparent, tender, quivering jelly

LIMA BEAN LOAF, TOMATO SAUCE

- | | |
|------------------------------|---------------------|
| 1 No. 2 size can tomatoes. | 1 cup bread crumbs. |
| 1 tablespoon minced parsley. | Salt. |
| 1 tablespoon chopped onion. | Pepper. |
| 1 well beaten egg. | Milk. |

Mash the beans thoroughly and add the bread crumbs and other ingredients. Moisten with a little milk and press into a greased baking dish. Scatter crumbs over the top and bake brown. Served with tomato sauce this makes a good meat substitute.

SCALLOPED TOMATOES

- | | |
|-----------------------------------|------------------------------|
| 1 No. 2 size can tomatoes. | $\frac{1}{4}$ onion, grated. |
| 2 cups bread crumbs. | Pepper, salt and sugar. |
| 1 tablespoon margarine or butter. | |

Arrange the tomatoes, bread crumbs, onion and seasoning in layers in a buttered baking dish, let the last layer be of the crumbs, dot with margarine or butter and bake thirty minutes.

POTATO CHIPS

Slice peeled raw potatoes very thin on slaw cutter, soak in salt water 5 minutes, dry and drop a few at a time into a kettle of boiling lard. Stir until chips are a light brown and then remove with a skimmer to a piece of brown paper until cool.

Mrs. J. R. Pixley.

YANKEE FLAVOR SWEET POTATOES

Southern Style

Wash and scrape, split or slice lengthwise. Steam or boil until nearly done. Drain and put them in a baking dish, placing over them lumps of butter, salt and pepper. Pour over them quite liberally Yankee Flavor syrup and bake in an oven to a nice brown. There should be sufficient of the syrup to use as a dressing in serving.

STUFFED SUMMER SQUASH

An especially good dish to serve on a hot night as a substitute for meat is stuffed summer squash, which is prepared as follows: Wash and scoop the seeds from as many summer squashes as will be needed for the family, fill the cavities with corn cut from the cob and steam until the squash are tender. Season rather highly with pepper, salt and either cream or butter, then sprinkle buttered crumbs over the top and brown slightly in a hot oven. Serve with cream sauce or with a good brown gravy. Garnish with sprigs of parsley and slices of lemon.

Mrs. E. D. Hulliberger.

GREEN CORN OYSTERS

Take a pint of scraped pulp of sugar corn, a small level teaspoonful of salt, pepper to taste, 3 tablespoonfuls of sweet milk, a teaspoonful of sugar, unless the corn is sweet enough, from $\frac{1}{3}$ to $\frac{1}{2}$ a cup of melted butter and 1 cup of flour. Beat hard for a few minutes. Drop big tablespoonful into hot fat in your frying pan, shaping as much as possible like oysters.

Mrs. E. D. Hulliberger.

Drink Smith's Jiffy Punch, the delicious home drink

PATRIOTIC COFFEE

THE PATRIOTIC COFFEE COMPANY

The time is at hand when every patriotic citizen should be prepared to do his part in the support of the Government. The time is at hand when every patriotic citizen should be prepared to do his part in the support of the Government. The time is at hand when every patriotic citizen should be prepared to do his part in the support of the Government.

THE COFFEE RANGE

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PANTLIND COFFEE

45c POUND

It's the taste in the cup that counts—and there is a noticeable difference between coffee and FRESH ROASTED COFFEE. We have held the confidence of thousands of satisfied customers for years because our coffee reaches them fresh and crisp from the roasters—and Pantlind leads them all in popularity.

THE COFFEE RANCH

FRED F. MARCKWARDT, Mgr.

24 DIVISION AVE., N.

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You Haven't Time to Try These Good Recipes

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The Home Dairy Co's Store
No. 1 Division North

FOR

Good Home Made
Fried Cakes,
Baked Beans,
Macaroni and Cheese,
Spaghetti,
Puddings, Salads
And the Best Salad Dressing on the market. Also
many other good things

KNOX GELATINE is the one dessert for all appetites

SAUCES

No matter how good a dish may be, a fine sauce makes it better. The extra flavor in foods at the better hotels and restaurants is generally due to the sauces, which seem so unusual, so delicate, that they add a zest and pungency to the most familiar foods.

Canned foods are, as a rule, ready for immediate use, but even they may be improved by the addition of a fine sauce. Many a seemingly elaborate dish is merely a very simple one masquerading under a fancy name given because of its sauce.

Canned vegetables, fish and fruits also lend themselves to the making of good sauces for other dishes; therefore it would be well to keep a stock of specially desirable canned foods at hand in order that the sauces may not be lacking from the menu. These accessories are a very simple matter when one looks into them, all that is required is to know how to make the three foundation sauces which form the background for nearly every fine dressing that is served.

WHITE SAUCE

This is the foundation for so many other sauces, souffles, soups, croquettes and timbales, that it must be given first place in any collection of foundation sauces. The white sauce has been called "The Mother Sauce", as it is so essential to the rest of the family of sauces.

1 tablespoon butter, margarine or other substitute.	1 cup of milk.
1 tablespoon flour.	Salt.
½ cup of water or liquor from vegetables.	Pepper.
	Paprika.

Cook the butter and flour together until they bubble, add the milk and other liquid, simmer until the mixture thickens, season and serve.

BROWN SAUCE

Prepare as when making the white sauce, but cook the butter and flour together until a bright brown, before adding the liquid.

DRAWN BUTTER SAUCE

Substitute water or vegetable liquor for milk and use the recipe as for white sauce, adding a teaspoonful more butter.

Smith's Orange and Almond Flavorings are fine

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sonable prices. Ask our man about this new service, which takes
another big burden from your shoulders.

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HEYMAN COMPANY
HOME OUTFITTERS

Give the growing children KNOX GELATINE

EGGS

"O Egg! Within thine oval shell
What palate-tickling joys do dwell."

DEVEILED EGGS

Boil eggs 20 minutes, put in cold water to make them shell easily; peel and cut in halves, take out yolks, add pepper, salt, dry mustard and vinegar; mash yolks fine and mix all together and put back in the egg.

Mrs. Addie Moss.

EGGS WITH WHITE SAUCE

Cook eggs until hard, pour off hot water and dip in cold water to remove shell easily, cut lengthwise and arrange on platter with white side up; prepare a sauce as follows: One tablespoonful butter, one tablespoonful flour, melted together; then add a cup or more of milk, season with salt and pepper and a teaspoon vinegar added after milk has boiled; then chop parsley and add to sauce; pour all over eggs and serve

Mrs. Edna Briggs.

EGG NESTS

Dip slices of toast in hot water, spread lightly with butter, pile on in the shape of nests, stiffly beaten and salted whites of eggs, a yolk in the center of each, and bake three minutes.

Mrs. Edna Briggs.

OMELET

7 eggs.
2 cupfuls milk.

2 heaping tablespoons flour.

Fry several slices of bacon and chip it fine, beat the eggs thoroughly, adding a little salt and pepper and Royal baking powder; pour the bacon grease and all into a dripping pan and set in the oven until cooked and nicely browned.

Mrs. Edna Briggs.

MINCED HAM AND SCRAMBLED EGGS

Add 1 tablespoon sweet milk to each egg that has been well beaten, add to this cooked ham minced fine, cook quickly in a well buttered frying pan, stirring meanwhile, salt and pepper to taste.

Mrs. Edna Briggs.

HAM OMELET

Take one egg for each person. Beat yolks stiff and add one tablespoonful milk for each egg. Add chopped ham. Beat whites of eggs and stir in. Have hot butter in spider; cook until done on bottom, then set in oven until done on top.

Mrs. W. Tillitson.

Drink Smith's Jiffy Punch—10 drinks for 10 cents

KNOX GELATINE is clear and sparkling

CREAMED EGGS

Hard boiled eggs cut into quarters. Cover with White sauce, sprinkle with paprika.

EGGS A LA GOLDEN ROD

Toast round pieces of bread, make White sauce, cut hard boiled eggs into sauce, pour over toast, grate cream cheese over top, garnish with watercress.

Mrs. Andy Mouw.

DEVEILED EGGS

Take 1 dozen hard boiled eggs, cut in halves and remove yolks. Mash yolks, add 2 tablespoons melted butter, 1 small teaspoon mustard and enough vinegar to moisten the mixture. Fill the whites.

Jennie A. Pixley.

OMELET WITH CROUTONS

1 cup bread cut in $\frac{1}{3}$ -inch cubes.	4 tablespoons cream.
Butter.	$\frac{1}{2}$ teaspoon salt.
5 eggs.	$\frac{1}{8}$ teaspoon pepper.

Fry cubes of bread in butter until brown and crisp, beat egg slightly, add cream, salt, pepper and croutons. Pour mixture into omelet pan containing two tablespoons butter. When browned, fold and turn on hot platter.

Mrs. Edna Briggs.

Smith's Flavorings will prove the best by a test

Ask your grocer for KNOX GELATINE—take no other

SANDWICHES

When they are good they are very, very good;
But when they are bad they are horrid!

EGG SANDWICHES

One dozen eggs boiled very hard and chop quite fine. Salad dressing.

Mrs. Wm. Donker.

HAM SANDWICHES

One pound boiled ham, chopped fine; $\frac{1}{2}$ dozen small, sour pickles; salad dressing.

Mrs. Wm. Donker.

SANDWICHES

1 can pimentoes.	2 hard boiled eggs, chopped.
1 little onion.	1 tablespoon butter, salt and
5 cents worth of cheese.	pepper.
Mix with salad dressing.	

Mrs. Wm. Donker.

HAM SANDWICHES

$\frac{1}{2}$ pound ham.	1 teaspoon horse radish.
1 pimento.	Salt.
1 tablespoon prepared mustard.	

Mrs. Chas. S. Davies.

COTTAGE CHEESE SANDWICHES

Chop cress fine, mix with cheese, season with salt and paprika. Moisten with thick cream.

CHEESE AND STUFFED OLIVE SANDWICHES

Put cream cheese and olives through chopper, mix with cream dressing; use for white bread.

Mrs. Andy Mouw.

BROWN BREAD SANDWICHES

1 No. 1 size can figs.	Buttered Graham or brown
1 small cream cheese.	bread.

Chop the figs very fine and mash the cheese with a little of the syrup from the can. Then mix with the figs and spread between the bread slices.

DATE AND NUT SANDWICHES

Put through a food chopper $1\frac{1}{2}$ cupfuls nut meats and $1\frac{1}{2}$ cupfuls stoned dates. Add a little lemon juice and enough cream to make the mixture spread easily. Spread on thin slices of buttered bread.

Smith's Maple Flavoring is delicious. Try it

A KNOX GELATINE Dessert or Salad is attractive and appetizing

PINEAPPLE AND MARSHMALLOW SANDWICHES

- | | |
|-------------------------------------|---------------------------|
| 1 No. 2 size can pineapple. | 12 marshmallows. |
| 1 small bottle maraschino cherries. | Graham crackers or bread. |

Chop the pineapple fine, or use grated pineapple, boil the syrup down to a thick juice using a little more sugar if necessary, then add the pineapple and the cherries cut in bits and the marshmallows also cut in small pieces. Spread between Graham crackers or buttered Graham bread when cold.

CLUB SANDWICHES

Trim crust from large square slices of bread and toast a delicate brown, then butter them. Insert a layer of bacon, one of thinly sliced dill pickle or tomato and one of cold fowl. Cover with a lettuce leaf spread with mayonnaise, add top slice of toast, trim neatly, and cut diagonally into triangles. Garnish with parsley and serve immediately on hot plates. These sandwiches, to be at their best, should be made and served in the shortest possible time.

In a club sandwich, which in itself is a fair luncheon, the chicken should be thin, the bacon very crisp, the lettuce fresh and the mayonnaise and butter plentiful.

MARMALADE AND NUT SANDWICHES

Mix 24 blanched and chopped almonds, 24 English walnut meats and 2 cupfuls of orange marmalade. Spread on thin slices of graham bread.

CHEESE SANDWICHES

Rub $\frac{1}{2}$ pound cheese through a sieve. Mix with it 4 tablespoonfuls sweet butter, 4 tablespoonfuls cream, 1 tablespoonful vinegar, salt and pepper. Spread Boston brown bread with mixture, sprinkle over a little paprika and a sprinkling of finely chopped walnuts and some finely chopped celery or cucumber.

BEEF SANDWICHES

Spread slices of bread with curry butter made by beating one-half cupful sweet butter to a cream, add a tablespoon curry powder, $\frac{1}{2}$ teaspoonful lemon juice and a little salt. Cover the bread with thin slices of cooked beef, add thin slices of tomatoes, season with salt and pepper, cover with another piece of bread spread with curry butter and press together. Serve garnished with watercress.

CHICKEN AND HAM SANDWICHES

Mix 1 cupful of diced cooked chicken, $\frac{1}{2}$ cupful of diced cooked ham, 1 hard boiled egg, chopped, 3 tablespoonfuls cream and two raw egg yolks. Season with salt and pepper. Spread this mixture on thin squares of puff pastry. Brush over with a little beaten egg and bake 15 minutes in hot oven. These are good served either hot or cold.

Mrs. Walter Miles.

There is no Vanilla like Smith's Gilt-Edge Blend

KNOX GELATINE improves soups and gravies

CHICKEN SALAD SANDWICHES

1 No. 2 size can chicken.	2 stalks celery.
$\frac{1}{2}$ bottle prepared salad dressing	$\frac{1}{4}$ cup shelled walnuts.
or $\frac{1}{2}$ cup mayonnaise.	1 hard boiled egg.

Chop the chicken, not too fine, also the celery, walnuts and egg. Mix with the salad dressing and spread between slices of white bread spread with softened butter.

All good Grocers sell Smith's Flavoring

Use KNOX GELATINE if you would be sure of results

CHEESE STRAWS

- | | |
|--------------------------------|--|
| 1 cup of grated cheese. | 1 scant teaspoon of salt. |
| $\frac{1}{2}$ cup of flour. | $\frac{1}{2}$ scant teaspoon of mustard. |
| $\frac{1}{2}$ cup of butter. | 3 teaspoons of cold water. |
| Small pinch of cayenne pepper. | |

Mix all together, roll out as thin as pie crust, cut in narrow strips and bake in a quick oven.

Mrs. Wm. Davis.

CHEESE SOUFFLE

- | | |
|------------------------------|-----------------------------------|
| 2 eggs. | Cayenne. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{2}{3}$ cup water. |
| 2 tablespoons flour. | 1 cup grated cheese. |
| 2 tablespoons butter. | $\frac{1}{3}$ cup Carnation Milk. |

Melt butter, add flour and stir until thoroughly mixed, then add the liquid and cook until it thickens. Add the seasonings. Remove to the back of the stove and add the well beaten yolks and cheese. When cool add the egg whites which have been beaten stiff. Turn into a buttered baking dish and bake 25 to 30 minutes. Serve when taken from the oven. This recipe serves six people.

Your cake will be better if you use Smith's Vanilla

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices

APPETIZERS

"I'm quite ashamed 'tis mighty rude
To eat so much, but all's so good."—Pope.

OYSTER COCKTAIL

8 tablespoons tomato catsup.	1 tablespoon horse radish.
6 tablespoons lemon juice.	1 saltspoon salt.
1 tablespoon Worcestershire sauce.	6 drops Tobasco sauce.

Mix together and keep very cold until ready to serve. Put the oysters in punch glasses and cover with the mixture. This is sufficient for 8 glasses.

LOBSTER COCKTAILS

1 No. 2 size can lobster.	Lemon juice.
Tomato catsup.	

Cut the lobster into small pieces, mix with the catsup, lemon juice and salt to flavor. Serve in cocktail glasses.

CRAB COCKTAILS

Substitute crab for lobster. Prepare like lobster cocktail.

SARDINE CANAPES

1 can smoked sardines.	Lemon juice.
1 teaspoon butter.	Parsley.
1 hard boiled egg.	Toasted rye bread.

Cut the bread in small slices or fingers, and toast on both sides. Rub the sardines to a paste, discarding skin and bones, add the butter, a few drops of lemon juice and chopped parsley, and spread the paste on the toast. Chop the white of the egg fine and sift the yolk through a sieve. Garnish the canapes with the egg white and yolks.

CAVIARE CANAPES

1 No. 1 size can caviare.	Watercress.
Bread.	Butter.

Cut the bread into disks, saute in butter. Spread with a mixture of equal amounts of butter and minced watercress, with a thick layer of caviare on top.

CHICKEN CANAPES

One cup canned chicken pounded or chopped fine, with a little canned tongue for flavor. Mix with a very little stiff white sauce, season with curry powder, lemon juice or Chili sauce, and spread on small rounds of hot buttered toast. Serve hot.

Smith's Orange and Almond Flavorings are fine

For Dainty, Delicious Desserts use KNOX GELATINE

DEVILED SARDINES

- | | |
|-------------------------|---------|
| 1 can mustard sardines. | Toast. |
| Worcestershire sauce. | Butter. |

Dip the sardines in the Worcestershire Sauce and melted butter, place on pieces of toast in a hot oven for a few moments. Serve very hot.

LOBSTER CANAPES

- | | |
|---------------------------|------------------|
| 1 cup canned lobster. | Mayonnaise. |
| 1 teaspoon butter. | Rounds of bread. |
| 1 tablespoon lemon juice. | |

Fry the bread a delicate brown and cool them. Chop the lobster fine, then mix it with the butter, lemon juice, and season to taste. Spread on the bread, and ornament each canape with a little mayonnaise forced through a pastry tube or dropped from the end of a spoon.

Smith's Vanilla does not bake out

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MUFFINS--GEMS

"Be to her faults a little blind,
Be to her virtues very kind."

MUFFINS

- | | |
|----------------------|--------------------------------|
| 1 egg, well beaten. | 2 level teaspoons Royal baking |
| 2 tablespoons sugar. | powder. |
| 3 tablespoons milk. | Butter the size of an egg, |
| Flour. | melted and added last. |

Beat well and put in hot buttered gem tins. This makes 6 muffins.
Mrs Clayton W. Lawson.

SALLY LUNN

Sift together 1 pint of flour, 2 tablespoons of sugar and a little salt. Warm a scant cup of milk and melt in this two tablespoons of Cottolene. Stir into the flour, adding also a half cake of compressed yeast dissolved in a little lukewarm water. Beat very well; add one egg, yolk and white beaten separately. Pour all into buttered cake pan and let rise until double its bulk, about two hours. Sprinkle lightly with granulated sugar and bake in a moderately hot oven. Serve warm, cut into squares. If set over night for breakfast, $\frac{1}{4}$ as much yeast is required.

Mrs. Armstrong.

GRAHAM GEMS

- | | |
|------------------|-----------------------------------|
| 1 pint sour milk | 1 tablespoon sugar. |
| 1 teaspoon soda | $2\frac{1}{2}$ cups Graham flour. |
| 1 egg. | 1 tablespoon of shortening. |

Mrs. C. C. Nevers.

FRITTERS

- | | |
|-------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup sweet milk. | $\frac{1}{2}$ teaspoon Royal baking |
| 1 egg. | powder. |
| $\frac{1}{2}$ teaspoon sugar. | Pinch salt. |
| 1 cup flour. | |

Mrs. W. P. Putnam.

PINEAPPLE FRITTERS

- | | |
|-------------------------|--------------------------------|
| 1 cup flour. | $\frac{1}{4}$ teaspoon salt. |
| 1 teaspoon Royal baking | $\frac{1}{3}$ cup of milk. |
| powder. | 1 egg, well beaten. |
| 3 tablespoons sugar. | Pineapple cut in small pieces. |

Sift together thoroughly the flour, baking powder and salt. Add the milk and eggs, then the pineapple. Drop by spoonfuls into deep fat hot enough to brown a piece of bread while counting 60. When cooked, drain on paper, sprinkle with powdered sugar and serve at once.

Mrs. Chas. S. Davies.

Use Smith's Gilt-Edge Blend Vanilla

The KNOX ACIDULATED package contains flavoring and coloring

CORN MUFFINS

- | | |
|--------------------------------|------------------------------|
| 1 cup corn meal, after sifted. | $\frac{1}{2}$ cup sugar. |
| 2 cups flour. | 2 heaping teaspoons Royal |
| 2 eggs, well beaten. | baking powder. |
| $1\frac{1}{2}$ cups of milk. | 2 tablespoons melted butter. |

Mix all the dry ingredients together, then add milk and eggs; add butter last; bake well done.

Mrs. Albert Smith.

RAISIN PUFFS

- | | |
|--------------------------------|--------------------------|
| 2 eggs. | 2 cups flour. |
| $\frac{1}{2}$ cup butter. | 2 tablespoons sugar. |
| $\frac{1}{2}$ cup milk. | 2 teaspoons Royal baking |
| 1 cup seeded raisins, chopped. | powder. |
- Steam $\frac{1}{2}$ hour in cups.

Sauce

- | | |
|---------------------------|----------------|
| $\frac{1}{2}$ cup butter. | 1 egg, beaten. |
|---------------------------|----------------|

Then beat all together. Set over tea kettle without lid on or in double boiler to liquidize. Just before serving stir into it $\frac{1}{2}$ cup boiling water and flavor. Serves 8 or 9.

DATE MUFFINS

Cream 4 tablespoonfuls of melted butter with 4 tablespoonfuls of sugar, add 2 eggs and $\frac{1}{2}$ of a cupful of sweet milk, 2 cupfuls of flour, 2 teaspoonfuls of baking powder, a little nutmeg, or other spices, $\frac{3}{4}$ of a cupful of dates, cut small and well floured. Bake in muffin-rings. Serve hot with a rich sauce.

APPLE MUFFINS

- | | |
|----------------------------|--------------------------|
| 1 cup milk. | or lard. |
| $2\frac{1}{2}$ cups flour. | 2 teaspoons Royal baking |
| 1 tablespoon sugar. | powder. |
| A pinch of salt. | 1 large apple, chopped. |
| 1 tablespoon melted butter | |

Bake in muffin pans. Blueberries or huckleberries may be used in place of apple. Also may be served with sauce for dessert.

Mrs Howard Dutcher.

JOHNNY CAKE

- | | |
|----------------------------|--------------------------|
| $\frac{1}{2}$ cup sugar. | 1 cup corn meal. |
| 2 tablespoons melted lard. | $\frac{1}{2}$ cup flour. |
| 1 egg. | 2 teaspoons Royal Baking |
| Salt. | Powder. |
| 1 cup sweet milk. | |

Bake in quick oven.

Mrs. V. E. Thebaud.

Smith's Flavorings will prove the best by a test

See that the name K-N-O-X is on each package of gelatine you buy

BRAN MUFFINS

1 cup C sugar.
1 cup sour milk.
2 cups bran flour.
Bake in gem pans.

1 cup white flour.
1 teaspoon soda.
Pinch of salt.

Jennie A. Pixley.

GRAHAM POPOVERS

1 cup graham flour.
1 cup white flour.
1 cup milk.

1 cup water.
1 teaspoon sugar.
1 spoon of salt.

Bake in oven Iron Popover pans.

Mrs. Howard Dutcher.

If you want something different, try Smith's Nectarin

KNOX GELATINE makes a transparent, tender, quivering jelly

FRITTERS—CROQUETTS

"I am forbid to tell the secrets of my prison house."—Hamlet.

MOCK MAPLE SYRUP

2 cup granulated sugar. $\frac{1}{2}$ cup water.
1 cup light brown sugar. 1 teaspoon lemon juice.

Boil together to a thick syrup and add 1 tablespoon Jennings' vanilla.

Mrs. Frank Hachmuth.

FRITTER BATTER

1 cup flour. $\frac{1}{2}$ cup milk.
 $\frac{1}{2}$ teaspoon of salt. 2 eggs.
1 teaspoon Royal baking powder. 1 tablespoonful salad oil.

Mix the dry ingredients, add the milk slowly, then the olive oil, and lastly the eggs beaten stiff.

Mrs. Howard Dutcher.

CORN FRITTERS

2 cups grated corn. $\frac{1}{3}$ cup melted butter.
 $\frac{1}{4}$ cup milk. 3 well beaten eggs.
 $1\frac{1}{2}$ cups flour. 1 teaspoon salt.
2 teaspoons sugar. $\frac{1}{8}$ teaspoon pepper.

Mix and drop by tablespoonfuls on well greased hot griddle. Fry same as griddle cakes.

Georgia M. Hubbard.

POPOVERS

$\frac{3}{4}$ cup flour. 1 tablespoon melted butter.
1 egg. pinch of salt.
1 cup milk. 1 teaspoon Royal baking powder.

Sift flour, salt and baking powder; add beaten egg and milk, putting in the melted butter last. Bake in hot greased gem tins about 15 minutes. Will make 10 popovers.

Mrs. H. H. Henliné.

PANCAKES

1 cup milk. 1 teaspoon Royal baking powder.
1 cup mashed potatoes. 1 cup flour.
1 egg.
Salt.

Mix. Bake on hot griddle.

Mrs. Chas. Ellinger.

Drink Smith's Jiffy Punch, the delicious home drink

Try the KNOX GELATINE recipes found in this book

CREAM GRIDDLE CAKES

- | | |
|-------------------------------|---|
| $\frac{1}{2}$ cup sour cream. | 1 heaping teaspoon Royal baking powder. |
| $\frac{1}{4}$ teaspoon soda. | Salt. |
| 1 cup sweet skimmed milk. | |
| 2 small cups flour. | |

Mrs. W. H. Rudy.

BRAN GEMS

- | | |
|------------------------------|---------------|
| Butter the size of two eggs. | 2 cups milk. |
| $\frac{3}{4}$ cup of sugar. | 2 cups flour. |
| 1 egg. | 2 cups bran. |

Two heaping teaspoons Royal baking powder; if sour milk is used, 1 teaspoon soda, but use baking powder also; salt. You can use half graham or Indian meal or flour. Do not round cups of flour too much.

Mrs. Brandeau.

BREAKFAST CROQUETTES

Take equal parts of cooked meat and bread. Put through chopper. To this add twice as much mashed or chopped potato; 1 well beaten egg. Enough meat juice, left over gravy or milk to shape into little rolls about 3 inches long. A bit of salt, pepper and onion juice or onion salt. Fry brown in bacon fryings or butter. Deep fat not necessary.

Mrs. Sumner M. Wells.

SOUR MILK GRIDDLE CAKES

- | | |
|----------------------------|--------------------------------|
| $2\frac{1}{2}$ cups flour. | $1\frac{1}{2}$ teaspoons soda. |
| 2 cups sour milk. | 1 teaspoon salt (small). |
| 1 tablespoon shortening. | 1 beaten egg. |

Sift salt, soda and flour, add sour milk, shortening and egg. Batter should be smooth and creamy.

Georgia M. Hubbard.

APPLE FRITTERS

- | | |
|-------------------------|---------------------------------|
| 3 apples, sliced thin. | 1 cup flour. |
| 1 egg. | 1 teaspoon Royal baking powder. |
| $\frac{1}{2}$ cup milk. | $\frac{1}{4}$ teaspoon salt. |

Make batter and add sliced apples. Drop by spoonfuls in deep boiling fat. Fry a delicate brown and serve sprinkled with powdered sugar or with syrup.

Mrs. M. Clyde Ford.

YANKEE FLAVOR SYRUP

- | | |
|--------------------------|-------------------------------|
| 2 cups boiling water. | 2 small spoons Yankee Flavor. |
| 4 cups granulated sugar. | |

Thoroughly dissolve the sugar in the water. Stir in the Yankee Flavor and strain through a damp cloth. Do not boil. This makes 1 quart of delicious table syrup. By standing 1 or 2 days a more delicious flavor will develop.

Smith's Maple Flavoring is delicious. Try it

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

CORN FRITTERS

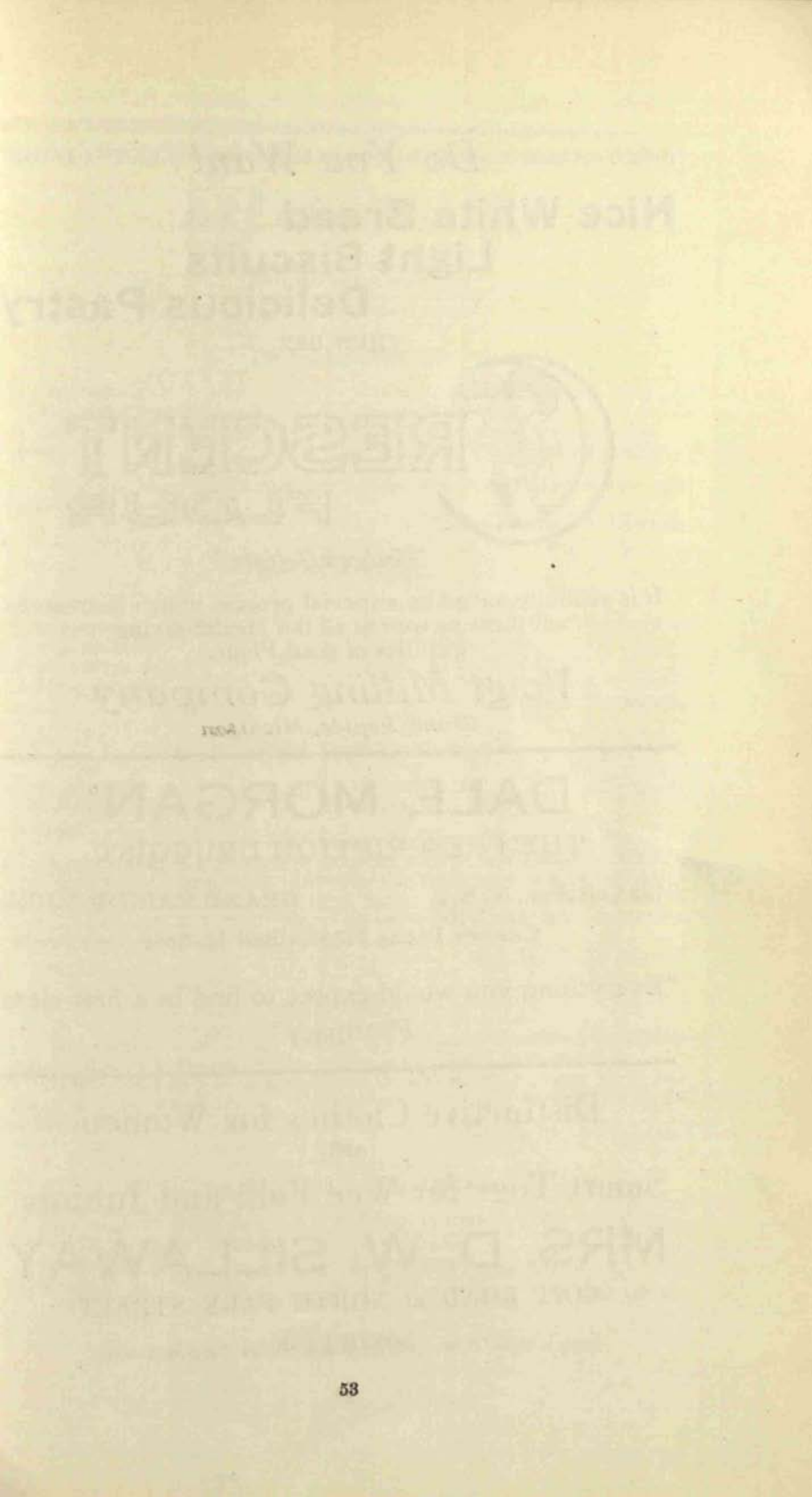
4 ears of corn.
2 eggs.
 $\frac{1}{2}$ cup of milk.

1 teaspoon salt.
1 cup flour.
1 teaspoon Royal baking powder.

Beat eggs until light, add milk and corn and sift in dry ingredients. The batter should be stiff enough to drop in lumps. Drop from a spoon into deep, hot fat; brown on both sides.

Mrs. Belle Westbrook.

Use Smith's Gilt-Edge Blend Vanilla



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Nice White Bread
Light Biscuits
Delicious Pastry

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NORTH PARK

KNOX GELATINE solves the problem of "What to have for dessert"

BREAD—ROLLS

"An odor rich comes stealing
From out the oven bright,
That sets my pulse a-reeling
And gives my heart delight."

GRAHAM BREAD

- | | |
|----------------------|---------------------------------|
| ½ cup sugar. | Salt. |
| 2 cups graham flour. | 2 cups sour milk. |
| 1 cup wheat flour. | 2 scant teaspoons soda in milk. |
| 1 egg. | ½ teaspoon Royal baking powder. |

Mix dry ingredients together except soda and add milk and egg last.

Mrs. Clayton W. Lawson.

BROWN BREAD

- | | |
|--------------------|----------------------------------|
| 3 eggs. | 2 teaspoons soda. |
| 1 cup brown sugar. | 2 teaspoons Royal baking powder. |
| 1 cup molasses. | 3 cups white flour. |
| 4 cups sour milk. | 5 cups graham flour. |
| 1 teaspoon salt. | Raisins if desired. |

Mrs. Frank Hackmuth.

PARKER HOUSE ROLLS

- | | |
|-----------------------|------------------|
| 1 pint milk. | 1 yeast cake. |
| 2 tablespoons butter. | 1 teaspoon salt. |
| 2 eggs. | |

Scald the milk and when cool enough make stiff batter with flour; put in all other ingredients. Dissolve the yeast cake in a cup of warm water. When light, mix stiff; raise again. Roll out on mixing board. Cut rather large, but thin. Butter all over, fold double, put in tins and when light again bake 15 minutes.

Mrs. W. R. Townsend.

RYE BREAD

Make sponge of 3 cups water, 1 yeast cake dissolved in a little warm water, 1 teaspoon sugar, salt to taste, and 3 cups rye flour.

When light add ½ cup molasses, 1 tablespoon caraway seed, and about 2 cups wheat flour. Let rise; mould into loaves; rise again and bake.

Mrs. W. P. Putnam.

PEANUT BUTTER BREAD

- | | |
|----------------------------------|----------------------|
| 2 cups flour. | 1 cup peanut butter. |
| 2 teaspoons Royal baking powder. | 1 cup milk. |
| 1 teaspoon salt. | ½ cup sugar. |
| | 1 egg. |

Mrs. B. Frank Hilton.

Use Smith's Vanilla and your cake will have a soul

KNOX GELATINE is measured ready for use—each package is divided into two envelopes

NUT BREAD

- | | |
|--|--|
| $\frac{1}{2}$ cup molasses. | 2 tablespoons melted butter. |
| $\frac{1}{2}$ cup white sugar (scant). | 4 cups graham or whole wheat flour. |
| 2 cups sour milk. | |
| 2 level teaspoons soda, dissolved in a little hot water. | $\frac{1}{2}$ teaspoon salt.
1 cup walnuts (chopped). |

Make in 2 loaves and bake 1 hour in a slow oven.

Mrs. F. A. Rudy.

NEVER FAIL BROWN BREAD

- | | |
|--------------------------------|--|
| 1 cup graham flour. | 1 cup sour milk. |
| $\frac{1}{2}$ cup corn meal | $\frac{1}{4}$ teaspoon salt. |
| $\frac{1}{2}$ cup white flour. | 1 level teaspoon soda, stirred into the sour milk. |
| $\frac{1}{2}$ cup molasses. | |

Mix; add raisins if desired, and pour into baking powder or coffee cans, filling can about half full; cover and bake in slow oven about 1 hour.

Mrs. Verne L. Mershon.

RAISED BISCUITS WITH SOUR MILK AND YEAST

- | | |
|--------------------------|--------------------------|
| 1 pint sour milk. | 1 cake compressed yeast. |
| 2 or 3 tablespoons sugar | Small spoonful salt. |
| 2 tablespoons lard. | Flour. |

Warm the milk and put in the lard, be careful not to let the milk get more than luke warm; put yeast in a little tepid water with sugar. Take small pan and put in flour, then stir in milk and add yeast, leaving salt on the side of flour. When it has risen as bread dough, mix down and let stand until light. Grease dish with butter before putting back in pan and when light form into small biscuits, handling as little as possible. Leave space between the biscuits and when light bake in quick oven.

Mrs. Clayton W. Lawson.

BROWN BREAD

- | | |
|-----------------------------|------------------------------|
| 1 cup corn meal. | 1 teaspoon soda. |
| 1 cup graham flour. | 2 cups sour milk. |
| $\frac{1}{2}$ cup molasses. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ cup sugar. | |

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

Mrs. Frank Hachmuth.

NUT BREAD

- | | |
|--------------------------|----------------------------------|
| 1 egg, beaten. | 2 teaspoons Royal baking powder. |
| $\frac{1}{2}$ cup sugar. | Salt. |
| 1 cup sweet milk. | 1 cup chopped nut meats. |
| 2 cups flour. | |

Bake in slow oven 40 minutes.

Marie Ide.

All good Grocers sell Smith's Flavoring

FOUR PINTS of jelly in each package of KNOX GELATINE

NUT BREAD

- | | |
|-----------------------------------|--------------------------|
| 2½ even cups of flour. | Sift all together twice. |
| ½ cup sugar. | ¾ cup ground nuts. |
| 2½ teaspoons Royal baking powder. | 1 cup milk. |
| ½ teaspoon salt. | 1 egg beaten light. |

Stir all together, put in a greased pan; let rise one-half hour; bake 45 minutes in a slow oven.

Mrs. Frank Van Steenberg.

BREAD

- | | |
|--------------------------------|--|
| 1 quart milk and water, scald. | 2 cups flour; put together while hot and cool. |
| 1 tablespoon lard. | |
| 2 tablespoons sugar. | 2 yeast cakes. |
| 1½ tablespoons salt. | 8 cups flour. |

Make into hard loaf at once; raise; make into loaves; raise. Bake ¾ hour.

Mrs. Wm. P. Putnam.

TOGUS OR STEAMED CORN BREAD

- | | |
|---------------------|---------------------------|
| 3 cups sweet milk. | 1 cup sugar and molasses. |
| 1 cup sour milk. | 1 teaspoon soda. |
| 3 cups Indian meal. | 1 teaspoon salt. |
| 1 cup flour. | |

Steam 3 hours and bake 1 hour.

Mrs. Inez Austin.

BRAN BREAD

- | | |
|-----------------------|---------------------------------|
| 2 cups bran. | 1 egg, well beaten. |
| 2 cups flour. | 2 tablespoons sugar. |
| 2 cups sour milk. | 1 teaspoon Royal baking powder. |
| ½ cup molasses. | 1 teaspoon soda. |
| 2 cups graham. | Salt. |
| ½ cup seeded raisins. | |

Mix sugar, salt, egg, add sour milk containing soda and molasses. Put baking powder in flour and stir in slowly. Two loaves. Bake 45 minutes.

Georgia Hubbard.

NUT TOAST

- | | |
|-------------------------------------|--------------------------------|
| 1½ teaspoons Royal baking powder. | 10 cents' worth walnut meats. |
| 4 eggs. | 5 cents' worth of pecan meats. |
| ½ pound dates, cut in small pieces. | 6½ Uneda biscuits. |
| | 1 cup sugar. |

Mix well; bake in shallow pan. When cold cut in squares and serve with whipped cream.

Mrs. Chas. Ellinger.

Be sure and ask for Smith's Flavoring

KNOX GELATINE is economical—**FOUR PINTS** in each package

ROLLS

$\frac{1}{2}$ cup sugar.	1 cup flour.
1 cup mashed potatoes.	1 yeast cake.
$\frac{3}{4}$ cup butter and lard mixed.	2 eggs.
1 cup milk.	

Mix all together and let raise. Add sufficient flour to make stiff as baking powder biscuit. Let raise, cut and put into pans to raise again. Bake in quick oven about 20 minutes.

Mrs. McTaggart.

SWEET RAISED BISCUITS

1 yeast cake.	Salt.
6 cups of water.	$\frac{3}{4}$ cup lard.
1 cup sugar.	Flour.
2 eggs.	

Dissolve yeast in 1 cup luke warm water. Make a sponge of 5 cups luke warm potato water and yeast with enough flour to make stiff batter. Beat well, cover and let stand in warm place for 2 hours until light, then add sugar, salt, eggs and lard. Mix in enough flour to knead stiff; let rise again until light; shape into biscuits and lay on greased tins; let rise again until light and bake about 25 minutes. This recipe will make 4 dozen biscuits.

Mrs. Jack Kent.

STEAMED BROWN BREAD

2 cups sour milk.	$\frac{1}{2}$ cup of sugar.
2 teaspoons soda.	$\frac{1}{2}$ cup cornmeal.
1 teaspoon Royal baking powder.	3 cups graham flour.
$\frac{1}{2}$ teaspoon salt (scant).	$\frac{2}{3}$ cup raisins.
$\frac{2}{3}$ cup molasses.	

Mix dry ingredients together; add balance and steam 2 hours.

Mrs. Harry Hosken.

ROLLS

1 quart milk, luke warm.	2 cakes compressed yeast.
--------------------------	---------------------------

Make sponge at night with this and flour. In the morning add 2 well beaten egg, piece of butter the size of an egg, $\frac{1}{2}$ cup sugar and a little salt. Mould into hard loaf and let rise. When light flour make into small biscuits. Dip in melted butter and put 3 together in muffin ring.

Mary, the Cook.

HOT CROSS BUNS

Three cups of milk (scalded). When cooled add $\frac{1}{2}$ yeast cake and flour for sponge. Set over night. In the morning, add 1 cup of sugar, $\frac{1}{2}$ cup butter and lard mixed, $\frac{1}{2}$ small nutmeg, 1 teaspoon of salt. Set to rise; when light, knead, set to rise again. Then when light, cut in biscuit shape, let rise and bake in quick oven. Just before putting in the oven, a cross can be cut on each with a knife.

Smith's Flavoring has a flavor all its own

Where recipes call for Gelatine, use KNOX GELATINE

RAISIN BREAD

Dissolve 1 yeast cake and 1 tablespoon sugar in cup of luke warm water. Add 1 cup of milk scalded and cooled, 2 cups of sifted flour, 4 tablespoons lard or butter, which has been creamed with $\frac{3}{4}$ cup sugar and beat until smooth.

Cover and set aside to rise in warm place free from draft until light, about $1\frac{1}{2}$ hours. When light add 1 cup raisins which have been floured, 1 teaspoon salt and enough flour to make soft dough, about 4 cups, knead and place in greased bowl. Cover and let rise until double its bulk. Mould into loaves and put into well greased pans half full, cover and let rise; glaze with egg diluted with water and bake 45 minutes.

Mrs. E. D. Hulliberger.

NUT BREAD

Take 1 cupful of rolled oats and pour over it 2 cupfuls of boiling water. Let this stand until it is lukewarm, then add $\frac{1}{2}$ a cake of compressed yeast dissolved in a little water, 1 quart of flour, $\frac{1}{2}$ cupful of brown sugar, and 1 teaspoonful of salt. Beat all together. The dough will be quite stiff. Let it stand over night or until it is light, then add one cupful of nuts (walnuts or almonds) and 1 cupful of flour, and knead into loaves. Let this rise till it is light, and bake 1 hour.

SALT RISING BREAD

"On the night before you contemplate this masterpiece of baking take half a cupful of corn meal and a pinch each of salt and sugar. Scald this with new milk heated to the boiling point and mix to the thickness of mush. This can be made in a cup. Wrap in a clean cloth and put in a warm place overnight.

"In the morning, when all is ready, take a one-gallon stone jar and into this put one scant cupful of new milk. Add a level teaspoonful of salt and one of sugar. Scald this with three cupfuls of water heated to the boiling point. Reduce to a temperature of one hundred and eight degrees with cold water, using a milk thermometer to enable you to get exactly the right temperature. Then add flour and mix to a good batter; after the batter is made, mix in your starter that was made the night before. Cover the stone jar with a plate and put the jar in a large kettle of water and keep this water at a temperature of one hundred and eight degrees until the sponge rises. It should rise at least an inch and a half. When it has raised mix to a stiff dough, make into loaves and put into pans. Do not let the heat get out of the dough while working. Grease the loaves well on top and set your bread where it will be warm and rise. After the loaves rise bake in a medium oven for one hour and ten minutes. When you take the loaves from the oven wrap them in a breadcloth."

There! Complicated enough to suit the most fastidious, I should say; but it has the Theodore Roosevelt and the Governor Stubbs indorsement and official O. K. for being the grandest bread that ever came out of an oven. Take this recipe home and try it on your piano.

Your cake will be better if you use Smith's Vanilla

For Good Results Use Dent's Flavoring Extracts.
A trial will make a satisfied customer.

Dent Chemical Co.

316 Monroe Ave.

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and Reasonable Prices



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is always appropriate in any home. Its quaint character, when embodied in a three-legged table or escritoire, is certain to appeal to people of discerning taste. We have on display furniture of the various periods now so much sought for: the French, English and Italian and the early American Colonial. Call and examine these prices.

DE KORNE & LINDHOUT
Quimby and Plainfield Ave.

KNOX ACIDULATED GELATINE saves the cost, time and bother
of squeezing lemons

PIES

"What moistens the lip and brightens the eye?
What brings back the past like a rich pumpkin pie?"

PUMPKIN PIE

1 cup pumpkin.	$\frac{1}{2}$ teaspoon salt.
1 egg.	1 teaspoon cinnamon.
$1\frac{1}{2}$ cups milk.	1 teaspoon ginger.
$\frac{1}{2}$ cup sugar.	1 teaspoon flour.

Mrs. C. C. Nevers.

CREAM PIE

$\frac{1}{2}$ cup sugar.	2 cups milk.
1 tablespoon butter.	2 tablespoons flour.
3 eggs, (2 whites for frosting).	

Mrs. Albert Smith.

LEMON CUSTARD PIE

$\frac{3}{4}$ cup sugar.	$1\frac{1}{2}$ lemon (grated rind and juice).
4 eggs (yolks).	

Cook in double boiler; fold in quickly the beaten whites of two eggs.

Frosting

Whites of 2 eggs beaten to a stiff froth with little sugar.
Mrs. W. R. Townsend.

SWEET POTATO PIE

Two medium sized sweet potatoes, boil and mash; butter size of walnut.

1 teaspoon nutmeg.	1 cup sugar.
Pinch of salt.	1 cup milk.
2 eggs.	

Bake with one crust.

Mrs. J. R. Pixley.

CHOCOLATE PIE

1 cup sugar.	1 cup milk.
3 eggs (yolks).	2 tablespoons cocoa.
1 teaspoon cornstarch (heaping).	

Mix sugar, eggs, cornstarch, cocoa and milk, bake as custard pie, with beaten whites of eggs sweetened for frosting. Very nice.
Mrs. Charles S. Davies.

Smith's Cake Colorings are pure and healthful

Use KNOX GELATINE—the two-quart package

SUMMER MINCE PIE

1 cup raisins.
2 cups sugar.
2 cups hot water.
 $\frac{1}{2}$ cup vinegar.

1 cup cracker crumbs.
1 tablespoon cinnamon.
1 grated nutmeg.

Butter size of a walnut.

Ellen M Holmes.

LEMON CREAM PIE

1 cup sugar.
2 tablespoons butter.
3 tablespoons lemon juice.
 $\frac{1}{4}$ cups boiling water.

3 eggs (yolks).
 $\frac{3}{4}$ cup flour.
 $\frac{1}{2}$ cup Carnation milk.
 $\frac{1}{2}$ teaspoon grated lemon rind.

Mix flour and sugar, add boiling water, stirring constantly. Cook 5 minutes, add butter, the beaten egg yolks, Carnation Milk, the lemon juice and rind. Line plate with pastry, bake in hot oven. Cool. Fill with the lemon cream mixture. Cover with meringue (see recipe below), bake in a slow oven until the meringue is a golden brown. This recipe makes one pie.

Meringue

3 egg whites.
 $\frac{1}{2}$ cup powdered sugar.

$\frac{1}{2}$ teaspoon Jennings lemon
extract.

Beat eggs until stiff, add sugar slowly, beating all the time. Flavor.

LEMON COCOANUT PIE

1 large lemon (grated rind).
1 cup sugar.
2 good tablespoons cornstarch.
1 tablespoon butter.

$\frac{1}{2}$ cup shredded cocoanut.
2 egg yolks.
 $\frac{1}{2}$ teaspoon vanilla.

Cook in double boiler until thick, pour in pie shell, cover with the two whites of eggs beaten stiff, brown in oven.

Mrs. T. J. Bonesteel.

BANANA CREAM PIE

Custard or Cream Part

Put 1 pint milk on stove to heat, let come to a boil; 2 eggs (saving $\frac{1}{2}$ whites for frosting, add little sugar), 1 tablespoon cornstarch and about 1 cup sugar, small piece butter, beat all well and stir into the milk; flavor. Bake pie crust first, then put in layer of cream, then sliced bananas and so on until full; frost and let brown.

Mrs. T. J. Haynes.

CREAM PIE

Stir to a cream.
 $\frac{1}{2}$ cup sugar.
1 tablespoon butter.
2 well beaten eggs.

2 tablespoons flour.
2 cups milk.

Mix all together and flavor with lemon or orange.

Mrs. W. H. Maurer.

Smith's Vanilla does not bake out

DESSERTS can be made in a short time with KNOX GELATINE

BUTTERSCOTCH PIE

- | | |
|--|--------------|
| 1 tablespoon butter, browned. | 2 cups milk. |
| 1½ cups brown sugar. | 1 egg. |
| 2 tablespoons flour, mix with a little milk. | |

Mix ingredients together, cook in double boiler until it thickens. When cooled pour into pie tin lined with baked pie crust. Cover with well beaten white of egg. Brown in oven.

Mrs. Chas. Ellinger.

LEMON PIE

- | | |
|----------------------------------|----------------------|
| 1 lemon (grated rind and juice). | 1 cup boiling water. |
| ¾ cup sugar. | 2 tablespoons sugar. |
| 1 heaping tablespoon flour. | 2 egg whites. |
| 2 egg yolks. | |

Bake crust first.

Mrs. Wm. P. Putnam.

MINCE MEAT

- | | |
|--------------------------|--------------------------------|
| 1 peck of apples. | 2 pounds of suet. |
| 2 boxes of raisins. | 3 pounds of neck meat. |
| 2 boxes of currants. | 1 tablespoon cinnamon, nutmeg, |
| ½ gallon cider. | allspice, cloves and ginger. |
| 2 pounds of brown sugar. | |

Boil together.

Mrs. Wm. Donker.

RAISIN PIE

- | | |
|------------------|-------------------------------|
| 1½ cups water. | Enough cornstarch to thicken. |
| ½ pound raisins. | 1 teaspoon butter. |
| 1½ cups sugar. | |

Let this boil slowly for one hour. then add juice of one lemon or orange.

Mrs. Chas. Ellinger.

MOCK PUMPKIN PIE

- | | |
|--|-----------------------------|
| 2 eggs. | ½ teaspoon ground cinnamon. |
| ½ cup sugar. | ¼ teaspoon ground ginger. |
| 1½ cups mashed and steamed Hubbard squash. | Nutmeg. |
| 1 cup rich milk. | Pinch of salt. |

Bake in one crust made as follows: One cup flour, ½ cup (scant) lard or lard compound, pinch salt, water to mix rather soft with silver knife. Cut shortening into flour with knife and have water and shortening cold.

Mrs. Sumner M. Wells.

There is no Vanilla like Smith's Gilt-Edge Blend

Simply add water and sugar to the KNOX ACIDULATED package

RAISIN PIE

One cup each of raisins, water and brown sugar; 1 tablespoon flour, pinch of salt. Boil together until thick, and bake in two crusts.
Mrs. Wm. H. Rudy.

LEMON PIE

1 lemon (juice).	1 tablespoon flour.
1 cup sugar.	3 eggs (save white of 1 for frosting).
1 cup water.	

Beat flour, eggs and sugar together.

Mrs. Chas. S. Davies.

PUMPKIN PIE

2 cups cooked pumpkin.	1 teaspoon ginger.
1 cup white sugar.	1 pint scalded milk.
$\frac{1}{2}$ teaspoon salt.	2 eggs.
1 teaspoon cinnamon.	

Cool before putting into the tin lined with crust.

Mrs. Clayton W. Lawson.

NEVER FAIL PIE CRUST

Half as much lard as flour.	Salt.
Half as much water as lard.	

Put the salt in the flour and rub in lard with the fingers until fine and smooth. Then cut in the water with broad bladed knife. Handle crust as little as possible after putting in water and when rolling out for pies roll one way. In measuring ingredients have lard scant and flour full.

Mrs. Clayton W. Lawson.

PIE CRUST

1 cup flour.	3 tablespoons water.
2 tablespoons lard.	Salt.

Mrs. Howard Dutcher.

Smith's Cake Colorings are pure and healthful

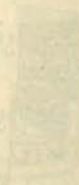
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red and white*

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It will speak for itself if you will try it just once. We also make the finest Orange, Lemon, Nectarin, Strawberry, Raspberry, Pineapple, Almond, Maple, Anise, Peppermint and Cake Colorings, Red, Yellow and Green. Our Flavorings and Colorings are made from the highest refined materials known to modern Science of Chemistry. They are guaranteed to be pure and healthful and are about twice the strength of the ordinary flavoring, and you will find they do not bake out. They are the most delicious and the most economical flavoring to use on the market. Our customers are our best references. Sold by all leading Grocers. We are manufacturers of SMITH'S JIFFY PUNCH, the Delicious Home Drink. Be sure and ask for SMITH'S.

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GRAND RAPIDS, MICHIGAN

KNOX GELATINE is the one dessert for all appetites

PUDDINGS

"Your dressing, dancing, gadding, where's the good in,
Sweet lady, tell me, can you make a pudding?"

MARSHMALLOW PUDDING

One pound soft marshmallows, quartered; little over 1 pint of whipped cream, 10 cents' worth blanched almonds, shaved; 10 cents' worth candied cherries. Let stand all day.

Mrs. Wm. P. Putnam.

SAILORS DUFF

$\frac{1}{2}$ cup molasses.	2 tablespoons butter.
2 tablespoons sugar.	$1\frac{1}{2}$ cups flour.
1 egg.	1 teaspoon soda.

Beat all together 5 minutes and add $\frac{1}{2}$ cup of boiling water. Steam 1 hour. Serve with any kind of sauce.

Mrs. W. R. Townsend.

APPLE SAUCE PUDDING

Cream $\frac{1}{4}$ cup butter and $\frac{1}{2}$ cup brown sugar, add 1 beaten egg, $2\frac{1}{2}$ tablespoons milk, $\frac{1}{2}$ teaspoon baking powder, mixed with enough flour to make a stiff batter (about 1 cup). Stir thoroughly. Bake in two layers and put together while hot with apple sauce (being careful not to have the latter too juicy). Serve with a thin boiled custard.

Mrs. Verne L. Marston.

SUET PUDDING

1 cup suet, chopped fine	1 teaspoon cinnamon.
1 cup molasses.	$\frac{1}{2}$ teaspoon cloves.
1 cup sour milk.	$\frac{1}{2}$ teaspoon allspice.
3 cups flour.	$1\frac{1}{2}$ cups chopped raisins.
1 teaspoon soda	2 tablespoons flour.
$1\frac{1}{2}$ teaspoons salt.	

LEMON SPONGE OR SNOW PUDDING

1 envelope Knox sparkling gelatine.	$\frac{3}{4}$ pint cold water.
1 cup sugar.	$\frac{3}{4}$ pint boiling water.
2 eggs (whites).	2 lemons (rind and juice).

Soak the gelatine in cold water 5 minutes. Dissolve in boiling water and add grated rind and juice of the lemons and sugar. Stir until dissolved. Strain and let stand in a cool place until nearly set. Then add the whites of the eggs, well beaten, and beat the mixture until it is light and spongy. Put lightly into glass dish or shape in mold. Serve with a thin custard made of the yolks of the eggs, or cream and sugar.

Smith's Vanilla does not bake out

KNOX GELATINE is clear and sparkling

HARD SAUCE

- | | |
|--------------------------------|--|
| 1 cup butter, wash out salt. | $\frac{1}{2}$ cup brown sugar, beaten. |
| 1 cup pulverized sugar, put in | 1 white of egg, beaten. |
| a little at a time, beat with | 1 teaspoon vanilla. |
| a spoon. | |

If too thick add a spoonful of water.
Put in buttered mould. Steam 3 hours.

Georgia M. Hubbard.

APPLE PUDDING

- | | |
|----------------------------------|----------------------------------|
| $1\frac{1}{2}$ cups flour. | 3 tablespoons butter. |
| 2 teaspoons sugar. | $\frac{1}{2}$ cup milk. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{2}$ teaspoon cinnamon. |
| 2 teaspoons Royal baking powder. | |

Pare and cut the apples in quarters. Butter a quart pudding dish and fill 2-3 with fruit. Sprinkle with sugar enough to sweeten and add cinnamon. Cover and bake until the apples are soft. Sift together the flour, sugar, salt and baking powder, work in the butter and add the milk. Place over the apples and bake 20 minutes. Serve with hard sauce.

Hard Sauce

- | | |
|---------------------------|---|
| $\frac{1}{3}$ cup butter. | $\frac{1}{3}$ teaspoon lemon extract. |
| 1 cup powdered sugar. | $\frac{2}{3}$ teaspoon Jennings' vanilla. |

Cream the butter, add gradually the sugar and flavoring.

Mrs. Wm. H. Rudy.

PRUNE FLUMMERY

Wash $\frac{3}{4}$ pound prunes and soak over night. Cook in little water until soft; remove stones and run this through food chopper; add $\frac{3}{4}$ cup sugar. Beat whites of 4 eggs very stiff; add prunes little at a time. Bake in slow oven until light brown. Serve with whipped cream.

Mrs. John Felix.

ENGLISH PLUM PUDDING

- | | |
|--|---|
| 1 pound bread crumbs. | 2 teaspoons cinnamon. |
| 1 pound beef suet, chopped fine. | 1 small teaspoon cloves. |
| 1 pound seedless raisins or currants. | 1 cup molasses, slightly warm. |
| 1 pound seeded raisins. | 1 teaspoon soda in molasses and add last. |
| $\frac{3}{4}$ pound citron, lemon and orange peel together, slice very fine. | 1 pint milk. |
| 6 eggs, well beaten. | 4 chopped apples. |
| 1 nutmeg. | Flour enough to make it stick together. |

Mix well and put in a floured and buttered strong cloth. Boil 6 hours. Put a plate in bottom of kettle or pudding will stick.

Mrs. E. H. Poole.

Smith's Flavorings will prove the best by a test

Use KNOX GELATINE if you would be sure of results

CHOCOLATE PUDDING

$\frac{1}{2}$ cup sugar. 2 tablespoons cornstarch.
1 tablespoon cocoa (heaping). 1 pint milk.

Serve with whipped cream.

Mrs. Newton.

MARYLAND SAUCE FOR RICE

2 tablespoons butter. 4 tablespoons brown sugar.

Cream together and add yolks of two eggs, together with $\frac{1}{2}$ cup milk or water and Jennings' vanilla. Cook all together in double boiler until thick. Serve with boiled rice.

Mrs. Clayton W. Lawson.

CHICAGO SNOW PUDDING

1 egg (white). 1 teaspoon Jennings' lemon
1 cup sugar. extract

Grate in one apple and beat 20 minutes.

Yellow Sauce to Pour Over

1 egg (yolk). $\frac{1}{2}$ teaspoon Jennings' lemon.
 $\frac{1}{2}$ cup sugar. $\frac{1}{2}$ cup milk.

Beat egg, pour in milk, then add sugar and flavoring; put on the stove and let thicken. Serve cold.

Mrs. Wm. Vyn.

SUNSHINE ORANGE

Soak an orange in hot water for half an hour or until it is heated to the core. The skin will loosen and come off like a glove, and the pulp will be sweet with the sweetness that comes not from sugar but the sun.

Mrs. Ide.

QUEEN PUDDING

$\frac{1}{2}$ pint bread crumbs. Butter the size of a walnut.
2 egg yolks. $\frac{1}{2}$ cup sugar.
1 pint milk. Nutmeg.

Cook as custard and when cool beat whites of eggs and spread over top. Brown in oven.

Mrs. F. A. Rudy.

FRUIT PUDDING

Beat up the white of 1 egg, then beat in $\frac{1}{2}$ cupful sugar and 4 tablespoonfuls of chopped fruit, strawberries preferred. Bring 2 cupfuls of milk to a boiling point, stir the yolks of 2 eggs and 1 tablespoonful of flour mixed smooth with a little cold water and add to the milk. When thick remove from the fire and flavor. Combine the mixtures and pour into a glass dish. Decorate with ripe strawberries.

Mrs. E. D. Hulliberger.

Drink Smith's Jiffy Punch—10 drinks for 10 cents

KNOX GELATINE is **GUARANTEED** to please or money back

CHOCOLATE PLUM PUDDING

- | | |
|-------------------------------------|--|
| 1 envelope Knox sparkling gelatine. | 1/2 cup sliced citron or nuts, as preferred. |
| 3/4 cup cold water. | 1/2 cup currants. |
| 1 cup sugar. | 1 1/2 squares chocolate. |
| 1/2 teaspoonful Jennings vanilla. | 1 pint milk. |
| 1 cup seeded raisins. | Pinch salt. |
| 1/2 cup dates or figs, if desired. | |

Soak gelatine in cold water five minutes. Put milk in double boiler, add melted chocolate, and when scalding point is reached add sugar, salt and soaked gelatine. Remove from fire and when mixture begins to thicken add Jennings vanilla, fruit and nut meats. Turn into mold, first dipped in cold water, and chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened, and flavored with Jennings vanilla.

GRAHAM PUDDING

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|----------------------|--------------------------|
| 1 egg. | 1 1/2 cups graham flour. |
| 1/2 cup molasses. | 1 teaspoon soda. |
| 1/2 cup water. | Raisins. |
| 2 tablespoons sugar. | |
| Steam 2 hours. | |

Sauce for Pudding

- | | |
|---------------------------|-------------------------------|
| 1/2 cup butter. | Juice of a lemon, or a little |
| 2 cups light brown sugar. | vinegar as you prefer. |
| 1/2 teaspoon salt. | 1 tablespoon flour. |

Cream and add two cups boiling water.

Mrs. Clayton W. Lawson.

APPLE DUMPLINGS

- | | |
|----------------------------|----------------|
| 1 quart of flour. | Pinch of salt. |
| 3 teaspoons baking powder. | Milk to dough. |

Roll and cut in squares. Place one diced apple in each square. Sprinkle with sugar and nutmeg. Cover the apple well by bringing corners of the dough up over it. Place in basin in oven to bake. When the dumplings are raised well pour a sauce over them made by mixing 1 cup sugar, 1 teaspoon butter, 1 pint boiling water. This keeps them moist and prevents them baking too hard. Serve with vanilla sauce.

Mrs. C. M. Ide

DATE PUDDING

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|------------------------|---------------------------------|
| 1 quart boiling water. | 3/4 cup graham flour mixed with |
| 1 teacup sugar. | cold water to make a paste. |
| Pinch of salt. | |

Add paste to boiling water and let cook while you seed dates, add dates; put in moulds and serve with whipped cream or just plain cream.

Mrs. B. Frank Hilton.

Smith's Orange and Almond Flavorings are fine

Send for the KNOX GELATINE recipe book

CHOCOLATE PUDDING

$\frac{1}{2}$ cup sugar.	1 teaspoon Jennings vanilla.
1 tablespoon butter.	2 squares of chocolate.
1 egg.	$1\frac{1}{2}$ teaspoons Royal baking powder.
$\frac{1}{2}$ cup milk.	
$1\frac{1}{2}$ cups flour.	

Steam $\frac{3}{4}$ of an hour.

Sauce

1 cup of sugar.	$\frac{1}{4}$ cup cream.
1 tablespoon butter.	

Cook all together.

Mrs. W. R. Townsend.

BUTTERMILK PUDDING

$\frac{1}{2}$ cup brown sugar.	$\frac{1}{2}$ cup molasses.
1 egg.	1 teaspoon soda.
1 cup buttermilk.	$1\frac{2}{3}$ cups flour.
	Steam 2 hours.

Sauce

$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ cup milk.
1 tablespoon butter.	2 eggs (whites).

Mrs. Ellinger.

SUET PUDDING

1 cup C sugar.	$\frac{1}{2}$ cup raisins.
1 cup suet.	1 cup sour milk.
$\frac{1}{2}$ cup currants.	1 teaspoon soda.

Stir stiff with flour. Steam from 2 to 3 hours. Spices to taste.

Sauce for Same

1 cup sugar.	1 pint boiling water.
2 tablespoons cornstarch.	Nutmeg and lemon.
2 tablespoons vinegar.	1 tablespoon butter.

Mrs. D. B. Davis.

STRAWBERRY PUDDING

1 egg.	$\frac{1}{2}$ cup milk.
Pinch of salt.	2 teaspoons Royal baking powder.
1 tablespoon butter.	

Flour enough to make stiff batter. Steam one hour.

Hard Sauce

One-third as much butter as sugar, creamed. Slice strawberries in sauce. Chill and serve on hot pudding.

Mrs. Howard Dutcher.

All good Grocers sell Smith's Flavoring

Ask your grocer for KNOX GELATINE—take no other

CHOCOLATE BREAD PUDDING

2 cups bread crumbs.	$\frac{3}{4}$ cup sugar.
4 cups scalded milk.	2 eggs.
2 squares Baker's chocolate.	$\frac{1}{4}$ teaspoon salt.
1 teaspoon Jennings vanilla.	

Soak the crumbs in milk for $\frac{1}{2}$ hour, melt the chocolate and add half the sugar and enough milk taken from the bread and milk to make a consistency to pour, add to bread and milk the chocolate, the remaining sugar, salt, Jennings vanilla and slightly beat.

Sauce

2 cups butter.	1 cup powdered sugar.
1 teaspoon Jennings vanilla.	

Cream the butter, add the sugar and beat until light. Flavor. Stand on ice to harden, but pudding must be slightly warm.

Mrs. M. DeRyke.

BAKED INDIAN PUDDING

$\frac{1}{2}$ cup corn meal stirred into 1 quart hot milk. Let cook thoroughly. Cool and add the following: 2 well-beaten eggs, 1 cup brown sugar, 2 tablespoonfuls N. O. molasses, butter size of egg, $\frac{1}{2}$ teaspoonful salt and cinnamon, 1 pint milk. Bake slowly 2 or 3 hours. Makes its own sauce.

Mrs. V. E. Thebaud.

CHERRY COBLER

1 can cherries.	Sugar.
Biscuit dough as for dumplings (no shortening).	

Butter a baking dish and fill with the fruit. Add the sugar and cover with a crust rolled $\frac{1}{4}$ inch thick. Bake until crust is done, about 25 minutes. Serve hot with hard sauce.

Peaches, apples, plums, loganberries, blueberries or blackberries all make excellent cobblers.

Mrs. Clyde Ford

YANKEE FLAVOR TAPIOCA CREAM

1 quart milk.	2 eggs.
2 tablespoons granulated tapioca.	1 teaspoon Yankee Flavor.
$\frac{1}{2}$ cup sugar.	

Cook milk, tapioca and sugar fifteen minutes. Stir frequently. Add beaten egg yolks about three minutes before removing from fire. Then add Yankee Flavor. Cover with the well beaten egg whites mixed with one tablespoon powdered sugar.

There is no Vanilla like Smith's Gilt-Edge Blend

YANKEE FLAVOR

Contains no maple sugar or syrup or sap, but produces that delicious taste of MAPLE. Use Yankee Flavor same as you would Vanilla or Lemon, but don't put in as much. A few drops of Yankee Flavor is sufficient. Yankee Flavor blends readily with nearly all food, producing entirely a new and delicious flavor. Sold by your Grocer, 20 cents the bottle.

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The KNOX ACIDULATED package contains flavoring and coloring

COOKIES--FRIED CAKES

"Oh! weary mothers mixing dough,
' Don't you wish that food might grow?
Your lips would smile, I know to see,
A cookie bush, or a doughnut tree."

MY CALIFORNIA COOKIE RECIPE

1½ cups granulated sugar.	3 to 4 cups flour; add 3 cups
½ cup lard.	first and enough more to roll
¼ cup butter	as soft as possible without
¾ cup sour milk and cream.	sticking.
2 well beaten eggs.	

Orange, lemon or vanilla flavoring. Cocoonut, chocolate or nuts and raisins, if you wish.

Mrs. Sumner M. Wells.

SOUR MILK FRIED CAKES

½ (scant) cup butter.	Jennings vanilla.
1½ cups sugar.	Nutmeg.
1 cup sour milk.	3 eggs.
1 teaspoon soda.	Flour.
Pinch of salt.	

Mix as soft as possible, cut out and fry in lard.

Mrs. Clayton W. Lawson.

FRUIT COOKIES

1 cup Crisco.	1 teaspoon cinnamon.
2 cups brown sugar.	½ teaspoon allspice.
1 teaspoon salt.	1 teaspoon ginger.
3 eggs.	1 cup chopped raisins.
1½ tablespoons baking soda.	1 cup chopped walnut meats.
2 tablespoons sour milk.	Flour.

Cream Crisco and sugar together, add salt, eggs well beaten, soda mixed with milk, spices, raisins, nuts and enough flour to make stiff dough. Nearly 5 cups. Roll out and cut with cookie cutter and bake in moderate oven 10 to 12 minutes.

Mrs. John Felix.

ORANGE DOUGHNUTS

1 orange rind (ground).	½ cup thick cream.
½ cup of juice.	2 eggs.
½ cup sugar.	2 teaspoons Royal baking powder
2 cups flour.	¼ teaspoon salt.

Beat eggs, add juice and rind, add cream little at a time; sift flour, sugar and baking powder; mix well all together. Have fat hot. Drop teaspoonful in fat.

Mrs. J. C. Force

Smith's Maple Flavoring is delicious. Try it

For Dainty, Delicious Desserts use KNOX GELATINE

SOUR CREAM COOKIES

- | | |
|--------------------------------|---------------------------------|
| 1 cup butter or lard. | 1 teaspoon Royal baking powder. |
| 1 cup white sugar. | 1 teaspoon salt. |
| 1 cup brown sugar. | 1 teaspoon nutmeg. |
| 1 cup sour cream or milk. | 1 teaspoon Jennings' lemon |
| $\frac{3}{4}$ sifter of flour. | extract. |
| 1 teaspoon soda in the milk. | 2 eggs. |

Mix soft.

Mrs. H. S. Bailey.

DROP SUGAR COOKIES

- | | |
|-------------------------------|--|
| 1 cup sugar. | $\frac{1}{2}$ teaspoon soda in 3 tablespoons |
| $\frac{1}{2}$ cup butter. | sour milk. |
| $\frac{1}{2}$ cup sweet milk. | 2 teaspoons Royal baking powder. |
| 4 cups flour. | 2 or 3 eggs. |
| | Nutmeg. |

Drop from spoon in buttered pan.

Mrs. H. S. Bailey.

WHITE COOKIES

- | | |
|----------------------------|------------------|
| $1\frac{1}{2}$ cups sugar. | 1 teaspoon soda. |
| 1 cup shortening. | 4 cups flour. |
| 2 eggs. | Flavor to taste. |
| 1 cup buttermilk. | |

Mrs. Geo. Monroe.

FRIED CAKES

- | | |
|----------------------|----------------------------------|
| 1 egg, beaten light. | $\frac{1}{2}$ teaspoon salt. |
| 1 cup sugar. | 2 teaspoons Royal baking powder. |
| 1 cup sweet milk. | $\frac{1}{2}$ teaspoon nutmeg. |
| 1 teaspoon butter. | |

Knead to soft dough.

Mrs. Wm. Donker.

RAISIN FILLED COOKIES

- | | |
|--|---------------------------------|
| $1\frac{1}{2}$ cups light brown sugar. | 1 teaspoon soda. |
| 1 cup shortening. | 1 teaspoon Royal baking powder. |
| $\frac{1}{2}$ cup sour milk. | $\frac{1}{2}$ teaspoon nutmeg. |
| 2 eggs. | Flour. |

Filling

- | | |
|-----------------------------|------------------|
| $1\frac{1}{2}$ cups raisins | 1 cup water. |
| $\frac{1}{2}$ cup sugar. | Piece of butter. |
| 1 tablespoon flour. | Cook and cool. |

Cream the sugar and shortening, add eggs beaten, put soda in the sour milk, add to the above, add Royal baking powder, nutmeg and salt to the flour, using enough flour to make a medium stiff dough. Roll out thin, cut, put teaspoon of filling on each cookie and cover with another one, press edges a little. Bake in a quick oven.

Mrs. B. A. Otley.

Be sure and ask for Smith's Flavoring

Give the growing children KNOX GELATINE

CRUMB COOKIES

- | | |
|----------------------------------|--|
| 1 egg. | $\frac{1}{2}$ cup warm water. |
| Butter size of a large egg. | 1 teaspoon soda. |
| $\frac{1}{2}$ cup molasses. | $2\frac{1}{2}$ cups crumbs (cookies or cake
put through chopper). |
| $\frac{1}{2}$ teaspoon cinnamon. | $\frac{1}{2}$ cup currants, raisins and nuts. |
| $\frac{1}{2}$ teaspoon cloves. | $1\frac{3}{4}$ cups flour. |
| A little nutmeg. | Mrs. E. Blanche Lewis. |

FRIED CAKES

- | | |
|---------------------|------------------|
| 1 cup sugar. | 1 teaspoon soda. |
| 3 eggs. | 1 cup sour milk. |
| Butter size of egg. | 1 teaspoon salt. |
- Mix with sufficient flour to roll.
- Mrs. E. D. Hulliberger.

OATMEAL COOKIES

- | | |
|-------------------------------|------------------------------|
| Mix $\frac{3}{4}$ cup butter. | 1 teaspoon soda in flour. |
| 1 cup sugar. | $\frac{1}{2}$ teaspoon salt. |
| 2 large eggs (well beaten). | 1 large teaspoon cinnamon. |
| $1\frac{1}{2}$ cups flour. | |
- Add 2 cups oatmeal to mixture and 1 cup chopped raisins. Drop from teaspoon on buttered tins and bake in moderate oven.
- Mrs. John Felix.

FRUIT COOKIES

- | | |
|---------------------------------|--|
| 1 cup sugar. | $\frac{1}{2}$ teaspoon cloves. |
| $1\frac{1}{2}$ cups sour cream. | $\frac{1}{4}$ teaspoon salt. |
| $\frac{1}{2}$ cup butter. | $\frac{1}{2}$ pound raisins, chopped fine. |
| 1 teaspoon soda. | Flour. |
| 1 teaspoon cinnamon. | |
- Mrs. Albert Smith.

SUGAR COOKIES

- | | |
|---------------------------------|------------------------------|
| 1 cup butter. | 1 teaspoon Jennings vanilla. |
| 1 cup brown sugar. | 3 cups flour. |
| 1 cup white sugar. | 3 eggs, well beaten. |
| 2 teaspoons Royal baking powder | |
- Mix in soft dough and roll thin. Bake until light brown in moderate oven.
- Mrs. John Felix.

PEANUT COOKIES

- Beat one tablespoonful butter to a cream, add 2 tablespoonfuls sugar, 2 of milk and 1 beaten egg. When well mixed, stir in $\frac{1}{2}$ cup of flour sifted with $\frac{1}{2}$ teaspoonful each of salt and Royal baking powder, add $\frac{1}{2}$ cup of finely chopped peanuts, then drop by spoonfuls on unbuttered tins. Bake in steady oven.
- Mrs. M. DeRyke.

Your cake will be better if you use Smith's Vanilla

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices

COFFEE KUCHEN

- | | |
|------------------------------|--|
| 1 egg. | 2 cups flour. |
| 1 tablespoon sugar. | 4 rounding spoons Royal baking powder. |
| 2 tablespoons melted butter. | |
| 1 teaspoon (scant) salt. | |

Beat thoroughly, spread in flat pan. Cover with sugar and cinnamon, mixed well. Bake 20 minutes. Serve hot.

Robinwood.

RAISIN AND NUT COOKIES

- | | |
|----------------------|---|
| 1½ cups sugar. | ½ cup sweet milk. |
| 1 cup shortening. | About 1 cup of raisins and nuts chopped together. |
| ½ nutmeg. | 2½ cups flour. |
| Cloves and allspice. | 1 teaspoon soda. |
| 2 eggs. | |

Drop one big teaspoonful for 1 cookie and put about 2 inches apart. Don't bake too fast.

Mrs. T. J. Haynes.

PEANUT WAFERS

- | | |
|-----------------------------|----------------------------------|
| 4 level tablespoons butter. | 2 teaspoons Royal baking powder. |
| ½ cup sugar. | ¼ teaspoon salt. |
| 2 eggs. | 4 tablespoons milk. |
| 1 cup flour. | 1 cup finely chopped peanuts. |

Cream butter and sugar, then add well beaten eggs. Mix and sift flour, baking powder and salt. Add to first mixture, milk and finely chopped peanuts. Drop from teaspoon on buttered sheet, place ½ peanut on top of each. Bake 12 to 15 minutes in moderate oven.

Mrs. John Felix.

GINGER COOKIES

- | | |
|------------------------|--|
| 1 cup shortening. | 4 teaspoons (level) soda in 1 cup hot water. |
| 1 cup sugar (heaping). | 1 teaspoon salt. |
| 1 cup N. O. molasses. | Flour. |
| 4 teaspoons ginger. | |

Mix very soft and roll thick.

Mrs. McTaggart.

DROP MOLASSES COOKIES

- | | |
|-------------------------------|-------------------------------------|
| 1 cup sugar. | 1 scant teaspoon ginger. |
| ¾ cup soft butter. | 1 heaping teaspoon ground cinnamon. |
| 1 egg. | Flour enough to make stiff batter. |
| ½ cup molasses. | |
| ½ cup cold water. | |
| 1 teaspoon soda in the water. | |

Drop from spoon on buttered pans. Bake in quick oven.

Georgia M. Hubbard.

Smith's Flavorings will prove the best by a test

KNOX GELATINE improves soups and gravies

NUT DROPS

Sift a cup of flour with a cup of brown sugar, a teaspoon (scant) salt, 1 teaspoon baking powder, chop coarsely 1 cup of nut meats, add the flour and mix to a paste with 2 eggs beaten light, to which you have added 2 tablespoons of sweet milk or water. Drop a small spoonful on buttered paper and bake 15 minutes.

Mrs. Wm. P. Putnam.

BROWNIES

½ cup butter.	1 teaspoon Jennings vanilla.
1 cup sugar.	½ cup flour.
2 eggs.	1 cup nuts.
2 squares Baker's chocolate, (melted).	

Bake in square pans about 30 minutes.

Mrs. V. E. Thebaud.

COOKIES

1½ cups sugar.	4 tablespoons sour milk.
1 cup shortening.	1 cup rice flour.
Jennings vanilla.	½ cup corn flour.
2 eggs.	½ cup cornstarch.
2 cups sour milk.	2 cups white flour.
½ teaspoon soda.	

Mrs. Sarah G. Davies.

OATMEAL COOKIES

1½ cups sugar.	1 teaspoon cinnamon.
½ cup sweet milk.	½ teaspoon salt.
⅔ cup lard.	1 teaspoon Jennings' vanilla.
1 cup raisins chopped.	2 cups rolled oats.
½ cup nut meats.	2 cups flour.
2 tablespoons molasses.	

Belle Lindley.

KUCHEN

¾ cup sugar.	¾ cup milk.
1 tablespoon butter.	2 cups flour.
1 egg.	2 teaspoons Royal baking powder.
Salt.	

Mix ½ cup sugar, ½ cup nuts and 1 teaspoonful cinnamon. After batter is in the pan, sprinkle the mixture on top and bake.

Mrs. V. E. Thebaud.

ROLLED OATS COOKIES

2 eggs.	2 cups rolled oats.
1 cup sugar.	2 cups flour.
½ cup shortening.	Salt.
½ cup sour milk.	1 teaspoon cinnamon.
¾ teaspoon soda.	1 cup raisins.

Drop from spoon.

Mrs. V. E. Thebaud

Smith's Orange and Almond Flavorings are fine

A KNOX GELATINE Dessert or Salad is attractive and appetizing

DROP HERMITS

1½ cups brown sugar.
1 cup butter.
2 eggs.
½ cup sour milk.
½ teaspoon soda.
1 teaspoon cinnamon.

½ teaspoon cloves.
½ teaspoon nutmeg.
1 cup raisins.
1 cup nut meats ground coarse
2½ cups flour.

Drop from spoon and bake in slow oven.

Mrs. Howard Dutcher.

Use Smith's Gilt-Edge Blend Vanilla

**Healthful
Reliable
Economical**



*The prudent
housewife avoids
substitutes, which may
contain alum, and uses*

**ROYAL
BAKING
POWDER**

Absolutely Pure

Made from Cream of Tartar,
derived from grapes.

KNOX GELATINE makes a transparent, tender, quivering jelly

CAKES

"They would not bear a bite—
No not a munch,
But melted away like ice."

EGGLESS CAKE

- | | |
|---|------------------|
| 1 cup brown sugar. | 1 cup sour milk. |
| 4 tablespoons melted butter. | 1 cup raisins. |
| 1 teaspoon each cinnamon,
cloves, nutmeg and soda. | 1½ cups flour. |

Can be baked either sheet, loaf or layer.

Mrs. Wm. H. Rudy.

SUNSHINE CAKE

- | | |
|------------------------------|--------------------------|
| 5 eggs (whites). | ¾ teaspoon cream tartar. |
| 1 cup granulated sugar. | 1 cup flour. |
| Pinch of salt. | 5 eggs (yolks). |
| 1 teaspoon Jennings vanilla. | |

Beat whites of eggs partly, add salt, beat again until almost stiff, add cream tartar, finish beating, add sugar gradually, vanilla and yolks of eggs beaten, sift the flour 3 times and fold in. Bake in angel food tin 45 minutes, in a moderate oven.

Mrs. Frank Kress, Jr.

BURNED SUGAR CAKE

- | | |
|----------------|----------------------------------|
| 2½ cups flour. | 3 teaspoons Royal baking powder. |
| 1¼ cups sugar. | 2 eggs. |
| ¾ cup butter. | 1 teaspoon Jennings vanilla. |
| ¾ cup water. | 2 teaspoons burnt sugar extract. |

Burnt Sugar

- | | |
|------------------|--------------------------------------|
| ¼ cup hot water. | ½ cup sugar, burned to a blue flame. |
|------------------|--------------------------------------|

Cook to a syrup.

Mrs. Wm. Sherman.

LITTLE ORANGE CAKES

- | | |
|-------------------------|-----------------------------------|
| 1 cup sugar. | ½ cup orange juice. |
| 3 tablespoons butter. | 1½ cups flour. |
| 2 eggs. | 1½ teaspoons Royal baking powder. |
| 1 orange rind (grated). | |

Bake in patty pans or layers.

Icing

Grated rind and juice of orange, squeeze through cheese cloth and use to moisten powdered sugar.

Mrs. F. A. Rudy.

Smith's Cake Colorings are pure and healthful

DESSERTS can be made in a short time with KNOX GELATINE

WHITE CAKE

Whites of 3 eggs beaten to a stiff froth. $\frac{1}{2}$ cup sweet milk.
 $1\frac{1}{2}$ cups flour.
1 cup sugar. 2 teaspoons Royal baking powder.
 $\frac{1}{4}$ cup butter.

Flavor to taste.

Mrs. Frank Hachmuth.

CREAM PUFFS

1 cup water. $\frac{1}{2}$ cup butter; boil together.

Stir in while boiling 1 cup of flour dry. Then take from the fire and allow it to cool. Add 3 eggs not beaten. Mix well and drop on buttered tins and bake 25 minutes. Avoid opening the oven.

Cream

1 cup milk. $\frac{1}{2}$ cup sugar.
1 egg. 2 tablespoons flour.

Beat eggs and sugar together, add flour and stir them in the milk while boiling. Flavor with Jennings vanilla when cold. Open and fill.

Mrs. Warren Townsend.

APPLE SAUCE CAKE

$1\frac{1}{2}$ cups apple sauce (sour). 2 tablespoons New Orleans molasses.
1 cup brown sugar. $\frac{1}{2}$ nutmeg.
 $\frac{1}{2}$ cup melted butter. 2 teaspoons soda.
1 cup chopped raisins. 2 cups flour.
1 large teaspoon ground cinnamon.

Georgia M. Hubbard.

BROWN STONE FRONT

1 cup sugar. $1\frac{1}{2}$ cups of flour.
1 cup milk (hot). 2 tablespoons cocoa.
1 egg. Jennings vanilla extract.
1 teaspoon soda in hot milk.

Mrs. Force.

DELICIOUS SPICE CAKE

2 cups brown sugar. 3 teaspoons cinnamon.
 $\frac{3}{4}$ cup butter. 1 teaspoon cloves.
1 cup sour milk. 1 teaspoon allspice.
1 teaspoon soda. 3 cups flour.
Yolks of 4 eggs, white of 1.

Bake in 3 layers.

Filling

1 cup sugar. 1 cup chopped raisins.

Boil in a little water until it will hair. Pour slowly over the beaten whites of 3 eggs, adding one teaspoon vanilla.

Mrs. Rhoades

If you want something different, try Smith's Nectarin

Use KNOX GELATINE—the two-quart package

GINGER CAKE

- | | |
|---------------------|-----------------------|
| 1½ cups shortening. | 3 cups flour. |
| 1 cup sugar. | 2 teaspoons ginger. |
| 1 cup molasses. | 2 teaspoons cinnamon. |
| 1 cup sour milk. | 1 teaspoon cloves. |
| 1 teaspoon soda. | 1 teaspoon nutmeg. |

Be sure to have a slow oven.

Mrs. Wm. P. Putnam.

RAISIN FILLED CAKE

- | | |
|--------------------------------------|-----------------------------------|
| 2 cups brown sugar. | 1 teaspoon soda. |
| 1 tablespoon butter. | Spices to taste. |
| 2 eggs (save one white for filling). | Flour to make proper consistency. |
| 1 cup buttermilk. | |
- Bake in three layers.

Filling

One cup sugar, add a little water and cook until it hairs. Pour while hot on the beaten white of egg and add a cup of raisins chopped fine. For the top make a frosting of pulverized sugar and milk, uncooked, about 4 or 5 tablespoonfuls milk and add enough sugar to thicken.

Mrs. Verne L. Mershon.

SPICE CAKE

- | | |
|-----------------------|---------------------------------|
| 1 cup sugar. | 1 teaspoon soda. |
| ½ cup lard or butter. | 1 teaspoon of cinnamon. |
| 1 cup sour milk. | ½ teaspoon cloves. |
| 2 cups flour. | ½ teaspoon nutmeg. |
| 1 egg. | 1 teaspoon Royal baking powder. |

Bake about ½ hour in a moderate oven.

Mrs. M. Hall.

APPLE SAUCE CAKE

- | | |
|--|-------------------------------|
| 1 cup sugar. | 2 oz. walnut meats, cut fine. |
| ½ cup lard or butter. | A little salt. |
| 1 cup apple sauce. | Cinnamon to suit taste. |
| ½ cup raisins, cut fine. | 2 heaping cups flour. |
| 1 teaspoon soda in a little hot water. | |

Mrs. Wm. Vyn.

DEVIL'S FOOD

- | | |
|---------------------------------|---------------------------------|
| 1½ cups sugar. | 2 teaspoons Royal baking powder |
| ½ cup butter (cream together). | (heaping). |
| 3 eggs broken in and beat well. | Salt. |
| 1 teaspoon Jennings vanilla. | 1 cup cold water. |
| 2 cups flour. | |

Alternate with flour, 2 squares chocolate melted, add to eggs.

Mrs. Wm. P. Putnam.

Smith's Maple Flavoring is delicious. Try it

Try the KNOX GELATINE recipes found in this book

ANGEL FOOD CAKE

Sift together four times, 1 cup each of flour and sugar, 3 teaspoons of Royal baking powder and a pinch of salt. Scald 1 cup sweet milk, pour over the other ingredients and beat all for a few moments, then fold in the beaten whites of two eggs and add flavoring to taste. Do not beat the mixture any more, and do not grease the pan. After baking, turn the cake upside down and let it remain until cool before removing the pan.

Frosting for Angel Food—One teacupful of powdered sugar, moistened with a tablespoonful of sweet cream; it should be set over a dish of boiling water. When smooth and well blended add butter the size of a walnut and flavoring to taste.

Mrs. Wm. Vyn.

PORK CAKE OR FRUIT CAKE

- | | |
|---|---|
| 1 pound fat salt pork run through food chopper. | 1 pound currants or seedless raisins. |
| 1 pint boiling water poured over it. | 2 teaspoons cinnamon. |
| 1 pint molasses. | $\frac{1}{2}$ teaspoon cloves, allspice. |
| 2 cups brown sugar. | 2 good teaspoons soda. |
| 1 pound raisins. | 6 eggs. |
| | $\frac{1}{2}$ pound mixed fruit peel, sliced very thin. |

Mix soda in a little water. Flour enough to make stiff. Bake 1 hour in slow oven. This will make 3 or 4 good sized cakes. Keep in dry, cool place and will keep a long time.

Mrs. E. H. Poole.

GRAHAM CRACKER CAKE

- | | |
|---------------------------|---|
| 2 eggs. | 2 teaspoons Royal baking powder. |
| $\frac{1}{2}$ cup butter. | Nut meats. |
| 1 cup sugar. | 30 graham crackers; grind the crackers and nut meats. |
| 1 cup sweet milk. | |

Icing

- | | |
|---------------------------|-------------------|
| $\frac{1}{4}$ cup butter. | Jennings vanilla. |
| 1 egg. | |

Beat stiff with XXXX sugar.

Mrs. J. R. Pixley.

SPICE CAKE

- | | |
|------------------------------|--------------------------------|
| 1 cup sugar. | 1 teaspoon Jennings vanilla. |
| $\frac{1}{2}$ cup butter. | 1 teaspoon cinnamon. |
| $\frac{1}{2}$ cup sour milk. | $\frac{1}{4}$ teaspoon cloves. |
| $1\frac{1}{2}$ cups flour. | 1 tablespoon molasses. |
| 2 eggs. | Little nutmeg. |
| $\frac{1}{2}$ teaspoon soda. | Raisins and nuts. |

Mrs. Wm. P. Putnam.

Smith's Vanilla does not bake out

Where recipes call for Gelatine, use KNOX GELATINE

FEATHER CAKE

- | | |
|-----------------------------|---|
| 1 cup sugar. | 1½ cups flour. |
| 1 tablespoon melted butter. | 1 heaping teaspoon Royal baking powder. |
| 1 egg. | |

½ cup sweet milk.

Mrs. T. J. Haynes.

FRUIT CAKE

- | | |
|-----------------------------------|--------------------------------|
| 1½ cups shortening. | 1 pound raisins. |
| 2 cups sugar. | 1 wine glass brandy. |
| 4 cups flour. | 1 teaspoon each soda and salt. |
| 6 eggs. | 1 cup molasses. |
| ½ pound blanched almonds. | 1 teaspoon nutmeg. |
| ½ pound English walnuts. | ½ cup cold black coffee. |
| ½ pound stoned and chopped dates. | 2 teaspoons cinnamon. |
| 1 pound currants. | 1 teaspoon cloves. |
| | 1 pound glazed cherries. |
- Bake 2½ hours.

Mrs. J. R. Pixley.

SPICE CAKE

- | | |
|---------------------------------|--------------------------------|
| 2 cups brown sugar. | 3 teaspoons soda. |
| 1 cup sour milk. | 1 teaspoon cloves. |
| ½ cup butter. | 3 teaspoons cinnamon. |
| 1 cup sour cream. | ½ teaspoon almond extract. |
| 2 cups raisins. | ½ teaspoon orange extract. |
| 4 cups flour. | Citron, orange and lemon peel. |
| 1 teaspoon Royal baking powder. | Nuts if desired. |

This makes two loaves.

Mrs. Adella Bailey.

GOLDEN CAKE

- | | |
|---------------------------------------|--------------|
| 6 eggs. | 1 cup sugar. |
| 1 level teaspoon Royal baking powder. | 1 cup flour. |

Beat whites of eggs, when half beaten add baking powder, beat until stiff. Add sugar sifted twice; beat yolks and add Jennings' lemon extract and fold in the flour. Bake about 30 minutes, turn pan over a plate and let hang until cool.

Mrs. E. T. Mitchell.

MAPLE MOLASSES CAKE

- | | |
|---------------------------------|---|
| ¾ cup sugar. | 1 teaspoon each soda, allspice, cloves, cinnamon. |
| ½ cup butter (cream them). | |
| ¾ cup maple syrup. | 2½ cups flour. |
| ¾ cup sour milk (soda in milk). | |

Frosting

One cup maple syrup boiled to hard wax, beat in 1 cup cream, beat until thick enough to spread.

Georgia M. Hubbard.

There is no Vanilla like Smith's Gilt-Edge Blend

KNOX GELATINE is economical—**FOUR PINTS** in each package

FRUIT LAYER CAKE

- | | |
|--------------------------------------|--------------------|
| 3 eggs. | 1½ cups sour milk. |
| 1½ cups brown sugar. | 1 teaspoon soda. |
| 1 cup shortening. | 1 pound raisins. |
| Spices. | Flour. |
| ¾ cup molasses, fill up with coffee. | |

For filling, caramel or chocolate frosting.

Mrs. T. J. Haynes.

WHITE LOAF CAKE

- | | |
|----------------------------|---|
| ½ cup butter. | 4 egg whites (well beaten). |
| 1½ cups sugar. | 1 heaping teaspoon Royal baking powder. |
| ½ cup milk (scant). | Add flour. |
| ½ teaspoon almond extract. | |

Mrs. McTaggart.

BITTERSWEET CHOCOLATE CAKE

- | | |
|---|---------------------------------|
| 2 squares chocolate, melted, and add ¾ teaspoon sweet milk, cook until thick. | 1 teaspoon Royal baking powder. |
| 1 cup sugar. | ¾ teaspoon salt. |
| 3 tablespoons melted butter, add to chocolate. | ¾ cup sour milk. |
| 2 cups flour. | Yolks of 2 eggs. |
| | 1 small teaspoon soda. |
| | 1 teaspoon Jennings vanilla. |

Add all together and beat well. Bake and cover with chocolate or white boiled icing.

Mrs. John McCormick.

DUTCH APPLE CAKE

- | | |
|----------------------------------|----------------------|
| 1 pint flour. | 1 egg. |
| ½ teaspoon salt. | 1 cup milk (scant). |
| 4 teaspoons Royal baking powder. | 2 sour apples. |
| ¼ cup butter. | 4 teaspoons sugar. |
| | ¼ teaspoon cinnamon. |

Mix dry ingredients in order given, rub in butter, add milk to beaten egg and stir into mixture. Spread ½-inch thick on shallow baking pan. Pare apples and cut in sections, lay in parallel rows on top of dough sharp edge down. Sprinkle with sugar and cinnamon. Bake in hot oven 20 to 30 minutes. Serve with lemon sauce.

Sauce

- | | |
|---------------------------|-----------------------------|
| ½ cup sugar. | 2 tablespoons butter. |
| 2 tablespoons cornstarch. | 1½ tablespoons lemon juice. |
| 1 cup boiling water. | Nutmeg. |

Mix sugar and corn starch, add water gradually, stirring constantly. Boil until it thickens, remove from fire, add butter, lemon juice and nutmeg.

Mrs. John Felix.

Drink Smith's Jiffy Punch, the delicious home drink

KNOX GELATINE solves the problem of "What to have for dessert"

WHIPPED CREAM NUT CAKE

- | | |
|------------------------|----------------------------------|
| 1 cup sugar. | 2 teaspoons Royal baking powder. |
| 2 tablespoons lard. | 1 teaspoon Jennings vanilla. |
| 2 eggs (yolks). | ¼ cup chopped nut meats with |
| ¾ cup sweet milk. | beaten whites of 2 eggs. |
| 2 cups flour (sifted). | |

Filling

- 1 cup of thick cream (whipped). ½ tablespoon of XXXX sugar.
½ cup chopped nut meats.

Spread between layers and on top just before serving.

Mrs. F. E. Kugler.

RAISIN CAKE

- | | |
|-------------------|------------------|
| 1 cup butter. | 2 eggs. |
| 2 cups sugar. | 1 teaspoon soda. |
| 1 cup sweet milk. | 3 cups flour. |
| 1 cup raisins. | Spices to taste. |

Bake in slow oven.

FRUIT CAKE

- | | |
|---------------------------|---------------------------------|
| 1 cup shortening. | 3 eggs (white and yolks beaten |
| 2 cups sugar. | separately). |
| 1 cup molasses. | 3 cups flour. |
| ¼ teaspoon salt. | Fruit. |
| 1 teaspoon spices (each). | Nut meats |
| 1 teaspoon soda. | Juice of either orange or lemon |
| 1 cup sour milk. | and grated rind. |

Mrs. Chas. S. Davies.

CARAMEL CAKE

- | | |
|----------------------|-------------|
| 2 squares chocolate. | ½ cup milk. |
| ½ cup sugar. | 1 egg yolk. |

Cook together and let cool.

- | | |
|-----------------------------|----------------------------------|
| 1 cup sugar. | ½ cup milk. |
| ½ cup butter or substitute. | 2 teaspoons Royal baking powder. |
| 2 eggs. | 2 cups flour. |

Stir in chocolate mixture last.

Mrs. A. McTaggart.

APPLE SAUCE CAKE

- | | |
|--------------------------|----------------------|
| 1 cup sugar. | 1¾ cups flour. |
| 1 tablespoon shortening. | ½ teaspoon cinnamon. |
| 1 cup apple sauce. | ½ teaspoon nutmeg. |
| 1 teaspoon soda. | 1 cup raisins. |

Cream sugar and shortening, add apple sauce into which stir soda, sift flour and spices together and lastly raisins and nut meats. Bake in slow oven.

Mrs. John Felix.

Your cake will be better if you use **Smith's Vanilla**

KNOX GELATINE is measured ready for use—each package is divided into two envelopes

ROLL JELLY CAKE

- | | |
|----------------------|---------------------------------|
| 1 cup brown sugar. | 1 teaspoon Royal baking powder. |
| 2 eggs. | 1 cup flour. |
| 3 tablespoons water. | |

Bake in sheet and when done lay damp napkin on shelf and invert tin.

Mrs. Jack Kent.

CHOCOLATE CAKE

- | | |
|------------------------------|---------------------------------------|
| 3 tablespoons cocoa. | $\frac{1}{2}$ teaspoon soda. |
| 1 cup brown sugar. | 1 small teaspoon Royal baking powder. |
| $\frac{1}{2}$ cup butter. | $1\frac{1}{2}$ cups flour. |
| $\frac{1}{2}$ cup sour milk. | 1 teaspoon Jennings vanilla. |
| 1 egg (well beaten). | |

Dissolve cocoa in enough hot water to make a paste, add sugar, butter, cream together, then beaten egg and sour milk and soda. Sift flour and Royal baking powder. Bake in moderate oven either loaf or layer.

Mrs John Felix.

PORK CAKE

- | | |
|----------------------------------|-----------------------|
| 2 cups sugar. | 1 teaspoon soda. |
| 1 cup molasses. | 1 pound raisins. |
| 1 cup sour milk. | 1 pound currants. |
| 1 pound salt pork, chopped fine. | 4 eggs (well beaten). |
| 1 nutmeg. | Flour. |
| 1 tablespoon cinnamon. | |

Bake in slow oven.

Ellen M. Holmes.

PUFF CAKE

- | | |
|----------------------------|----------------------------------|
| 1 cup milk. | 3 teaspoons Royal baking powder. |
| $\frac{1}{2}$ cup butter. | $\frac{1}{4}$ teaspoon salt. |
| $1\frac{3}{4}$ cups sugar. | Whites of 5 eggs. |
| 3 cups flour. | 1 teaspoon flavoring. |

Cream butter and sugar. Sift flour, salt and Royal baking powder together 5 times, add flour and milk to creamed sugar and butter a little at a time, then fold in slowly the beaten whites of the eggs. Do not beat after the whites are added. Bake slowly.

Frances Kennedy.

SUNSHINE CAKE

Yolks of six eggs beaten until light and add 2 cups of sugar sifted 4 times, beat again. Add $\frac{1}{2}$ cup of water, 1 teaspoon Jennings vanilla and beat. Then add 2 cups of flour sifted four times. Beat the whites of the eggs until light and add $\frac{1}{2}$ teaspoon cream tartar, fold into the cake and bake in slow oven for about 2 hours.

Mrs. Caspar Baarman.

Be sure and ask for Smith's Flavoring

See that the name K-N-O-X is on each package of gelatine you buy

LEMON JELLY CAKE

- | | |
|-----------------------|----------------------------------|
| 1½ cups sugar. | 2½ cups flour. |
| ½ cup butter. | 2 teaspoons Royal baking powder. |
| ½ cup milk. | |
| 3 eggs (well beaten). | |

Filling

- | | |
|----------------------------------|---------------------|
| 1 cup sugar. | 1 tablespoon water. |
| 1 egg. | 1 teaspoon flour. |
| 1 lemon (grated rind and juice). | |

Cook in double boiler.

Mrs. Chas. S. Davies.

MOLASSES CAKE

- | | |
|-----------------|---------------------------------|
| 1 cup sugar. | 1 cup hot water. |
| 1 cup molasses. | 1 teaspoon soda. |
| 1 egg. | ½ teaspoon Royal baking powder. |
| ¼ cup lard. | Spices and flour. |

Mrs. Jack Kent.

WHITE CAKE

- | | |
|---------------------|----------------------------------|
| 1 cup sugar. | 1¾ cup flour. |
| ½ cup butter. | 2 teaspoons Royal baking powder. |
| ½ cup warm water. | Whites of 4 eggs. |
| Flavoring to taste. | Mrs. V. E. Thebaud |

POTATO CAKE

- | | |
|------------------------|--|
| 2 cups sugar. | 1 tablespoon chocolate. |
| 1 cup Crisco. | 1 teaspoon cloves. |
| 4 eggs. | 1 teaspoon nutmeg. |
| 1 cup or more walnuts. | 1 teaspoon cinnamon. |
| 1 cup mashed potatoes. | 2 heaping teaspoons Royal baking powder. |
| 1 cup sweet milk. | |
| 2 cups flour. | |

Mix in usual way.

Mrs. Clayton W. Lawson

WHITE CAKE

- | | |
|-------------------|----------------------------------|
| 1½ cups sugar. | 3 cups flour. |
| ½ cup Crisco. | 3 teaspoons Royal baking powder. |
| 1 cup water. | 1 teaspoon salt. |
| Whites of 3 eggs. | 1 teaspoon flavoring. |

Cream Crisco, add sugar and cream together. Sift dry ingredients and add alternately with water, add flavoring, beat mixture thoroughly and last fold in stiffly beaten whites of eggs. Grease cake tin, pour in cake mixture and bake in moderate oven for 15 minutes. Note—Cream Crisco and sugar more thoroughly than you would butter as there is no moisture in Crisco to dissolve the sugar. Use level measurements.

Mrs. W. H. Hurt.

Smith's Flavoring has a flavor all its own

Simply add water and sugar to the KNOX ACIDULATED package

ANGEL FOOD

- | | |
|-------------------------------|------------------------------|
| Whites of 11 eggs. | 1 teaspoon Jennings vanilla. |
| 1½ tumblers granulated sugar. | 1 teaspoon cream tartar. |
| 1 tumbler flour. | |

Sift flour 4 times, then add cream of tartar, sift again. Sift the sugar, beat eggs to a stiff froth on a large platter, add sugar lightly then flour very gently, then vanilla. Do not stop beating until ready for pan. Bake 40 minutes in a moderate oven. Try with straw, if too soft, cook few minutes longer; turn pan upside down to cool; when cold take out. Use pan that has never been greased. Measures must be even full.

Mrs. Jack Kent.

SMALL ANGEL FOOD

- | | |
|-------------------|-----------------------------|
| ½ glass of flour. | ½ teaspoon cream of tartar. |
| ⅔ glass sugar. | |

Sift all together four times. Beat the whites of 6 eggs to a stiff froth, then add flour, sugar and vanilla. Bake in small tin 30 minutes.

Mrs. Jack Kent.

WHITE FRUIT CAKE

- | | |
|-------------------------|----------------------------|
| 1 pound butter. | 1 pound blanched almonds. |
| 1 pound flour. | 2 pounds candied citron. |
| Whites of 12 eggs. | 1 cup candied pineapple. |
| 1 can of milk cocoanut. | 2 teaspoons Jennings lemon |
| 1 pound Brazil nuts. | extract. |

Place tin in pan of water and bake two hours.

Mrs. Ernest Power.

SMALL CAKES

- | | |
|--|------------------------------|
| 3 eggs. | Salt. |
| 2 cups sugar. | Jennings' vanilla. |
| 2 pieces of butter size of an egg. | Flour enough to make regular |
| 1 cup milk. | cake batter. |
| 3 level teaspoons Royal baking powder. | |

Drop a small tablespoonful in greased gem pans.

Mrs. Clayton W. Lawson.

MOCK ANGEL FOOD

- | | |
|-------------------|---------------------------------|
| 1 cup flour. | 3 teaspoons Royal baking powder |
| 1 cup sugar. | Pinch salt. |
| 1 cup milk (hot). | |

Put flour, sugar, baking powder, salt; sift together four times, pour in boiling milk, stir smooth, then put in the whites of 2 beaten eggs; do not stir or beat eggs in mixture, fold them in carefully, drawing spoon toward you; flavor with vanilla; do not grease tin.

Mrs. Force.

Use Smith's Vanilla and your cake will have a soul

KNOX ACIDULATED GELATINE saves the cost, time and bother
of squeezing lemons

JAM CAKE

- | | |
|----------------------------|----------------------------------|
| 1 cup sugar. | $\frac{1}{2}$ teaspoon cloves. |
| $\frac{3}{4}$ cup butter. | $\frac{1}{2}$ teaspoon allspice. |
| 3 eggs, beaten separately. | 1 teaspoon soda. |
| 3 tablespoons sour milk. | 2 cups flour. |
| 1 teaspoon cinnamon. | 1 cup jam, added last. |
| 1 teaspoon nutmeg. | |

Mrs. Force.

SOFT GINGER BREAD

One scant cup of butter or butter substitute, creamed with $\frac{1}{2}$ cup dark brown sugar, pinch of salt, 1 cup dark molasses, cinnamon and ginger to taste. Beat thoroughly. To 1 cup boiling water add two level teaspoons soda. Measure $2\frac{1}{2}$ cups of flour, add $\frac{1}{4}$ of the soda water and $\frac{1}{2}$ the flour to mixture, beat well. Add more water and the rest of the flour and beat thoroughly, then the rest of the water. Last add 2 well beaten eggs and turn in greased dripping pan. The dough will be thin. Bake in slow oven.

Mrs. S. Wesselius.

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FOUR PINTS of jelly in each package of KNOX GELATINE

DAINTY DESSERTS

"Sit on a cushion and sew a fine seam.
Feast upon strawberries, sugar and cream."

DESSERT

Juice of 3 oranges, rind of 1. $\frac{1}{2}$ cup hot water.
1 envelope gelatine. $\frac{3}{4}$ cup sugar.
 $\frac{1}{2}$ cup cold water.

When begin to set, beat in yolks of 2 eggs. Mold and serve with whipped cream.

Mrs. C. S. Welsh.

GRAPE JUICE BAVARIAN CREAM

1 pint grape juice. 1 tablespoon lemon juice.
1 pint whipping cream. $\frac{1}{2}$ box gelatine soaked in 1 cup
 $\frac{3}{4}$ cup sugar. cold water.

Heat grape juice, sugar, lemon juice; when cool, fold in cream.

Miss Catherine Golden.

CHERRY MOUSSE

1 cup thick cream. 3 tablespoons powdered sugar.
 $\frac{1}{2}$ cup Marashino cherries.

Whip cream until stiff, fold in sugar and cherries, cut in pieces, pack in 1 pound baking powder can, cover tightly, place in kettle surrounded with ice and salt, four parts ice to one part salt, cover kettle and let stand three hours.

Mrs. Belle Westbrook.

PINEAPPLE FLUFF

1 pint whipping cream. 1 cup diced marshmallows.
1 cup diced pineapple, drained. 1 cup chopped nuts.

Whip cream, sweeten and flavor; dice pineapple and cut each marshmallow into four sections with shears, mix with nuts and add to cream; serve in tall glasses with red or green cherry, or piece of stiff jelly on top.

Lottie M. Poole.

DUCHESS CREAM

$\frac{1}{2}$ can pineapple. 1 egg (white).
 $\frac{1}{2}$ cup pearl tapioca. 6 chopped Marichino cherries.
 $1\frac{1}{2}$ oranges. Whipped cream.
1 cup sugar. Salt.

Dice pineapple, cut up orange pulp, cook tapioca in juice drained from fruit and water until transparent, cool slightly, add egg white beaten stiff then the fruit, chill, serve in sherbet glasses garnished with whipped cream and chopped cherries.

Georgia M. Hubbard.

Use Smith's Gilt-Edge Blend Vanilla

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

YANKEE FLAVOR MOUSSE

1 pint heavy cream.	$\frac{1}{2}$ cup sugar.
1 pint milk.	$\frac{1}{2}$ teaspoonful Yankee Flavor.

Beat cream very stiff. Add milk and beat again. Add sugar and flavor. Pack in ice and salt and let stand four hours.

WHIPPED CREAM DESSERT

Sweeten and whip cream. Dice marshmallows, chopped nuts and cherries. Use any quantity desired. Serve in sherbet glasses.

Mrs. W. R. Townsend.

MAPLE SPONGE

1 envelope Knox sparkling gelatine.	$\frac{1}{2}$ cup hot water.
$1\frac{1}{2}$ cups cold water.	Whites of 2 eggs.
2 cups brown or maple sugar.	1 cup chopped nut meats.

Soak gelatine in cold water five minutes. Put sugar and hot water in saucepan, bring to boiling point and let boil ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of eggs beaten until stiff, and nut meats. Turn into mold, first dipped in cold water, and chill. Serve with custard made of yolks of eggs, sugar, a few grains of salt, milk, and flavoring.

PEACH SNOWDRIFT

Drain a can of peaches. Take a cup and $\frac{1}{2}$ of the juice and a cup of sugar and boil until the syrup is clear and rich. Drop in the peaches and let them cook for a short time, but not long enough to break them. Place them in a glass dish and pour over them the following:

Mix together $\frac{1}{2}$ cup of granulated sugar and 2 tablespoons of cornstarch and pour in gradually one pint of scalded milk. Cook and stir until thick and smooth. Take from the fire and when cool fold in the whites of 3 eggs beaten to a stiff froth and flavor with a teaspoonful of Jennings vanilla. Serve cold with a sauce.

Mrs. E. D. Hulliberger.

LEMON SPONGE OR SNOW PUDDING

$\frac{1}{2}$ envelope Knox sparkling gelatine.	$\frac{3}{4}$ cup sugar.
$\frac{1}{4}$ cup cold water.	$\frac{1}{4}$ cup lemon juice.
1 cup boiling water.	Whites of two eggs.

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain, and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

Smith's Cake Colorings are pure and healthful

A KNOX GELATINE Dessert or Salad is attractive and appetizing

NUT FRAPPE

$\frac{1}{2}$ envelope Knox sparkling Gelatine.	1 cup cream.
$\frac{1}{4}$ cup cold water.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ cup sugar.	White of one egg.
1 cup cooked pineapple and strawberries.	1 cup chopped nuts.

Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces, also the chopped nuts. Serve ice cold in sherbet glasses.

STRAWBERRY SHORTCAKE

Wash and stem three pints of strawberries and put in a bowl, mash slightly and add two heaping cups of sugar and stir until dissolved.

Make biscuit dough of one cup of flour, one-half teaspoonful of salt and two heaping teaspoonfuls of baking powder; chop all together until like fine crumbs and then add one-half cup of milk and beat the mixture rapidly for five minutes; turn out on slightly floured board.

Press (do not roll) until an inch thick and cut into shape with biscuit cutter; lay on greased pans and put in the oven just in time to bake twelve minutes before serving the shortcake.

Send to the table at once after they are taken from the oven, do not pile one on the other.

Break open the biscuit, butter each piece; cover bottom piece with mashed strawberries, put on top layer and add more berries and a tablespoonful of whipped cream that has been sweetened.

Be sure and beat the dough.

Bake only twelve minutes.

Mash berries and keep them cool until ready to use.

Serve the cakes hot and you will find the shortcake will "melt in your mouth."

BLACKBERRY FLUMMERY

1 pint blackberries.	$\frac{1}{2}$ cup sugar.
Juice half a lemon.	2 tablespoons cornstarch.

Drain juice from berries and place it over the fire with a cup of water, and the sugar. When it boils stir in the cornstarch blended with a little cold water and cook until the mixture thickens. Then add lemon juice and remove from fire. Pour into sherbert glasses and serve very cold with the blackberries heaped on the top.

Strawberry, raspberry, pineapples and other fruit flummeries may be made in the same way.

Mrs. Clyde Ford.

Use Smith's Gilt-Edge Blend Vanilla

Give the growing children KNOX GELATINE

APPLE SNOW

Dissolve 1 package of Strawberry Jell-O in 1 pint of boiling water, when partly cold turn into molds or glasses, filling $\frac{3}{4}$ full, when firm pile apple snow on top.

Apple Snow—White 1 egg, 1 grated apple, 1 tablespoon sugar. Beat until light and feathery.

Mrs. C. S. Welsh.

APPLE SAUCE IN DISGUISE

I have discovered that green apples or any apples which are rather colorless and tasteless can be made into delicious apple sauce by the addition of red cinnamon drops. Add the cinnamon drops when starting to cook the apples, and by the time the apple sauce is done, the cinnamon drops will have imparted a delicate color and a cinnamon flavor which is most pleasing. Add sugar to taste, in the usual manner.

Mrs. Howard Dutcher.

Your cake will be better if you use Smith's Vanilla

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HEKMAN'S GRAHAMS ARE REALLY HEALTHY

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ICE CREAM AND SHERBETS

"What and how great the art
To live on little with a cheerful heart."—Pope.

MILK SHERBET

- | | |
|---------------------------|----------------|
| 1 quart milk. | 1 egg (white). |
| $\frac{1}{2}$ pint cream. | 1 cup sugar. |
| 1 lemon. | |

Put milk and sugar in a double boiler, let steam 1 hour or longer. Cut the rind off the lemon and steam with milk. Let cool and add cream. When partly frozen add lemon juice and white of egg. Freeze.
Mrs. F. A. Arthur.

FRUIT SHERBET

- | | |
|--|--------------------------------|
| $\frac{1}{2}$ envelope Knox sparkling
gelatine (scant measure). | 1 orange.
3 cups rich milk. |
| $1\frac{1}{2}$ cups sugar. | 1 lemon. |

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

ICE CREAM

- | | |
|---|----------------------------|
| $1\frac{1}{2}$ quarts pure thick cream. | $2\frac{1}{2}$ cups sugar. |
| $1\frac{1}{2}$ quarts milk. | 3 teaspoons flavoring. |

Whip well. Freeze half of it. Add whites of 7 eggs beaten stiff. Turn in the other half of cream mixtures and freeze all until hard. A cup and $\frac{1}{2}$ chopped nuts added is delicious.

CHOCOLATE ICE CREAM

- | | |
|----------------|---------------------------------|
| 1 quart cream. | 3 eggs, beaten very light. |
| 1 quart milk. | 5 tablespoons chocolate. |
| 2 cups sugar. | 2 tablespoons Jennings vanilla. |

Scald the milk, sugar and eggs together until it thickens; strain and set aside until cold. Whip the cream and beat into the custard thoroughly; add Jennings vanilla; freeze. Equal parts of Jennings vanilla and Jennings lemon extract make an excellent flavoring.

ICE CREAM—NO COOKING

- | | |
|-----------------------|--|
| 3 eggs. | 1 teaspoon flour. |
| 1 can condensed milk. | 1 quart milk. |
| Scant cup sugar. | $1\frac{1}{2}$ teaspoons Jennings vanilla. |

Mix flour, sugar; beat eggs, condensed milk and sugar for full 15 minutes; add milk and Jennings vanilla. Freeze. Makes 2 quarts.

Smith's Flavorings will prove the best by a test

Use KNOX GELATINE if you would be sure of results

BUTTER SCOTCH SAUCE FOR ICE CREAM

4 tablespoons butter.	$\frac{1}{4}$ cup water.
1 cup brown sugar.	1 teaspoon cornstarch.
$\frac{1}{2}$ tablespoon vinegar.	

Place all together in a saucepan and boil until it forms a soft ball in cold water. Serve hot over ice cream.

Mrs. George T. Kendal.

VANILLA SAUCE FOR ICE CREAM

1 cup sugar.	1 pint cream.
$\frac{1}{2}$ cup water.	1 teaspoon Jennings vanilla.

Boil sugar and water 8 minutes; cool and add cream and Jennings vanilla. Serve with chocolate or strawberry ice cream.

Mrs. George T. Kendal.

STRAWBERRY SAUCE FOR ICE CREAM

1 pint strawberries.	$\frac{1}{2}$ cup water.
$\frac{3}{4}$ cup sugar.	

Boil sugar and water 10 minutes; cool, and when ready to serve add to chilled and crushed berries.

Mrs. George T. Kendal.

HOT FUDGE FOR ICE CREAM

$1\frac{1}{2}$ cups water.	Pinch salt.
1 cup sugar.	$\frac{1}{2}$ cup cold water.
6 tablespoons chocolate.	1 teaspoon Jennings vanilla.
1 tablespoon arrow root.	

Boil sugar and $1\frac{1}{2}$ cups water 5 minutes. Mix grated chocolate, arrow root and pinch of salt with $\frac{1}{2}$ cup water. Combine the mixtures, cook 3 minutes and add vanilla. Pour hot over vanilla ice cream. Enough for 10 people.

Mrs. George T. Kendal.

CHOCOLATE ICE CREAM

$1\frac{3}{4}$ cups sugar.	$\frac{3}{4}$ cup boiling water.
3 cups Carnation milk.	3 oz. unsweetened chocolate.
1 tablespoon Jennings vanilla.	

Pour the boiling water over the chocolate and cook until dissolved; then add the sugar and cook until smooth and thick. Cool, add Jennings' vanilla, and stir into the milk. Pour into a freezer and freeze. A maple nut sauce may be served with this ice cream. This recipe will serve from 10 to 12 people.

There is no Vanilla like Smith's Gilt-Edge Blend

For Dainty, Delicious Desserts use KNOX GELATINE

ICE BOX CAKES

ICE BOX CAKES

General Directions—Line bottom and sides of mould with lady fingers, rounded side toward the pan and close together. Prepare the filling and put a layer in mould on lady fingers and on top of this arrange another layer of lady fingers and so on until form is filled. Place in ice box or cold place, let stand 20 to 24 hours and when ready to serve remove to cake platter, cover with whipped cream sweetened and flavored. Decorate if desired with cherries or nuts.

CHOCOLATE ICE BOX CAKE

30 lady fingers.	$\frac{1}{2}$ pound sweet chocolate.
$\frac{1}{2}$ pint of whipped cream.	3 tablespoons water.
4 eggs, separated.	3 tablespoons sugar.

Line mould as above. Chocolate Filling—Melt chocolate, add sugar and water and beaten yolks of eggs. Cook slowly until thick and smooth, stirring constantly. When cool add stiffly beaten whites of eggs. Place in form and follow general directions given above.

Mrs. George T. Kendal.

LEMON ICE BOX CAKE

$2\frac{1}{2}$ dozen lady fingers.	$\frac{1}{2}$ cup sugar.
1 cup rich milk.	3 eggs, separated.
1 tablespoon butter.	Juice 1 lemon.
1 teaspoon cornstarch.	$\frac{1}{2}$ pint heavy cream.

Lemon Filling—Place cornstarch, sugar, egg yolks slightly beaten, milk and butter in double boiler, cook slowly until thick and smooth, stir constantly, add lemon juice and while still warm the stiffly beaten whites of the eggs.

Cover bottom and sides of mould with lady fingers separated, rounded side toward pan and close together. Following general directions. Place in ice box for at least 12 hours and when ready to serve decorate with whipped cream.

ORANGE ICE BOX CAKE

Made as the lemon using rind and juice of orange instead of lemon.

Mrs. George T. Kendal.

Be sure and ask for Smith's Flavoring

*For the best in Labor Saving Appliances
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AND ANTS

TANGLEFOOT Roach & Ant Powder is not claimed to be a cure-all—we only recommend it for use against roaches and ants. But for this purpose we believe it is equal to anything on the market and superior to roach or ant powders containing pyrethrum or borax as the active ingredients. Ask your druggist.

Ask your grocer for KNOX GELATINE—take no other

CANNED FRUIT

"Enough's as good as a feast; eat some and bottle up the rest."

SOFT FRUITS AND BERRIES

These include apricots, blackberries, blueberries, cherries, currants, dewberries, figs, gooseberries, grapes, huckleberries, peaches, plums raspberries and strawberries.

After hulling, seeding, stemming or skinning the fruit, place fruit in a strainer and rinse by pouring cold water over it. Pack from strainer into hot jars or cans without crushing, using big spoon or ladle. Hot syrup previously prepared should be poured over the fruit at once. Before packing a second jar, place rubbers and caps in position, not tight. If using tin cans, seal completely. Enameled tin cans should be used for all highly acid berries. Sterilize for the length of time given below for the particular type of outfit used:

	Minutes
Water bath, homemade or commercial.....	16
Water seal, 214°.....	12
5 pounds steam pressure.....	10
10 pounds steam pressure.....	5

Remove from canner; tighten covers; invert to cool, and test joints. Wrap in paper to prevent bleaching, and store.

HARD FRUITS: APPLES, PEARS AND QUINCES

Remove skin and core. Cut into convenient slices or sections and drop into slightly salted cold water, to keep from tarnishing. Blanch 1½ minutes. Cold-dip. Pack closely in hot jars or tin cans. Fill with hot syrup. Put rubbers and caps of jars into position, not tight. Seal tin cans completely. Sterilize for the length of time given below for the particular type of outfit used:

	Minutes
Water bath, homemade or commercial.....	20
Water seal, 214°.....	12
5 pounds steam pressure.....	8
10 to 15 pounds steam pressure.....	6

Remove from canner; tighten covers; invert to cool, and test joints. Wrap in paper to prevent bleaching, and store.

GRAPE JUICE

One bushel of ripe grapes, wash and stem, mash up and let come to a boil. Put pulp in sack and let drain over night. To the clear juice add 1 pint sugar to 7 pints of juice. Heat to boiling point and can or bottle.

Mrs. Clayton Lawson.

GRAPE JUICE

Fill a quart can ⅓ full of grapes. Pour over the grapes boiling hot syrup made of 1 cup sugar to 1 quart of water. Seal immediately.

Mrs. George Spicer.

Drink Smith's Jiffy Punch—10 drinks for 10 cents

Send for the KNOX GELATINE recipe book

ANOTHER RECIPE FOR STRAWBERRIES

Canned by this recipe, strawberries will not rise to the top of the syrup. Use only fresh, ripe, firm and sound berries. Prepare them and add 8 ounces of sugar and 2 tablespoonfuls of water to each quart of berries. Boil slowly for 15 minutes in an enameled or acid-proof kettle. Allow the berries to cool and remain several hours or overnight in the covered kettle. Pack the cold berries in hot glass jars or enameled tin cans. Put the rubbers and caps of jars in position, not tight. Cap and tip tin cans. Sterilize for the length of time given below for the particular type of outfit used:

	Minutes
Water bath, homemade or commercial.....	8
Water seal, 214°.....	6
5 pounds steam pressure.....	5
10 pounds steam pressure. (Do not use.)	

Remove the jars; tighten the covers; invert the jars to cool, and test the joints. Wrap the jars with paper to prevent bleaching.

STRAWBERRY SUN PRESERVES

Select ripe, firm berries. Pick and preserve them the same day. Hull and rinse. Place them in a shallow platter in a single layer; sprinkle sugar over them; pour over them 50° syrup (same as strawberry preserves, but boiled thicker). Cover them with a glass dish or a plain window glass. Allow them to stand in the hot sun 8 or 12 hours. Pack them in hot screw-top jelly glasses. Put the rubber and cap in position, not tight. Cap and tip if using enameled tin cans. Sterilize for the length of time given below for the particular type of outfit used:

	Minutes
Water bath, homemade or commercial.....	20
Water seal, 214°.....	15
Steam pressure (see note under cherry preserves)....	10

Remove the jars; tighten the covers; invert the jars to cool, and test the joint. Wrap the jars in paper to prevent bleaching.

VEGETABLES SUCH AS WAX BEANS, STRINGLESS BEANS, OKRA, GREEN PEPPERS, CABBAGE AND BRUSSELS SPROUTS

String or hull. Blanch in live steam for 5 to 10 minutes. Remove and dip quickly in cold water. Pack in hot jars or tin cans and add boiling hot water until jars or tin cans are full. Add one level teaspoonful of salt to each quart. Put rubbers and caps of jars in position, not tight. Seal tin cans completely. Sterilize for the length of time given below for the particular type of outfit used:

	Minutes.
Water-bath, homemade or commercial.....	120
Water seal, 214°.....	90
5 pounds steam pressure	60
10 pounds steam pressure	40

Smith's Orange and Almond Flavorings are fine

The KNOX ACIDULATED package contains flavoring and coloring

SYRUPS

Syrups are employed usually in canning fruits. A formula much used in some sections for syrup is 3 quarts of sugar to 2 quarts of water, boiled to a thin, medium-thin, medium-thick, or thick syrup. The formula sometimes called the Eastern formula is 3 quarts of water to 2 quarts of sugar, boiled to a thin, medium-thin, medium-thick, or thick syrup. The first formula may be used in canning all kinds of fruits delicate in flavor and texture and when sugar is low or reasonable in price. When sugar is high in price and the character of the fruit is such that less sugar is required, the Eastern formula may be used.

Syrups of the approximate densities desired may be made easily without regard to the table of syrup densities and without the use of an instrument for determining density if the following points are kept in mind:

Thin syrup is sugar and water boiled sufficiently to dissolve all of the sugar, but is not sticky. Such syrup has a density of from 12 to 20 per cent.

Medium-thin syrup is that which has begun to thicken and becomes sticky when cooled on the finger-tip or spoon (density of from 20 to 40 per cent).

Medium-thick syrup is that which has thickened enough to roll or pile up over the edge of the spoon when it is poured out (density of from 40 to 50 per cent).

Thick syrup is that which has become so thick that it is difficult to pour out of a spoon sugared (density from 50 to 64 per cent).

MINCEMEAT

2 pounds lean beef.	2 quarts cider.
2 pounds raisins.	1 quart boiled cider.
2 pounds currants.	$\frac{1}{2}$ pound candied citron peel.
5 lbs. apples.	$\frac{1}{4}$ pound candied lemon peel.
1 teaspoon cinnamon.	$\frac{1}{4}$ pound candied orange peel.
1 teaspoon cloves.	1 pound sugar.
1 teaspoon nutmeg.	$\frac{3}{4}$ pound suet.

Boil beef until very tender ($3\frac{1}{2}$ hours); put through food chopper. Boil down beef liquor until reduced to 1 pint. Boil all ingredients together 30 minutes after each has been put through food chopper. Seal while hot.

Mrs. Howard Dutcher.

GREEN TOMATO MINCEMEAT

1 peck green tomatoes put through food chopper.	5 pounds brown sugar.
1 peck apples, put through food chopper.	2 pounds raisins, chopped.

Drain juice off the tomatoes and add as much water to them as there was juice. Take tomatoes, sugar and raisins and cook slowly until tomatoes are tender then add 2 tablespoons each of cinnamon, salt and cloves and 1 cup vinegar. Cook for 45 minutes and add apples. As soon as apples are tender it is ready to can.

Mrs. S. Wesselius.

Smith's Maple Flavoring is delicious. Try it

KNOX GELATINE is GUARANTEED to please or money back

Fresh home stewed pumpkin makes the best pies. This cannot be had the year round. But pumpkin may be so treated as to defy an epicure to distinguish between the preserved and the fresh product.

Stew the pumpkin "dry," that is, reduce the pulp greatly. Sift. Then to every $\frac{3}{4}$ of a cupful of pumpkin add $\frac{3}{4}$ of a cupful of white granulated sugar, one scant teaspoonful of ginger, $\frac{1}{8}$ teaspoonful of cinnamon, $\frac{1}{8}$ teaspoonful of nutmeg, and a pinch of salt. Blend thoroughly. Heat to the boiling point, being careful not to burn the mixture. Seal in airtight pint jars. This will keep indefinitely.

The preserving may be done in the fall, when pumpkins are fresh, or a little at a time at each stewing, or in the winter, when pumpkins will keep no longer. Whichever plan is followed the product is most convenient.

For pie dissolve 1 cupful of preserved pumpkin in $1\frac{1}{2}$ cupfuls of hot scalded milk, add $\frac{1}{2}$ cupful of cream, and 2 well beaten eggs, bake in a rich crust 1 hour, and you have the famous old New England pumpkin pie.

SWEET CORN

Remove husk and silk. Blanch 5 minutes on cob. Cold-dip; cut corn from cob and pack directly in hot jars or cans ($\frac{1}{4}$ inch of top.) Fill with boiling water. Add level teaspoonful salt per quart. Put rubbers and caps of jars into position, not tight. Seal tin cans completely. Sterilize for the length of time given below for the particular type of outfit used.

	Minutes.
Water bath, homemade or commercial.....	180
Water seal, 214°.....	120
5 pounds steam pressure.....	90
10 to 15 pounds steam pressure.....	60

Corn seems to give home canners more trouble than do most products; but with care and study, corn may be canned as easily as any other product grown in the garden. A little experience in selecting the ear and the ability to recognize corn that is just between the milk and the dough stage are important. Cut the corn from the cob with a sharp, thin-bladed knife, and pack it at once into sterilized jars. Best results can be obtained when one person cuts the corn from the cob and one person fills the containers. If it is necessary for one person to work alone, he should cut off sufficient corn to fill one jar, pour on boiling water, add salt, place the rubber and cap in position, and put the jar into the canner or hot water at once. Corn expands a little in processing, and for this reason jars should not be filled quite full. Corn that has reached the dough stage before being packed will have a cheesy appearance after canning. Corn should never be allowed to remain in the cold-dip water, and large quantities should not be dipped at one time unless sufficient help is available to handle the product quickly. Water-logged or soaked corn indicates slow and inefficient packing.

When canning sweet corn on the cob, follow same directions but pack whole ears in jars instead of the cut-off corn.

All good Grocers sell Smith's Flavoring

KNOX GELATINE is the one dessert for all appetites

SWEET PEPPERS

Use sweet green peppers. Place the peppers in the oven and bake them until the skins separate from the meat. Remove the skins. Pack them solid in hot glass jars or tin cans. Add water. Add 1 level teaspoonful of salt per quart. Put the rubbers and caps of jars in position, not tight. Cap and tip tin cans. Sterilize for the length of time given below for the particular type of outfit used:

	Minutes.
Water bath, homemade or commercial.....	90
Water seal, 214°.....	75
5 pounds steam pressure	60
10 pounds steam pressure	40

Remove the jars; tighten the covers; invert the jars to cool, and test the joints. Wrap the jars to prevent bleaching.

Smith's Vanilla does not bake out

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices

JELLIES AND JAMS

"The kitchen is a country in which there are always discoveries to be made."
—La Reyniere.

APPLE JELLY

Juicy tart apples are needed, wash them and remove core, cut in small pieces, add water to reach $\frac{3}{4}$ height of fruit, cook slowly until soft, and put in cheese cloth bag, and hang to drip in a warm place. Measure juice and allow 1 pound sugar to a pint of juice. Place juice over fire and boil slowly 20 minutes. Heat sugar and add to juice; boil 3 minutes putting a slice of lemon in each jar.

GRAPE BUTTER

7 pounds grapes.
2½ pounds apples.

½ pound sugar to every pound
of fruit.

Pulp the grapes, cook and strain through a colander. Pare and cut apples, put apples and grape skins into the juice; cook until the apples are soft. Put all through the colander again; add sugar and cook slowly for 2½ hours, stir often. Fill into glasses; cover with a thin coating of melted paraffine.

CONSERVE

1 quart crabapple juice.	2 oranges.
After it is nearly done add	1 quart sugar.
1½ pounds raisins.	1 lemon.

Grate rind of lemon and orange, pare off whites, and chop pulp of fruit and raisins.

Mrs. Christ.

TOMATO JAM

Take about a peck of ripe tomatoes, scald and peel them. Mash and let stand two or three hours and skim off the water that will rise. Take the pulp and boil until thick, taking care not to burn. Take half dozen lemons and cut them into fine pieces and boil in clear water until the skin is very tender. Mix the lemons with the tomatoes and for every cup of tomatoes add a cup of sugar. Boil for a few minutes, stirring carefully, as it scorches easily, and seal.

Mrs. M. E. Groner.

RED RASPBERRY JAM

Pick over berries, mash and heat slowly to boiling point, then add equal quantity of heated sugar. Cook slowly for 45 minutes and put into sterilized jars. All small berries may be made into jam in the same manner.

Mrs. John McCormick.

QUINCE HONEY

To 4 grated quinces add 2 quarts of water and 4 pounds of sugar. Boil until it becomes like honey.

Smith's Flavorings will prove the best by a test

KNOX GELATINE improves soups and gravies

CURRENT AND RASPBERRY JELLY

Two quarts red currants, 1 quart red raspberries, mash and add just enough water to cover. Cook slowly, strain, add 1 cup of sugar to one of juice. Boil 8 to 20 minutes; watch closely. Put in sterilized tumblers and when cool cover with paraffine.

Frances Kennedy.

ORANGE MARMALADE

6 oranges.

1 lemon.

Slice very thin. To each orange add 1 pint of cold water. Let stand 24 hours. Boil 2 hours, or until soft. Add 1 cup of sugar to every cup of pulp. Let stand 24 hours. Boil until thick like honey.

Mrs. Harry Hosken.

CURRENT CONSERVE

To make a goodly number of glasses use

5 pounds currants.

2 pounds raisins.

5 pounds sugar.

4 oranges.

First cut the oranges and squeeze their juice over the sugar. To this add the currants and raisins, and boil gently for $\frac{1}{2}$ hour. Put the rind from the orange in cold water and let come to the boiling point. You are then free from the pithy white part; cut into shreds with a pair of scissors and add to the above. Let all boil for 5 or 10 minutes longer. Put in jelly glasses and cover.

AMBER CONSERVE

1 orange.

1 grapefruit sliced quite thin.

1 lemon.

Add 3 times the bulk of water and let stand over night, next morning add sugar and make as jelly. Makes 16 glasses.

Mrs. B. Frank Hilton.

CARROT RELISH

1 cup chopped carrots.

1 cup sugar.

2 cups boiling water.

$\frac{1}{2}$ lemon (juice and rind).

Cook carrot with boiling water till tender, then add sugar and lemon, boiling all until thick like honey and put in glasses.

Jennie Pixley.

Smith's Vanilla does not bake out

KNOX GELATINE is measured ready for use—each package is divided into two envelopes

PICKLES—RELISHES

"Variety is the spice of life, that gives it all its flavor."—Cowper.

CELERY SAUCE

- | | |
|---------------------------|----------------------|
| 15 large ripe tomatoes. | 3 cups vinegar. |
| 5 cents' worth of celery. | 8 tablespoons sugar. |
| 5 onions. | 2 tablespoons salt. |
| 1 large green pepper. | |

Chop fine; cook 2 or 3 hours.

Mrs. T. J. Haynes.

CELERY SAUCE

- | | |
|-----------------------|-----------------|
| 1 peck tomatoes. | 6 cups vinegar. |
| 12 good sized onions. | 3½ cups sugar. |
| 3 green peppers. | Salt to taste. |
| 1 bunch celery. | |

Chop everything up fine, mix together, and put on stove to cook. After it begins to boil, boil a good half hour.

Mrs. Wm. Vyn.

SMALL CUCUMBER PICKLES

- | | |
|---------------------|--------------------|
| 1 quart vinegar. | 1 cup sugar. |
| ½ cup salt (scant). | ¼ cup dry mustard. |

Mix mustard to a paste, then add vinegar and sugar. Put pickles in cans and pour dressing over them and seal (all cold).

Mrs. Wm. P. Putnam.

PICKLES

- | | |
|--|-------------------------------------|
| 2 dozen medium sized cucumbers, peeled and sliced. | 1 quart small white onions, sliced. |
| | 3 stalks celery, sliced. |

Cover cucumbers and onions with salt and let stand 2 hours. Let drain while making the following: Three pints white wine vinegar, 1 pint water, 2 pounds sugar, few sticks cinnamon. Cook together and when boiling add cucumbers, onions and celery and cook for 15 minutes; then can and seal hot.

Mrs. Clayton W. Lawson.

GREEN SWEET TOMATO PICKLES

One peck medium sized green tomatoes, slice and pack in crock with a sprinkling of salt between layers, and pour enough boiling water on them to cover. Let stand 24 hours, then drain and cook in clear vinegar till tender; then let them drain till next day. Take 1 pint vinegar and 4 pounds sugar (granulated) and spice to taste. Cook them in this a few minutes and set away for use. They will absolutely keep for years.

Mrs. Chas. S. Davies.

Smith's Cake Colorings are pure and healthful

Where recipes call for Gelatine, use KNOX GELATINE

DILL PICKLES

Take large cucumbers, put in salt brine that will hold up an egg, let stand three mornings, take out, put in cane. Then put in pieces of dill, small pieces of red peppers, heat half vinegar and half water. Put over pickles. Can tight.

Mrs. Force.

CANNED CORN

10 cups corn.
1 cup salt.
1 cup sugar.

Enough water to cook.
Fill cans.

Mrs. Maurer.

CHILI SAUCE

30 large ripe tomatoes.
10 large onions.
10 stalks celery.

16 tablespoons sugar.
2 tablespoons salt.
6 cups vinegar.

Mrs. Charles S. Davies.

GINGER PEAR

To 1 pound of pears (cut in cubes) add $\frac{3}{4}$ pound of sugar. Let stand over night. Cook until clear, add ginger root while cooking.

Mrs. Charles S. Davies.

RELISH

1 cup chopped cabbage.
1 cup cucumber pickles
(chopped).

$\frac{1}{2}$ teaspoon salt.
1 tablespoon dry celery.
 $\frac{1}{4}$ teaspoon paprika.

Cover with vinegar. Serve with veal or chicken.

Mrs. F. E. Kugler.

GREEN TOMATO CHOWDER

$\frac{1}{2}$ peck green tomatoes.
1 large cabbage.
6 small peppers.
3 onions, chop fine and add
 $\frac{1}{2}$ pint of mustard.

4 tablespoons of salt.
 $\frac{1}{2}$ tablespoon cloves.
1 tablespoon black pepper
 $1\frac{1}{2}$ pounds of brown sugar.

Cover with vinegar and cook 2 hours.

Mrs. Cornelia Barclay.

UNCOOKED CHILI SAUCE

3 pints ripe tomatoes.
1 cup celery.
4 tablespoons red pepper.
4 tablespoons onions.
4 tablespoons salt.
6 tablespoons sugar.

$\frac{1}{2}$ teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon cloves.
1 teaspoon nutmeg.
2 cups cold vinegar.
6 tablespoons mustard.

Chop tomatoes, celery, red peppers and onions.

Jennie Pixley.

Smith's Flavoring has a flavor all its own

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

RELISH

- | | |
|------------------------|-------------------|
| 1 pint green tomatoes. | 3 red peppers. |
| 6 large green peppers. | 2 bunches celery. |

Chop fine, add $\frac{1}{2}$ pint salt and let stand 24 hours. Drain well and to the mixture add 2 pounds granulated sugar, $\frac{1}{4}$ pound mustard seed, 3 pints vinegar, 1 cup grated horseradish. Cook slowly until it looks clear.

Mrs. E. D. Hulliberger.

MUSTARD PICKLES

- | | |
|-----------------------------|-------------------------------------|
| 24 cucumbers. | 1 ounce celery seed. |
| 6 green peppers. | 1 cup flour. |
| 3 heads cauliflower. | 1 cup sugar. |
| 1 quart small white onions. | $\frac{1}{2}$ pound ground mustard. |
| 2 quarts green tomatoes. | $\frac{1}{2}$ ounce tumeric. |
| 3 quarts vinegar. | 3 cups salt. |

Wash and prepare the vegetables. Cut cucumbers, tomatoes and cauliflowers in small pieces. Chop onions and peppers (without seeds) together. Put them all together and let stand all night in the salt, mixed with a very little water. In the morning scald in the same water, then drain and throw water away.

Mix the celery-seed, flour, sugar, mustard and tumeric together and slowly stir in one quart of the vinegar. Put the rest of the vinegar on the stove until it is scalding hot, then pour the first vinegar mixture in slowly, stirring constantly to keep it from sticking. After boiling a few minutes, pour over the chopped pickles. Mix well and put in jars.

Mrs. Belle Westbrook.

OIL PICKLES UNCOOKED

- | | |
|---------------------------------------|---------------------------------------|
| 1 dozen cucumbers. | 6 small white onions. |
| 1 quart vinegar | $\frac{1}{2}$ cup black mustard seed. |
| 1 cup olive oil. | 1 tablespoon celery seed. |
| $\frac{1}{2}$ cup white mustard seed. | Salt. |

Slice cucumbers thin, sprinkle salt on each layer, let them remain thirty-six hours, drain three hours, add onions sliced thin, pour vinegar, oil and spices and mix well, place in pint cans.

Mrs. Belle Westbrook.

GREEN CHILI SAUCE

- | | |
|---|-------------------------------|
| 1 peck green tomatoes,
chopped. | 6 large onions, chopped fine. |
| | 1 cup salt. |
| Let stand over night, drain. Boil in 1 quart vinegar and 1 pint water 15 minutes, drain To this add | |
| 3 quarts vinegar. | 2 teaspoons cinnamon. |
| 2 $\frac{1}{2}$ pounds sugar. | 2 teaspoons cloves. |
| $\frac{1}{4}$ pound mustard seed | 2 teaspoons allspice. |
| 1 teaspoon red pepper. | 2 teaspoons ginger. |
| Add celery and cabbage if you like. Boil 20 minutes. | |

Mrs. Wm. P. Putnam.

Smith's Maple Flavoring is delicious. Try it

KNOX GELATINE is economical—**FOUR PINTS** in each package

LAST OF THE GARDEN RELISH

- | | |
|---|---------------------------------|
| ½ gallon corn, boiled and cut from cob. | 3 red peppers, chopped. |
| ½ gallon celery, cut in small pieces. | 50 little pickles, whole. |
| ½ gallon green tomatoes, chopped. | 5 cents' worth of mustard seed. |
| 1 pint of lima beans. | ½ gallon chopped cabbage. |
| 1 pint of string beans. | 12 onions, chopped. |
| | 2 pounds brown sugar. |
| | Pepper and salt to taste. |
| | ½ gallon vinegar. |

Tomatoes and pickles should stand in salt water over night. Boil thoroughly and can.

Mrs. Wm. Palin.

CUCUMBER PICKLES

Soak cucumbers in quite salty water over night, take one small teaspoon of saccharine powder to 1 gallon of vinegar, spice to taste with whole cloves and cinnamon, put cucumbers in vinegar, and let gradually come to a boil, place in jars or stone crocks.

Mrs. H. W. Millers.

MOTHER'S CHILI SAUCE

- | | |
|---------------------|-------------------------|
| 18 ripe tomatoes. | 1 cup of sugar. |
| 2 green peppers. | 2 teaspoons of salt. |
| 2 onions. | 1 teaspoon of cinnamon. |
| 2½ cups of vinegar. | |

Mrs. Barclay.

MUSTARD PICKLES

- | | |
|-----------------------------|-----------------------|
| 2 quarts cucumbers (small). | 1 quart string beans. |
| 1 quart onions. | 1 head cauliflower. |
| 1 quart green tomatoes. | 6 green peppers. |

Prepare pickles and let stand in brine over night. Cook in brine until soft, then drain and pour dressing over and let come to a boil. Can and put away.

Paste

- | | |
|------------------------------|-------------------|
| 1½ tablespoons mustard. | 2 cups sugar. |
| 1 tablespoon tumeric powder. | 1 cup flour. |
| 2 tablespoons celery seed. | 3 quarts vinegar. |

Mrs. Chas. S. Davies

PICKLED PEPPER HASH

Wash and dry 5 large green peppers and 1 red one. Remove seeds and chop quite fine, together with one fair sized cabbage. Put mixture in a bowl, stirring thoroughly, and add to it 2 tablespoons brown mustard seed, 2 tablespoons salt, 1 tablespoon sugar and enough vinegar to cover the whole. Mix well and put into bottles. This can be used in two days and will keep all winter.

Mrs. J. A. Pixley

Use Smith's Vanilla and your cake will have a soul

KNOX GELATINE solves the problem of "What to have for dessert"

CORN RELISH

One dozen ears of corn (cut off cob), mix with 1 large head of cabbage (chopped fine).

6 onions.	$\frac{1}{4}$ pound of mustard.
6 green peppers.	4 tablespoons salt.
$\frac{1}{2}$ gallon of vinegar.	3 cups sugar.

Let vinegar come to a boil, dissolve mustard in a little cold vinegar pour all together and boil 30 minutes and seal while hot.

Mrs. Wm. Vyn.

CUCUMBER PICKLES

Wash pickles and pour over a boiling brine, let stand over night, then wash and pack in jars; put $\frac{1}{2}$ tablespoon of powdered alum and 1 tablespoon of salt to each quart jar. Bring vinegar, mixed spices and brown sugar to boiling point and pour over pickles. If vinegar is too sharp dilute with $\frac{1}{3}$ water.

Mrs. John Felix.

TOMATO CATSUP

Wash tomatoes and cut into small pieces; pare and slice 6 onions, cook together 1 hour and put through sieve, add spices, etc., and cook four hours, stirring frequently. Put in bottles, cork tightly and seal with wax. For 5 quarts catsup use

6 onions.	1 even teaspoon cayenne pepper.
1 peck tomatoes.	1 tablespoon white cloves.
1 quart vinegar.	1 tablespoon mustard seed.
1 pound brown sugar.	1 teaspoon white pepper.
3 tablespoons salt.	2 blades of mace.
1 tablespoon whole allspice.	2 sticks cinnamon.

Put all spices in a muslin bag.

Mrs. Jack Kent.

CHUNK PICKLES

Use large cucumbers. Put in strong brine for three days; then soak in clear water three days. Wipe dry and cut in chunks and weigh. Make a weak vinegar solution with a handful of grape leaves and a little chunk alum. Pour this on cucumbers and boil two hours. Drain this off. For 7 pounds use 3 pounds brown sugar, 3 pints vinegar, 1 ounce celery seed, 1 ounce whole allspice and 1 ounce cassia buds. Tie spices in bag. Have this solution scalding hot and pour over the cucumbers.

Mrs. W. Tillitson.

SLICED CUCUMBER PICKLES

4 quarts sliced cucumbers.	6 large onions sliced.
4 stalks of celery cut up.	

Let stand in salt water over night, drain; 1 quart vinegar, 2 cups white sugar, 3 tablespoons of flour, 1 teaspoon dry mustard, $\frac{1}{2}$ teaspoon tumeric, $\frac{1}{2}$ teaspoon black pepper; when made add $\frac{1}{2}$ teaspoon mustard seed, $\frac{1}{2}$ teaspoon celery seed. Let come to a boil just before taking off the stove add 2 red peppers chopped. Can while hot.

Mrs. A. McTaggart.

If you want something different, try **Smith's Nectarin**

KNOX ACIDULATED GELATINE saves the cost, time and bother
of squeezing lemons

CANDIES

"My mission in life is a sweet one, I claim,
For the children's eyes brighten at hearing my name."

SEA FOAM

2 cups brown sugar. 1 egg (white).
1 cup water.

Boil sugar and water until it forms a soft ball in cold water, then add beaten white of egg. Beat all together till stiff enough to drop from a spoon.

Ethelyn Ellenger.

PENUCHI

$\frac{1}{2}$ cup milk. 3 teaspoons condensed milk.
Butter size of an egg. 1 pound nuts.
 $1\frac{1}{2}$ pounds light brown sugar. 1 teaspoon Jennings vanilla.

Let butter and milk come to a boil, then add sugar; boil until it thickens when put in cold water. Take from fire, add nuts and beat with a large fork until it is very stiff and creamy.

Charlotte Lawson.

DIVINITY

Two Measuring Cups, 1 Pint (Rule)

No. 1—One-quarter pint granulated sugar, water to cover, cook until it makes a soft ball in cold water.

No. 2—One and one-half pint granulated sugar, 1 pint corn syrup, water to cover; cook until it becomes hard and crisp, when put in cold water.

Directions for Cooking—Start part No. 2 first. Beat the whites of 2 eggs until dry. Pour part No. 1 over the eggs until blended. Pour No. 2 over this mixture. Beat it once until very stiff, then add the nuts or fruit. Beat until it creams.

Florence Luten.

MAPLE CREAMS

1 cup of maple sugar. Lump of butter.
 $\frac{1}{2}$ cup cream or milk.

Boil until it brittles in cold water. Let stand until cool, then beat to a cream. Put in buttered tins and cut in squares.

Elsie McMaster.

STUFFED DATES

Stone dates and lay on a dish. Chop fine English walnuts, mixing with this powdered sugar to taste. Mix and fill dates, then roll them in sugar.

Hazel Barclay.

All good Grocers sell Smith's Flavoring

Use KNOX GELATINE—the two-quart package

SALTED PEANUTS

Put enough Crisco in a kettle to cover amount of peanuts you wish to roast. When Crisco comes to a boil, put in peanuts and stir constantly till the nuts are the color you wish. Care must be taken not to get them too brown and yet they must be roasted. When right, pour through a colander to drain and then spread nuts on white paper and sprinkle with salt while hot.

Mrs. W. H. Hurt.

VANILLA KISSES

2 pounds sugar.	$\frac{1}{2}$ oz. Jennings vanilla.
1 pound syrup.	1 pint water.
2 ozs. parafine.	

Boil sugar, syrup and parafine and water to medium crack when dropped in cold water, or to 258° on candy thermometer. Pour on slab or plate and cool, pull and flavor while pulling. Cut for kisses, cool and wrap.

Mrs. W. H. Hurt.

FRENCH OPERA CARAMEL

3 pounds granulated sugar.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{4}$ pound white Karo syrup.	Flavor, any kind.
$\frac{1}{4}$ pound butter.	1 cup chopped nut meats if
1 pint milk.	wanted.

Cook till it forms a soft ball when dropped in cold water, or to 236° on candy thermometer; stir while cooking or it will stick to bottom of kettle. After cooking, set off and let cool in kettle; when quite cool, stir in kettle with wooden paddle or spoon till it creams, adding nuts and flavor while stirring. Put on board and pat out with hands.

Mrs. W. H. Hurt.

PUFFED WHEAT OR RICE CRISP

1 pound sugar.	1 cup water.
$\frac{1}{2}$ pound syrup.	1 box puffed wheat or rice.
$\frac{1}{2}$ teaspoon salt.	

Cook to a brittle crack, or 270° on candy thermometer, and set off, then add wheat or rice and stir in till it sets. Put on greased slab and pull thin.

Mrs. W. H. Hurt.

CENTER CREAM TO DIP

$2\frac{1}{2}$ pounds sugar.	$\frac{1}{4}$ teaspoon acetic acid or cream
$\frac{1}{2}$ pound syrup.	of tartar.
	1 pint water.

When it starts to boil add acetic acid or cream of tartar and boil to a soft ball when dropped in cold water, or to 239° on candy thermometer. Pour on slab that has been sprinkled with cold water, and when cool work with sharp paddle until it creams.

Mrs. W. H. Hurt.

Smith's Cake Colorings are pure and healthful

DESSERTS can be made in a short time with KNOX GELATINE

PULLED TAFFY

2 pounds sugar. 1 pint water.
1 pound syrup.

Boil to medium crack when dropped in cold water, or to 260° on candy thermometer. Pour on greased slab or greased dish till cool and then pull, flavoring while pulling.

Mrs. W. H. Hurt.

CHOCOLATE FUDGE

2 cups sugar. 1 butter ball size of walnut.
¾ cup milk. 2 squares of chocolate.

Beat it about 8 minutes. Just before beating, put in ½ teaspoon Jennings' vanilla. Cook until it forms soft ball in cold water.

Hazel Billock.

FRENCH DAINITIES

2 envelopes Knox acidulated 1½ cups boiling water.
gelatine. 1 cup cold water.
4 cups granulated sugar.

Soak the gelatine in the cold water 5 minutes. Add the boiling water. When dissolved add the sugar and boil slowly for 15 minutes. Divide into two equal parts. When somewhat cooled add to one part ½ teaspoonful of lemon flavor found in separate envelope dissolved in one tablespoonful water, and 1 tablespoonful Jennings' lemon extract. To the other part add ½ teaspoonful extract of cloves. Pour into shallow tins that have been dipped in cold water. Let stand over night; turn out and cut into squares. Roll in fine granulated or powdered sugar and let stand to crystalize. Vary by using different flavors and colors, and adding chopped nuts, dates or figs.

CARAMELS

2 cups sugar. ⅓ pound butter.
2 cups milk. Jennings vanilla.
1½ cups Karo corn syrup.

Cook sugar and syrup together for about five minutes and add milk, slowly stirring the mixture so it will not curdle. When about half done add butter. Cook until it forms a firm ball in cold water. Add Jennings vanilla when taken from the fire and pour into square buttered tins. When cool, mark off into squares.

Dorothy Wesselius.

CARAMELS

2 cups granulated sugar. 1¾ cups light Karo.

Mix and bring to boiling point. Add slowly 2 cups top milk, or milk and cream, stirring until the entire mixture begins to boil. Add ½ cup butter and cook until it forms a hard ball in cold water, or to 248° Fahrenheit. Add 1 teaspoon Jennings vanilla, and 1 cup nuts. Pour into greased tin and when cool cut in squares and wrap.

Mrs. V. E. Thebaud.

Your cake will be better if you use Smith's Vanilla

KNOX GELATINE makes a transparent, tender, quivering jelly

PEANUT BUTTER FUDGE

2 cups granulated sugar.
 $\frac{1}{2}$ cup sweet milk.

2 heaping tablespoons peanut
butter.

Boil just 5 minutes, remove from fire, beat until creamy, pour on butter tin until cool; mark in squares.

Mrs. F. J. Bonesteel.

Drink Smith's Jiffy Punch, the delicious home drink

Try the KNOX GELATINE recipes found in this book

FOR THE INVALID'S TRAY

" 'Tis substantial happiness to eat."

BARLEY GRUEL

Add 2 tablespoons cold water to 1 tablespoon barley flour making a thin paste. Then add gradually 1 cup boiling water, and boil for 15 minutes. Add $\frac{1}{2}$ cup milk, $\frac{1}{4}$ teaspoon salt, and strain.

ALBUMENIZED MILK

White of 1 egg. $\frac{1}{2}$ cup milk.

Put into a tumbler, cover tightly, and shake vigorously until well mixed.

KUMISS

This is of great value in a sick room, as it is one form in which milk seldom fails to be retained by the patient.

Heat 1 quart milk to 75 degrees; add $1\frac{1}{2}$ tablespoon of sugar and $\frac{1}{4}$ yeast cake, dissolved in a tablespoon of luke-warm water. Fill sterilized bottles to within 2 inches of the top. Cork and shake. Place inverted bottles where they can remain at 70 degrees (room temperature) for 10 hours. Then place in ice box 48 hours, shaking occasionally to prevent cream clogging mouths of bottles.

TOAST MERINGUE

Heat $\frac{1}{3}$ cup of cream, then add 1 teaspoon butter and the stiffly beaten white of 1 egg. (Salt the white.) Fold the egg over and over in the cream until firm. Pile on a slice of nicely toasted bread and pour around the cream that was not absorbed by the egg. Garnish with a sprig of parsley.

BEEF TEA

One pound juicy steak (round is best), remove all particles of fat, pound to rags, put into a quart of cold water in granite kettle, place over a moderate fire, heat slowly but do not boil, squeeze constantly with silver or wooden spoon, remove from fire before it coagulates. Salt to taste.

EGG NOGG

Yolk 1 egg. $\frac{3}{4}$ cup milk.
1 tablespoon sugar. White 1 egg.
Few grains salt.

Beat yolk of egg, add sugar, salt and milk. Strain and add beaten white of egg. Stir well before serving. Sprinkle a few gratings of nutmeg on top if liked.

There is no Vanilla like Smith's Gilt-Edge Blend

See that the name K-N-O-X is on each package of gelatine you buy

OATMEAL GRUEL

One-fourth cup oatmeal, $\frac{1}{4}$ teaspoon salt, to $1\frac{1}{2}$ cup boiling water. Bring to boiling point and let cook over hot water one hour. Strain and add milk or cream to suit the patient's need.

BOILED CUSTARD

Two cups scalded milk, 1 tablespoon cornstarch moistened with cold milk, 3 egg yolks beaten with $\frac{1}{4}$ cup sugar; cook milk and cornstarch five minutes, add eggs; flavor with fruit jelly or Jennings vanilla.

APPLE WATER

1 large sour apple. 1 cup boiling water.
2 teaspoons sugar.

Wipe, core and pare apple. Put sugar in cavity and bake until tender. Mash, pour over the water, let stand one-half hour and strain.

MUTTON BROTH

3 pounds mutton from the neck. Few grains pepper.
2 quarts cold water. 3 tablespoons rice or barley.
1 teaspoon salt.

Wipe meat, remove skin and fat and cut into small pieces. Put into kettle with bones and cover with cold water. Heat gradually to boiling, skim and season with salt and pepper. Cook slowly until meat is tender. Strain and remove fat. Add rice or barley and cook until cereal is tender.

BEEF BALLS

A small piece of steak from the top of the round. Wipe and cut into strips. Scrape with a knife, removing as much of the fibre as possible. Season with salt, and a bit of pepper if liked. Form into small balls, handling as lightly as possible. Cook for one minute in a hot frying pan sprinkled with salt, shaking pan to keep balls in motion. Arrange on pieces of buttered toast and garnish with parsley.

JUNKET

1 cup milk. $\frac{1}{4}$ junket tablet.
2 tablespoons sugar. 1 teaspoon cold water.

Heat milk until just lukewarm, add sugar and the tablet, dissolved in the cold water. Turn into cups and let stand in a comfortably warm place (room temperature) until set. Then cool before serving.

If milk is allowed to get too warm the junket will not thicken.

INDIAN MEAL GRUEL

Wet 1 cup corn meal and 1 tablespoon flour to a smooth paste and stir into two quarts of boiling water, boil half an hour; salt to taste, sugar and nutmeg if liked.

Be sure and ask for Smith's Flavoring

Simply add water and sugar to the KNOX ACIDULATED package

RICE GRUEL

Wet 2 tablespoons ground rice with cold milk, stir into one quart boiling milk; boil 10 minutes, add a little salt.

EGG GRUEL

Beat the yolk of an egg with a tablespoon of sugar, beat white separately, add a teacup of boiling water to yolk, then stir in white and add seasoning desired.

MILK PORRIDGE

Boil a paste made of 1 tablespoon meal, 1 tablespoon of flour in two cups of hot water 20 minutes; add 2 cups of milk; cook 10 minutes.

MILK PORRIDGE NO. 2

Two cups oatmeal, 2 cups water, 2 cups milk. Soak the oatmeal over night in the water; strain out meal and boil half an hour, add milk and salt; sweeten if desired.

Use Smith's Gilt-Edge Blend Vanilla

Pink Coloring for fancy desserts in each package of KNOX
GELATINE

CHURCH SUPPERS

HERE ARE SUGGESTIONS

However, if the amateur will consider the general amounts necessary, the miracle of feeding the multitude from the limited number of fishes and loaves of bread will be duplicated.

Some of the general amounts worth remembering are:

One-fourth of a pound of meat per serving.

One-third of a pound of fowl per serving.

One pound of butter, 48 to 56 servings.

One loaf of bread, 14 to 15 servings.

One gallon vegetables (canned), 25 servings.

One bushel potatoes (uncooked) 100 servings.

One pound of coffee, 40 to 50 servings.

One pound of tea, 80 servings.

The two types of menus, with recipes given, are worked out for 300 people, following the general proportions.

CHURCH SUPPER

Roast beef, mashed potatoes, creamed peas, gravy, bread, butter, pickles, cabbage and nut salad, apple loaf with whipped cream and coffee.

ROAST BEEF

There should be from 75 to 100 pounds, and it should be cut into from 10 to 20 pound pieces to roast nicely. Wipe, dredge with salt, pepper and flour. Place on racks in roasting pans, skin side down. Cover bottom of pans with water and put into hot oven. Baste with water every 20 minutes, adding more water to pans as needed. When brown and about half-cooked, turn the roasts with the skin side up, that they may become a rich brown.

Roast about 10 minutes to each pound of meat, starting in hot and decreasing heat after roasts have been browned on both sides.

If meat is very cold stand in kitchen two hours before roasting, otherwise it will brown before heating through, and meat will be raw in the center and overdone on the outside.

MASHED POTATOES

Three bushels potatoes, 3 pounds butter; 3 gallons hot milk, 1½ cups salt.

Wash and pare potatoes; if uneven in size, cut large ones in two. Cook in boiling water until soft, put through ricer, add seasonings, and hot milk in which butter has been melted. Beat until creamy and add more salt or milk if needed. (To keep hot until ready to serve, place in a dish pan of hot water over a low fire.)

CREAMED PEAS

Twelve gallons (No. 10 cans) peas; ½ cup salt, 3 gallons white sauce, ½ teaspoon pepper.

Drain peas in colander, heat through, then add to white sauce. White sauce: 8 quarts milk, 4 quarts water, 6 cups flour, ½ cup salt, 1 pound butter. Heat milk and water, add flour, salt and pepper, mixed with a little cold water. Stir until smooth and add the butter.

Smith's Orange and Almond Flavorings are fine

KNOX GELATINE makes dainty desserts for dainty people

CABBAGE AND NUT SALAD

Four gallons shredded cabbage.

Two pounds peanuts, chopped.

Four quarts salad dressing.

Mix cabbage with nuts and salad dressing.

Recipe for four quarts salad dressing: Two and a half quarts of milk; $\frac{1}{2}$ cup butter, 4 cups vinegar, $\frac{1}{4}$ cup mustard, $\frac{1}{2}$ cup sugar, 15 eggs, $\frac{1}{2}$ cup salt. Heat milk and butter in a double boiler. Heat vinegar in a sauce pan. Beat the eggs until thoroughly broken; add to the well-mixed dry ingredients; pour over these the hot milk and butter, stirring constantly. Place in double boiler and cook until it thickens. Remove from the stove, add the heated vinegar. Cool and serve.

APPLE LOAF

Twelve gallons apple sauce.

Three gallons ground dried bread crumbs.

Eight pounds sugar.

Three pounds butter.

Melt butter in a frying pan, add bread crumbs, heat until brown, then add sugar. Stir until crumbs are crystallized. Mold as for a meat loaf—a layer of apples, then a layer of crumbs, until desired size is obtained. Cover all with bread crumbs. Chill, cut in slices and serve with whipped cream, 2 cups sugar, 4 tablespoons Jennings vanilla. Whip cream stiff, add sugar and vanilla.

Drink Smith's Jiffy Punch—10 drinks for 10 cents

KNOX GELATINE comes in two packages—PLAIN and ACIDULATED (Lemon Flavor)

WEIGHTS AND MEASURES

"If you are fond of spicy literature, read a cook book."

IF YOU HAVE NO SCALES IN THE KITCHEN

Four teaspoonfuls of liquid equal to one tablespoonful.

Four tablespoonfuls of liquid equal to one-half gill, or one-quarter cup.

One tablespoonful of liquid equal to one-half ounce.

One pint of liquid equal to one pound.

Two gills of liquid equal to one cup or one-half pint.

One kitchen cup equal to one-half pint.

One heaping quart flour equal to one pound.

Four cups of flour equal to one quart, or one pound.

One rounded tablespoonful of flour equal to one-half ounce.

Three cups of corn meal equal to one pound.

One cup of butter equal to one-half pound.

One pint of butter equal to one pound.

One tablespoonful of butter equal to one ounce.

Butter the size of an egg equal to two ounces.

One solid pint of chopped meat equal to one pound.

Ten eggs equal to one pound.

Two cups of granulated sugar equal to one pound.

One pint of granulated sugar equal to one pound.

One pint of brown sugar equal to thirteen ounces.

Two and one-half cups of powdered sugar equal to one pound.

SOAP

5 pounds clarified fat.

1 pound lye.

1 quart cold water.

$\frac{1}{3}$ cup ammonia.

2 tablespoons borax.

2 tablespoons sugar.

$\frac{1}{4}$ cup sal soda.

Dissolve the sugar and salsoda in $\frac{1}{4}$ cup boiling water. Put the lye in an earthenware or graniteware vessel and pour the water over it, stirring with a long stick until lye is dissolved. Let stand until lukewarm. This will take an hour or more. Add the ammonia, borax, sugar and salsoda. Heat the fat to blood temperature and pour it into the lye, stirring all the time and continue to stir until it is the consistency of thick cream. Pour into granite or earthenware molds. Let stand several days before using.

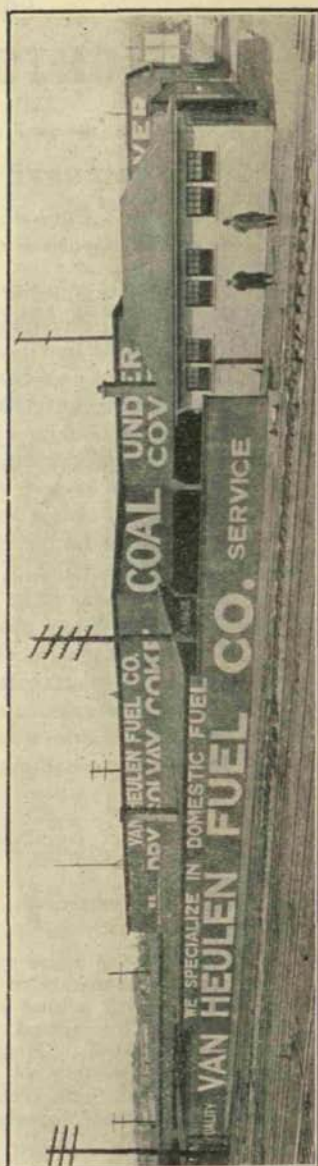
Mrs. V. E. Thebaud.

Smith's Flavoring has a flavor all its own

THE WAY
SOME FUEL
IS STORED



BUT THIS IS THE WAY WE STORE OUR FUEL



VAN HEULEN FUEL COMPANY
CITIZENS PHONE 4443 BELL MAIN 2900
OFFICE AND YARD
GRANT STREET, S. W. AND G. R. & I. RY.

A BIRD IN THE HAND

"A bird in the hand is worth two in the bush,"
We are taught by our dads and the rest of the push.
But here is a motto that's equally fine:
"A car on the way is worth two at the mine."

But the car on the way may be slow on the move;
The fact may another great principle prove.
The car may not move half a mile in a day,
So, "A car in the yard is worth two on the way."

But even a yard may be down on its luck,
Have trouble with horses, or wagon, or truck.
Whatever you need, be it soft coal or hard,
"A ton in the bin is worth two in the yard."

The following is our recipe, not for good things to eat, but

TO KEEP YOUR HOME WARM IN WINTER AND
YOUR GOOD THINGS TO EAT COOL IN THE SUM-
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