C265 Collection Recettes et alimentation

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C265 Recipes and Food Collection

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The St Andrews East
Boy Scout troop.

The Maple Leaf CANADIAN Recipe Book

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Issued by
Department of
Trade and Commerce
Ottawa, Canada

Hon. H. H. Stevens
Minister

Jas. G. Parmelee
Deputy Minister

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THE ST. ANDREWS EAST

BOY SCOUT TROOP.

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THE ST. ANDREWS EAST BOY SCOUT TROOP.

Message to the Canadian Housewife

THIS little book contains recipes for a number of delectable dishes that can be prepared easily and quickly from preserved or packaged foods, and is intended to provide several more links in the chain of distribution between the Canadian producer and consumer. The book was prepared originally for use in Great Britain, but so many requests for copies have been received from our own Dominion that it has been decided to issue a Canadian edition.

The book tells you something of which Canadians are justly very proud: that no other country produces food under more hygenically perfect conditions. The same standards are maintained in our home and export markets: the former because the health of the people is a paramount concern; the latter because we jealously guard our good name.

The principal Canadian pure food products which the recipes cover are dealt with under separate headings and I ask you not only to use them but to give them a fair trial by preparing them in the most appetizing manner. They are good, wholesome, and delicious; each in its own class as near perfection as can be attained. I ask you to buy them because they are good, and not simply because they are Canadian. All things being equal, I ask you to give a logical preference to the Canadian product over the foreign.

The recipes given are quite comprehensive within the field that the book covers, and I feel assured that they will prove extremely useful.

H. H. Stevens

Minister of Trade and Commerce.

The Author's Preface

DEAR CANADIAN HOUSEWIFE,

It is hoped that this recipe book will help you first of all to rely more upon the Empire, particularly upon Canada, when making out your daily shopping list. It is also hoped that it will give you intelligent and constructive help in using these Canadian products to the best advantage.

Please try Canadian brands, and Canadian ways of using them, but do not let your use of them be restricted by the bounds of this publication. Experiment on your own, and tell me the result of your experiments. Criticise this little book as freely as you like, for it is only by criticism that we can give you what you want. Whatever you have to say, we shall be interested to listen.

Wishing you a good appetite for all the good things this book has in store for you,

Yours sincerely,

Kathleen K. Bowker

THE
DEPARTMENT OF TRADE & COMMERCE
OTTAWA, CANADA

Minister,
HON. H. H. STEVENS

Deputy Minister,
JAS. G. PARMELEE

Please Read This

Canada's pure food products are marketed under a wide variety of thoroughly reputable brands, whose number is too great to reproduce here. Grade for grade these products can hold their own in quality, price and general attractiveness with any the world produces. Canadian firms packing and preparing food stuffs for sale are subjected to the most rigorous Governmental supervision, and a clearly marked brand of Canadian origin is a guarantee of quality. In point of fact no food stuffs may be packed that do not come up to the standards set by the Government in all respects.

The Can in Canada

THE history of the Canadian canning industry commences with the early French settlement of America.

Following the first explorers, came the high nobility of France, and the crusading vanguard of the great religious houses. Many of the nuns and abbesses were themselves great ladies, and they were entrusted not only with the education of the young damsels of New France, but taught them to be expert and diligent in the art of the store-room.

From France they brought with them treasured ancestral recipes. Others came with the British. But the conditions were different. The early-blooming and late-maturing that meant cowslip wine and damson conserve, had no place in the seasonal extremes of the New World. Summer and its fruits came so quickly and went so fast. In the first fierce heats of early July the little sweet strawberries with their wild matchless flavour perfumed the air, stained the grass with vivid scarlet . . . . and were gone. Before the month ended, ripe raspberries spilled a prodigal plenty in the woodlands . . . . and vanished. Frost laid a shrivelling finger on the luscious glory of the grapes, and the long lean winter months lurked at the very edge of October. It was Eat-what-you-can and can-what-you-can't with a vengeance!

The kindly fruits of the earth had to be gathered in haste and preserved with speed, or there was almost no time in which to enjoy them. Fish also. When the ice became thick, fresh fish were difficult to obtain. This preservation was the task of the Mothers of Conservation, whatever their rank or vocation. With the invention that is the daughter of necessity, they adapted, adopted and created ways to meet the new emergencies. The daughter of the Seigneur and the daughter of the *habitant*, worked side by side learning such lore from the good nuns. And side by side, as mistress and maid, they practiced and improved upon it in the gardens and kitchens of the Seigneuries that grew up on the broad banks of the St. Lawrence. Both nations, as the years went on, inevitably pooled their national culinary resources. And many of the basic rules of those old recipes are used in modern practice.

It was the Mothers . . . . lay and religious . . . . who did the first canning in Canada, and found a ready sale for all that their households could not consume, among those less fortunately placed. The demand grew. As cultivation tempered the climate, opened up vast new arable spaces, and made possible the growing of an increasing number of vegetables and fruits, the business spread beyond the home.

But it began there. It was built there. And always the traditions remain. Just as Canada's Experimental Farms came into being to help the farmer in increasing the amount and variety of his produce, so the great Canneries began and expanded to help him to market it. And the same qualities of patient research and efficient action are common to both. Every new device, every up-to-date method for improving the storing of vitamins and flavour are investigated, and if proved, are adopted. Every can and its contents must comply with the Pure Food Laws. And the Pure Food Laws of Canada are the most exacting in the world!

Where the recipes in this book specify Canadian canned milk, dilute the contents of the can in accordance with the directions on it before measuring, unless "undiluted" is specially specified.

The figures in parenthesis are the numbers of the pages on which the recipes referred to will be found.

Canadian Canned Soup

"Soup of the evening
Beautiful SOUP!"
—*Lewis Carroll.*

SOME soups (in preparation) scent the air with a savoury fragrance that afterwards can become a dreary reminiscence of ancient onions and boiled bones, hanging about the hallways.

But none of the neighbours' noses know the soup we served yesterday, when we allow the long simmering and stewing processes that go to make good soups, to take place thousands of miles away in white-tiled kitchens with special ventilators and compressed steam processes, reducing *our* work to a ten-minutes interview with the concentrated essences of vitamins . . . . resulting in an appetising surprise! In other words, soups canned by modern Canadian methods give the maximum of flavour and nourishment for the minimum of cost and trouble.

The essential rules of serving delectable soup from the Canadian can are:—

To decant the contents immediately upon opening into the pot in which they are to be heated.

To add, as a general rule, an equal amount of liquid—milk or water. Measure this in the empty can, and stir it about with a spoon before adding it to the soup, to be sure of obtaining every precious particle that may be adhering to the sides of the can.

To mix well, and heat to boiling point, adding any extra flavourings that you may fancy when the soup is *warm*, NOT HOT—as a burnt tongue is never a good judge of taste.

To heat ALL cream soups in a double boiler, as the least scorched flavour ruins the whole. Use extra hot milk to thin, when necessary.

For meat soups—consommé, oxtail, mock-turtle, mulligatawny, vegetable, etc.—the additional liquid should be water.

For purée soups—pea, asparagus, tomato, etc.—either milk or water may be used.

Canadian canned milk is especially good with cream soups.

Trimmings

Grated Canadian cheese may be passed with mulligatawny or vegetable soups, so that a spoonful may be sprinkled on top of the soup by those who like a Continental touch to it. A waferlike slice

of lemon and half a slice of hard boiled egg, are clever additions to each portion of mock-turtle soup. Fresh chopped mint is a delightful addition to pea soup. A spoonful of whipped cream, per portion, is a *gourmet's* addition to all cream soups.

Above all, beware the chilling soup-plate, and the draughty passage of soup from the kitchen to the table! Serve it from the side-table, or from little hot-pots. First impressions count. And a lukewarm soup suggests a drab dinner and a heartless housekeeper.

In making cream soup: if you feel generous or rich, be a little stingy with the water and generous with the Canadian canned milk, if you want a fine creamy mixture.

Bisque of Canadian Salmon or Lobster

Make a quart of thin Wheatfield White Sauce (61). Drain a can of salmon (adding the liquor to the sauce), remove bones and skin, and rub it through a coarse sieve. Mix sauce and salmon together, strain once more, make very hot in a double boiler, flavour well, and thin with hot milk if necessary. Top each portion with a spoonful of whipped cream, and a sprinkle ot parsley chopped to powder.

Suitable for the Stat-est occasions!

Cream of Canadian Chicken Soup

For Invalids—if the strong members of the family don't get it first!

Rub the contents of a can of chicken soup through a sieve, reserving a little of the chicken meat. Add 1¾ cups of milk and make the soup hot in a double boiler. Beat the yolks of two eggs well, add a quarter cup of not-too-thick cream, and beat into the soup. Serve at once. If whipped cream is to be put on top, use milk to beat with the eggs.

Flavour with celery salt.

Canadian Corn Soup

1 can Canadian corn
1 cup water
2 tablespoons Canadian flour
3 cups Canadian canned milk
2 tablespoons butter

Drain the corn. (Or use 1½ cupfuls of kernels cut from the cob). Run it once (or even twice) through the mincer, boil for five or ten minutes in its own liquor and an additional cup of water. Rub through a coarse sieve. Make a Wheatfield White Sauce (61) with the butter, flour and hot milk. Strain this on to the corn purée, stir well (strain it once more if you wish), make piping hot in a double boiler. Put a tablespoon of whipped cream on top of each helping if in a lavish mood.

The figures in parenthesis are the numbers of the pages on which the recipes referred to will be found

St. Lawrence Tomato Soup

1/2 can Canadian tomatoes
1 bay leaf
Pinch of soda
1 tablespoon cornflour (rounding)
1 1/2 cups Canadian canned milk
1/2 onion
3 whole peppers
1 teaspoon sugar
Pepper
Salt
1 teaspoon Canadian Governor Sauce

Stew the tomatoes, onion, bayleaf, pepper, sugar and a little salt. Rub through a sieve. Bring to boiling point, add a pinch of baking soda, stir well. Rub the cornflour smooth, with a little water, add to the tomato purée, and boil sufficiently to cook the cornflour well, stiriring constantly. Beat in 1½ cups hot milk, flavour with more salt if necessary, and 1 teaspoon Governor Sauce. Strain and serve at once.

Nova Scotia Potato Soup

1 can Canadian Consommé and the same of water
1 teaspoon butter
1 cup mashed potatoes
1 (rounding) teaspoon Canadian flour
Onion salt
1 tablespoon Canadian canned milk (undiluted)

Melt butter, add flour and beat in the hot consommé, diluted with its own weight of water, as if to be served alone. Boil 1 minute. Beat in the mashed potatoes, and the milk. Flavour with onion salt, strain, and serve at once. (The little bit of flour is to keep the potatoes from separating too quickly from the liquid.) Thin with hot milk if desired.

A few hot canned green peas, put into each service of potato or tomato soup, add greatly to the appearance and charm of the brew.

Other Wise Ways with Canadian Canned Soups

Quick Curry à la Georgian Bay

1 can Canadian vegetable soup
1 cup rice (after boiling)
1 can water (Scant)
1 level tablespoon curry powder
Canadian Veal loaf or cold meat

Rub the curry powder smooth with a little of the water, and mix with the soup. Add the rest of the water. Strain off one cupful of liquid, and heat slices of Canadian veal loaf or cold meat in this.

Mix the rest of the soup and vegetables with the rice, and heat, adding a few sultana raisins if liked. Put the meat and gravy in a hot dish, and pile the rice and vegetables round the edge.

Savoury Sauces from Canadian Canned Soups

In using any of the canned soups for sauces, the added liquid should be about ⅔ (instead of a full can).

They can be thickened or not, to suit the taste, or the dish.

Ottawa Green Pea Sauce

1 can Canadian pea soup
1/2 cup Canadian canned peas
1 can water (or Canadian canned milk)

Mix and heat. Add flavour if desired.

Montreal Asparagus Sauce

Make as before (7), using canned asparagus soup and omitting the peas. Half a cupful of whipped cream beaten in at the last moment makes this "very special." Good with slices of (heated) chicken.

Red River Tomato Sauce

1 can Canadian Tomato Soup
1 teaspoon cornflour
2/3 can water
1 teaspoon Canadian Governor Sauce
1 heaping teaspoon butter

Mix the cornflour smooth with a little of the water. Heat the other ingredients with the soup, add cornflour, and boil for 3 minutes, stirring well. Melt in the butter, add Governor Sauce. Strain into a hot tureen.

Ever-ready Alberta Aspic

Say "Aspic!" suddenly to the average cook, and she shakes like the jelly you want her to make. But show it to her like this:—

1 can Canadian Consommé
3/4 can water
1/2 oz. gelatine
1 teaspoon lemon juice

Soak the gelatine in a little of the water. Heat the remainder with the consommé, dissolve the gelatine in it, add the lemon juice, and set to cool.

It's like creating a *chef* with a simple turn ot the can opener!

Some people like a dash of sherry in the jelly. Some omit the lemon. The stiffness of the jelly should depend a little on how much it is going to be asked to hold up! But ½ oz. gelatine to a scant pint liquid is a fair measure unless the weather is hot and the house iceless.

Glorified Minced Meats and Shepherd's Pie

The cost of a can of soup is very small. The murkiest mince, the leanest Shepherd's Pie, take on a new lease of life and interest, if their accompanying gravies are mixed with canned Oxtail or Tomato Soup. Even the tired legs of a chicken grow tempting and tender, if they come to rest for an hour in a casserole where they bubble gently in canned Chicken Soup, mixed with some canned milk. Or a soothing poultice of Vegetable Soup. Canned Oxtail Soup makes a marvellous liquid in which to heat red meats. Canned Mock-turtle Soup is ideal for a *réchauffé*— of game especially if it receives a dash of red wine, and a few spoonfuls of red currant jelly at the last moment. Well diluted canned Mulligatawny Soup works a transformation when braising the less expensive cuts of meat.

Even a spoonful is generous of flavour—and leaves the whole can of soup to do duty at a different meal.

For other uses for canned soups see pages 17, 21

Fish from Canada

There MAY be as Fine Fish in the Sea BUT_____!

CANADIAN fish may be purchased either in the fresh, chilled, or canned state, and is available the whole year round. Certain varieties, such as salmon, can particularly well, are inexpensive, and easily procurable. Sockeyes, chums, pinks, and cohoes are the varieties that make up the great bulk of the salmon pack, and while canned sockeye salmon, because of its deep red colour, usually commands the premium price, all are good salmon. All varieties receive the same care in packing, and the kind you like best is a matter of taste.

When chilled or frozen fish is purchased, a little care in handling will well repay the housewife. Fish that is not perfectly thawed when it reaches you should be put in cold water and left until flexible. Afterwards remove, and place on a folded cloth until the water drains off. It is then ready for frying, boiling, steaming—for baking, stuffed or unstuffed. For serving hot, with or without sauce—or cold, with mayonnaise, or salad. Or for cooking by any of your own excellent recipes for salmon, lobster, or haddock.

Here, we have arranged some specially chosen recipes, excellent with either Canadian canned salmon, or Canadian canned lobster, as both are so readily available at all seasons of the year. The following recipes are (in most cases) equally applicable to Canadian salmon, Canadian lobster, or Canadian "Chicken Haddie"—which is a delicious finnan haddie ready for immediate use.

Remember, you are safe in using Canadian canned fish, because of the strict Pure Food Laws of Canada, and their rigid enforcement.

Canadian Lobster, Salmon, and Chicken Haddie Recipes

Scalloped Canadian Lobster or Canadian Salmon

Decant 1 can salmon. Lay it—in convenient pieces—in scallop shells, or any casserole dish. Cover with Wheatfield White Sauce (61). Sprinkle with coarse crumbs, dot with butter. Set in a fairly quick oven till it bubbles, and browns a little. Serve in its own dish.

Au Gratin.—Cover the top with grated cheese just before the crumbs, and return to the oven long enough to melt and brown the cheese a little.

Creamed Canadian Salmon or Canadian Lobster

Decant and drain one can lobster. Free from skin. Heat it in 1½ cups Wheatfield White Sauce (61) in a double boiler, and serve in a silver dish with sippets of buttered toast or on rounds of toast. Stir in a spoonful of canned milk (undiluted) just before serving, for added richness: or add ½ cup chopped cooked mushrooms. Decorate with hard boiled egg.

Creamed lobster or salmon can be made early, and kept hot for some time before serving. Or made overnight, and heated in this way for an early (and excellent) breakfast. Be careful not to *mash* the fish, but to keep it in pleasant pieces.

Canadian Chicken Haddie Scalloped in Tomato Sauce

Use Chicken Haddie and Toronto Tomato Sauce (62), and proceed as for Scalloped Salmon.

Canadian Lobster or Canadian Salmon Patties

Prepare Creamed Salmon as above, enriching the sauce with 1 tablespoon canned milk (undiluted), or extra butter. Have puff-paste patty shells very hot, and just before filling them stir into the salmon a few capers (allowing three to each shell) and one dessertspoonful of good sherry. Serve at once.

Dominion Fish Pie

Prepare Scalloped Salmon (as above), Lobster, or Chicken Haddie. Put it in a rather deep dish, cover with an inch or inch and a half of mashed potatoes, put the crumbs on top and finish as before.

If sliced tomatoes are laid on the scallop before the potatoes go on, it is another pleasant change. Especially excellent with Chicken Haddie.

Canadian Lobster Cups

Shape some "cups" of stale bread, fry them in deep fat, drain and keep hot. Heat 1 cup flaked lobster in 1 cup Toronto Tomato Sauce (62). Fill the cups with the mixture, pile a small spoonful of stiffly whipped cream on top (whipped with a little salt instead of sugar), sprinkle with paprika, and serve before the cream has time to do more than begin to melt.

Savoury Canadian Salmon

Decant the salmon from the can (keeping its shape) and heat in a steamer. Pour over it a Toronto Tomato Sauce (62) and pile boiled Shelloni all round the dish. Serve extra sauce in a boat.

It may be varied by using a Green Pea Sauce (7). In this case add half a teaspoonful of finely chopped mint to the sauce (or sprinkle it over after serving) and pile one can hot buttered peas round the dish instead of the Shelloni.

Baked Canadian Salmon

3 slices (fresh) or	1 teaspoon sugar
1 can Canadian salmon	1/2 can Canadian tomatoes
1/2 small onion thinly sliced	Salt
3 cream crackers	Butter

Canadian Governor Sauce

Put the salmon in neat pieces in a baking dish. Flavour the tomato with salt and Governor sauce. Lay the shredded onion round the fish, pour the tomatoes over, cover thickly with cracker crumbs, dot with butter, bake in a hot oven till hot through and brown. Serve it in its own dish. (With fresh salmon, cook until done)

Or:—

Use slices of chilled salmon, or decant one can of salmon, and put it (in about four pieces) in a baking dish. Cover with thick slices of fresh tomato and shredded green peppers. Mix one can of Consommé with the same amount of water. Pour one cupful round the fish, and bake just long enough to make it hot through, basting now and again. Serve in the dish in which it was cooked. (With fresh salmon, cook until done.)

Canadian Salmon Surprise

This may be made with one part salmon and one part white fish (Chicken Haddies, or any cold cooked fish), or equal parts of red and pink canned salmon, well drained. Make a Wheatfield White Sauce (61). Cover the bottom of a baking dish with it. Arrange a layer of fish, sliced tomato, hard-boiled egg, slices of button mushroom, and about a dozen capers. The fish is the main ingredient, the others are a rather generous trimming. Cover with sauce, and repeat as many times as you like, being governed by the size of your party, and the depth of the dish. Finish with crumbs and butter, make very hot, but do not *cook*.

One large can of fish, one-third can of mushrooms, three firm tomatoes, two hard-boiled eggs, thirty to thirty-five capers, and about a pint of sauce is a good proportion. And the dish a dream.

The liquor from the can may be used with the milk, for the sauce.

Toasted Canadian Salmon

Toast slices of bread on one side only. Flake some salmon from the can, and spread lightly on the untoasted side of the bread. Dredge with salt, pepper and (lightly) with flour. Dot generously with butter. Toast quickly under the electric grill and serve very hot.

Canadian Salmon Sandwiches

Drain and flake the fish, mash it with a fork, mix to a paste with a good boiled dressing, pepper and salt to taste. Do not make it very wet. Spread two slices of bread with some of the mixture, on one lay rounds of sweet pickle. Put the slices together, trim and cut. For afternoon tea, make then thin. For toasted sandwiches make them thicker, press tightly together, and before trimming, toast the outside on the electric toaster. Trim, cut and serve very hot. Sandwiches depend for their charm on their filling. Never be stingy with it!

Kitchener Kedgeree

This delicious dish should be mixed (like Whistler's paints) "with brains." But a suggested recipe is as follows:—

1 tablespoon rice (measured before cooking)
1 to 1/2 cups Canadian Canned Chicken Haddies or Canadian Salmon (or equal parts of both)
1 egg
2 hardboiled eggs
1/2 cup Canadian canned milk
Canadian Governor Sauce
Salt and pepper to taste

Wash the rice well. Put it in a generous pot of gaily boiling water. When quite tender, drain in a coarse sieve, run a little cold water through it to separate every grain, and shake well to drain it thoroughly. Stir it lightly together with the flaked fish, and the hardboiled eggs (chopped). Flavour with salt and pepper and Governor Sauce. Set in a double boiler, mixing delicately with a fork from time to time. For Kedgeree should not be a paste, but a succulent combination of rice, eggs, fish and flavour. Pile on slices of crisp buttered toast and sprinkle with chopped parsley. Or, pile in mounds on a hot dish, with fingers of buttered toast around it.

For variety:—

1. Spread each slice of toast with a *soupçon* of anchovy paste.
2. Put thin curls of bacon on each mound of fish.
3. Use canned tomato juice in place of milk to moisten.

Strathcona Fish Soufflé

Canned salmon, canned lobster, or canned chicken haddie is delectable used in this way. Or the soufflé may be made with chilled salmon (cooked).

3 eggs
2 cups flaked Canadian fish
1 1/2 cups Thick Wheatfield White Sauce (61)

Add the fish to the hot sauce. Beat in the egg yolks one at a time. Flavour well. Let cool. When ready to cook, fold in the stiffly whipped whites, and bake 20 to 30 minutes, in a buttered soufflé dish, in a fairly hot oven. Serve at once. A small tureen of Toronto Tomato Sauce (62), gives an added charm to this dish.

Devilled Canadian Lobster

1 can Candian lobster
1 tablespoon butter
1/2 teaspoon curry powder
1/2 teaspoon dry mustard
1/2 cup Canadian canned milk
A little grated nutmeg

Mix the dry ingredients together. Melt the butter, add the peppery mixture, then the lobster broken up, a little salt and a dust of cayenne. Stir together, pour in the milk, let simmer, till hot and blended, serve on half slices of hot buttered toast. Or use canned tomato juice instead of milk.

Masked Canadian Salmon—Hot

Decant the salmon carefully from the can, keeping it whole. Remove any outside skin. Set it on a plate in a steamer, cover tightly, and steam till hot (but not cooked). Set on a platter, cover with a Thick White Sauce (61) to which two chopped hard boiled eggs have been added. Ornament with parsley, and cucumber, or sweet pickles.

Or serve with a Hollandaise Sauce. This is delicious if made with chilled salmon, cooked in a steamer.

Masked Canadian Salmon—Cold

Decant the fish carefully from the can, removing any outside skin, but keeping it in shape. Cover with a thick mayonnaise and decorate with capers and chopped celery. Or sprinkle with chopped sweet pickles. If preferred, mix equal parts of just-melted Alberta Aspic (8) and mayonnaise and mask the salmon with it. Serve with lettuce or cress, rolls of thin bread and butter, and plenty of extra dressing.

Canadian Salmon or Canadian Lobster à la Canadienne

This delicious dish, which can be prepared twelve hours ahead of time, is simple to make, even simpler to take, and is suitable as the fish course at a dinner party; or with salad, as a main dish at luncheon or supper.

It is attractive made in small fish-shaped moulds. Or in a large "ring" mould, where the hollow centre can be filled with a mixture of mayonnaise and chopped celery, or the crisp inner leaves of lettuce.

1 large can Canadian lobster or Canadian salmon
1/2 pint (rather stiff) Alberta Aspic Jelly (8)
1/3 pint cream. Flavours and trimmings

Line mould or moulds thinly with aspic and decorate. (Parsley, cucumber, pimento: bits of truffle or peppercorns for eyes, if in fish moulds.) If the mould is a large one the jelly should be half an inch deep in the bottom. Drain the fish, remove all skin and bones, rub through a coarse sieve, season well with salt, pepper and lemon juice. Whip the cream stiff, have the aspic *only just* melted. Mix it with the fish, stir in the whipped cream, fill the mould to the brim, and set in a cool place till firm. Turn out and serve plain, or with cucumber and mayonnaise. Or with a salad of: (1) lettuce, cucumber, tomatoes; (2) lettuce hearts and green grapes (peeled and stoned); (3) apples, celery and chopped lettuce; all dressed with mayonnaise.

This dish is really quite simple to make, though it makes a plain cook sound like a *chef*.

Canadian Lobster or Canadian Salmon Salads

All the ingredients can be prepared separately, and kept in readiness to be mixed at the last moment. Each should be as distinct as the words that an orator blends to perfection in a single speech—each with a purpose perfected in combination.

2 cups of Canadian fish, drained and flaked
1/2 cup celery (diced)
1/2 cup diced new potatoes
1/2 cup diced cucumber
1/4 cup of Canadian canned green peas

When wanted, salt slightly, mix lightly together, blend with one cup mayonnaise or boiled dressing and serve on crisp lettuce. A little chopped lettuce can be tossed in with the dressing, if liked. If all the vegetables are not desired, or not at hand, increase the proportion of potato.

Canadian Fish in Alberta Aspic

1 large can Canadian salmon or Canadian lobster (or half red and half white fish)
1 pint Alberta Aspic (8)
2 hardboiled eggs
Parsley, pimento, etc.

Line a suitable (ring) mould with aspic. Decorate with parsley, pimento, diced vegetables, cucumber, celery, tomato or hardboiled egg. Drain the first free from skin and bone, and when the half-inch of aspic in the mould is set, lay the fish in lightly, in as large pieces as possible. Put slices of egg, tomato, etc., between the pieces of fish. When the mould is full to the top (with spaces between the fish), pour in the just-melted aspic very slowly, right up to the top, and set at once in a cool place, or on ice till set. Or, use Red River Tomato Jelly (16) in place of aspic for a change. When set, unmould, fill the centre half full with mayonnaise. Put a bouquet of lettuce leaves in the middle and make a border of cucumber slices, lapped over each other, round the edge.

Salmon-Macaroni Pie

A delicious combination with which a vegetable should be served unless it is followed by a salad. Serves a party of eight.

8 ounces macaroni, short un-cooked
4 hard-boiled eggs
1 15-oz. tin salmon
2 tablespoons melted butter
1 teaspoon scraped onion
1 teaspoon salt
1 tin condensed tomato soup (diluted with water to make 1 1/2 cups)
Pastry (fairly rich)

Cook macaroni until tender and drain. Flake salmon with fork, add salt, butter, onion and tomato sauce. Add macaroni and blend thoroughly. Line a deep pan and spread with one-third of macaroni mixture, cover with slices of two eggs, add another third of mixture, then the remaining two eggs, sliced. Add the remaining macaroni and cover with pastry. Bake in moderate oven for one-half hour until the top crust is brown.

Canadian canned fish needs no cooking before using in any of these recipes. Chilled Canadian salmon may be used in any recipe where canned fish is specified, but must first be cooked.

Canadian Canned Vegetables

CANADIAN canned vegetables are among the most delicious in the world, for they ripen quickly to perfection, and are canned under ideal conditions.

While nothing can equal vegetables eaten the day they are picked in your own garden, the best brands of Canadian canned vegetables are often better than wearied greens, or inferior garden stuff that has travelled long distances and grown dusty and way-worn *en route*. For Canadian vegetables are picked in their prime, and bottled or canned fresh from the garden, while still redolent of sunshine and dew.

These vegetables include corn, tomatoes, beets, asparagus (whole or tips), wax beans, peas and baked beans. Any of these can be served deliciously by decanting them from the can, heating in a double boiler, adding a little salt, pepper and butter, and serving very hot. A spoonful of Canadian canned milk (undiluted) is often preferable to butter. Some people like to drain the beans or peas, plunge them into boiling water and cook for one minute, but this is not necessary, though it is not harmful. If this course is followed with peas, a fresh sprig of mint may be seethed with them. Beans, beets, and asparagus are also pleasant if served with a Thin Wheatfield White Sauce (61). If you like "painting the lily" either peas or green beans are delicious if served in Red River Tomato Sauce (8).

Peas, beans, beets and asparagus are particularly appetizing in salads. Or jellied.

They are extremely good and easy-to-add-to "soups and stews and rich *ragoûts*" when unexpected visitors arrive, and the main dish must be enlarged a little.

No matter how extensive your garden, it is wise to keep a good stock of canned vegetables always at hand for emergencies. And Canadian Rosebud Beets especially are hard to match even with the fresh garden product, as they are grown especially for this industry. They may be served whole, or sliced. Hot or cold. If you have never tried the kind that come in glass, you have yet to find how exquisitely edible beets can be!

Canadian Tomatoes à l'Hiver

Save out ¼ cup of the juice. Heat one can of tomatoes, add salt, a little sugar (if liked) and a teaspoon each of butter and Governor sauce. Mix one rounding tablespoon of cornflour very smooth with the cold tomato juice, add to the hot tomatoes, and boil till thickened and the cornflour quite cooked—no longer—stirring constantly.

Especially good with roast beef or chicken, sausages and grilled ham. It should be about as thick as a soft porridge. (*See* Cookery Section for Scalloped Tomatoes (36).

Red River Tomato Jelly

1 large can Canadian tomatoes	¾ oz. gelatine*
1 onion	2 cloves
1 bayleaf	1 stick celery
Pinch of soda	1 teaspoon sugar
1 teaspoon butter	2 teaspoons Canadian Governor Sauce

Salt and pepper to taste

Soak the gelatine in a little cold water. Bring the tomatoes to a boil with the onion (into which stick the cloves), celery and bayleaf. When boiling, stir in a pinch of soda. Boil five minutes. Rub through a sieve. Add the flavourings and butter. Dissolve the gelatine in it. Put in a mould. Set in a cool place. Serve with lettuce and mayonnaise, or boiled salad dressing. *Measure the tomato after straining. ¾ oz. to a quart (or nearly) is enough gelatine, as the tomato is fairly thick itself. Fish, chicken, or vegetables may be "set" in this jelly.

Canadian Tomato à la Red Indian

½ can Canadian tomatoes	½ cup Canadian sweet pickles, sliced thin
1 onion, sliced thin	1 teaspoon mustard
½ teaspoon salt	½ teaspoon pepper
A little Canadian flour	2 teaspoons butter

Green or red peppers, pimentos, or Canadian bottled olives if liked

Slice onion—and pepper green or red, if using them—flour well, and put in a pan with the tomato and flavourings. Simmer till the onions are done (adding more tomato if it cooks away too fast). Add the butter, and (at the last moment) the sliced pickles, olives and pimentos.

Use with plain omelette, steak, chicken, grilled ham, or fish, to make any one of them *Indienne.*

Canadian Sweet Corn

Corn is so essentially a favourite, that we have included Corn-on-the-Cob (34), Plain Sweet Corn (34), Baked Corn (34), Corn Oysters (34), and Succotash (34), in the Canadian Cookery Section.

Sweet corn makes a palatable hors d'œuvre, served just as it comes from the can. A teaspoonful of Governor Sauce will add a piquant flavour.

Corn Scramble

2 eggs, well beaten
Salt, pepper
1 cup Canadian canned corn
2 tablespoons Canadian canned milk
1 teaspoon Canadian flour
1 tablespoon butter
Crisp buttered toast

Drain the corn, add salt, pepper and flour, mixing well. Beat the eggs, add the milk to them, and mix all with the corn. Melt the butter in a pan, and when sizzling, put in the mixture, scrambling it like eggs. Pile on half slices of hot buttered toast, or serve with sippets of toast. Fried ham goes well with this dish.

As a variation use canned tomato juice or Tomato Soup in place of milk.

Curried Canadian Wax Beans

2 teaspoons curry powder
1 Can Canadian wax beans
1 cup Thin Wheatfield White Sauce (61)

Toss the beans in the curried sauce till hot, and send them to escort rather thick slices of fried ham to the table. They are also a pleasant surprise with any plain-boiled fish.

Savoury Vegetable Salads

Fresh green salads are always welcome, but in those seasons of the year when they are either coy or non-existent, their places can be pleasantly supplied by salads made partly from fresh and partly from canned fruits and vegetables. Whatever fresh greens accompany them should be carefully treated as follows:—Lettuce, cress, endive, pepper-grass, etc., should be carefully washed in several cold waters, every least bit of extraneous matter separated from it, and one extra wash given to it for luck. Shake it lightly free from water, put in a large bowl, set a deep plate over it, turn it upside down, and carefully drain any water from it. Then set a weight on top of the plate, and put the whole on ice. This is a Canadian method and will crisp the limpest lettuce, if allowed to stand as described for about three hours. If ice is unavailable, set in a cool place—on a stone floor in a draught will do.

Canadian Bottled Rosebud Beets

These delicious little *bonnes-bouches* may be served quite alone, whole or sliced, with vinegar, French Dressing, or mayonnaise. Their refreshing sweetness is a revelation.

Beets are one of the most delicious ingredients in salads. But they must be mixed with care. The yolk of a hard-boiled egg, on which a beet has leaned heavily, becomes in appearance the most indigestible crime! The result is almost as bad when applied to a pallid potato. But use the beet wisely, and all will be appetisingly well.

Canadian Rosebud Beets with Potato Salad

2 cups (waxy) potatoes (diced)
2 hardboiled eggs
1 doz. stuffed Canadian olives (sliced)
1 cup diced cucumber
1 1/2 cups salad dressing
1 bottle Canadian Rosebud Beets

Mix potatoes, cucumber, olives, and the chopped whites of the hard-boiled eggs, with the salad dressing, stirring lightly with a fork, so the potatoes won't be messy. Pile in a mound. Sprinkle with minced parsley. Set a solid wall of Rosebud Beets around the bottom. This is a delicious combination. A little minced onion may be added if liked. Reserve the yolks of the eggs to decorate some other dish, or to mix with meat, paste or cheese for sandwiches. Their yellow does not suit the complexion of the beet.

Beet Salad Combinations

I. Equal parts of diced canned beets and celery mixed with a boiled dressing. Pile in a glass dish, spread a little savoury whipped cream (flavoured with salt and mustard) over the top. Decorate with slices of beets, or a few whole Rosebud Beets.

II. 1 part Canadian canned beets (diced) 1 part celery (diced)
1 part Canadian apples (diced)

Mix as above (I). Decorate with celery tops and red or green peppers, sliced very thin.

III. Whole Rosebud Beets in nests of the crisp hearts of lettuce. Serve any favourite salad dressing with it.

IV. Put slices of pineapple on individual plates. Cover with chopped endive and green pepper. Set a whole Rosebud Beet in the centre of each. Serve with mayonnaise or boiled dressing.

Canadian Vegetable Salad

Equal parts of canned peas, diced wax beans, diced beets. Toss together with a little French dressing. Pile in a mound. Mask with a thick mayonnaise.

Peas and wax beans are a delicious and nourishing addition to salads of fish, chicken, potato, or any combination of fresh or canned vegetables.

Canadian Jellied and Vegetable Salads

Never are canned vegetables more truly the housewife's friend then when she wants a winter salad or an unusual supper dish. And for those who like food without fluster, and praise without pain, the combinations of soups and vegetables are almost equal to the combinations in chess. Only *you always win!*

Kenora Jellied Salad

Make a pint or more of Alberta Aspic (8), according to the mould you want to use. A ring mould is always nice. Set some aspic in the bottom. Decorate it with parsley, olives, pickles, pimento, hardboiled eggs, or anything you please. Set (bottled) Rosebud Beets at intervals around in it. Fill in between with canned peas. Cover with aspic and let it set. The aspic must be almost ready to "jell" when put in. Turn out. Fill the centre with any variety of salad dressing. For a change, mix ½ cup chopped celery with the dressing.

Or:—

Vancouver Salad Jelly

Set Alberta Aspic (8) in the bottom of the mould. Cover thickly with slices of bottled or canned beets. Add enough aspic to cover, and let it set. Then a layer of thin slices of cooked potato. More aspic, and set. Then canned peas and aspic to finish. Each layer should be about an inch deep. The beets must be well set before the potato is put in to prevent tinting. The red, white, and green layers are very pretty. Serve on a bed of lettuce.

Or:—

Qualicum Quick Jellied Salad

Just fill the mould with chopped beans, diced potatoes, peas, asparagus tips—a few cubes of tongue or veal loaf are nice too. Do not pack tightly. Fill up with cool aspic, and set. Canned beet slices are nice *around* this.

Wetaskiwin Walnut Salad

1 cup Canadian apples
1/2 cup chopped walnuts
1 cup celery
1 cup thick salad dressing
Paprika

Dice the apple and celery and leave in water in a cold place till wanted. Then drain, lay in a clean cloth, twist up the ends like a shepherd's bundle and holding the two tightly, whirl round and round to extract all the water. Mix with the walnuts. Then toss the whole in thick salad dressing (mayonnaise, or cooked) and serve on lettuce leaves. Pepper well with paprika. Or decorate with celery tops.

½ cup Canadian canned peas are a good addition. So are a few chopped sour pickles. This Walnut Salad is extra mouthwatering if served in tomato cups. Choose firm tomatoes of even size. At the stem end, stick them on a carving fork. Turn them in the gas flame just long enough to split the skin. Scoop the centre out very carefully, then peel. Fill with the walnut salad. Serve with Candian Cheese Straws (65).

Or: Red River Tomato Jelly (16) may be moulded in a tall round biscuit tin (or a deep straight-sided cup). Turn out. Cut in thick slices. Allow one slice to each person, pile the walnut salad on it. Other combinations, to be served with lettuce, and a thick dressing, are:—

I.

Equal parts Canadian-grown apples (peeled and diced), Canadian canned wax beans (diced) and Canadian canned peas

II.

2 parts Canadian veal or chicken
1 part Candian-grown apples (peeled and diced)
1 part Canadian canned peas
Add a few chopped Canadian sweet pickles

Canadian Macaroni
Canadian Shelloni
Canadian Baked Beans
Canadian Spaghetti in Sauce

CANADIAN Macaroni, Spaghetti, etc., can be used in all the ways applicable to other varieties, and in addition they are made in sunlit Canadian factories under the most sanitary conditions.

Canadian Macaroni—which may be broken before boiling, and chopped or cut smaller afterwards—should be cooked in plenty of (slightly salted) boiling water till tender. Drain, and run a little cold water through it before using.

Canadian Shelloni—or shell-form Macaroni—requires a slightly different treatment. It is made from the firmest, most flavoursome part of the wheat, and so takes longer to cook than macaroni (allow 15 to 20 minutes extra) but it is delightfully creamy and delicious. When cooked, drain, run cold water through it, and it is ready for use with the shells in perfect shape. Try it in any dish in which you have been used to macaroni and see if you do not find it delightful.

In soups a small quantity is a toothsome addition to clear, vegetable, or tomato soup. If minute pieces are desired, run cooked Canadian Shelloni or Canadian Macaroni through the mincer, and add the wished for amount.

Canadian Shelloni served with hot meats, as a substitute for, or an addition to, vegetables, is delicious and nutritious. Its food value is very great.

Canadian Macaroni and Cheese

2 cups cooked Canadian macaroni
1 1/2 cups grated Canadian cheese
2 cups Wheatfield White Sauce (61)
Crumbs, Butter

Mix sauce and macaroni. Put a layer in the bottom of a pudding dish. Strew with grated cheese, more macaroni, more cheese, more macaroni, then cheese at least half an inch thick. Cover with coarse grated crumbs, dot with butter and put into the oven long enough to get very hot through, melt the cheese, and brown and crisp the top.

Or: Sauce, macaroni and half the cheese can be mixed. The remaining cheese put on top, finish as before. Serve (if liked) with very thin dry Melba toast and plenty of butter. This nourishing dish makes a complete luncheon or supper.

Quick Canadian Minestra

1 1/2 cups cooked Canadian Shelloni
1 cup Canadian canned tomato soup (or Canadian canned tomatoes)
1/2 cup Canadian canned corn
1/4 teaspoon powdered saffron
1 cup Canadian canned vegetable soup
2 cups water
1 tablespoon chopped parsley
A few diced Canadian pickles

(*The Soups to be measured from the can before mixing*)

All made very hot together, salted and peppered to taste. To this may be added any or all of the following:—

1/2 cup cooked rice
1/2 cup cooked celery
1/2 cup cooked onions
Canadian canned peas, beans,
or indeed any cooked vegetable except cabbage and beets. Fresh-grated Canadian cheese may be served with it, in a separate dish

It may be served—with sippets of toast—as a complete dish. Cold meat or chicken (made hot) may be dished up on a bed of it. A dull fish like plain boiled cod will seem a gay innovation if blanketed with Quick Canadian Minestra. Or it may be served (as a change from salad) with cold tongue or veal loaf. Shelloni gives the Minestra a richer flavour than ordinary macaroni can do.

Curried Canadian Shelloni

1/4 cup Canadian canned Consommé
1/2 cup water
1 1/2 cups cooked Canadian Shelloni
1 tablespoon curry powder
1/4 cup Canadian canned Pea Soup
1/2 cup Canadian canned milk
1/2 tablespoon butter
1 level tablespoon Canadian flour

(*The Soups to be measured undiluted*)

Melt the butter, cook the flour in it, add the liquids mixed together, beat well over hot water till cooked (61), mix the curry powder with a little milk or water and add. Salt to taste, stir in the Shelloni, and serve as an accompaniment to hot sliced meat in place of rice. Or alone as a savoury supper dish. Add a little more water if you prefer it thinner.

Canadian Macaroni in Tomato Sauce

Heat one cup cooked macaroni in one cup Red River Tomato Sauce (8) and serve with meat.

Canadian Tomato Macaroni au Gratin

1 cup cooked Canadian macaroni
1 cup Canadian canned tomato
1/2 cup grated Canadian cheese

Lay macaroni, tomato and grated cheese in alternate layers, most of the cheese being on top. Sprinkle with coarse crumbs, dot with butter, bake a short time in a hot oven.

New Brunswick Shepherd's Surprise

Lay a thick layer of cooked Shelloni or macaroni with tomato (as above) in a baking dish. (Or Spaghetti-in-tomato-sauce, just as it comes from the can.) Cover with a layer of minced meat in gravy. (Minced tongue is especially good this way.) Smooth a little extra tomato sauce over the top, sprinkle with crumbs and butter and bake as Shepherd's Pie.

Or: there may be a third layer of potatoes: and finish in the same way.

Or: in a vegetarian pie the meat may be omitted and the dish be made of double layers of tomato and macaroni and finished with potato.

Canadian Beans with Pork and Tomato Sauce

Just as they come from the can—made hot, and eaten with joy—succulent, tasty, body-building and hunger-staying. How pleasant and how useful is "the pork and the bean" that comes to us ready for the hasty luncheon, the late supper, the Sunday-breakfast-bit that keeps us going till tea-time, or for the meal-in-itself which pork and beans can so easily become.

At picnics, camping, or in the woods the canned pork and beans are invaluable. For they are so easy to carry, and can be heated in their own can: often an appreciable saving, when pots are scarce. If heated in the can, however, be sure and allow time for them to heat right through to the middle.

At home, it is quickest and surest to decant the beans into a double boiler, and heat in that way.

Browned Canadian Beans

1 can plain Canadian pork and beans
1/4 cup water
1/4 cup brown sugar
1/4 cup molasses
Strips of salt pork

Fry the pork till only partially cooked, but a little brown at the edges. Put half the beans in a casserole. Lay strips of pork over them. Sprinkle with about ⅓ of the sugar. Repeat, putting the rest of the sugar on top. Mix the water and molasses, and pour in around the edge. Bake in a fairly hot oven till the pork is quite cooked, and the beans slightly "candied."

Canadian Beans on Toast

Serve the beans very hot, piled on buttered toast. For a variation, sprinkle them with minced Canadian tongue, chipped beef, or minced Canadian ham, and brown a little under the hot grill.

Canadian Beans and Flip-Flap

Heat the beans and spread them on very thin buttered toast. Fry as many eggs as there are bean-toasts (FRY, not poach), turn one *upside-down* on each piece, and put a spoonful of Canadian Tomato Chutney on top of each egg. Serve very hot.

Canadian Bean Cutlets

1 can Canadian beans-in-tomato-sauce	2 eggs
1 cup fresh breadcrumbs	Stale crumbs
1 medium onion	Salt, pepper

Drain the beans from the sauce. Run them through the mincer with the onion. Add flavouring, crumbs, and one beaten egg. Turn on to a floured board, shape like cutlets, let them stand in a cool place for a little while. Then beat the other egg with a spoonful of milk, roll the cutlets in stale fine crumbs, then dip in beaten egg, and roll in crumbs again. Fry in hot fat to a darkish brown. Drain. Serve on a hot dish, with hot buttered Canadian Rosebud Beets (that come in glass). Or with additional Red River Tomato Sauce (8), mixed with what was saved from the can.

Canadian Spaghetti with Cheese and Tomato Sauce

There is no more really satisfactory way of serving this than by heating and giving it to your grateful family just as it comes from its can. But, for variations ;—

1. Mince it lightly with a knife and fork, heat, and pile on slices of anchovy toast for a luncheon dish, or a savoury.

2. Put it in a baking dish, cover with ½ inch grated Canadian cheese, sprinkle with crumbs, dot with butter, and bake quickly.

3. Put a ring of hot Spaghetti (from the Canadian can) round a hot platter. Fill the centre with lightly scrambled eggs. Lay curls of crisp Canadian bacon on the Spaghetti bed. Serve to your family on Sunday morning and they will assuredly rise up to eat it, and call you blessed.

4. Lay circles of hot Canadian Spaghetti on small individual baking plates. (Plates and Spaghetti should be very hot). Drop first a bit of butter, then an egg, in the centre of the Spaghetti. Next put a dash of butter and a sprinkle of grated Canadian cheese over the egg, cook in the oven till set. Serve at once.

5. Mix 1 tablespoon curry powder with a little Canadian canned milk. Add it, and half a cup of cooked onions to one can hot Canadian Spaghetti and use it as an effective disguise for mutton-we-have-met-before.

Canadian Spaghetti Pie

1 can Canadian Spaghetti
1 egg
1 1/2 cups (minced) Canadian ham
3 tablespoons Canadian canned milk (or gravy)
1 teaspoon Canadian Governor Sauce

Turn the Spaghetti into a pudding dish. Mix the ham with the milk (or gravy) and the well-beaten egg. Stir together to a kind of paste. Spread it over the Spaghetti, sprinkle with coarse crumbs, dot with butter, cook in a hot oven so that the top is crisp.

Should a larger dish be desired, mix the ham with liquid only, before spreading. Beat the egg, mix with a cupful mashed potatoes, and use it as a crust above the ham.

Canned Canadian Spaghetti and—

One can of Canadian Spaghetti-with-cheese-and-tomato-sauce, made very hot, and put on a hot platter, makes a particularly pleasant bed for:—

1. Brussels sprouts and broiled Canadian bacon. Serve as a dish by itself, with chip potatoes.
2. Small sizzling sausages.
3. Minced Canadian tongue, made hot and piled in a mound in the middle.
4. Breaded veal cutlets.
5. Liver and Canadian bacon.
6. Hot Canadian veal loaf.

Canadian

Ham—Bacon—Chicken—Canned Meats

SUCCULENT hams and crisp curls of bacon.....could anything possibly taste as good as they smell? They could.....and they do!

Canada has long been justly renowned for her superlative brands of both these delicious foods, and both are served frequently in all homes where good food is relished. The breakfast egg tastes better when a rasher or two of bacon accompanies it—or perhaps you prefer ham. Alternately they provide a pleasing variation—it is all a matter of taste. Only remember to start the day right with a hearty breakfast.

The stores supply cooked ham, and will slice it as thin as you desire it. Should you prefer to boil your own, you probably have your favourite method. The provident housewife usually has a boiled ham in the larder, and it is never wasted.

Canned meats come to you all ready to use and nothing in the world is more satisfying for a cold, or partly cold, supper than delicious slices of tongue, with their exquisite salty-savoury-meaty flavour, interesting your nose and delighting your taste, and acting as a whistle to appetite!

The remembrance of the strict Pure Food Laws of Canada, under whose supervision all these meats are prepared and packed, increases your content. The large tongues are the best for table-use. They should be well-chilled, carefully opened and turned out to be decorated with lettuce, parsley, cress, etc. Baked, creamed, or soufflé potatoes go excellently with cold tongue. Or Potato Cakes (35-36), Winter Salads (17-18-19) or Tomatoes à l'Hiver (16).

And for picnics these Canadian canned tongues are superb, saving as they do much wearisome preparation, and appearing from their easily opened tins, neat and unruffled as a new hat from a bandbox.

The large tongues slice beautifully, and will keep a good while in a cool place, after opening. They should be covered with a cloth wrung out of vinegar, to prevent either moulding or drying.

Canadian Tongue Sandwiches

Put thin slices of tongue between buttered bread, and spread lightly with French mustard. These are splendid for picnics, and should have hard-boiled eggs as their companions on such occasions.

VARIATIONS

1. Lay the tongue on the buttered bread, spread with Canadian Tomato Ketchup or Chutney, cover with tongue again, and lay on the top slice of bread.

2. Butter the bread lightly with peanut butter (both pieces), then a light spread of Canadian Tomato Catsup, then the tongue, laid between two such slices.

3. Equal parts of minced Canadian canned tongue and chopped celery. Moistened with salad-dressing or with a little thick cream mixed with Canadian Governor Sauce and spread rather thickly between slices of buttered whole wheat bread.

Lake St. Joseph Hot Stuffed Eggs. 1

6 hardboiled eggs
1 cup minced Canadian tongue
1 cup Red River Tomato Sauce (8)
Egg and crumbs for rolling
Canadian Tomato Catsup or
Canadian Governor Sauce or
Great Lakes Gravy Sauce (62)

Cut the hard-boiled eggs in half lengthwise. Take out the yolks, and rub through a sieve. Mix with the minced tongue. Add enough Tomato Catsup (or Canadian Governor Sauce), and a little canned milk to make a smooth paste. Fill the egg centres with this, pressing it flat. Moisten the sides of the whites with a little raw white of egg, and press together. Now cover the eggs with the extra paste, egg-and-crumb them, fry in deep fat, and serve with Red River Tomato Sauce, very hot. Or Vegetable Sauce. (*See* page 7.)

Hot Stuffed Eggs. 2

Using the same ingredients, but cutting the eggs the opposite way (making cups of the shells) slice a tiny bit off the bottom of each, to make them stand up. Now fill the egg-cups with a pyramid of the tongue paste which should first be made hot, spread the rest on rounds of toast (one to each egg-cup), pour the Red River Tomato Sauce over the whole.

These tongue pastes should be made when the tongue has gone down in the world, and there is hardly enough left of it to slice.

Spread on toast, they are the perfect throne for a poached egg, the whole then sprinkled with well-chopped parsley. Or for scrambled eggs. They are also clever accompaniments to cold chicken, in which case the paste should be rolled in small balls. The remains of a can of veal loaf can be used in the same way.

Two cups chicken haddie lightly floured and made hot in ½ cupfuls canned milk, and mounted on buttered toast that is spread with a paste of this minced tongue, would have entertained Lucullus, and the same couch makes even boiled cod (rechaufféd in tomato sauce) enter the breakfast room like a dashing stranger. A ½ cupful of tongue chunks (cut, instead of being minced) is attractive mixed with ½ cup cooked Shelloni, if they meet in a ½ cup of Wheatfield White Sauce (61) well laced with French mustard.

Or equal parts of tongue chunks and wax beans in Red River Tomato Sauce.

Indeed, nearly half the fun of canned tongue lies in the last quarter of it! For its combinations are limitless, and (like every useful tongue!) it often helps a harassed housekeeper to carry out an attractive bit of (culinary) bluff!

Cobalt Stuffed Potatoes

Select 6 even-sized potatoes, scrub well, bake quickly, so that the skins are crisp but not burnt. Cut about an inch off the top. Take out the inside carefully keeping the shells hot. Run the potato through the ricer, beat in 2 tablespoons canned milk (undiluted), salt, pepper, 1 tablespoon butter. Beat quickly and lightly, then beat in 1 cup minced tongue. Stuff back into the shells, making a cone at the open end. Put back into the oven long enough to heat through.

Or cut the potatoes lengthwise. Proceed as before. Brush over the filled potatoes with egg, sprinkle on some crumbs, dot with butter, and brown. Especially good with creamed fish.

Canadian Veal Loaf

Like tongue, it is meant to be used as you first meet it, fresh from the can. Perfect for picnics, or cold suppers, or for those moments when the unexpected visitor is twice as welcome, if the hostess has a safety store cupboard full of delicious emergency rations from which to choose.

It can be served with Tomato Ketchup, Canadian Governor Sauce, Pickles, Vegetable Salads (17-18-19), Scalloped Potatoes au gratin, Stuffed Potatoes (27), etc., etc. It can be heated in its own can and turned out on a bed of Quick Minestra (21) or masked with Red River Tomato Sauce (8), or in any other mode to which your fancy leads you.

Cold Canadian Veal Loaf with Canadian Canned Asparagus Tips

1 can Canadian Veal Loaf
Bottled Canadian Rosebud Beets
1 or 2 cans Canadian asparagus tips
Mayonnaise, Lettuce

Turn out the loaf on a bed of shredded lettuce. Open and drain the asparagus tips. Build them in 4 bundles (like faggots) at the 2 ends and 2 sides of the loaf. Put the Rosebud Beets (cold) in between the piles. Serve with thick mayonnaise.

Hot Canadian Veal Loaf with Canadian Canned Asparagus Tips

1 can Canadian Veal Loaf
1 can Canadian asparagus tips
2 cups Montreal Asparagus Sauce (8)

Heat the loaf in its own tin or decant and heat by steaming. Turn in a hot dish, and with a very sharp knife cut into sections ready for serving, but do not separate them. Have the asparagus tips hot. Stand them on end all around the loaf, pour Montreal Asparagus Sauce (8) over all, strew with minced tongue and serve at once.

Creamed Canadian Veal Loaf with Tomato

1 can Canadian Veal Loaf
1 cup Wheatfield White Sauce (61)
1 cup (drained) Canadian canned tomatoes
Sweet pickles

Drain a tin of tomatoes. Lay some in the bottom of a casserole, cover with neat pieces (or slices) of veal loaf, and a few thin slices of sweet pickle. Cover lightly with white sauce. Repeat. Sprinkle with crumbs, dot with butter, make very hot. Serve with green beans and chip potatoes. (Toronto Tomato Sauce (62) may be made from the drained juice.)

Creamed Canadian Veal Loaf with Peas

Make rounds of buttered toast, spread lightly with tomato ketchup. Cut veal loaf in rather large dice, and heat in some white sauce made richer with a spoonful or two of canned milk (undiluted) and a spoonful of sherry. Have one can of peas very hot, buttered, salted and peppered. Pile the creamed veal on the toast, place in an entrée dish, sprinkle the mounds with paprika, and fill in all the spaces between the mounds with a pavement of green peas.

Canadian Chicken Haddies are delicious done in either of these ways.

Ham and Egg Toast

Here is a dish for that bit of left-over cooked ham, supplemented by the eggs that go with it so well:—

1 cup ham (minced)
2 eggs
2 tablespoons milk
1/2 teaspoon baking powder
2 tablespoons butter
1 teaspoon onion juice
Sprinkling of pepper

Melt butter and add milk. Bring to boiling point. Add ham and the eggs beaten light with the baking powder. Add seasonings and stir until mixture thickens. Serve on buttered toast, or between slices.

Ham (or Bacon) and Eggs Country Style

Cut thin slices of ham (or bacon), and put into a hot frying pan, turning often until crisp. Do not burn. Place on a hot platter. Turn off the top of the grease, rinse out pan and put back the clear grease to fry the eggs.

The eggs should be broken separately, and slipped gently into the frying pan. Do not turn the eggs while frying but keep pouring some of the hot grease over them with a kitchen spoon. They will be done enough in about three minutes Serve hot, laying an egg on each slice of ham.

Boiled Ham

Wash thoroughly and then place in pot covering the ham completely with cold water. Allow the water to come to a moderate boil, and keep it steadily simmering at this point. Allow twenty minutes for each pound of meat. A half-cup of brown sugar added to the water will improve the flavour.

If the ham is to be served cold, allow it to remain in the pot until the water in which it was cooked becomes cold.

Baked Ham

Take the boiled ham (after it has been allowed to cool in the water in which it was boiled) and put in a baking dish. Remove outside skin, sprinkle with sugar and cracker crumbs, and stick with cloves one-half inch apart. Pour around it a cup of cider, or water and vinegar with a little sugar, and bake one hour in a slow oven. Serve cold thinly sliced.

Delicious meat pastes are marketed, all ready to spread. They may be varied by being mixed with Tomato Catsup or Chutney or Governor Sauce, and are always enquired for again, if thin slices of sweet or sour pickles are included in the sandwich.

Again, they are a godsend for stuffed eggs. Equal parts of paste and egg-yolk are easily mixed and rubbed through a sieve, moistened a little with sauce, or a spoonful of any canned soup, and piled back into the halved whites.

These pastes tip the tongue to attention, if they are spread on toasts that are about to receive a share of buttered eggs, or creamed fish; and they should form (in fours at least) part of the preparedness of every store cupboard.

Canadian Cookery Section

Canadian Cookery

EVERY country has some specialties, which though they may not be entirely indigenous to the country, seem so because they are made there with a care that produces a flavour that is essentially their own. Maple syrup and maple sugar are as Canadian as the maple leaf itself. So the foods with which they are eaten—pancakes, buckwheat cakes, layer cake with maple filling, etc.—become accesories to the maple flavour.

Corn is also a representative Canadian dainty.

The recipes in this section are distinctly Canadian, and especially well-made by the Canadian housewives.

Canadian Maple Sugar

To prepare the sugar (which comes in little cakes, or large square ones of several pounds) use a sharp knife and *shave* the sugar down. This is better than grinding or grating, which should only be resorted to if you have allowed the sugar to become very dry. (It should be kept well wrapped, in a tight tin.) But at its best, your fresh prepared sugar is a dish of tawny feathers, interspersed with small lumps like tiny nuts, where it has broken off under the knife. Shaved maple sugar can be used as other sugars are. Try it on apple tart, on blanc mange, on many things where before you have been content with ordinary sugar—and find a new sweet.

With Indian Meal (or Oatmeal)

Some day make cornmeal mush (like porridge) thin enough to set like jelly as it is poured into the plate. Eat it hot with fresh shaved maple sugar and thin cream. Thin toast, hot and buttered, should be eaten with this to extract its full delicious flavour.

To Serve as a Sweet

As a bon-bon or candy, just break maple sugar in small pieces. But in Quebec they do it like this:

Sucre à la Creme

1½ lbs. maple sugar, broken up. Add ½ cup cream. Cook till it leaves the sides of the pan. Stir until cool. Spread on an enamel pan (lightly buttered) and mark off into squares.

Canadian Maple Sugar Omelette

3 eggs
3 tablespoons water (or Canadian canned milk)
3/4 cup scraped Canadian maple sugar
2 teaspoons castor sugar
1 tablespoon butter

Separate the eggs, beat the yolks thick, adding the sugar and beating again. Whip the whites very stiff. Beat the liquid into the yolks, fold in the whites. Melt the butter in a medium sized pan, and when it is sizzling pour in the omelette. Move the pan over the fire so that the edges cook, and the centre is never over a very hot fire, beating it very lightly with a thin knife so that the fluff does not all stay at the top; but never touching the bottom of the pan with the knife, as that would break the omelette. Tilt the pan as it cooks, so that the uncooked part runs to the edges. When almost set, strew one half of the omelette with a little more than half the sugar, and set for a moment under the grill to melt it a little bit. Fold over, slide on to a hot platter, strew with the rest of the sugar, and set under a mild grill for a moment, till the sugar shows the first signs of melting. Serve at once.

Canadian Maple Sugar-Log Sandwiches

Butter brown (or white) bread generously. Spread one side thickly with shaved maple sugar, cover with the other buttered slice. Trim off the crusts, cut the sandwiches in rather narrow strips, so that they look like roughly "squared" logs, and build a four-square log pile with them on the sandwich plate. Pile shelled peanuts in the centre.

Canadian Maple Cream Sauce for Apple Pie or Pudding

Whip one cup of cream stiff. Fold in ½ cup shaved maple sugar. Sprinkle with cinnamon and maple sugar on top. Serve at once. Especially toothsome! (This may be made with cream that has turned a little sour.)

Canadian Maple Custard Sauce

Make a Custard Sauce (63), substituting maple sugar or syrup in place of plain sugar.

Other ways of using maple sugar are:—With pancakes. Spread the pancakes with butter, cover thickly with sugar. Roll up and serve. Or omit the butter, sprinkle lemon juice over the sugar before rolling the cakes. See also Jacques Cartier Rice (59), Canadian Maple Sugar Buns (53), Nipissing Nut Bread (53), Canadian Maple Oatcake (54).

Canadian Maple Syrup

Maple syrup is as great a favourite as maple sugar, and is delicious used just as it comes from the bottle; as sauce for any kind of plain steamed or baked pudding, etc., etc. It is, of course, the sauce *par excellence* for pancakes and buckwheat cakes, or to eat (with butter) on buckwheat gems.

Canadian Maple Sabayon Sauce

1/2 cup Canadian maple syrup (or crushed Canadian maple sugar)
2 eggs (whole)
2 egg yolks
1/2 cup water
1/2 cup sherry

Beat the yolks of the two eggs. Then beat the whole eggs, mix together and beat again. Add the other ingredients. Beat with a rotary beater over hot water till thickened sufficiently to pour like foam. Serve in a hot jug. Care must be taken not to cook this too fast. It should be lifted from the hot water once or twice while cooking, and stirred carefully from the sides and corners with a spoon, and then resume the beating.

Canadian Maple Prune Jelly

1 lb. prunes
Lemon rind
1/4 cup sherry
1/2 oz. gelatine
1 cup Canadian maple syrup
1/4 cup sugar (if liked)
Almonds and custard
Whipped cream

Wash the prunes, soak overnight in the maple syrup and enough water to well cover them. Next day add the lemon rind. Leaving them in their "soak," boil with a light lid over them till they are very soft. Remove the stones, rub the prunes through a coarse sieve (or put through the mincer) with their syrup. To one pint of this prune pulp allow ½ oz. gelatine, softened and dissolved in the hot pulp. Add the sherry. Mould and chill. (A ring mould is nice for this.) When turned out, stick with split almonds and serve with custard and whipped sweetened cream. A little experience will show when you need more or less gelatine, depending on the thickness of your prune purées. Even the most "difficult" child will welcome these enchanted prunes.

Canadian Maple Syrup Sauce (for Ice Cream)

Heat a cup of maple syrup in a double boiler. Put in a hot sauceboat, sprinkle with 2 oz. chopped walnuts and pass it with vanilla ice cream. The syrup must be very hot.

Almond Canadian Maple Mousse (Cold)

1 cup Canadian maple syrup
3 eggs
1 pint cream
1/2 cup Canadian grapenuts
1/2 teaspoon almond flavouring

Put the grapenuts through the mincer, to grind them into fine crumbs. Heat the maple syrup, pour it on the well-beaten eggs, cook in a double boiler till it thickens. Let it cool. When cold, beat in the stiffly whipped cream, flavouring and grapenut crumbs. Put in a mould with a tight lid. Pack in ice and salt three or four hours.

Or soften ½ oz. gelatine in 1 tablespoon water. Dissolve it in the hot maple syrup mixture. Stir this frequently while it is cooling, so that it will not set before the whipped cream is added. Chill without freezing.

Melting Canadian Maple Mousse (Warm)

Omitting grapenuts and cream (and freezing), proceed as above, but cook a little longer, keeping the guests, rather than the mousse, waiting. Serve warm, in warm bouillon cups, with wafers, as a sweet.

Canadian Buckwheat Cakes

Buckwheat cakes of prepared flour are delicious, and so easy to make. Just mix the liquid with the prepared flour, milk, water, or (best of all) canned milk, making a batter of a thickness to suit yourself. It should be like thick (but not stiff) cream. And very smooth. The best method is to put a cupful of this prepared flour in a bowl, make a hole in the middle, pour in a little liquid at a time, mixing the flour in gradually, so that there will be no lumps. When your batter is the right consistency, it may be whipped for a minute with a rotary beater if you wish.

Buckwheat cakes take much less butter or fat in the frying pan than pancakes do. It is enough to grease it lightly. The broad knife with which you turn your cake should be greased also to prevent sticking. Never turn them until they are well cooked on one side. Maple syrup is as matey with these cakes as eggs are with bacon.

Canadian Buckwheat Gems

2 cups Canadian buckwheat flour
1 tablespoon Canadian maple syrup
1 1/4 cups Canadian canned milk
1 tablespoon butter
2 eggs
Pinch of salt
1 tablespoon lard

Beat eggs, add liquid, melted shortening syrup (unless they are preferred unsweetened) and stir into the buckwheat flour. Beat well. Drop by spoonfuls into hot buttered gem-pans and bake in a fairly quick oven. These should be eaten hot, with butter and maple syrup also.

Plain Pancakes (to be eaten with Maple Syrup)

1/2 cup Canadian flour
1 teaspoon baking powder
1 cup Canadian canned milk
1 oz. butter
1 egg

Sift the baking powder with the flour, rub in the butter, beat in the milk and well-beaten egg. Let stand fifteen minutes. Have plenty of butter sizzling in the pan. Drop in by the very small spoonful, turn quickly, serve straight from the pan to the plate. Companion it with maple syrup or maple sugar and butter.

Canadian Maple Butter Frosting (for Cakes)

1 cup Canadian maple syrup
3 cups castor sugar (about)
1/2 cup butter
Chopped browned nuts

Simmer the syrup for three minutes, and cool again. Cream the butter till light, add salt, and ½ cup sugar, then alternate syrup and sugar, beating well each time, till all are incorporated, adding more or less syrup and sugar to make it the right consistency to spread with a knife made hot in boiling water. Sufficient for a large two-layer cake. Sprinkle the top with a few chopped and browned nuts.

For other ways with Canadian maple syrup *see* Canadian Maple Upside-down Cake (56), Canadian Maple Frosting (55).

Corn is so indigenous to Canada that we have included some simple recipes in this section.

Canadian Corn on the Cob

To be served as a separate course, after the meat

Take the corn from the can, and plunge it into boiling water that has been slightly salted. Boil rapidly for five minutes. Cover a platter with a nakpin, pile the corn on it, turn up the corners. Serve at once with plenty of firm chilled butter, in a separate dish.

To Eat: Butter two rows of corn from end to end, sprinkle with salt, set your elbows firmly on the table, and eat down the double row. *Da capo!* The liquor from the can can be saved for corn soup.

Canadian Sweet Corn

Served as an ordinary vegetable

Decant the corn from the can into a double boiler, and heat over hot water. Drain off a little of the liquor, add 1 tablespoon canned milk (undiluted), or ½ tablespoon milk and ½ tablespoon butter, salt and pepper to taste, and perhaps a dash of Governor Sauce. Serve very hot, with meat, chicken, etc.

Baked Canadian Corn

1 can Canadian corn	Flavourings
1/2 cup Canadian canned milk	Butter
1 egg	Flour

Turn one can of corn into a strainer, run a little cold water through it, drain and mix with the milk, salt, pepper, a dash of Governor Sauce, and one well-beaten egg. Put in a shallow baking dish, dredge a little flour over the top, dab with little bits of butter, and set in a quick oven to heat through and brown. Serve as a vegetable.

Canadian Corn Oysters

1 cup Canadian canned corn	1 egg
1 tablespoon Canadian canned milk (undiluted)	Butter or bacon fat
2 tablespoons Canadian flour	Pepper, Salt

Drain the corn, add the pepper and salt and mix with the flour. Beat the egg well, add milk and beat again. Mix with the corn. Let stand five minutes. Drop by teaspoonfuls in sizzling butter or bacon fat, and sauté on both sides, like pancakes. Let them set and brown on one side before turning, and *never make them big* —the sweet crisped edges are half the battle.

Canadian Succotash

This is a pleasant vegetable dish made of equal parts of canned corn (off the cob) and white beans that have been soaked and boiled. Put in a double boiler and flour them very lightly. Then stir in half a cup of canned milk. Salt and pepper to taste, add butter the size of a small nut, and serve very hot. A little chopped green pepper adds to the look of this dish.

Further Corn Recipes on pages 16 and 17

Cariboo Cornmeal Cakes

1 large tablespoon lard
1 small tablespoon butter
1 saltspoonful salt
1 scant cup water
1 scant teaspoon vinegar
1 1/2 teaspoons baking powder
1 1/2 cups Canadian cornmeal
2/3 cup sugar
1 egg
1 scant cup milk
1 scant teaspoon baking soda
1 1/2 cups Canadian flour

Set a dozen enamel "gem" pans to warm, and butter them well. Cream the shortening and sugar, add the beaten egg. Sift the baking powder with the flour. Beat in half the flour. Sour the milk with the vinegar, dissolve the soda in it, and add it alternately with the rest of the flour, and the cornmeal and salt. The batter should be almost too stiff to pour, but not quite. Bake in a moderate oven, raising the heat a little towards the end. The edges of the cakes should be crisp and brown. Cover a plate with a fringed napkin, heap the cakes on it, turn up the edges, and serve with lots of fresh butter. Each person should split and butter their own. They are good cold, but best warm, and superlative with honey, maple syrup, marmalade or strawberry jam.

Skeena Strawberry Shortcake (A)

1 shortcake
Sugar
1 pint strawberries
Cream

Make a soft dough as for Qu'Appelle Scones (52), too soft to roll. Turn a round pie-tin bottom up. Flour it lightly, put the soft dough on it, and spread with the fingers or roll it very lightly, to almost cover the tin. Bake golden brown in a fairly quick oven. Slip it on the platter on which it is to be served. Cut a circle about an inch inside the edge and (using a spatula or broad thin knife) carefully lift off the top and set on one side. Pick out some of the soft cake from the inside. Reserve one tablespoon sugar and about 20 of the finest strawberries. Crush the rest with the sugar, put them in the baked "bowl," replace the top, decorate with the rest of the berries and sprinkle with sugar. Serve while still warm, with a generous jug of thick cream.

This is the very Empress of Shortcakes if the crust is soft, light and tender, the berries ripe and fresh, the cream thick and plenty.

As a variation whip the cream, putting a little on top of the strawberries before replacing the top. Pile the rest over the decorative strawberries. This should always be put together just before serving, so that it is eaten just as the juice is beginning to penetrate the warm crust.

See Peachland (59), and Summerland Fluffy Shortcakes (59) in Puddings and Pastry Section.

Muskoka Twin-Fruit Shortcake

Using either a Qu'Appelle Scone Mixture (52) or Light Layer Cake Mixture (55), make a filling of diced pineapple and pears—both canned—and serve as described above, or on page 59.

Bonaventure Potato Cake

1 lb. potatoes (warm and mashed)
1 cup (and some extra) Canadian flour
1 oz. butter
1 teaspoon baking powder

Beat the butter into the potato (which should be absolutely free from lumps) Warm the flour, sift the baking powder with it, mix with the potato. Add enough flour (if more is necessary) to make a soft dough; the age and moisture of the potatoes govern this. Roll out lightly. Cut in rounds. Bake on a griddle, or in a medium oven, on flat pans. Split, butter, and serve hot for tea.

Prince Albert Potato Cakes

1 1/2 cups hot mashed potatoes
1/2 teaspoon baking powder
1 egg
1 cup Canadian flour
1 teaspoon butter
Salt. Pepper
Bacon fat

Flavour the potato to taste, mixing in the butter, sift the baking powder with the flour, beat into the potatoes with a fork. Turn out on a floured board, making a little mound with a hole in the centre. Beat up one egg and mix in, with a knife, till it holds together. Roll out lightly, about half an inch thick, cut in squares, fry in hot bacon fat in a flat pan, and serve in place of plain potatoes. These are especially good with cold meat. They should not all be cooked at once—just enough to start the family or guests—and then, hey, presto!—the rest, so that they will come hot from the pan.

Evangeline Scalloped Potatoes

Peel six or eight potatoes and slice (crossways) very thin. Lay in layers in any baking dish (pyrex, etc.) in which they can be served on the table. Dredge each layer lightly with flour, and sprinkle with salt and pepper, and (if liked) with minced parsley. When the dish is nearly full dot the top layer liberally with butter as well, and pour in (at the side) enough canned milk to just cover the potatoes. Cook in a slow oven till quite tender (about an hour and a half), browning the top before they are finished.

For a change of flavour omit the parsley and use a sprig of mace, or strew a little cheese over each layer, and a double amount on top.

These potatoes are especially good as the only hot dish at a cold supper, and can be prepared before hand, and quickly reheated, if necessary.

Selkirk Scalloped Tomatoes

1 can Canadian tomatoes
A bayleaf
Salt
Pepper
Plenty of hard dry breadcrumbs
2 teaspoons sugar
Patience!

Flavour the tomatoes rather highly, mix in most of the breadcrumbs, but keep some extra ones for the top. There should be *almost* enough crumbs to absorb the liquor of the tomatoes, but not quite. Cook very slowly, stirring occasionally at first. When nearly done, sprinkle the last of the crumbs over the top, dot with butter, and brown. The success of this dish depends on slow cooking, and a nice brown crust on top.

Halifax Half-Hour Jelly Roll

"Ten minutes to make, ten minutes to bake, ten minutes to take."

2 eggs
1/2 cup Canadian flour
1/2 teaspoon baking powder
1/2 cup sugar
1/2 teaspoon vanilla
1 tablespoon water

Sift flour and baking powder. Beat the whites of the eggs to a stiff dry froth. Beat the yolks. Add sugar, beat again, add vanilla, beat again, add water, beat again. Fold in the whites lightly, with a lifting motion. Then the flour in the same way. Have a warm flat oblong pan, lined with waxed paper that has no up-rising edges. Pour in the mixture, spreading with a fork, and bake quickly. When done, set the pan for one moment on a wet cloth. Turn out (upside down) on a damp cloth, peel off the paper, spread with jelly, roll up quickly. It is always delicious, but best when served still slightly warm.

Athabaska Cookies

1/2 cup butter
1 egg
2 tablespoons Canadian canned milk (undiluted)
3/4 cup castor sugar
1/2 teaspoon baking powder
Canadian flour sufficient to roll
1 tablespoon water

Cream butter and sugar. Beat in the egg, and a little flour (sifted), then the milk and water with the baking powder dissolved in it. Mix in some more flour. Do not make too stiff. Roll very thin, cut in rounds, bake in a moderate oven to a golden brown. Watch carefully. For a variation, flavour with almond flavouring, and sprinkle a few finely chopped almonds on the cookies when about half baked.

Or make the dough overnight, shape into a long firm roll, set on ice. When ready to bake next morning, cut in *very* thin slices (rounds) with a sharp knife. This saves the time of rolling, and uses every last scrap.

Cold Chicken Canadienne

(Made with Canadian Chickens)

"Roped and Tied"

Canadian housewives are so often called upon to serve meals single-handed, and to entertain the guests at the same time, that they make a study of attractive cold dishes that can be prepared beforehand, so that the menu will not interfere too much with the conversation. Try this one:—

Cold chickens
Hardboiled eggs
Wheatfield White Sauce (61)
Parlsey. Olives

The chickens should be stuffed, fatly trussed, and steamed. Have ready a Thick Wheatfield White Sauce (61), the liquid being a mixture of canned milk and the liquor from the chickens, strained off when almost done. While they are still hot, take the skin off carefully, disjoint the wings and legs, and carve the breast, keeping the bird well in shape meanwhile. Tie it all carefully in place with white thread (cotton No. 40), using no more than is necessary, but making it quite secure. Mask thickly with the sauce, cut the eggs in half crosswise, take out the yolks, and sieve them over the chickens. Slice olives (stuffed with pimento) crosswise. Place a row, almost touching (like buttons) down the breast of each chicken. Put the chickens on a platter, tuck a bunch of parsley into each shoulder and between the feet. Fill each half-cup of white of egg with a ball of minced tongue, mixed to a paste with a spoonful of the white sauce, and flavoured with mustard. Decorate the platter with these with small bunches of parsley between. When the chickens come to be carved a sharp knife cuts the concealed cotton at a touch, and the birds come apart neatly without disturbing their decorations. The sauce also keeps in their juicy flavour. *Recommended.* Silver skewers should be used to help to hold the legs and wings in place.

The Canadian Apple

"The apple is indeed the fruit of youth. When you are ashamed to be seen eating apples on the street; when your lunch-basket is without them and you can pass a winter's night by the fireside, with no thought of the fruit at your elbow, then be assured that you are no longer a boy either in heart or years."

—*John Burroughs.*

THE apple was grown in Canada as early as 1633 near Port Royal in Acadia. Nova Scotia was thus the first province to plant the fruit of knowledge and health..... the delicious life-giving apple that contains four separate kinds of vitamins, that acts as a tonic and a skin-freshener, that builds without *embonpoint!* And that is so pleasant and delicious whether cooked or plain, that not even the most violent food faddists can spoil the mouth-watering thought, the ever-fresh delight and flavour, of a juicy Canadian apple.

A raw apple before breakfast and between meals is not only a health measure but a personal pleasure. It feeds without fattening and acts as a stimulant to body and brain. Solomon was not the only person who appreciated being "comforted with apples" in those long open spaces between meals! But did you ever try a raw Canadian apple *with* breakfast as a change from marmalade or jam? A dessert apple, a tart apple, a hard apple—which is your pet flavour? Canada grows them all. Quarter one, core, peel and slice each quarter into three. Now a bite of crisp buttered toast (white or brown) a thin slice of apple—munch the two in delicious amity, as a perfect accompaniment to your morning paper.

Of course a Canadian apple at night—one of those famous apples to which "there ain't goin' to be no core"—is the best dentifrice in the world.

As Solomon might so easily have said: "Of the cooking of apples there is no end." And your own best-beloved apple recipes will taste particularly good with Canadian fruit. For Canadian-grown apples have special qualities all their own.

Grown, as they are, in a series of climatic conditions stretching from coast to coast, their variety is amazing. Their flavour and keeping qualities have won them an international reputation. In addition, their standardised sorting and packing, and the exacting conditions of the Canadian Fruit Act, insure their high quality.

It is thirty years since Canada passed its first Fruit Mark Act, making the grading of apples compulsory. From time to time it

was brought up to date, but in 1923 the whole Act was repealed, and the Fruit Act, enlarged to meet modern methods and a vaster industry, was passed in its place, providing for drastic Government inspection, recognised grades of fruits, etc., etc. The consumer is entitled to apples packed under the specific grades of No. 1, No. 2, Domestic, No. 3, or Extra Fancy.

Use Canadian Apples in their Season

Canadian apples, on account of their keeping qualities, and their great variety of species remain "in season" for eight months of the year. And if you learn to know them and call them by name, they will reward you by coming to your table in their greatest perfection.

The following table gives an idea of the proper season or period, under normal conditions, during which various varieties should be used:—Taken in order of ripening, the first varieties ready for use are Red Astrachan, Transparent, Chenanga and Duchess, followed in order by Alexander, Wolf River, Gravenstein, Wealthy, Colvert, St. Lawrence, Maiden's Blush, Blenheim, Ribston, Hubbardson, Fameuse, and McIntosh Red, the last two being dessert apples. Many of these autumn varieties will keep in a cool place until well into the winter.

The first winter apples on the market, in order, are the King, Rhode Island Greening and Wagener, but these are closely followed by other excellent winter varieties such as the Baldwin, Seek, Pewaukee, Ontario, Jonathan, Yellow Newtown, Spy, Golden Russet, Ben Davis, Stark, Fallawater, Roxbury Russet, Spitzenburg and Rome Beauty.

We suggest:—

September: Duchess, Alexander, Maiden's Blush, St. Lawrence and similar varieties.

October, November, December: Gravenstein, Wealthy, Hubbardson, McIntosh Red, Fameuse, Blenheim, Ribston and similar varieties.

January, February: Baldwin, King, Wagener, Green, Seek, Pewaukee, Ontario, Jonathan, Yellow Newtown and similar varieties.

March, April, May: Spy, Golden Russet, Ben Davis, Stark, Fallawater, Roxbury Russet, Spitzenburg, Rome Beauty and similar varieties.

Two boxes of Canadian apples—one for cooking, and the special seasonal variety for eating—are a boon to every housewife. The best way of keeping apples at home, is to set them at least an inch apart on open shelves in a cool dark airy cupboard.

Canadian Apple Recipes

"Comfort me with apples"

Any favourite recipe that you have tastes especially good when made with Canadian-grown apples. We add some specialities: some of them particularly Canadian in flavour, and some of them old favourites with a slightly different mode of preparation.

Clara's Canadian Apple Sauce

Quarter, core and peel as many tart Canadian-grown apples as desired. Set them in a deep pot (enamel for choice), covering the bottom of the pot about one inch deep with water. Cover tightly. Boil furiously for a few minutes, taking care that they do not burn in the least degree. As soon as they are clear and tender, remove from the heat, and beat with a rotary egg beater. If sugar is desired, add it now, or any other flavouring, or a few drops of lemon. Some people prefer a tart sauce, without any sugar except what they sprinkle on their own portion.

This makes the smoothest possible apple-purée, with the freshest possible flavour. If you think it will be too thin, drain off a little of the juice before beating up the apples. If too thick, add the amount of water desired. It is good either hot or cold.

Sweet Canadian Apple Sauce

10 Canadian apples
3/4 cup cold water
1/2 cup sugar
1 tablespoon lemon juice or
1/3 teaspoon cinnamon or
A few gratings of nutmeg

Wipe, quarter, core and peel sour Canadian-grown apples; add the water and cook until the apples begin to grow soft; add the sugar and cook until thoroughly soft; press through a strainer (or beat with a rotary beater), add flavouring and beat well.

Dried Canadian Apple Sauce

Wash Canadian-grown dried apples thoroughly and soak for several hours (or overnight) in fresh water. Cook slowly until tender, then sweeten to taste with sugar and cinnamon and cook a few minutes longer.

Baked Canadian Apple Sauce

Fill a two-quart earthen pudding dish with alternate layers of tart, sliced, Canadian-grown apples and sugar; cover with water, place a cover over pudding dish and bake in a slow oven two or three hours, being careful to add a little water if needed. If Spitzenburgs are used, when turned into a dish it will be a mass of jelly as red as a cherry, and the flavour unimpaired by cooking.

Special Canadian Apple Sauce for Pork Dinner

Core but do not peel four large tart Canadian-grown apples (one of the cooking varieties), and cut into quarters. Cover with boiling water; add a small piece of stick cinnamon and two whole cloves. Cook until very tender and rub through a coarse sieve (or beat to a pulp with a rotary beater). Return to fire and add one tablespoon of sharp vinegar or cider, and one-half cup sugar. Cook 10 minutes, then beat in one teaspoon butter. Serve hot with pork.

Fried Canadian Apple Rings (with Pork)

Wipe Canadian-grown apples, cut in thick rings without removing core or skin. (Or cut in quarters, and remove the core.) Sauté in hot butter or dripping till tender but not shapeless, and garnish the pork with them. Also delicious with sausages.

Canadian Apple Marmalade

Make Clara's Canadian Apple Sauce (40). For each cup of apple pulp add ¾ cup sugar. Add grated lemon rind and lemon juice, allowing ½ lemon to every 6 cups apple pulp. Cook slowly, stirring very frequently until thick. Put up in jars or glasses and cover with paraffin wax. When cold it should cut like cream cheese or jelly. Preserved ginger cut fine may be added, using 1 tablespoon for every 6 cups pulp.

Canadian Apple Jam

Peel and cut Canadian-grown apples into quarters, core and cut into rather thick slices. To every pound of peeled and cored apples allow ¾ lb. brown sugar, and to every 5 pounds apples allow the juice and grated rind of 4 lemons and ½ lb. ginger root or preserved ginger. Let all stand in a bowl until the following day; boil until the apples are rich amber colour and perfectly clear. Put up in jars and cover with paraffin wax.

Canadian Apple Butter

1 lb. apple pulp
3/4 lb. sugar
1 quince
Juice and grated rind 1 orange or 1 lemon

Wash, peel and core Canadian-grown apples and quince. Cover peelings with water. Cook for half an hour; drain and add this juice to apples and quince, and cook until soft; press through a sieve, add sugar, grated lemon (or orange) rind and juice and cook until thick and clear (finish as above).

Crimson Canadian Apple Jelly

6 large Canadian apples
2 tablespoons sliced ginger
4 or 5 cloves
Peel of 5 lemons
Sugar

Quarter the apples. Put them in a preserving pan, and just cover them with water, add sliced or pounded (NOT ground) ginger, lemon peel and cloves. Boil until the apples are completely in pulp, watching carefully to prevent scorching. Then drip through a jelly bag. To every pint of juice add a generous ¾ pounds of sugar. Boil on a slow fire for half an hour, add the strained juice of the lemons and continue boiling, stirring as little as possible till the jelly is a rich crimson, and a little will "jell" on a flat plate. Then take up at once. Pour into small jars and leave till cold before covering.

Canadian Maple-Baked Apples

Wash and rub 6 firm Canadian-grown apples. Take out the core with a corer. Cut off a little bit of the end of the core, and put it back like a cork in the bottom of the apple. Set the apples in a baking dish. Fill the holes with small chunks of maple sugar, alternated with butter. Cover the bottom of the pan a quarter inch deep with water. Bake in a fairly hot oven, basting (if necessary) with their own syrup, till tender but not slushy. Serve hot or cold, with plain or whipped cream. Or the apples may be peeled and steamed, instead of baking in their skins. *But always keep the apple-cork for the bottom.*

Steamed Canadian Apples

Wipe, core and peel tart Canadian-grown apples. Place on a dish in a steamer and cook till apples are tender, but not broken; strain the juice and make a syrup by using one-half as much sugar as juice; boil three minutes, add 1 tablespoon lemon juice and pour over the apples. When cold, they may be served with or without plain or whipped cream.

Eve's Canadian Apples

The Steamed Apples (42) should have their centres filled with apricot or raspberry jam, and their juice and the sugar boiled down to a thick syrup, and poured round them. When ready to serve, pour a little heated rum or brandy over them, and set alight with a taper as soon as they are set on the table. Small fancy cakes should be served with them.

Canadian Apple Cactus

1/2 cup Canadian maple syrup
Blanched almonds
Crimson Canadian Apple Jelly (41)
6 Canadian apples
1 tablespoon Demarrara sugar
2 teaspoons butter
Cream (whipped)

Select large, firm, even apples. Core and peel them carefully. Set them (not touching each other) in a pudding dish or pie-plate. Pour round them one half cup water mixed with one half cup maple syrup, set in the steamer, and steam very gently till quite tender but unbroken. Let them cool in this juice. When cold, lift the apples to a serving dish, reserving the juice. Stick them all over with blanched almonds cut into slivers. Fill the centres with Crimson Apple Jelly (41). Add sufficient maple syrup to the juice from the apples to make a cupful, add sugar and butter. Boil to a thick syrup, and when cool pour over and round the apples. Pile whipped cream on each and serve very cold.

Canadian Apple Soufflée

Whites of 4 eggs beaten very stiff
1 1/2 cups Clara's Apple Sauce (40)
3 tablespoons powdered sugar
Butter, sugar, almond and vanilla flavouring

Make the whites of eggs and sugar into a meringue (very stiff). Drain the sauce very dry, and stir it over the fire till the juice has evaporated, and the sauce is dry and rather firm.

Mix the meringue quickly and lightly into the hot sauce, and shape it into a smooth mound in a pudding dish. Sprinkle with sugar, and bake slowly for about half an hour. It will not fall. Serve with whipped cream for choice, or a Juicy Sauce (63).

Canadian Apple-John

Use glass custard or grapefruit cups. Put 1 tablespoon cold boiled custard in the bottom of the glass. Then a spoonful of apple-sauce, and so on, finishing with custard. Top with sweetened whipped cream and sprinkle with browned chopped nuts.

Canadian Apple Fritters

Peel, core and quarter Canadian-grown apples; roll in powdered sugar and dip in Fritter Batter (57). Fry in deep fat like doughnuts. Roll in powdered sugar just before serving. Serve hot. A little butter and extra sugar go well with these.

Banff Brown Betty

6 or 8 sliced Canadian-grown apples
1 large cup grated breadcrumbs
1/2 cup cold water
1/2 cup molasses
Butter and spices
Sugar (Canadian-maple or Demarara)

Butter a baking dish; put on the bottom a layer of Canadian-grown apples; over this a layer of stale grated breadcrumbs, just thick enough to cover the apple, add many little lumps of butter, sugar, and a pinch each of cloves, allspice and cinnamon; then begin again with the apples, crumbs, etc., and continue until the dish is filled, ending with a thick layer of bread crumbs and lumps of butter. With a knife make a space on four sides between the dish and the pudding, mix molasses and water and pour in. Smooth the spaces over, set the dish in a pan of boiling water and bake until the apples are tender and the crumbs slightly brown. Serve with cream or with lemon pudding or Juicy Sauce (63).

Canadian Apple Charlotte

Peel and cut in quarters Canadian-grown apples. Cook in a small amount of water, boiling slowly until tender. Add sugar to taste and ½ teaspoon of butter; cook until dry. Cut bread ½ inch thick and 1 inch wide and the depth of dish to be used, removing crusts. Dip in melted butter. Line baking dish with bread pieces overlapping. Use the crusts in bottom. Fill in with apples, cover with buttered crumbs, bake ½ hour in a hot oven. Turn out and serve with cream and sugar. If cooked in a deep dish, stir in one or two well-beaten eggs to hold it in shape when turned out.

Canadian Apple Snow

To 2 cups of Clara's Apple Sauce (40) use the white of 1 egg; beat egg whites stiff and gradually beat the apples into it, and beat until quite stiff. It will be as white as snow. Serve with custard sauce. The apple sauce should be *thick* and *cold* before using.

When you start the day with a Canadian apple, let it be a fresh-aired one. Put your apple on a plate, cover with a bowl and set in a cool place—on the window ledge for choice. In the morning it will taste deliciously crisp, fresh and juicy.

Canadian Breakfast Foods

THE wise and thrifty Scot knew the value of oatmeal, before it was fully appreciated elsewhere. But the ancient "oats" were not always attractive, being rough and often full of husks. Present-day rolled or packaged oats are so fresh and delicious that pantry-marauding youngsters are often quite ready to devour them without more ado. But while the bulk rolled oats yield their full sweetness to long slow cooking, the quick-cooking oats give delicious porridge in a few minutes. As do the other packaged cereals that require cooking.

And then those delicious all-ready breakfast foods, so welcome to the hurried housewife, so full of vitamins and sweetness! Though they repay a few moments' crisping in the oven, their crisp-flaky, puffed-nutty, crunchy, or spun-wheat flavour rises superior to any attention at all.

They can run straight from the package to the plate. The rustle of their outpouring is like a bugle call to appetite—and never a pot to wash when the glory is gone! Once oats were the only cereal "eats" for breakfast. Then came cornmeal and hominy. Now wheat, rice, gluten, malted barley, corn and many another delightful grain is prepared in one or another healthful and appetising way. And you can choose your fancy of the moment from a varied menu.

What mother has not hailed them as the most pleasant help when hungry homecomers rush in from school or playing field, demanding instant satisfying food? Incidentally they induce to the additional consumption of milk, the priceless body-building food for all young things.

Call these things breakfast foods if you will! But in one form or another they project themselves into any one of the twenty-four hours. Any one of half-a-dozen or more are delicious with fruit. Others seem specially made to partner ice-cream (as a foundation, an ingredient, or an accompaniment). Some are wonderful in cakes. And for those quick crumbs beloved of good cooks, they are amazingly good.

The Modern Milk-Made

MILK **Canadian Condensed**
Canadian Evaporated
Canadian Powdered ***MILK***

CALL it what you will. But the well-known brands of canned milk are all prepared for you under conditions that many a discontented cow might envy!

The slowest things about the process are the cows. Carefully chosen and tended, sleek, healthy, calm in lush pastures, or by the banks of rippling rivers, producing a grade of milk equal to any in the world.

Once the cow says good-bye to her foaming contribution, the efficient scientist takes on the job. In immaculate factories, untouched by human hands, the milk is rapidly made ready for its shining cans.

The two main processes are:—

1. The forcing of the milk, by tremendous pressure, through tiny holes, so that the fat globules (the "butter content" which would rise to the top as cream, if left to stand) are broken into a fine spray, and so thoroughly mixed with the body of the milk that they can never separate again. This is why the whole contents of the can are of a uniform richness.

2. The reduction by rapid evaporation in "vacuum pans" to one-third of its original volume.

No preservatives are used. Unsweetened canned milk is just the goodness of the fresh milk without the 80 per cent of water that all milk has in its natural state. When you mix water with it you return it virtually to its original state. With these advantages (particularly for cooking):—

That with canned milk there is no such thing as "skim" milk. All the butter fat is there. (The vitamins too!)

That the breaking of the fat globules makes the milk easier to digest.

That by using a little less water to dilute you can have your milk as creamy as you wish at will. (Thus saving butter in many recipes.)

That you need never use it in haste, if you think you have too much, because it keeps well after opening. Powdered milk keeps indefinitely till mixed with water.

That there is always "extra" in the cupboard for unexpected calls on the milk supply.

It gives your cakes, puddings and sauces an exquisite rich and even texture. With powdered milk you need neither ice nor larder—it keeps winter or summer, whether it has been opened or not.

Additionally, it is an actual food. One of the best in the world, especially for children. Unsweetened canned milk is about the consistency and value of cream. You can use it that way if you wish. But diluted in accordance with the directions it becomes *whole milk* again—of extra value for cooking, which is usually done with skim milk.

Canadian canned milks are all inspected under the strict Pure Food Laws of Canada. You know these milks are both delicious and safe.

Where the recipes in this book specify Canadian canned milk, dilute the contents of the can in accordance with the directions on it before measuring, unless "undiluted" is specially specified.

Canadian Honey

FOR centuries honey has been the favoured sweet of gods and men. To-day it is as fresh, sweet, delicious and wholesome as it was when Solomon said that it was "good." But there are differences in honey. Canadian honey has that succulent sweetness that makes you sure that it was garnered from "fresh fields and pastures new." Indeed the Canadian bee is a favoured creature who sips from flowers and clover that give the delicate natural flavour to the honey that comes to you so carefully packed and protected.

FOR THE CHILDREN

"Butter and honey shall he eat," says the old prophet. For honey is one of the most wholesome foods in the world, and supplies the sweet that children not only crave, but which Nature needs to supply weight and warmth. Give them plenty of it. Stale bread, a left-over scone, the crust that nobody wanted before, take on a new charm if spread thick with Canadian honey.

While honey is best of all eaten plain there are some pleasant ways of incorporating it in cooking. It has also been long regarded as a valuable aid to the complexion. We give a few recipes suitable for the Inner Man and the Outer Woman.

Canadian Honey Sauce for a Snow Pudding or a Blanc Mange

Mask the mould when turned out with clear honey carefully dripped from a spoon. Cover with whipped cream. Particularly pleasant!

Canadian Honey Sandwiches

Butter the bread and slice thin. Spread with unstrained honey, strew with chopped almonds. Brown bread is particularly good in these sandwiches. As a variation spread crisp dry toast with thick honey. Dab with butter. Put the slices together. These are excellent also if lightly sprinkled with cinnamon before being put together.

Or mix 2 parts of Canadian honey with 1 part of unsweetened cocoa or grated chocolate and use as a "spread" for sandwiches.

Canadian Honey Cake

1/3 cup sugar	1/3 cup Canadian honey
2/3 cup cream (sour)	1 pint Canadian flour
1/2 teaspoon soda (scant)	1¼ teaspoon baking powder

½ teaspoon almond flavouring

Sift flour and baking powder together. Stir the soda into the sour cream. Add the sugar, then the flour alternately with the honey. Beat well. Bake in a medium oven. Serve while still warm. (This is also good if chocolate is added.)

Miss Canada's Mask for the Complexion

Beat the white of an egg till a little fluffy but not at all stiff. Mix into it 1 tablespoon thick Canadian honey, then 2 tablespoons ground barley or as much as will make a pleasant paste. At night, after washing the face, spread this all over it, cover with a linen mask (or strips of linen) and sleep in it. In the morning dab the face with hot water till the mask comes easily away. Wash off the paste with warm water, splash the face freely with cold water. Continue for three weeks, and the complexion will be noticeably clearer, fresher, and finer.

Canadian Fruit Pectin

PECTIN is the substance (tucked away by Old Dame Nature in the tissues of fruits) that makes your jelly "jell." But Nature is often careless. The amount of "jell" varies in fruits, it decreases as they reach ripened perfection. Even the most experienced housewives sometimes have a failure with the jelly—and don't know why.

Because of this Science stepped into the kitchen. Patient research and experiment enabled this precious substance to be extracted, and now you can buy it from your own grocer, refined, concentrated, and bottled in a convenient form. Canadian fruit pectin (called Certo for short) has taken the "luck" out of jelly—reduced the time of boiling, so that the full quantity of juice and all the lovely colour of the fruits are retained.

Canadian Fruit Pectin is in no sense a preservative. It is just the acidulous solution of the natural fruit pectin. Try using it in some of the following ways:—

Canadian Fruit Conserve

3 cups of any desired combination of Canadian fruits or fruit juices, fresh, canned, bottled or dried

1 level cup nutmeats	1/2 lb. seeded raisins
Grated rind 1 orange	Juice 1 lemon
2 1/4 lbs. sugar	1/2 cup Certo

Run fruits and nuts through the mincer (2 cups solid and 2 cups liquid is a good combination), mix with the sugar, orange rind and lemon juice in a large preserving pan. Use hottest fire and stir constantly before and while boiling. Bring to a full rolling boil, and boil hard for 1 minute. Remove from fire, and stir in Certo. Stir and skim constantly for just 5 minutes (to prevent fruit from floating). Pour quickly into pots and cover the Conserve at once with hot paraffin wax. When cold pour on more wax and roll round to seal the edges. One jar (left uncovered) may be used as soon as set, and the rest kept for emergency use. The Conserve should be served with cream, plain or whipped, but unsweetened.

Canadian Grape Juice Jelly

1 pint Canadian grape juice (2 cups)	3 cups sugar
Juice 1/2 lemon	1/2 cup Certo

Bring sugar and juice to a boil. Stir in Certo. Bring to a full rolling boil again, and boil one minute. Remove from fire, let stand a minute—skim. Pour into jars and cover as before.

Canadian Loganberry Jelly can be made by exactly the same method.

You can make jams, jellies and conserves thus. Cranberries, carrots, mint jellies, green pepper relish, banana-butter, and your own old favourites that will take half the time to make.

Canadian Fruits—Bottled or Canned

NOTHING, of course, is quite equal to the strawberry fresh with dew, or the globed raspberry, just ready to fall from its cane into an open mouth. But for the other eleven months their luscious bottled brethren do an extraordinarily good work for us. Canadian canners take especial pride in the flavoursomeness of their fruits—those sweet Niagara peaches, tender and melting; egg plums and lombards bursting their skins with juice; fat cherries, sun-sweetened pears—how good they all are! While the berries—strawberry, raspberry and loganberry—are a constant delight the whole year through.

Most of the Canadian fruits are packed in three grades—Standard, Choice and Fancy. There is remarkably little difference between the first two, and both are excellent. The third—superlative!

The perfection of the fruit as to size, shape, colour and flavour is remarkable. All the brands are delicious to eat, just as they come to you, from their carefully inspected cans or jars. Cream (plain, condensed or whipped) is an extra treat with them. So is boiled custard or ice cream. They are wonderful with baked custards. The juices make sauces of special charm for puddings; for variation they may be thickened with a little cornflour. Nuts may be added, or a dash of sherry or maraschino, if you like a winey sauce. (*See* Juicy Sauces, page 63.)

Victoria Deep Tarts

Canadian cherries, plums or peaches should be drained from half their syrup, and a deep dish filled with them. They should be covered with a light short crust (59), and this should be cooked quickly, as the fruit needs no extra cooking.

Canadian Fruit Flans

Bake a pastry shell. Fill with Canadian canned peaches, cherries, pears or plums drained from their juice. Heat the juice and dissolve gelatine in it (proportion of 1 oz. to 1 quart) and when cool and almost set pour over the fruit and set in a cool place. Serve with or without cream or custard. Or thicken the juice slightly with cornflour instead of gelatine.

Almonds, blanched and split, are always a pleasant ornament and addition to open fruit tarts. Or of course the flans may be served with their own juice sailing alongside in a boat instead of jellying it, with whipped cream or a meringue on top of the flan.

These fruits may also be baked between two short crusts, in the manner of the Canadian pie. But in either case, the extra juice should be reserved and served separately.

In the following recipes pears, peaches, plums, cherries may generally be substituted for each other to suit one's own taste or convenience.

Raspberries and strawberries also may often change places.

Mount Robson Cherry Tarts

Make some Quick Pastry (59). Line small patty-pans with it and cook. Drain one tin of Canadian red-pitted cherries. Pile the fruits in the pastry shells. Top with whipped cream.

Or beat up one egg with ½ cup of the cherry juice. Pour a little over each little tart, and put in the oven till slightly set. These are nice sprinkled with grated cocoanut.

Turtle Mountain Turnovers made with Canadian Canned Peach, Pear or Cherry

Drain the fruit from the syrup. Roll some Quick Pastry (59) very thin. Cut in squares at least three times the size of the fruit. Place the fruit in one half, turn the other half over (so that you have a three-cornered piece) and pinch the edges tightly together. Prick twice on the top. Lift carefully on to baking tins, and cook quickly in a hot oven. Serve with the juice from the fruit in a jug.

Dominion Dainty

1 can Canadian strawberries or Canadian raspberries
Juice of 1/2 lemon — 1/4 cup sugar
1 to 2 teaspoons cornflour — Thick cream

Rub fruit and juice through a strainer. Add sugar and lemon and bring all to a boil. Mix the cornflour smooth with a little water, add and boil one minute, stirring constantly. Strain. Chill. When ready to use, for each person put ½ cupful in a soup plate, pour some very thick cream in the centre. Serve small cakes with it.

Prince Edward Pears

Put a serving of vanilla ice cream into each individual dish or glass. Press half a Canadian canned pear on it (cut side down on it). Mix ⅔ cup of juice from Canadian canned strawberries with a tablespoon of sherry and a dash of maraschino. Pour some over each.

Assiniboine Pêche Melba

On each individual service of ice cream press one large or two small Canadian canned peaches. Slightly thicken a cup of the juice from Canadian canned raspberries. Add the juice of quarter of a lemon, and a dash of almond flavouring. Pour some over and around each peach. Serve vanilla wafers with this dish.

Edmonton Raspberry Fool (with Custard)

1 cup boiled custard — 1 cup raspberry pulp
A little whipped cream

Drain 1 can of Canadian raspberries, reserve a few of the best berries, rub the rest through a sieve. Mix one cup of the pulp with the custard, pile in glasses. Pour a little of the juice over the top, add a fluff of whipped cream, and decorate with the extra berries.

Any Canadian canned fruit can be treated in the same way to make a delectable sweet. A little almond flavour improves a peach-fool, a splash of lemon with pear-pulp, a little curacoa for strawberries. The recipe that follows "with any other fruit will taste as sweet." When cherries are used for this they should be run through the mincer first.

Jellied Canadian Strawberry Mousse

1 cup Canadian fruit pulp — 1 cup Canadian fruit juice
1 cup heavy cream — 1/2 oz. gelatine
2 tablespoons powdered sugar

Drain one can strawberries and rub through a sieve. Soak the gelatine in a little of the juice, and when soft, bring the rest of the juice to the boiling point and dissolve the gelatine in it. Mix it well with the fruit pulp. Whip the cream with the sugar, and any desired flavouring. When the fruit is cool, and almost beginning to set, whip the cream in lightly, turn into a cold mould and set in a cool place. Use a little more gelatine if you prefer a stiffer mousse.

Custard and cream can change places in these recipes, and split almonds stuck in a jellied mousse turn it into a hedgehog.

Mackenzie Fruit Fritters

Drain Canadian canned pears, peaches or pineapple very dry. Dredge with a little flour or roll in crushed grapenuts that have been put through the mincer. Coat with fritter batter (page 57) and fry in very hot fat. Drain on brown paper. Pile on a hot dish and serve with a Juicy Sauce (63) made from their own juice.

With Canadian canned cherries, drain and mix with the batter and fry by the spoonful as above. But the fat must be very hot, the spoonful small.

Jellied Canadian Fruits

"Delicate fruits in jelly crystal clear—
She set them where they flashed with coloured light—
The pear, the pine, the cherry,
The sweet ripe red strawberry,
Enchantments for a hardened anchorite!"

Jellied Jasper Tutti-Frutti

Drain one jar each of Canadian canned pineapple, peaches and pears. Mix the juices, add the juice of half a lemon.

Dissolve a scant ounce of sheet gelatine in 3 cups of the hot juice. Set a little of the jelly in the bottom of a mould. Decorate it with a pattern of the sliced fruit, a few maraschino cherries, a little angelica, etc. Lay in a layer of mixed, sliced fruit, pour on enough jelly to cover when set, repeat till the mould is full. Chill. Turn out and serve with cream or custard.

For a Quick Jelly, taking less than 10 minutes to prepare, omit clarifying the juice (strain if liked), arrange the fruit loosely in a mould, dissolve the gelatine in the hot juice, pour it over the fruit, stand in a cool place till set. It tastes just as delicious and looks almost as nice. Canadian strawberry and red cherry juice combine deliciously together. Any one fruit alone is nice jellied. Sliced bananas are a pleasant addition.

Manitoba Fruit Salad

4 slices Canadian canned pineapples
4 Canadian canned half-pears
2 bananas
1/4 lb. white grapes
A few shelled walnuts
2 tablespoons juice from each of the 4 cans Canadian fruits
4 Canadian canned half-peaches
1/2 cup Canadian canned cherries
2 seedless oranges
1/3 cup castor sugar
1 teaspoon vanilla
1/2 teaspoon almond flavour
Juice of 1/2 lemon
1 1/2 teaspoons Jamaica ginger (liquid)

Put the cherries in a large bowl. Cut the pineapple in small wedges and lay on top. Split the bananas full length (keeping them together) and slice across, not more than 1/3 of an inch thick. (Large chunks of banana are so depressing in fruit salad.) Next the pears, cut small. With a sharp knife, peel the orange round and round, remove not only the skin, but every shred of pith, loosen the sections and slip them out. Cut each section in half, and put them in the bowl. Now the peaches, cut up. Peel the grapes, cut in half, seed them and add. Sprinkle on some sugar. With a silver fork and spoon toss lightly but thoroughly together, sprinkling with sugar till all is in. Now mix the juices together, flavouring, ginger, and pour carefully over the salad. Let it stand an hour, tipping it up occasionally to baste it with its own juice. Then put in a glass serving bowl, sprinkle with chopped walnuts, and send to the table accompanied by whipped and flavoured cream.

Canadian Scones, Bread, Cake

Canadian Flour

CANADIAN flour is generally acknowledged to be the best in the world and its particular virtues are well known to the Canadian housewife.

It is not, however, within the province of this booklet to give a highly technical dissertation upon flour and flour milling. Let it suffice, then, to say that the famous Canadian hard wheat gives a rich white flour, superlative in flavour, texture, and that mysterious quality known as "baking strength."

Canadian wheats are carefully graded, according to Government standards, and the highest Canadian standard is the world's highest standard.

A feature in favour of Canadian flour is that it contains less moisture than any other flour. In flours which contain more moisture, the flour buyer is buying water by weight—manifestly a bad bargain. A sack of Canadian flour will bake between four and five per cent more loaves than any other flour, and naturally the same proportion holds in other forms of cooking in which flour is used.

It is no idle boast to say that Canadian flour has no superior. It is the most economical; and last, but by no means least, it is a product of British Empire soil and labour.

SCONES and those things Canadians call "BUNS, etc."

Qu'Appelle Scones

2 cups Canadian flour	2 teaspoons baking powder
1/2 teaspoon salt	1 teaspoon sugar
1 tablespoon lard	1 tablespoon butter

Enough Canadian canned milk to make a dough

Sift the dry ingredients together into a bowl. Rub the shortening in. With a knife cut in enough milk to make a dough only just stiff enough to roll. Turn on a floured board, lightly roll (always from the centre out—NEVER backwards and forwards) to the thickness of about half an inch. Cut in squares, triangles or circles. Bake in a quick oven 20 to 30 minutes. The tops may be brushed with milk for a glaze. (Use more Canadian canned milk and less water in mixing, and omit some shortening if preferred).

This dough is a good foundation for many delightful variations. Cut large circles, eight or nine inches in circumference, brush one with milk, place another on top of it, let them rise fifteen minutes before baking briskly. Cut off the top, scoop out the soft dough, and you have quick-and-wholesome patty cases.

The same mixture makes a delightful crust for quick meat pies or deep fruit tarts of an inexpensive kind.

Neepawa Girdle Scones

1 cup Canadian flour
1/2 teaspoon baking powder
1 tablespoon butter
1/2 cup thick sour cream
1/2 teaspoon soda
Extra Canadian flour

Sift the baking powder with the flour. Rub the butter in. Dissolve the soda in the sour cream, and cut it into the flour, adding sufficient extra flour to make the softest dough possible to roll. Roll lightly on a floured board, cut in small circles. Rub over a just-warm girdle with the least possible bit of butter. Set the cakes on it; cook slowly, turning when one side is brown. Split, butter and eat at once. These are marvellous with honey or strawberry jam.

Canadian Maple Sugar Buns

Make a dough as on page 52 and roll a strip (roughly 4½ by 12 or 14 inches). Cream ½ cup butter with one cup shaved maple sugar. Spread the dough with this, roll narrowly (like a long jellow roll) and cut in slices about one inch thick. Lay flat on paper in a baking pan (or on an enamel pan without paper) and bake in a fairly quick oven. (Familiarly known as "Gooey Buns.")

Chicoutimi Cinnamon Crullers

4 tablespoons sugar
3 eggs
Sifted Canadian flour for dough
4 tablespoons lard (measured when melted)
Lard for frying
Sugar for rolling
1/2 teaspoon cinnamon

Beat eggs, sugar, cinnamon. Add lard and stir in flour enough to make a medium dough. Handle as little as possible. Roll about ⅔ inches thick. Cut in balls, rings, or make twists. Fry in boiling lard. Roll in sugar. Very pleasant eating.

Huron Pop-overs

1 egg
1 cup Canadian canned milk
1/2 cup Canadian flour
Pinch of salt
1/2 teaspoon baking powder

Beat egg till thick. Beat in the milk. Sift dry ingredients into a bowl. Make a hole in the middle, pour in the egg-nogg and beat madly with the egg-beater for one and a half minutes. Pour into hot buttered gem pans, and bake half an hour in a moderate oven.

Nipissing Nut Bread

3 cups Canadian flour
2 teaspoons baking powder
1 cup chopped walnuts
2 tablespoons brown (or Canadian maple) sugar
1 teaspoon salt
Canadian canned milk

Sift dry ingredients together, add the chopped walnuts, wet with enough canned milk to allow the mixture to be shaped into a small loaf. Put in a bread pan lightly greased with lard. Let rise ½ hour. Bake about ¾ hour in a rather slow oven.

Canadian-Scots Oatcake

3 cups Canadian oatmeal (put through the mincer to make it "powdery")
1 tablespoon shortening
Small pinch of salt
Just enough water to roll
Small teaspoon baking soda

Work quickly. Roll thin. Cut in squares. Bake on a girdle, or in flat pans in a very slow oven. It should *tan*—but not brown.

Canadian Bread with Dry Yeast

3 quart Canadian flour
1 tablespoon salt
4 cups lukewarm water
1 dry yeast cake

Let the yeast cake dissolve in ¼ cup lukewarm water for about 10 minutes. Put the salt into mixing pan, add enough water and enough flour to make a stiff batter (about the consistency of pancake mixture). Add yeast and beat two or three minutes. Set in warm place to rise overnight.

In the morning, sponge should be twice its size. Add enough flour to make dough stiff enough not to stick to hands or board. After flour is mixed in, turn out on board and knead two or three minutes. Let rise again and put in pans. Cover well and let rise to 2½ times its size. Bake in moderate oven until it is nicely browned and feels light when taken out.

Canadian Maple Oatcake

½ cup Canadian maple sugar (shaved or grated)
1 cup Canadian rolled oats
Scant teaspoon baking powder
1 cup Canadian flour
¼ of a grated nutmeg
¾ cup butter

Mix dry ingredients. Roll together with the butter, which should be warm enough to work easily, but not melted. Knead well. Roll very thin. Cut in squares. Bake in a slow oven.

Double the quantity may be made, as this keeps well (if hidden where no one can find it!) in an airtight tin.

If it should lose its crispness, warm it in the oven (laid out flat) and let it cool again. It will be as fresh and crisp as before.

Canadian Oatmeal Macaroons

1 small cup sugar
2 cups Canadian rolled oats
½ teaspoon salt
1 tablespoon butter
2 eggs
1 tablespoon Canadian flour
1 teaspoon vanilla
2 teaspoons baking powder

Beat eggs and sugar, add butter (melted) and flavourings, the flour and baking powder mixed, and the oats. Let stand 10 minutes. Drop by the half-teaspoon on well-greased pans (well apart, as they spread). Bake in medium oven. Watch closely. Lift out with a broad knife, when done, as they become brittle when cool.

Almond-Oatmeal Macaroons

Add half a cup chopped almonds, or half a teaspoon of almond flavouring to the above, before cooking.

Cacouna Angel Cake

Whites 6 eggs
¾ cup castor sugar
½ teaspoon cream of tartar
Grated peel ½ lemon
1 cup Canadian flour
½ teaspoon salt
½ teaspoon vanilla
½ teaspoon sherry

A Strong Arm!

Whip the whites dry and stiff with the salt. Turn out on one end of a long platter. Put the sugar (sifted three times) on the other end of the platter, and with a spoon-whip gradually whip it in from below. Now add the (six times sifted) flour in the same way. Bake in a papered pan that has a pipe in the centre, very carefully in a moderate oven about one half hour, only browning slightly. Test with a broom-straw. Let it stand 10 minutes in its own pan, then loosen and turn out. Ice lightly with a plain icing flavoured with lemon. Eat while fresh, never cutting, but breaking it with a fork.

Lake Erie Light Layer Cake

1/2 cup butter
3 eggs
2 scant cups Canadian flour
1 teaspoon vanilla
1 1/2 cups sugar
1 cup Canadian canned milk
Saltspoon each salt and mace
2 teaspoons baking powder

Cream butter, sugar and flavourings. Beat yolks of eggs and add, then flour sifted with the baking powder, alternately with milk. Fold in the whipped whites. Bake in layers, and fill and ice in any way desired.

Or cook in small pans and ice when cold. A few floured currants are nice added to these little cakes. The following is delicious for the large cake:—

Canadian Maple Frosting

1/2 cup Canadian maple syrup
1 cup sugar
2 egg whites (unbeaten)
1 teaspoon vanilla
1/4 teaspoon cream of tartar

Put maple syrup, sugar, cream of tartar and egg-whites in upper part of double boiler. Beat with rotary egg-beater until thoroughly mixed, place over rapidly boiling water, beat constantly with rotary egg-beater, and cook for seven minutes, or until frosting will stand in peaks. Remove from fire, add vanilla, and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

Gaspe Soft Ginger Bread

Scant 1/2 cup butter
1 cup brown sugar
3/4 cup boiling water
2 eggs
1/2 cup molasses
2 teaspoons ginger
1/4 teaspoon salt
2 cups Canadian flour (about)
1 teaspoon soda

Cream butter, sugar, eggs. Add the molasses, spices and salt. Dissolve the soda in the hot water and add. Then the flour—enough to make a batter just too thick to pour. Beat well. Bake in a papered baking pan half an hour. Moderate oven. Break apart when done, and eat while still slightly warm.

Algonquin Cake

1 cup sugar
1 cup Canadian flour
1/2 cup Canadian canned milk
Whites 4 eggs
1/2 cup butter
1/2 cup cornflour
1 teaspoon baking powder
A little lemon rind

Cream the butter and sugar and a little lemon rind, sift flour, baking powder and cornflour together and add alternately with the milk. Fold in the stiffly whipped whites of four eggs. Bake in a deep cake tin (preferably one with a funnel up the centre).

Arnprior Sponge Cake

4 eggs
1/4 cup hot water
Rind 1 lemon
Weight 3 eggs in castor sugar
Weight 2 eggs in Canadian flour
2 teaspoons lemon juice
1/2 teaspoon baking powder

Beat yolks of eggs thick. Add sugar, beat till creamy, add lemon rind and juice and hot water. Beat the whites dry and stiff and fold them in, then the flour and baking powder sifted together. Bake in a paper-lined loaf tin (or one with a pipe in the centre) in a moderate oven, without jarring.

Canadian Maple Upside-Down Cake

2 cups sifted Canadian flour
2 teaspoons baking powder
1/2 cup butter
1 cup sugar
1 cup walnut meats
3 egg yolks, well beaten
3/4 cup Canadian canned milk
1 teaspoon vanilla
3/4 cup Canadian maple syrup
1 tablespoon butter, melted

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla.

Combine syrup and butter. Pour into greased, paper-lined pan about 8 by 8 by 2 inches. Sprinkle with nuts. Pour batter over this Angelic Pavement. Bake in moderate oven 50 to 60 minutes. Loosen cake from sides and bottom of pan with spatula. Turn out and remove paper. Serve upside down on dish, with nuts on top. Garnish with whipped cream, if desired.

Lethbridge Walnut Cakes

2 eggs. Their weight in butter, Canadian flour, sugar
1/4 lb. chopped walnuts
1/2 teaspoon baking powder

Cream butter and sugar, add the well-beaten eggs. Flour the walnuts, sift the remaining flour with the baking powder and beat in. Add the walnuts. Drop by the teaspoonful on buttered paper. Bake in a quick oven.

Rocky Mountain Cake

1 lb. sugar
6 eggs
2 teaspoons baking powder
1 lb. Canadian flour
1/2 cup Canadian canned milk
1/2 lb. butter

Mix in the same order as Light Layer Cake (55).

Kootenay Nut Biscuits

1/2 lb. Canadian flour
1/4 lb. sugar
A very little Canadian canned milk (undiluted)
1/2 lb. butter
Yolk of 1 egg
Nuts

Cream butter, sugar, yolk of egg and flour, mixing very well, adding just enough milk to moisten. Roll to about 1/3 inch (not too thin), cut in strips. Whip the white of the egg slightly, brush over the tops, sprinkle with chopped almonds, cook 20 minutes, starting in a hot oven, and cooling gradually.

Minnedosa Date Cake

1/2 lb. butter (or lard and butter)
9 ozs. Canadian flour
1 heaping teaspoon baking powder
1/2 lb. dates or figs
2 scant cups sugar
4 eggs
1 large tablespoon water
1 teaspoon vanilla

Cut up the fruit and flour well. Cream butter, sugar, flavouring, add eggs one at a time (beating vigorously). Sift flour and baking powder, add some, then water, the rest of the flour, and the well floured fruit. Bake slowly. Keeps well (if it has the chance!).

Atlin Seed Cake

3 ozs. butter
3 eggs
3/4 cup Canadian canned milk
4 ozs. sugar
1 1/2 teaspoons baking powder
2 teaspoons seeds
1 1/2 cups Canadian flour

Cream butter and sugar. Beat eggs well, add milk to them, beat well. Mix into the cake alternately with sifted flour and baking powder. Bake in a moderate oven, in a loaf pan, paper lined.

Boissevain Orange Cake

3 eggs
Juice 1 orange
Grated rind 2 oranges
Weight 2 eggs in Canadian flour
Weight 2 eggs in sugar
Weight 1 egg in butter
1 rounding teaspoon baking powder

Cream eggs, butter and some grated rind. Add eggs one at a time (and beat well) alternately with the sifted flour and baking powder. Then the orange juice. Bake in a moderate oven. Beat a little of the orange juice with enough icing sugar to spread. Ice the cake with this. Sprinkle part of the grated rind over the top.

Rideau Fruit Cake

1 lb. butter
1 lb. sugar
1 lb. Canadian flour
5 whole eggs
1 1/2 teaspoons baking powder
1 1/3 lb. raisins
1/4 lb. citron
1/4 lb. almonds
4 yolks of eggs
3/4 teaspoons each cinnamon and nutmeg

Clean the seeded raisins. Slice citron thin, cut nuts fine, flour all well. Cream butter and sugar, beat in four yolks one at a time, then spices. Sift flour and baking powder, and add alternately with the well beaten (whole) eggs. Add floured fruit. Bake well in a loaf (or two) or a tin with a pipe in the middle. Moderate oven.

Fritter Batter

4 oz. Canadian flour
A little salt
1 cup cold water
1 tablespoon olive oil (or melted butter)
A dash of nutmeg
2 eggs

Beat yolks, mix with flour and oil or melted butter and flavourings, and enough water to make a batter like heavy cream. Whip the whites very stiff and fold in. Use for coating fruit, etc., to be fried in deep fat. For vegetable or meat fritters, omit the nutmeg and use pepper.

Puddings and Pastry

Restigouche Pudding

2 tablespoons butter
2 eggs
3/4 cup Canadian flour (about)
1/2 cup castor sugar
1 level teaspoon baking powder
Flavouring
Canadian fruit

Line the bottom of a pudding dish with fruit either fresh or canned. If the latter, drain off the juice and save it for sauce. Canned plums (stoned) are particularly delicious with this. But the cherries, peaches or berries are all good. So are thinly sliced cooking-apples, over which a little shaved maple sugar may be spread before the batter goes on.

Cream the butter and sugar. Sift the flour with the baking powder, and beat in half, and then the eggs one at a time, and the rest of the flour (a little less or more) for a nice batter stiff enough to just pour over the fruit. Bake 20 to 30 minutes in fairly quick oven. Serve with their own juice, or with cream; or with hot juice and whipped cream, if you are seeking the straight road to the hearts of the diners!

Pontiac Sponge Drops with Cream

1 cup sugar
1 cup Canadian flour
1 heaping teaspoon baking powder
3 eggs
1/3 cup water
1 teaspoon vanilla

Mix (*see* above). Bake in small patty pans. Scoop out the centres carefully, in balls. Fill with canned red-pitted cherries (well drained). Top with a spoonful of whipped cream and a cherry. Roll the balls in frosting (or a little whipped cream) and dessicated cocoanut, and serve around the sponge drops (as a sweet) with Juicy Cherry Sauce (63). Or they may be served as afternoon tea cakes, omitting the sauce.

Fresh Canadian Plum Pudding

1 3/4 cups Canadian flour
1/2 cup molasses
3 tablespoons butter
1/2 cup Canadian canned milk
1/2 teaspoon soda
1/4 teaspoon salt
1/8 teaspoon cloves
1/4 teaspoon cinnamon
1/2 can Canadian plums, cut in pieces and well drained

Mix all dry ingredients, then the plums, milk, molasses, butter. Steam in a buttered mould one and a half hours. Turn out, serve with Juicy Plum Sauce (63).

Victoria Peach Pudding

1/4 cup butter
1/4 cup sugar
5 drops almond flavouring
6 Canadian canned peaches, cut in quarters
1 cup Canadian flour
1 teaspoon baking powder
2 eggs
Pinch of Salt
Grated rind 1/2 lemon

Sprinkle a buttered mould with chopped almonds. Cream butter, sugar, lemon rind, flavouring, salt, the well beaten eggs, sifted flour and baking powder, then the cut peaches. Put in a mould and bake ½ hour or steam 1 hour. Serve with Juicy Peach Sauce (63), flavoured with almond.

Cherries may be substituted, and are very good.

Yamaska Batter Pudding

1 1/2 cups Canadian canned milk
1 oz. butter
2 tablespoons Canadian flour
2 eggs. Pinch of salt

Make 1 cup milk, hot. Mix the flour with the other ½ cup, pour the hot milk over it, stir again. Add butter broken up. Beat eggs well and add. Beat the whole with rotary egg beater, pour in a buttered pudding dish, bake ¾ of an hour. It should puff very much.

SAUCE

Mix 1 teaspoon cinnamon with 2 tablespoons sugar. Stir into a cup of cream and serve with this pudding.

Weyburn Saucer Puddings

2 oz. butter
2 tablespoons Canadian flour
1/2 pint Canadian canned milk
2 oz. sugar
1/2 teaspoon baking powder
Canadian canned Red Pitted Cherries

Cream butter and sugar, beat in the sifted flour and baking powder and the milk. Beat well. Bake in buttered saucers (or large patty pans). Serve with a spoonful of hot (drained) canned cherries on each. Or Grape Juice Jelly (48).

Jacques Cartier Rice

Serve plain boiled rice (warm) with a heaped dish of shaved maple sugar and a generous jug of thick (or Devonshire) cream.

Peachland Shortcakes

All Canadian canned fruits made delicious shortcakes, with soft dough (35A) or Light Layer Cake (55) Mixture.

The advantage of the peach, however, is that the delicious Canadian canned peaches are close runners-up to the fresh variety.

In using canned peaches for shortcake, drain off the juice (using just a little to moisten the top of the cake), cut the peaches up, or in quarters, and omit sugar (except as an extra, to be added to taste by each person) if the cream is in a jug. If it is whipped, sweeten it slightly, and flavour delicately with almond. The extra juice can be served with the shortcake as a sauce. The great charm of Canadian shortcake is its tender warmth.

Summerland Fluffy Shortcake

Prepare strawberries as for Skeena Strawberry Shortcake (35). Make a Light Layer Cake (55). Turn both cakes bottom up, and when the strawberries are crushed drain off the juice, spread the berries over one cake, pour the juice carefully round and round the other, working from the edges inwards. Turn the juicy cake over the berried cake (so that it is right side up again), ornament with large whole berries, sprinkle with sugar, and serve with thick cream.

(*See* Skeena Strawberry Shortcake and Muskoka Twin Fruit Shortcake in Canadian Cookery Section.)

Pastry

Everybody has their own pet plan for pastry-making. The chief requisites are ice-cold water, well chilled shortening, and a quick light touch. Baking powder in pastry bespeaks a heavy-handed cook. The lighter, finer flours are the best for pastry, and should be sifted once or twice before using.

Kitsilano Quick Puffy Pastry

1 cup butter and lard mixed — 1 1/2 cups Canadian flour
Ice water enough to mix

Put the flour on the board, then the shortening, cover it with the flour, and roll together with the pin. When well mixed, scrape in a heap on the board, make a well in the centre, pour in enough ice water (mixing with a knife) to make a tender paste. Roll out—always from the centre (*never* back and forward)—with light quick lifts of the rolling pin before it reaches the edge. Fold over and roll out a second time. The paste is now ready for use.

If a richer, puffier paste is wished (though this one is very good) cover one-half the paste with wafer-thin slices of butter when rolled out the second time, turn the other half over, roll out a little more without pressing the edges. Repeat, fold, and roll again. Set in the ice box for at least an hour before rolling out for use.

All butter and no lard may be used for a wealthy pie. A plainer pastry can be made with equal parts of shortening and flour. This pastry will keep several days if put in a bowl, floured over, and set in a cool place.

A Quick Plain Pastry for Flat Pies

3 cups Canadian flour (or—to mix)
1/2 cup boiling water
1 cup shortening
1/2 teaspoon salt

Put the shortening in a bowl. Pour on boiling water, beat till smooth and creamy, add salt, sift in flour, mix, roll out. It makes 2 or 3 pies according to size of dish.

Canadian Mapleleaf Pie

4 tablespoons sugar
1/2 cup cornflour
1/2 teaspoon salt
1 1/4 cups Canadian canned milk
1 1/4 cups Canadian maple syrup
4 tablespoons butter
2 egg yolks slightly beaten
1 teaspoon vanilla
2 egg whites
A pastry shell
4 tablespoons powdered sugar

Sift sugar, cornflour and salt together, and add 1/4 cup milk. Scald remaining milk in double boiler, add cornflour mixture, and cook until it begins to thicken, beating with rotary eggbeater while cooking. Add syrup and butter, and cook until thickened, stirring constantly. Cook 10 minutes longer, stirring occasionally. Lift off fire. Beat egg yolks, and add slowly, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire, add vanilla. Cool. Pour into a pastry shell. Beat egg whites until stiff, beat in the sugar. Pile this meringue lightly on filling. Bake in a moderate oven 20 minutes, or until slightly browned.

Fort William Meringue Tarts

Line some patty pans with Quick Pastry (60). Put Canadian canned cherries or peaches (well drained) in them. Beat the whites of 2 eggs very stiff, whip in 3 tablespoons castor sugar, then beat 1 egg yolk, and whip in. Spread a spoonful over the fruit. Bake 10 minutes in medium oven.

Canadian Apple Pie 1

4 or 5 sour Canadian-grown apples
1/4 teaspoon grated nutmeg
1 teaspoon butter
A few gratings of lemon rind
1/2 cup sugar
1/8 teaspoon sa t
1 teaspoon lemon juice

Line pie plate with pastry. Peel, core and cut apples into eighths, put a row around plate 1/2 inch from edge and work towards centre until the plate is covered. Pile on remainder. Mix sugar, nutmeg, salt, lemon juice and grated rind and sprinkle over apples; dot over with butter. Wet edge of under crust, cover with upper crust and press edges together. Bake 40 to 45 minutes in moderate oven. A very good pie may be made without the butter, lemon juice and grated rind. Cinnamon may be substituted for nutmeg.

Dried Canadian-grown apples may be used in place of fresh apples, but they should be soaked overnight in cold water.

Canadian Apple Pie 2

Line a deep pie plate with good paste. Peel, core and chop 1 quart of tart Canadian-grown apples; mix with them 1 cup of granulated sugar mixed with 1 tablespoon flour and a pinch of salt. Squeeze the juice of 1/2 lemon evenly through the apple mixture and fill the pie plate; dot with small pieces of butter. Lay 1/2 inch strips of pastry across the top, crossing them in diamond shape. Bake in moderate oven until the apples are tender.

Canadian Maple Cream Sauce (31) is specially delicious with all apple tarts, pies and dumplings.

Canadian Apple Dumplings

Make some Quick Pastry (60) and roll out fairly thin. Core and peel 6 Canadian grown apples. Set them at intervals on the paste, and cut it to fit up over them. Fill the centres of the apples with butter, brown or Canadian maple sugar. Lay the pastry over them, folding it up and pressing it together so that there will be no holes. Bake in a moderate oven till nicely browned. Serve with Hard Sauce.

For other pies see Victoria Deep Tarts, Canadian Fruit Flans, Mount Robson Cherry Tarts and Turtle Mountain Turnovers (in Canadian Fruits Section, pages 48-51).

Sauces à la Canada

A GOOD sauce is like a merry heart—it goes all the way, covers the dullest subject with glamour, ensures a welcome for whatever it accompanies, and leaves a memory of delight. Be stingy with love, money or time, if you must, but never with a suitable sauce.

The first two requisites for satisfactory sauces are a good rotary egg-beater and one or more handy double boilers with unblemished linings.

A hot sauce should always make its entry in a HOT jug or boat.

We have space for only a few sauces in this little book, but an interested or adventurous cook will build others on these foundations.

Wheatfield White Sauce

1 pint Canadian canned milk
Salt. Pepper
2 rounding tablespoons Canadian flour
2 rounding tablespoons butter

Heat the milk in a double boiler and pour it into a jug. Put the butter into the double boiler; as it melts rub in the flour; rub together over the hot water. Lift off, mix in a little of the hot milk, then pour in the rest, mixing with the rotary beater. Set again over the (swiftly) boiling water, and beat till cooked and thickened. It can stand over the hot water till ready for use, but in this case should be set where the water will only simmer.

If these simple directions are followed, your sauce will never be lumpy, need straining, taste underdone or scorched. Except for heating the milk (which carries on by itself while the cook is busy with other things) the whole operation takes five minutes or less.

THICK WHITE SAUCE

Make the tablespoons of flour *heaping*. Work as before.

THIN WHITE SAUCE

Use level tablespoons of flour. Work as before.

If a richer White Sauce is wanted, add an extra tablespoon butter to it, bit by bit, after it is made. Or dilute the canned milk with less water.

In using it for fish, flavour with 1½ teaspoons Governor Sauce (to a pint).

Variations are made by the addition of other ingredients, chopped hard-boiled eggs, capers, anchovy, cheese, etc. Plain white sauce can be varied in flavour by adding onion, bayleaf, mace, etc., to the milk while it is heating.

Experience will soon teach you if you want a little more or less milk with your white sauce, depending on taste. It can easily be thinned with a little extra milk and a few more turns of the beater. If, for instance, it stands any length of time before using, which always tends to thicken it.

Toronto Tomato Sauce

1/2 can Canadian tomatoes
1 tablespoon butter
1 tablespoon Canadian flour
Parsley
Salt. Pepper
1 small carrot
1 small onion
1 thick slice turnip
Bayleaf
1 stick celery (outside stick)

Melt the butter. Cut up the vegetables and fry them lightly in it, browning slightly. Add the flour and cook about 5 minutes, stirring carefully. Add tomatoes, parsley, bayleaf and celery, salt and pepper. Simmer slowly for about half an hour. Run through a sieve, add ½ teaspoon sugar, and a little more salt if necessary. Reheat before serving.

Great Lakes Gravy Sauce

1 cup Canadian canned Mock Turtle or Canadian canned Mulligatawny soup
Half the amount of water advised on the can

Very good for heating up cold mutton or duck. For these add a little currant jelly to it, and 1 tablespoon port wine.

In fact any of the canned soups make excellent sauces treated in much the same manner.

For other savoury sauces *see* pages 7 and 8 for Ottawa Green Pea Sauce, Montreal Asparagus Sauce, Red River Tomato Sauce.

The Canadian "Ready aye Ready" Sauces

Those tip-of-the-tongue sauces that enterprise, care and skill have made ready for us, should have an honoured place in every complete pantry.

"The little more and how much it is" that a dash of Canadian Governor Sauce gives to the meekest Shepherd's Pie; the quick hors d'œuvre or savouries that appear like magic with the instant aid of the Canadian tomato relishes—catsup, ketchup and chutney; the point that pickles and olives give to sandwiches.

In themselves they are invaluable when—with a tip straight from the bottle's mouth—they join the cold meats, fish or eggs at your table, and give a flavour of smart sophistication to the meekest meal.

CANADIAN SWEET SAUCES

Canadian Strawberry Sauce

1 tablespoon butter
1 tablespoon Canadian strawberry jam
2 tablespoons sugar
White of 1 egg

Cream butter and sugar. Whip egg white very stiff, beat it into the butter and sugar, and just before serving, add a large dollop of strawberry jam.

Canadian Canned Raspberry (or Strawberry) Sauce for Puddings

Rub 1 can Canadian raspberries through a sieve. Serve the purée hot or cold. A cup of whipped cream and a cup of the purée beaten together, make a delicious cold sauce. Any of the Canadian canned fruits make excellent sauces by this method.

Canadian Cream Strawberry Sauce

Equal parts whipped cream and Canadian strawberry jam beaten together.

Canadian Juicy Sauces

Drain a cup of juice from any of the Canadian canned fruits. Keep out one spoonful and while the rest is heating mix this smooth with a teaspoon cornflour. Add this to the heated juice, and boil till clear, stirring constantly. Strain and serve hot.

Canadian Cherry and Canadian Pear Juicy Sauces are improved with a dash of lemon or almond flavour. Canadian Peach is pleasant with a little maraschino. Rum goes well with Canadian Plum Juice, port wine with Canadian raspberries. Chopped nuts make a change of charm with any one of them. But they are delicious even without any additions at all. They are good either hot or cold.

Very few people realise the grandeur shed over the plainest pudding by a double sauce of fruit juice and whipped cream. (Like Court-veil-and-feathers to a young girl!) Hand both together—the sauce in a jug or boat, the cream in a deep dish—with a Plain Cake, Fruit-and-Cake or Steamed Peach Pudding, and see your reputation as a hostess rise like a balloon.

Canadian Fruit-Custard Sauces

(For Blanc Mange, Jellies, etc.)

3 eggs
1 teaspoon cornflour
1½ tablespoons sugar
1 pint Canadian canned milk
1 can Canadian fruit

Make a custard of the eggs (whipped with the cornflour, sugar and milk). Drain a can of any kind of fruit (pears, peaches, pineapple, cherries). Mince the fruit with a knife (or run through a very coarse mincer). Put one cup of fruit to one cup of custard, beat well together, and serve. Add more sugar to taste.

If the custard is hot, heat the fruit also. If the custard is cold, whip in some whipped cream for supreme grandeur.

A little of the fruit juice can be used to dilute the sauce if liked, just before serving. Keep the rest of the juice for jelly or a Juicy Sauce (above). This gives two or three generous sauces from one can of fruit.

For other Sweet Sauces see Canadian Cookery Section (31-32)

Canadian Cheeses

". . . . then, as seemeth fit
Comes Cheese—a gallant with a ripened wit!"

DELICIOUS Canadian Cheese comes in three forms. Canadian "Bulk" Cheese, of the Cheddar variety, needs no introduction. Just laid between buttered cream crackers, it is the most savoury and satisfactory "outdoor sandwich" in the world.

As it ripens it takes on new attractions; and it grates gracefully. Both cooks and housewives will save much time and trouble if they remember that *minced* cheese is as good as grated for those dishes where the cheese must be mixed in or melted—with macaroni, soup, *fondu*, souffle, rarebits, etc., it need only to be run through the mincing machine.

Canadian Processed Cheeses are those that come in loaves, rolls, etc., that can be sliced with ease and comfort. Or that come in small wrapped wedges—individuals in a community box.

And the third kind—a most spreadable and decorative cheese, especially easy for sandwiches, celery-fills, etc.—comes in pots and has a gay provocative "nippy" flavour. Each kind is delicious to eat as "plain cheese," or can be used in any of the following ways—or by your own personal recipes.

Canadian Cheese Soup

(To be served in cups)

- 2 level teaspoons flour
- 2 egg yolks
- 1 whole egg
- 1/2 cup minced Canadian cheese
- 4 cups Canadian canned milk (hot)
- 2 teaspoons melted butter
- 1/2 cup cooked Canadian Shelloni
- Salt. Pepper. Paprika
- Canadian Governor Sauce
- Extra cheese and whipped cream if desired

Beat the eggs well. Add flour, butter and flavouring (all but the salt), cheese, milk, beating between each. (The milk should be hot but not boiled). Strain into a double boiler and cook till slightly thickened (about 5 minutes), beating constantly all the time. Run the well-cooked shelloni through the mincer, add to the soup, with the salt.

Stir again till very hot, pour at once into the cups. 1 teaspoon of whipped cream on each cup of soup, when just ready to serve, and a sprinkle of grated cheese and paprika, at the last moment, adds to the charm of this.

If liked, the Shelloni can be omitted, in which case serve fingers of crisp hot buttered toast with the soup, and strain it into the cups.

Canadian Cheese Omelette

3 eggs
1 tablespoon Canadian canned milk (undiluted)
2 tablespoons water
1 cup finely grated Canadian cheese
Salt. Pepper

Separate eggs. Beat the whites stiff and dry with ½ teaspoon salt. Beat the yolks thick, adding pepper, 1½ tablespoons of the cheese, cream, water and beating well. Fold in the whites and cook as for Maple Sugar Omelette (31). When nearly done, strew ⅔ of the remaining cheese over the omelette, and set under the grill or in the oven for a moment, till the cheese just begins to melt. Then fold over, slip on to a hot dish, sprinkle with the rest of the cheese and serve at once.

Canadian Cheese Straws

1 cup Canadian cheese
1/2 cup butter
Sprinkle of salt
3/4 cup Canadian flour
1 teaspoon mustard
Sprinkle of cayenne

The quickest way of mixing is to sift the dry ingredients together. Cut up a heaping cup of cheese and run it and the butter (sprinkling it with some of the flour) through the mincer. Then knead all well together, roll out *very* thin, cut in long thin strips and some rings. Lift with a broad knife to their places on a flat baking pan giving them room between as they swell to twice their size. Bake in a moderate oven to a pale brown, watching carefully that they do not burn. Handle carefully, and let them cool a little before lifting from the pan. Cheese biscuits may be made from the same mixture. These are delicious and delicate.

Canadian Cheese Balls

Whites of 2 eggs
1/4 teaspoon salt
1 to 1 1/2 cups grated Canadian cheese
1/4 teaspoon mustard

Whip the whites very stiff with the salt. Sprinkle the dry mustard over the cheese, and stir the grated cheese into the whites till the mixture is stiff enough to form into small balls about the size you would make butterballs for the table.

Drop a few at a time into boiling fat and cook to a golden brown. They puff to nearly twice their size, if the fat is hot enough. Drain, pile on a lace paper on a hot dish, sprinkle with grated cheese, and serve at once with plenty of mustard.

Laurentian Welsh Rarebit

1/2 cup grated Canadian cheese
1/4 teaspoon paprika
1/4 teaspoon dry mustard
1/2 cup Canadian canned milk
Yolk of 1 egg (or whole egg)
1/4 teaspoon salt

Beat the egg, add liquid, seasoning and cheese. Cook over hot water, stirring constantly till it thickens and the cheese melts. Pour over buttered toast, serve at once. Or use ale as liquid and omit the egg.

Rocky Mountain Buck Rarebit

Prepare as above, place a lightly poached egg on top, sprinkle with grated cheese, set under a quick grill long enough to melt the cheese and brown slightly. Serve Canadian Tomato Chutney with this.

Toasted Canadian Cheese

Spread fingers of toast on one side with butter, on the other with French mustard and roll in grated cheese. Set the strips in a quick oven to melt and brown the cheese a little, pile log-cabin fashion and serve at once.

Canadian Cheesed Crackers

Spread cream crackers rather thickly with butter, then with grated Canadian cheese, sprinkle with paprika. Set under the grill till the mixture is melted and browned a little. These can be got ready at any time, and used quickly for a late supper with a cup of soup.

Canadian Cheesed Celery Crackers

Take some of the inside stalks of celery, wash, cut across in thin slices, wrap in a damp cloth and set on ice till wanted.

Use one of the soft cheeses that are sold in small pots. Cream the desired amount with a fork, adding about 1 tablespoon Canadian canned milk (undiluted) and 1 teaspoon French mustard to a small pot. Spread this thickly on crackers, set under a quick grill and when hot and beginning to brown take out and sprinkle with chopped celery, pressing it in a little. Sprinkle with salt and paprika. Serve at once.

Canadian Cheesed Cracknels

Prepare celery and Canadian cheese as above. Make some cracknel biscuits hot in the oven. Fill the centres with the cold celery, cover thickly with the softened cheese. Set under quick grill to melt the cheese a little.

Canadian Tomato Ketchup may be substituted for mustard for a change.

Canadian Cheesed Celery

Prepare Canadian cheese as above, making it rather soft. Clean some tender stalks of celery, and fill and pile the centre trough of each with this mixture. Or pipe it in. Sprinkle with paprika or with ground walnuts. Serve with buttered biscuits.

Toasted Canadian Cheese Sandwiches

Butter 2 slices of bread. Lay a slice of Canadian Processed Cheese on one. Sprinkle with paprika. Press bread together. Toast on both sides. Serve with Canadian Governor Sauce. As a variation cut the cheese thin as a wafer. Use 2 slices and put slices of hard-boiled egg between the cheese slices. Or spread Canadian Tomato Ketchup between the cheese slices instead of the egg.

For Untoasted Sandwiches other fillings are:— .

1. 1 pot Canadian cheese, creamed with a tablespoon (undiluted) Canadian canned milk, and 1 teaspoon Canadian Governor Sauce. Mix in ⅔ as much minced celery as you have cheese.

2. Cream the cheese as above, omitting flavouring. Spread slices of bread, strew with chopped walnuts, press together.

3. Cream the cheese as above. Spread the bread rather thinly with it. Embed thin slices of Canadian pimento-stuffed olives in the cheese. Press together.

4. The same, using Canadian sweet pickle in place of pimento-stuffed olives.

For other dishes with Cheese, see Shelloni and Macaroni Section

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Message to the British Housewife

IT is my sincere hope that this little book will fill a want long felt by the British housewife. It is intended to provide several more links in the chain of distribution between the Canadian producer and the British consumer.

Firstly, it tells you something of which we Canadians are very proud: that no country on earth produces food under such hygienically perfect conditions. The same standards are maintained in our home and export markets: the former because we value above all the health of our people: the latter because we guard jealously our good name. This book will tell you of the principal Canadian food products, which are in supply on the British market. I ask you to try these pure food products of Canada. They are good, wholesome and delicious; each in its own class as near perfection as we can attain. I ask you to buy them because they are good, and not because they are Canadian. All other things being equal, I ask you to give a sentimental preference to the Canadian product over the foreign. We do that for you in Canada, but unless your woollens and other manufactured products were good value for money, we in Canada would not buy them, nor can we logically ask you to buy our food products if your present source of supply is better and cheaper. This great Empire was not founded upon a basis of unpractical sentimentality, nor will it endure upon that basis.

I launch this book in the fervent hope that its mission is one of practical utility.

R. B. Stevens

Minister of Trade and Commerce for Canada.

The Author's Preface

DEAR BRITISH HOUSEWIFE,

It is hoped that this recipe book will help you first of all to rely more upon the Empire, particularly upon Canada, when making out your daily shopping list. It is also hoped that it will give you intelligent and constructive help in using these Canadian products to the best advantage.

Please try our Canadian brands, and our ways of using them, but do not let your use of them be restricted by the bounds of this publication. Experiment on your own, and tell me the result of your experiments. Criticise this little book as freely as you like, for it is only by criticism that we can give you what you want. Whatever you have to say, we shall be interested to listen.

Wishing you a good appetite for all the good things this book has in store for you,

Yours sincerely,

Kathleen K. Bowker

Canadian Building,
Blackburn Road,
London, N.W. 6.

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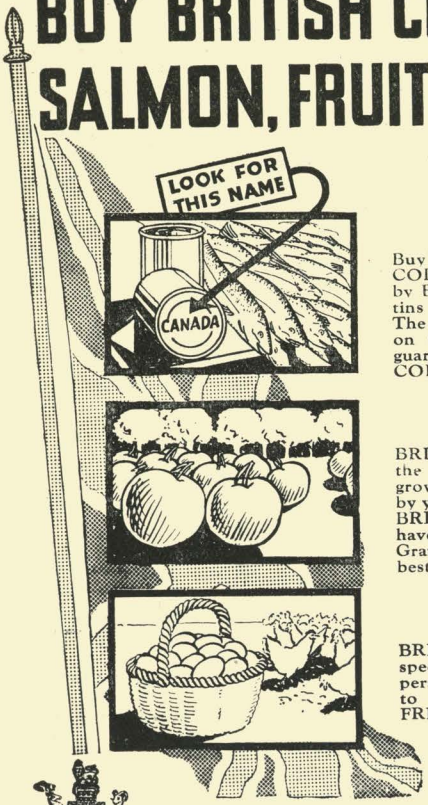

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Please Read This

Canada's pure food products reach the British market under a wide variety of thoroughly reputable brands, whose number is too great to reproduce here. Grade for grade these products can hold their own in quality, price and general attractiveness with any the world produces. Canadian firms packing and preparing food stuffs for export are subjected to the most rigorous Governmental supervision, and a clearly marked brand of Canadian origin is a guarantee of quality. In point of fact no food stuffs may be packed that do not come up to the standards set by the Government in all respects.

On the back cover will be found a list of Canadian Government Trade Commissioners established in the British Isles. Should difficulty be experienced in securing any article mentioned in this book, upon application to your nearest Canadian Government Trade Commissioner he will be pleased to put your grocer or yourself in touch with sources of supply. These offices are maintained by the Canadian Government for these and other purposes, and no obligation of any kind is incurred by the enquirer.

The Can in Canada

THE history of the Canadian canning industry is bound up with the conquest and progress of Canada itself.

Following the first explorers, came the high nobility of France, and the adventuring vanguard of the great religious houses. Many of the nuns and abbesses were themselves great ladies, and they were entrusted with the education of the young damosels of New France, teaching them to be expert and diligent in the arts of store-room and still-room.

From France they brought with them treasured ancestral recipes. The conquering British added others. But the conditions were different. The early-blooming and late-maturing that meant cowslip wine and damson conserve, had no place in the seasonal extremes of the New World. Summer and its fruits came so quickly and went so fast. In the first fierce heats of early July the little sweet strawberries with their wild matchless flavour perfumed the air, stained the grass with vivid scarlet.....and were gone. Before the month ended, ripe raspberries spilled a prodigal plenty in the woodlands.....and vanished. Frost laid a shrivelling finger on the luscious glory of the grapes, and the long lean winter months lurked at the very edge of October. It was Eat-what-you-can-and-can-what-you-can't with a vengeance!

The kindly fruits of the earth had to be gathered in haste and preserved with speed, or there was almost no time in which to enjoy them. Fish also. When the ice became impenetrable, fresh fish were as rare as auks' eggs. This preservation was the task of the Mothers of Conservation, whatever their rank or vocation. With the invention that is the daughter of necessity, they adapted, adopted and created ways to meet the new emergencies. The daughter of the Seigneur and the daughter of the *habitant*, worked side by side learning such lore from the good nuns. And side by side, as mistress and maid, they practiced and improved upon it in the gardens and kitchens of the Seigneuries that grew up on the broad banks of the St. Lawrence. Both nations, as the years went on, inevitably pooled their national culinary resources. And many of the basic rules of those old recipes are in modern market use to-day.

It was the Mothers.....lay and religious.....who did the first canning in Canada, and found a ready sale for all that their households could not consume, among those less fortunately placed. The demand grew. As cultivation tempered the climate, opened up vast new arable spaces, and made possible the growing of an increasing number of vegetables and fruits, the business spread beyond the home.

But it began there. It was built there. And always the traditions remain. Just as Canada's Experimental Farms came into being to help the farmer in increasing the amount and variety of his produce, so the great Canneries began and expanded to help him to market it. And the same qualities of patient research and efficient action are common to both. Every new device, every up-to-date method for improving the storing of vitamins and flavour are investigated, and if proved, are adopted. Every can and its contents must comply with the Pure Food Laws. And the Pure Food Laws of Canada are the most exacting in the world!

Where the recipes in this book specify Canadian canned milk, dilute the contents of the can in accordance with the directions on it before measuring, unless "undiluted" is specially specified.

The figures in parenthesis are the numbers of the pages on which the recipes referred to will be found.

Canadian Canned Soup

"Soup of the evening
Beautiful SOUP!"
—*Lewis Carroll.*

SOME soups (in preparation) scent the air with a savoury fragrance that can become a dreary reminiscence of ancient onions and boiled bones, hanging about the hallways.

But none of the neighbours' noses know the soup we served yesterday, when we allow the long simmering and stewing processes that go to make good soups, to take place thousands of miles away in white-tiled kitchens with special ventilators and compressed steam processes, reducing *our* work to a ten-minutes interview with the concentrated essences of vitamins.....resulting in an appetising surprise! In other words, soups canned by modern Canadian methods give the maximum of flavour and nourishment for the minimum of cost and trouble.

The essential rules of serving delectable soup from the Canadian can are:—

To decant the contents immediately upon opening into the pot in which they are to be heated.

To add, as a general rule, an equal amount of liquid—milk or water Measure this in the empty can, and stir it about with a spoon before adding it to the soup, to be sure of obtaining every precious particle that may be adhering to the sides of the can.

To mix well, and heat to boiling point, adding any extra flavourings that you may fancy when the soup is *warm*, NOT HOT—as a burnt tongue is never a good judge of taste.

To heat ALL cream soups in a double boiler, as the least scorched flavour ruins the whole. Use extra hot milk to thin, when necessary.

For meat soups—consommé, oxtail, mock-turtle, mulligatawny, vegetable, etc.—the additional liquid should be water.

For purée soups—pea, asparagus, tomato, etc.—either milk or water may be used.

Canadian canned milk is especially good with cream soups.

Trimmings.

Grated Canadian cheese may be passed with mulligatawny or vegetable soups, so that a spoonful may be sprinkled on top of the soup by those who like a Continental touch to it. A wafer-

like slice of lemon and half a slice of hard boiled egg, are clever additions to each portion of mock-turtle soup. Fresh chopped mint is a delightful addition to pea soup. A spoonful of whipped cream, per portion, is a *gourmet's* addition to all cream soups.

Above all, beware the chilling soup-plate, and the draughty passage of soup from the kitchen to the table! Serve it from the side-table, or from little hot-pots. First impressions count. And a lukewarm soup suggests a drab dinner and a heartless housekeeper.

In making cream soup: if you feel generous or rich, be a little stingy with the water and generous with the Canadian canned milk, if you want a fine creamy mixture.

Bisque of Canadian Salmon or Lobster.

Make a quart of thin Wheatfield White Sauce (65). Drain a can of salmon (adding the liquor to the sauce), remove bones and skin, and rub it through a coarse sieve. Mix sauce and salmon together, strain once more, make very hot in a double boiler, flavour well, and thin with hot milk if necessary. Top each portion with a spoonful of whipped cream, and a sprinkle of parsley chopped to powder!

Suitable for the Stat-est occasions!

Cream of Canadian Chicken Soup.

For Invalids . . . if the strong members of the family don't get it first!

Rub the contents of a can of chicken soup through a sieve, reserving a little of the chicken meat. Add 1¾ cups of milk and make the soup hot in a double boiler. Beat the yolks of two eggs well, add a quarter cup of not-too-thick cream, and beat into the soup. Serve at once. If whipped cream is to be put on top, use milk to beat with the eggs.

Flavour with celery salt.

Canadian Corn Soup.

1 can Canadian corn
1 cup water
2 tablespoons Canadian flour
3 cups Canadian canned milk
2 tablespoons butter

Drain the corn. (Or use 1½ cupfuls of kernels cut from the cob). Run it once (or even twice) through the mincer, boil for five or ten minutes in its own liquor and an additional cup of water. Rub through a coarse sieve. Make a Wheatfield White Sauce (65) with the butter, flour and hot milk. Strain this on to the corn purée, stir well (strain it once more if you wish), make piping hot in a double boiler. Put a tablespoon of whipped cream on top of each helping if in a lavish mood.

The figures in parenthesis are the numbers of the pages on which the recipes referred to will be found.

St. Lawrence Tomato Soup.

½ can Canadian tomatoes
1 bay leaf
Pinch of soda
1 tablespoon cornflour (rounding)
1½ cups Canadian canned milk
½ onion
3 whole peppers
1 teaspoon sugar
Pepper
Salt
1 teaspoon Canadian Governor Sauce

Stew the tomatoes, onion, bayleaf, pepper, sugar and a little salt. Rub through a sieve. Bring to boiling point, add a pinch of baking soda, stir well. Rub the cornflour smooth, with a little water, add to the tomato purée, and boil sufficiently to cook the cornflour well, stirring constantly. Beat in 1½ cups hot milk, flavour with more salt if necessary, and 1 teaspoon Governor Sauce. Strain and serve at once.

Nova Scotia Potato Soup.

1 can Canadian Consommé
and the same of water
1 teaspoon butter
1 cup mashed potatoes
1 (rounding) teaspoon Canadian flour
Onion salt
1 tablespoon Canadian canned milk (undiluted)

Melt butter, add flour and beat in the hot consommé, diluted with its own weight of water, as if to be served alone. Boil 1 minute. Beat in the mashed potatoes, and the milk. Flavour with onion salt, strain, and serve at once. (The little bit of flour is to keep the potatoes from separating too quickly from the liquid.) Thin with hot milk if desired.

A few hot canned green peas, put into each service of potato or tomato soup, add greatly to the appearance and charm of the brew!

Other Wise Ways with Canadian Canned Soups.

Quick Curry à la Georgian Bay.

1 can Canadian vegetable soup
1 cup rice (after boiling)
1 can water (Scant)
1 level tablespoon curry powder
Canadian Veal loaf or cold meat

Rub the curry powder smooth with a little of the water, and mix with the soup. Add the rest of the water. Strain off one cupful of liquid, and heat slices of Canadian veal loaf or cold meat in this.

Mix the rest of the soup and vegetables with the rice, and heat, adding a few sultana raisins if liked. Put the meat and gravy in a hot dish, and pile the rice and vegetables round the edge.

Savoury Sauces from Canadian Canned Soups.

In using any of the canned soups for sauces, the added liquid should be about ⅔ (instead of a full can).

They can be thickened or not, to suit the taste, or the dish.

Ottawa Green Pea Sauce.

1 can Canadian pea soup
½ cup Canadian canned peas
1 can water
(or Canadian canned milk)

Mix and heat. Add flavour if desired.

Montreal Asparagus Sauce.

Make as before (7), using canned asparagus soup and omitting the peas. Half a cupful of whipped cream beaten in at the last moment makes this "very special." Good with slices of (heated) chicken.

Red River Tomato Sauce.

1 can Canadian Tomato Soup
1 teaspoon cornflour
⅔ can water
1 teaspoon Canadian Governor Sauce
1 heaping teaspoon butter

Mix the cornflour smooth with a little of the water. Heat the other ingredients with the soup, add cornflour, and boil for 3 minutes, stirring well. Melt in the butter, add Governor Sauce. Strain into a hot tureen.

Ever-Ready Alberta Aspic.

Say "Aspic!" suddenly to the average cook, and she shakes like the jelly you want her to make. But show it to her like this:

1 can Canadian Consommé
¾ can water
½ oz. gelatine
1 teaspoon lemon juice

Soak the gelatine in a little of the water. Heat the remainder with the consommé, dissolve the gelatine in it, add the lemon juice, and set to cool.

It's like creating a *chef* with a simple turn of the can opener!

Some people like a dash of sherry in the jelly. Some omit the lemon. The stiffness of the jelly should depend a little on how much it is going to be asked to hold up! But ½ oz. gelatine to a scant pint liquid is a fair measure unless the weather is hot and the house iceless.

Glorified Minced Meats and Shepherd's Pie.

The cost of a can of soup is very small. The murkiest mince, the leanest Shepherd's Pie, take on a new lease of life and interest, if their accompanying gravies are mixed with canned Oxtail or Tomato Soup. Even the tired legs of a chicken grow tempting and tender, if they come to rest for an hour in a casserole where they bubble gently in canned Chicken Soup, mixed with some canned milk. Or a soothing poultice of Vegetable Soup. Canned Oxtail Soup makes a marvellous liquid in which to heat red meats. Canned Mock-turtle Soup is ideal for a *réchauffé* of game, especially if it receives a dash of red wine, and a few spoonfuls of red currant jelly at the last moment. Well diluted canned Mulligatawny Soup works a transformation when braising the less expensive cuts of meat.

Even a spoonful is generous of flavour—and leaves the whole can of soup to do duty at a different meal.

For other uses for canned soups see pages 17, 21, 65.

Fish from Canada

There MAY be as Fine Fish in the Sea
BUT———!

CANADIAN fish can be had in England either chilled or canned. Many of the large shops are making a speciality of delicious Canadian salmon, at an inexpensive price. It comes chilled to this country, and is kept in that state till it is sold to you. Should it not be perfectly thawed when it reaches you, lay it in cold water till it is flexible, then immediately take it out and drain it on a folded cloth. It is then ready for frying, boiling, steaming..... for baking stuffed or unstuffed. For serving hot.....with or without sauce.....or cold, with mayonnaise, or salad. Or for cooking by any of your own excellent recipes for salmon, lobster or haddock. Here, we have arranged some specially chosen recipes, excellent with either Canadian canned salmon, or Canadian canned lobster, as their especial charms are not so well-known.

Canadian salmon may be red sockeye salmon, or pink. This does not mean that one is good salmon, and the other is not! But merely that there are two distinct varieties: though the sockeye salmon is perhaps the favourite. It is a matter of taste, which variety you like the best. The following recipes are (in most cases) equally applicable to Canadian salmon, Canadian lobster, or Canadian "Chicken Haddie"—which is delicious finnan haddie ready for immediate use. Remember, you are *safe* in using Canadian canned fish, because of the drastic Pure Food Laws of Canada, and their rigid enforcement.

Canadian Lobster, Salmon, and Chicken Haddie Recipes.

Scalloped Canadian Lobster or Canadian Salmon.

Decant 1 can salmon. Lay it—in convenient pieces—in scallop shells, or any casserole dish. Cover with Wheatfield White Sauce (65). Sprinkle with coarse crumbs, dot with butter. Set in a fairly quick oven till it bubbles, and browns a little. Serve in its own dish.

Au Gratin.—Cover the top with grated cheese just before the crumbs, and return to the oven long enough to melt and brown the cheese a little.

Creamed Canadian Salmon or Canadian Lobster.

Decant and drain one can lobster. Free from skin. Heat it in 1½ cups Wheatfield White Sauce (65) in a double boiler, and serve in a silver dish with sippets of buttered toast or on rounds of toast. Stir in a spoonful of canned milk (undiluted) just before serving, for added richness: or add ½ cup chopped cooked mushrooms. Decorate with hard boiled egg.

Creamed lobster or salmon can be made early, and kept hot for some time before serving. Or made overnight, and heated in this way for an early (and excellent) breakfast. Be careful not to *mash* the fish, but to keep it in pleasant pieces.

Canadian Chicken Haddie Scalloped in Tomato Sauce

Use Chicken Haddie and Toronto Tomato Sauce (66), and proceed as for Scalloped Salmon.

Canadian Lobster or Canadian Salmon Patties.

Prepare Creamed Salmon as above, enriching the sauce with 1 tablespoon canned milk (undiluted), or extra butter. Have puff-paste patty shells very hot, and just before filling them stir into the salmon a few capers (allowing three to each shell) and one dessertspoonful of good sherry. Serve at once.

Dominion Fish Pie.

Prepare Scalloped Salmon (as above), Lobster, or Chicken Haddie. Put it in a rather deep dish, cover with an inch or inch and a half of mashed potatoes, put the crumbs on top and finish as before.

If sliced tomatoes are laid on the scallop before the potatoes go on, it is another pleasant change. Expecially excellent with Chicken Haddie.

Canadian Lobster Cups.

Shape some "cups" of stale bread, fry them in deep fat, drain and keep hot. Heat 1 cup flaked lobster in 1 cup Toronto Tomato Sauce (66). Fill the cups with the mixture, pile a small spoonful of stiffly whipped cream on top (whipped with a little salt instead of sugar), sprinkle with paprika, and serve before the cream has time to do more than begin to melt.

Savoury Canadian Salmon.

Decant the salmon from the can (keeping its shape) and heat in a steamer. Pour over it a Toronto Tomato Sauce (66) and pile boiled Shelloni all round the dish. Serve extra sauce in a boat.

It may be varied by using a Green Pea Sauce (7). In this case add half a teaspoonful of finely chopped mint to the sauce (or sprinkle it over after serving) and pile one can hot buttered peas round the dish instead of the Shelloni.

Baked Canadian Salmon.

3 slices (fresh) or
1 can Canadian salmon
½ small onion thinly sliced
3 cream crackers
1 teaspoon sugar
½ can Canadian tomatoes
Salt
Butter
Canadian Governor Sauce.

Put the salmon in neat pieces in a baking dish. Flavour the tomato with salt and Governor sauce. Lay the shredded onion round the fish, pour the tomatoes over, cover thickly with cracker crumbs, dot with butter, bake in a hot oven till hot through and brown. Serve it in its own dish. (With fresh salmon, cook until done)

Or :—

Use slices of chilled salmon, or decant one can of salmon, and put it (in about four pieces), in a baking dish. Cover with thick slices of fresh tomato and shredded green peppers. Mix one can of Consommé with the same amount of water. Pour one cupful round the fish, and bake just long enough to make it hot through, basting now and again. Serve in the dish in which it was cooked. (With fresh salmon, cook until done.)

Canadian Salmon Surprise.

This may be made with one part salmon and one part white fish (Chicken Haddies, or any cold cooked fish), or equal parts of red and pink canned salmon, well drained. Make a Wheatfield White Sauce (65). Cover the bottom of a baking dish with it. Arrange a layer of fish, sliced tomato, hard-boiled egg, slices of button mushroom, and about a dozen capers. The fish is the main ingredient, the others are a rather generous trimming. Cover with sauce, and repeat as many times as you like, being governed by the size of your party, and the depth of the dish. Finish with crumbs and butter, make very hot, but do not *cook*.

One large can of fish, one-third can of mushrooms, three firm tomatoes, two hard-boiled eggs, thirty to thirty-five capers, and about a pint of sauce is a good proportion. And the dish a dream.

The liquor from the can may be used with the milk, for the sauce.

Toasted Canadian Salmon.

Toast slices of bread on one side only. Flake some salmon from the can, and spread lightly on the untoasted side of the bread. Dredge with salt, pepper and (lightly) with flour. Dot generously with butter. Toast quickly under the electric grill and serve very hot.

Canadian Salmon Sandwiches.

Drain and flake the fish, mash it with a fork, mix to a paste with a good boiled dressing, pepper and salt to taste. Do not make it very wet. Spread two slices of bread with some of the mixture, on one lay rounds of sweet pickle. Put the slices together, trim and cut. For afternoon tea, make them thin. For toasted sandwiches make them thicker, press tightly together, and before trimming, toast the outside on the electric toaster. Trim, cut and serve very hot. Sandwiches depend for their charm on their filling. Never be stingy with it!

Kitchener Kedgeree

This delicious dish should be mixed (like Whistler's paints) "with brains." But a suggested recipe is as follows:—

1 tablespoon rice (measured before cooking)
1 to ½ cups Canadian Canned Chicken Haddies or Canadian Salmon (or equal parts of both)
1 egg
2 hardboiled eggs
½ cup Canadian canned milk
Canadian Governor Sauce
Salt and pepper to taste.

Wash the rice well. Put it in a generous pot of gaily boiling water. When quite tender, drain in a coarse sieve, run a little cold water through it to separate every grain, and shake well to drain it thoroughly. Stir it lightly together with the flaked fish, and the hardboiled eggs (chopped). Flavour with salt and pepper and Governor Sauce. Set in a double boiler, mixing delicately with a fork from time to time. For Kedgeree should not be a paste, but a succulent combination of rice, eggs, fish and flavour. Pile on slices of crisp buttered toast and sprinkle with chopped parsley. Or, pile in mounds on a hot dish, with fingers of buttered toast around it.

For variety:

1. Spread each slice of toast with a *soupçon* of anchovy paste.
2. Put thin curls of bacon on each mound of fish.
3. Use canned tomato juice in place of milk to moisten.

Strathcona Fish Soufflé.

Canned salmon, canned lobster, or canned chicken haddie is delectable used in this way. Or the soufflé may be made with chilled salmon (cooked).

3 eggs
2 cups flaked Canadian fish
1½ cups Thick Wheatfield White Sauce (65)

Add the fish to the hot sauce. Beat in the egg yolks one at a time. Flavour well. Let cool. When ready to cook, fold in the stiffly whipped whites, and bake 20 to 30 minutes, in a buttered soufflé dish, in a fairly hot oven. Serve at once. A small tureen of Toronto Tomato Sauce (66), gives an added charm to this dish.

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Devilled Canadian Lobster.

1 can Canadian lobster
1 tablespoon butter
½ teaspoon curry powder
½ teaspoon dry mustard
½ cup Canadian canned milk
A little grated nutmeg

Mix the dry ingredients together. Melt the butter, add the peppery mixture, then the lobster broken up, a little salt and a dust of cayenne. Stir together, pour in the milk, let simmer, till hot and blended, serve on half slices of hot buttered toast. Or use canned tomato juice instead of milk.

Masked Canadian Salmon. Hot.

Decant the salmon carefully from the can, keeping it whole. Remove any outside skin. Set it on a plate in a steamer, cover tightly, and steam till hot (but not cooked). Set on a platter, cover with a Thick White Sauce (65) to which two chopped hard boiled eggs have been added. Ornament with parsley, and cucumber, or sweet pickles.

Or serve with a Hollandaise Sauce. This is delicious if made with chilled salmon, cooked in a steamer.

Masked Canadian Salmon. Cold.

Decant the fish carefully from the can, removing any outside skin, but keeping it in shape. Cover with a thick mayonnaise and decorate with capers and chopped celery. Or sprinkle with chopped sweet pickles. If preferred, mix equal parts of just-melted Alberta Aspic (8) and mayonnaise and mask the salmon with it. Serve with lettuce or cress, rolls of thin bread and butter, and plenty of extra dressing.

Canadian Salmon or Canadian Lobster à la Canadienne

This delicious dish, which can be prepared twelve hours ahead of time, is simple to make, even simpler to take, and is suitable as the fish course at a dinner party ; or with salad, as a main dish at luncheon or supper.

It is attractive made in small fish-shaped moulds. Or in a large " ring " mould, where the hollow centre can be filled with a mixture of mayonnaise and chopped celery, or the crisp inner leaves of lettuce.

1 large can Canadian lobster or Canadian salmon
½ pint (rather stiff) Alberta Aspic Jelly (8)
⅓ pint cream. Flavours and trimmings

Line mould or moulds thinly with aspic and decorate. (Parsley, cucumber, pimento : bits of truffle or peppercorns for eyes, if in fish moulds.) If the mould is a large one the jelly should be half an inch deep in the bottom. Drain the fish, remove all skin and bones, rub through a coarse sieve, season well with salt, pepper and lemon juice. Whip the cream stiff, have the aspic *only just* melted. Mix it with the fish, stir in the whipped cream, fill the mould to the brim, and set in a cool place till firm. Turn out and serve plain, or with cucumber and mayonnaise. Or with a salad of : (1) lettuce, cucumber, tomatoes ; (2) lettuce hearts and green grapes (peeled and stoned) ; (3) apples, celery and chopped lettuce ; all dressed with mayonnaise.

This dish is really quite simple to make, though it makes a plain cook sound like a *chef*.

Canadian Lobster or Canadian Salmon Salads.

All the ingredients can be prepared separately, and kept in readiness to be mixed at the last moment. Each should be as distinct as the words that an orator blends to perfection in a single speech—each with a purpose perfected in combination.

2 cups of Canadian fish, drained and flaked
½ cup celery (diced)
½ cup diced new potatoes
½ cup diced cucumber
¼ cup of Canadian canned green peas

When wanted, salt slightly, mix lightly together, blend with one cup mayonnaise or boiled dressing and serve on crisp lettuce. A little chopped lettuce can be tossed in with the dressing, if liked. If all the vegetables are not desired, or not at hand, increase the proportion of potato.

Canadian Fish in Alberta Aspic.

1 large can Canadian salmon or Canadian lobster (or half red and half white fish)
1 pint Alberta Aspic (8)
2 hardboiled eggs
Parsley, pimento, etc.

Line a suitable (ring) mould with aspic. Decorate with parsley, pimento, diced vegetables, cucumber, celery, tomato or hardboiled egg. Drain the fish, free from skin and bone, and when the half-inch of aspic in the mould is set, lay the fish in lightly, in as large pieces as possible. Put slices of egg, tomato, etc., between the pieces of fish. When the mould is full to the top (with spaces between the fish), pour in the just-melted aspic very slowly, right up to the top, and set at once in a cool place, or on ice till set. Or, use Red River Tomato Jelly (16) in place of aspic for a change. When set, unmould, fill the centre half full with mayonnaise. Put a bouquet of lettuce leaves in the middle and make a border of cucumber slices, lapped over each other, round the edge.

Canadian canned fish needs no cooking before using in any of these recipes. Chilled Canadian salmon may be used in any recipe where canned fish is specified, but must first be cooked.

Ask your grocer for Canada's Pure Food Products. If you have any difficulty in obtaining supplies of Canadian food products through your usual retailer, apply to the nearest of the

CANADIAN GOVERNMENT TRADE COMMISSIONERS

listed on the back cover. He will inform you or your grocer of the nearest convenient source of supply.

Canadian Canned Vegetables

CANADIAN canned vegetables are among the most delicious in the world, for they ripen quickly to perfection, and are canned under ideal conditions.

While nothing can equal vegetables eaten the day they are picked in your own garden, the best brands of Canadian canned vegetables are often better than wearied greens, or inferior garden stuff that has travelled long distances and grown dusty and way-worn *en route*. For Canadian vegetables are picked in their prime, and bottled or canned fresh from the garden, while still redolent of sunshine and dew.

These vegetables include corn, tomatoes, beets, asparagus (whole or tips), wax beans, peas and baked beans. Any of these can be served deliciously by decanting them from the can, heating in a double boiler, adding a little salt, pepper and butter, and serving very hot. A spoonful of Canadian canned milk (undiluted) is often preferable to butter. Some people like to drain the beans or peas, plunge them into boiling water and cook for one minute, but this is not necessary, though it is not harmful. If this course is followed with peas, a fresh sprig of mint may be seethed with them. Beans, beets, and asparagus are also pleasant if served with a Thin Wheatfield White Sauce (65). If you like "painting the lily" either peas or green beans are delicious if served in Red River Tomato Sauce (8).

Peas, beans, beets and asparagus are particularly appetizing in salads. Or jellied.

They are extremely good-and-easy-to-add to "soups and stews and rich *ragoûts*" when unexpected visitors arrive, and the main dish must be enlarged a little.

No matter how extensive your garden, it is wise to keep a good stock of canned vegetables always at hand for emergencies. And Canadian Rosebud Beets especially are hard to match even with the fresh garden product, as they are grown especially for this industry. They may be served whole, or sliced. Hot or cold. If you have never tried the kind that come in glass, you have yet to find how exquisitely edible beets can be!

Canadian Tomatoes à l'Hiver.

Save out ¼ cup of the juice. Heat one can of tomatoes, add salt, a little sugar (if liked) and a teaspoon each of butter and Governor sauce. Mix one rounding tablespoon of cornflour very smooth with the cold tomato juice, add to the hot tomatoes, and boil till thickened and the cornflour quite cooked—no longer—stirring constantly.

Especially good with roast beef or chicken, sausages and grilled ham. It should be about as thick as a soft porridge. (See Cookery Section for Scalloped Tomatoes (35).

Red River Tomato Jelly.

1 large can Canadian tomatoes
1 onion
1 bayleaf
Pinch of soda
1 teaspoon butter
¾ oz. gelatine *
2 cloves
1 stick celery
1 teaspoon sugar
2 teaspoons Canadian Governor Sauce
Salt and pepper to taste.

Soak the gelatine in a little cold water. Bring the tomatoes to a boil with the onion (into which stick the cloves), celery and bayleaf. When boiling, stir in a pinch of soda. Boil five minutes. Rub through a sieve. Add the flavourings and butter. Dissolve the gelatine in it. Put in a mould. Set in a cool place. Serve with lettuce and mayonnaise, or boiled salad dressing. Measure the tomato after straining. *¾ oz. to a quart (or nearly) is enough gelatine, as the tomato is fairly thick itself. Fish, chicken, or vegetables may be "set" in this jelly.

Canadian Tomato à la Red Indian.

½ can Canadian tomatoes
1 onion, sliced thin
½ teaspoon salt
A little Canadian flour
½ cup Canadian sweet pickles, sliced thin
1 teaspoon mustard
½ teaspoon pepper
2 teaspoons butter
Green or red peppers, pimentos, or Canadian bottled olives if liked.

Slice onion—and pepper green or red, if using them—flour well, and put in a pan with the tomato and flavourings. Simmer till the onions are done (adding more tomato if it cooks away too fast). Add the butter, and (at the last moment) the sliced pickles, olives and pimentos.

Use with plain omelette, steak, chicken, grilled ham, or fish, to make any one of them *Indienne*.

Canadian Sweet Corn.

Corn is so essentially a favourite, that we have included Corn-on-the-Cob (33), Plain Sweet Corn (33), Baked Corn (33), Corn Oysters (33), and Succotash (33), in the Canadian Cookery Section.

In England, Sweet Corn is a favourite member of the *hors d'oeuvre* circle, served just as it comes from the can. A teaspoonful of Governor Sauce will give it an added charm for this purpose.

Corn Scramble.

2 eggs, well beaten
Salt, pepper
1 cup Canadian canned corn
2 tablespoons Canadian canned milk
1 teaspoon Canadian flour
1 tablespoon butter
Crisp buttered toast.

Drain the corn, add salt, pepper and flour, mixing well. Beat the eggs, add the milk to them, and mix all with the corn. Melt the butter in a pan, and when sizzling, put in the mixture, scrambling it like eggs. Pile on half slices of hot buttered toast, or serve with sippets of toast. Fried ham goes well with this dish.

As a variation use canned tomato juice or Tomato Soup in place of milk.

Curried Canadian Wax Beans.

2 teaspoons curry powder
1 Can Canadian wax beans
1 cup Thin Wheatfield White Sauce (65)

Toss the beans in the curried sauce till hot, and send them to escort rather thick slices of fried ham to the table. They are also a pleasant surprise with any plain-boiled fish.

Savoury Vegetable Salads.

Fresh green salads are always welcome, but in those seasons of the year when they are either coy or non-existent, their places can be pleasantly supplied by salads made partly from fresh and partly from canned fruits and vegetables. Whatever fresh greens accompany them should be carefully treated as follows:—Lettuce, cress, endive, pepper-grass, etc., should be carefully washed in several cold waters, every least bit of extraneous matter separated from it, and one extra wash given to it for luck. Shake it lightly free from water, put in a large bowl, set a deep plate over it, turn it upside down, and carefully drain any water from it. Then set a weight on top of the plate, and put the whole on ice. This is a Canadian method and will crisp the limpest lettuce, if allowed to stand as described for about three hours. If ice is unavailable, set in a cool place—on a stone floor in a draught will do.

Canadian Bottled Rosebud Beets.

These delicious little *bonnes-bouches* may be served quite alone, whole or sliced, with vinegar, French Dressing, or mayonnaise. Their refreshing sweetness is a revelation.

Beets are one of the most delicious ingredients in salads. But they must be mixed with care. The yolk of a hard-boiled egg, on which a beet has leaned heavily, becomes in appearance the most indigestible crime! The result is almost as bad when applied to a pallid potato. But use the beet wisely, and all will be appetisingly well.

Canadian Rosebud Beets with Potato Salad.

2 cups (waxy) potatoes (diced)
2 hardboiled eggs
1 doz. stuffed Canadian olives (sliced)
1 cup diced cucumber
1½ cups salad dressing
1 bottle Canadian Rosebud Beets

Mix potatoes, cucumber, olives, and the chopped whites of the hard-boiled eggs, with the salad dressing, stirring lightly with a fork, so the potatoes won't be messy. Pile in a mound. Sprinkle with minced parsley. Set a solid wall of Rosebud Beets around the bottom. This is a delicious combination. A little minced onion may be added if liked. Reserve the yolks of the eggs to decorate some other dish, or to mix with meat, paste or cheese for sandwiches. Their yellow does not suit the complexion of the beet.

Beet Salad Combinations.

I. Equal parts of diced canned beets and celery mixed with a boiled dressing. Pile in a glass dish, spread a little savoury whipped cream (flavoured with salt and mustard) over the top. Decorate with slices of beets, or a few whole Rosebud Beets.

II. 1 part Canadian canned beets (diced) 1 part celery (diced)
1 part Canadian apples (diced)

Mix as above (1). Decorate with celery tops and red or green peppers, sliced very thin.

III. Whole Rosebud Beets in nests of the crisp hearts of lettuce. Serve any favourite salad dressing with it.

IV. Put slices of pineapple on individual plates. Cover with chopped endive and green pepper. Set a whole Rosebud Beet in the centre of each. Serve with mayonnaise or boiled dressing.

Canadian Vegetable Salad.

Equal parts of canned peas, diced wax beans, diced beets. Toss together with a little French dressing. Pile in a mound. Mask with a thick mayonnaise.

Peas and wax beans are a delicious and nourishing addition to salads of fish, chicken, potato, or any combination of fresh or canned vegetables.

Canadian Jellied and Vegetable Salads.

Never are canned vegetables more truly the housewife's friend then when she wants a winter salad or an unusual supper dish. And for those who like food without fluster, and praise without pain, the combinations of soups and vegetables are almost equal to the combinations in chess. Only *you always win!*

Kenora Jellied Salad.

Make a pint or more of Alberta Aspic (8), according to the mould you want to use. A ring mould is always nice. Set some aspic in the bottom. Decorate it with parsley, olives, pickles, pimento, hardboiled eggs, or anything you please. Set (bottled) Rosebud Beets at intervals around in it. Fill in between with canned peas. Cover with aspic and let it set. The aspic must be almost ready to "jell" when put in. Turn out. Fill the centre with any variety of salad dressing. For a change, mix ½ cup chopped celery with the dressing.

Or

Vancouver Salad Jelly.

Set Alberta Aspic (8) in the bottom of the mould. Cover thickly with slices of bottled or canned beets. Add enough aspic to cover, and let it set. Then a layer of thin slices of cooked potato. More aspic, and set. Then canned peas and aspic to finish. Each layer should be about an inch deep. The beets must be well set before the potato is put in to prevent tinting. The red, white, and green layers are very pretty. Serve on a bed of lettuce.

Or

Qualicum Quick Jellied Salad.

Just fill the mould with chopped beans, diced potatoes, peas, asparagus tips—a few cubes of tongue or veal loaf are nice too. Do not pack tightly. Fill up with cool aspic, and set. Canned beet slices are nice *around* this.

Wetaskiwin Walnut Salad.

1 cup Canadian apples
½ cup chopped walnuts
1 cup celery
1 cup thick salad dressing
Paprika

Dice the apple and celery and leave in water in a cold place till wanted. Then drain, lay in a clean cloth, twist up the ends like a shepherd's bundle and holding the two tightly, whirl round and round to extract all the water. Mix with the walnuts. Then toss the whole in thick salad dressing (mayonnaise, or cooked) and serve on lettuce leaves. Pepper well with paprika. Or decorate with celery tops.

½ cup Canadian canned peas are a good addition. So are a few chopped sour pickles. This Walnut Salad is extra mouthwatering if served in tomato cups. Choose firm tomatoes of even size. At the stem end, stick them on a carving fork. Turn them in the gas flame just long enough to split the skin. Scoop the centre out very carefully, then peel. Fill with the walnut salad. Serve with Canadian Cheese Straws (69).

Or: Red River Tomato Jelly (16) may be moulded in a tall round biscuit tin (or a deep straight-sided cup). Turn out. Cut in thick slices. Allow one slice to each person, pile the walnut salad on it. Other combinations, to be served with lettuce, and a thick dressing, are:

I.

Equal parts Canadian-grown apples (peeled and diced), Canadian canned wax beans (diced) and Canadian canned peas.

II.

2 parts Canadian veal or chicken
1 part Canadian-grown apples (peeled and diced)
1 part Canadian canned peas
Add a few chopped Canadian sweet pickles

Canadian Macaroni
Canadian Shelloni
Canadian Baked Beans
Canadian Spaghetti in Sauce

CANADIAN Macaroni, Spaghetti, etc., can be used in all the ways applicable to other varieties. These have the advantage of British origin, and are made in sunlit Canadian factories by British labour.

Canadian Macaroni—which may be broken before boiling, and chopped or cut smaller afterwards—should be cooked in plenty of (slightly salted) boiling water till tender. Drain, and run a little cold water through it before using.

Canadian Shelloni — or shell-form Macaroni — requires a slightly different treatment. It is made from the firmest, most flavoursome part of the wheat, and so takes longer to cook than macaroni (allow 15 to 20 minutes extra) but it is delightfully creamy and delicious. When cooked, drain, run cold water through it, and it is ready for use with the shells in perfect shape. Try it in any dish in which you have been used to macaroni and see if you do not find it delightful.

In soups a small quantity is a toothsome addition to clear, vegetable, or tomato soup. If minute pieces are desired, run cooked Canadian Shelloni or Canadian Macaroni through the mincer, and add the wished for amount.

Canadian Shelloni served with hot meats, as a substitute for, or an addition to, vegetables, is delicious and nutritious. Its food value is very great.

Canadian Macaroni and Cheese

2 cups cooked Canadian macaroni
1½ cups grated Canadian cheese
2 cups Wheatfield White Sauce (65)
Crumbs. Butter

Mix sauce and macaroni. Put a layer in the bottom of a pudding dish. Strew with grated cheese, more macaroni, more cheese, more macaroni, then cheese at least half an inch thick. Cover with coarse grated crumbs dot with butter and put into the oven long enough to get very hot through, melt the cheese, and brown and crisp the top.

Or: Sauce, macaroni and half the cheese can be mixed. The remaining cheese put on top, finish as before. Serve (if liked) with very thin dry Melba toast and plenty of butter. This nourishing dish makes a complete luncheon or supper.

Quick Canadian Minestra

1½ cups cooked Canadian Shelloni
1 cup Canadian canned tomato soup (or Canadian canned tomatoes)
½ cup Canadian canned corn
¼ teaspoon powdered saffron
1 cup Canadian canned vegetable soup
2 cups water
1 tablespoon chopped parsley
A few diced Canadian pickles

(*The Soups to be measured from the can before mixing.*)

All made very hot together, salted and peppered to taste. To this may be added any or all of the following:—

½ cup cooked rice
½ cup cooked celery
½ cup cooked onions
Canadian canned peas, beans, or indeed any cooked vegetable except cabbage and beets. Fresh-grated Canadian cheese may be served with it, in a separate dish.

It may be served—with sippets of toast—as a complete dish. Cold meat or chicken (made hot) may be dished up on a bed of it. A dull fish like plain boiled cod will seem a gay innovation if blanketed with Quick Canadian Minestra. Or it may be served (as a change from salad) with cold tongue or veal loaf. Shelloni gives the Minestra a richer flavour than ordinary macaroni can do.

Curried Canadian Shelloni.

¼ cup Canadian canned Consommé
½ cup water
1½ cups cooked Canadian Shelloni
1 tablespoon curry powder
¼ cup Canadian canned Pea Soup
½ cup Canadian canned milk
½ tablespoon butter
1 level tablespoon Canadian flour

(*The Soups to be measured undiluted.*)

Melt the butter, cook the flour in it, add the liquids mixed together, beat well over hot water till cooked (65), mix the curry powder with a little milk or water and add. Salt to taste, stir in the Shelloni, and serve as an accompaniment to hot sliced meat in place of rice. Or alone as a savoury supper dish. Add a little more water if you prefer it thinner.

Canadian Macaroni in Tomato Sauce.

Heat one cup cooked macaroni in one cup Red River Tomato Sauce (8) and serve with meat.

Canadian Tomato Macaroni au Gratin

1 cup cooked Canadian macaroni
1 cup Canadian canned tomato
½ cup grated Canadian cheese.

Lay macaroni, tomato and grated cheese in alternate layers, most of the cheese being on top. Sprinkle with coarse crumbs, dot with butter, bake a short time in a hot oven.

New Brunswick Shepherd's Surprise

Lay a thick layer of cooked Shelloni or macaroni with tomato (as above) in a baking dish. (Or Spaghetti-in-tomato-sauce, just as it comes from the can.) Cover with a layer of minced meat in gravy. (Minced tongue is especially good this way.) Smooth a little extra tomato sauce over the top, sprinkle with crumbs and butter, and bake as Shepherd's Pie.

Or: there may be a third layer of potatoes: and finish in the same way.

Or: in a vegetarian pie the meat may be omitted and the dish be made of double layers of tomato and macaroni and finished with potato.

Canadian Beans with Pork, and Tomato Sauce

Just as they come from the can—made hot, and eaten with joy—succulent, tasty, body-building and hunger-staying. How pleasant and how useful is "the pork and the bean" that comes to us ready for the hasty luncheon, the late supper, the Sunday-breakfast-bit that keeps us going till tea-time, or for the meal-in-itself which pork and beans can so easily become.

At picnics, camping, or in the woods the canned pork and beans are invaluable. For they are so easy to carry, and can be heated in their own can: often an appreciable saving, when pots are scarce. If heated in the can, however, be sure and allow time for them to heat right through to the middle.

At home, it is quickest and surest to decant the beans into a double boiler, and heat in that way.

Browned Canadian Beans.

1 can plain Canadian pork and beans
¼ cup water
¼ cup brown sugar
¼ cup molasses
Strips of salt pork

Fry the pork till only partially cooked, but a little brown at the edges. Put half the beans in a casserole. Lay strips of pork over them. Sprinkle with about ⅓ of the sugar. Repeat, putting the rest of the sugar on top. Mix the water and molasses, and pour in around the edge. Bake in a fairly hot oven till the pork is quite cooked, and the beans slightly "candied."

Canadian Beans on Toast.

Serve the beans very hot, piled on buttered toast. For a variation, sprinkle them with minced Canadian tongue, chipped beef, or minced Canadian ham, and brown a little under the hot grill.

Canadian Beans and Flip-Flap.

Heat the beans and spread them on very thin buttered toast. Fry as many eggs as there are bean-toasts (FRY, not poach), turn one *up-side-down* on each piece, and put a spoonful of Canadian Tomato Chutney on top of each egg. Serve very hot.

Canadian Bean Cutlets.

1 can Canadian beans-in-tomato-sauce	2 eggs
1 cup fresh breadcrumbs	Stale crumbs
1 medium onion	Salt, pepper

Drain the beans from the sauce. Run them through the mincer with the onion. Add flavouring, crumbs, and one beaten egg. Turn on to a floured board, shape like cutlets, let them stand in a cool place for a little while. Then beat the other egg with a spoonful of milk, roll the cutlets in stale fine crumbs, then dip in beaten egg, and roll in crumbs again. Fry in hot fat to a darkish brown. Drain. Serve on a hot dish, with hot buttered Canadian Rosebud Beets (that come in glass). Or with additional Red River Tomato Sauce (8), mixed with what was saved from the can.

Canadian Spaghetti with Cheese and Tomato Sauce.

There is no more really satisfactory way of serving this than by heating and giving it to your grateful family just as it comes from its can. But, for variations :—

1. Mince it lightly with a knife and fork, heat, and pile on slices of anchovy toast for a luncheon dish, or a savoury.

2. Put it in a baking dish, cover with ½ inch grated Canadian cheese, sprinkle with crumbs, dot with butter, and bake quickly.

3. Put a ring of hot Spaghetti (from the Canadian can) round a hot platter. Fill the centre with lightly scrambled eggs. Lay curls of crisp Canadian bacon on the Spaghetti bed. Serve to your family on Sunday morning and they will assuredly rise up to eat it, and call you blessed.

4. Lay circles of hot Canadian Spaghetti on small individual baking plates. (Plates and Spaghetti should be very hot). Drop first a bit of butter, then an egg, in the centre of the Spaghetti. Next put a dash of butter and a sprinkle of grated Canadian cheese over the egg, cook in the oven till set. Serve at once.

5. Mix 1 tablespoon curry powder with a little Canadian canned milk. Add it, and half a cup of cooked onions to one can hot Canadian Spaghetti and use it as an effective disguise for mutton-we-have-met-before.

Canadian Spaghetti Pie.

1 can Canadian Spaghetti
1 egg
1½ cups (minced) Canadian ham
3 tablespoons Canadian canned milk (or gravy)
1 teaspoon Canadian Governor Sauce

Turn the Spaghetti into a pudding dish. Mix the ham with the milk (or gravy) and the well-beaten egg. Stir together to a kind of paste. Spread it over the Spaghetti, sprinkle with coarse crumbs, dot with butter, cook in a hot oven so that the top is crisp.

Should a larger dish be desired, mix the ham with liquid only, before spreading. Beat the egg, mix with a cupful mashed potatoes, and use it as a crust above the ham.

Canned Canadian Spaghetti and—

One can of Canadian Spaghetti-with-cheese-and-tomato-sauce, made very hot, and put on a hot platter, makes a particularly pleasant bed for :—

1. Brussels sprouts and broiled Canadian bacon. Serve as a dish by itself, with chip potatoes.

2. Small sizzling sausages.

3. Minced Canadian tongue, made hot and piled in a mound in the middle.

4. Breaded veal cutlets.

5. Liver and Canadian bacon.

6. Hot Canadian veal loaf.

Information regarding supplies of any of the products mentioned in this book may be obtained by application to your nearest

CANADIAN GOVERNMENT TRADE COMMISSIONER

whose name and address will be found on the back cover.

Canadian

Ham—Bacon—Chicken—Canned Meats

SUCCULENT hams and crisp curls of bacon.....could anything possibly taste as good as they smell? They could.....and they do!

Canada has long been justly renowned for her superlative brands of both these delicious foods. If you have never tried Canadian bacon or met Canadian ham, ask your Retailer for them. They will delight you both by their flavour—and their price!

The excellence of Canadian poultry is a by-word, but unfortunately 3,000 odd miles separate us from Canadian poultry farms. Cold storage has, however, come to the rescue, and you can now get the most delicious chilled (not frozen) chickens from Canada. (For a special Canadian recipe, see page 36). Nothing in the world is more satisfying for a cold, or partly cold, supper than delicious slices of tongue, with their exquisite salty-savoury-meaty flavour, interesting your nose and delighting your taste, and acting as a whistle to appetite!

The remembrance of the drastic Pure Food Laws of Canada, under whose supervision all these meats are prepared and packed, increases your content. The large tongues are the best for table-use. They should be well-chilled, carefully opened and turned out to be decorated with lettuce, parsley, cress, etc. Baked, creamed, or soufflé potatoes go excellently with cold tongue. Or Potato Cakes (34-35), Winter Salads (17-18-19) or Tomatoes à l'Hiver (16).

And for picnics these Canadian canned tongues are superb, saving as they do much wearisome preparation, and appearing from their easily opened tins, neat and unruffled as a new hat from a bandbox.

The large tongues slice beautifully, and will keep a good while in a cool place, after opening. They should be covered with a cloth wrung out of vinegar, to prevent either moulding or drying.

Canadian Tongue Sandwiches.

Put thin slices of tongue between buttered bread, and spread lightly with French mustard. These are splendid for picnics, and should have hard-boiled eggs as their companions on such occasions.

VARIATIONS.

1. Lay the tongue on the buttered bread, spread with Canadian Tomato Ketchup or Chutney, cover with tongue again, and lay on the top slice of bread.

2. Butter the bread lightly with peanut butter (both pieces), then a light spread of Canadian Tomato Catsup, then the tongue, laid between two such slices.

3. Equal parts of minced Canadian canned tongue and chopped celery. Moistened with salad-dressing or with a little thick cream mixed with Canadian Governor Sauce, and spread rather thickly between slices of buttered whole wheat bread.

Lake St. Joseph Hot Stuffed Eggs. 1.

6 hardboiled eggs
1 cup minced Canadian tongne
1 cup Red River Tomato Sauce (8)
Egg and crumbs for rolling
Canadian Tomato Catchup or
Canadian Governor Sauce or
Great Lakes Gravy Sauce (66)

Cut the hard-boiled eggs in half lengthwise. Take out the yolks, and rub through a sieve. Mix with the minced tongue. Add enough Tomato Catchup (or Canadian Governor Sauce), and a little canned milk to make a smooth paste. Fill the egg centres with this, pressing it flat. Moisten the sides of the whites with a little raw white of egg, and press together. Now cover the eggs with the extra paste, egg-and-crumb them, fry in deep fat, and serve with Red River Tomato Sauce, very hot. Or Vegetable Sauce. (See page 7).

Hot Stuffed Eggs. 2.

Using the same ingredients, but cutting the eggs the opposite way (making cups of the shells) slice a tiny bit off the bottom of each, to make them stand up. Now fill the egg-cups with a pyramid of the tongue paste which should first be made hot, spread the rest on rounds of toast (one to each egg-cup), pour the Red River Tomato Sauce over the whole.

These tongue pastes should be made when the tongue has gone down in the world, and there is hardly enough left of it to slice.

Spread on toast, they are the perfect throne for a poached egg, the whole then sprinkled with well-chopped parsley. Or for scrambled eggs. They are also clever accompaniments to cold chicken, in which case the paste should be rolled in small balls. The remains of a can of veal loaf can be used in the same way.

Two cups chicken haddie lightly floured and made hot in ½ cupfuls canned milk, and mounted on buttered toast that is spread with a paste of this minced tongue, would have entertained Lucullus, and the same couch makes even boiled cod (rechauffèd in tomato sauce) enter the breakfast room like a dashing stranger. A ½ cupful of tongue chunks (cut, instead of being minced) is attractive mixed with ½ cup cooked Shelloni, if they meet in a ½ cup of Wheatfield White Sauce (65) well laced with French mustard.

Or equal parts of tongue chunks and wax beans in Red River Tomato Sauce.

Indeed, nearly half the fun of canned tongue lies in the last quarter of it! For its combinations are limitless, and (like every useful tongue!) it often helps a harrassed housekeeper to carry out an attractive bit of (culinary) bluff!

Cobalt Stuffed Potatoes.

Select 6 even-sized potatoes, scrub well, bake quickly, so that the skins are crisp but not burnt. Cut about an inch off the top. Take out the inside carefully, keeping the shells hot. Run the potato through the ricer, beat in 2 tablespoons canned milk (undiluted), salt, pepper, 1 tablespoon butter. Beat quickly and lightly, then beat in 1 cup minced tongue. Stuff back into the shells, making a cone at the open end. Put back into the oven long enough to heat through.

Or cut the potatoes lengthwise. Proceed as before. Brush over the filled potatoes with egg, sprinkle on some crumbs, dot with butter, and brown. Especially good with creamed fish.

Canadian Veal Loaf.

Like tongue, it is meant to be used as you first meet it, fresh from the can. Perfect for picnics, or cold suppers, or for those moments when the unexpected visitor is twice as welcome, if the hostess has a safety store cupboard full of delicious emergency rations from which to choose.

It can be served with Tomato Ketchup, Canadian Governor Sauce, Pickles, Vegetable Salads (17-18-19), Scalloped Potatoes au gratin, Stuffed Potatoes (27), etc., etc. It can be heated in its own can and turned out on a bed of Quick Minestra (21) or masked with Red River Tomato Sauce (8), or in any other mode to which your fancy leads you.

Cold Canadian Veal Loaf with Canadian Canned Asparagus Tips.

1 can Canadian Veal Loaf
Bottled Canadian Rosebud Beets
1 or 2 cans Canadian asparagus tips
Mayonnaise. Lettuce

Turn out the loaf on a bed of shredded lettuce. Open and drain the asparagus tips. Build them in 4 bundles (like faggots) at the 2 ends and 2 sides of the loaf. Put the Rosebud Beets (cold) in between the piles. Serve with thick mayonnaise.

Hot Canadian Veal Loaf with Canadian Canned Asparagus Tips.

1 can Canadian Veal Loaf
1 can Canadian asparagus tips
2 cups Montreal Asparagus Sauce (8)

Heat the loaf in its own tin or decant and heat by steaming. Turn in a hot dish, and with a very sharp knife cut into sections ready for serving, but do not separate them. Have the asparagus tips hot. Stand them on end all round the loaf, pour Montreal Asparagus Sauce (8) over all, strew with minced tongue and serve at once.

Creamed Canadian Veal Loaf with Tomato.

1 can Canadian Veal Loaf
1 cup Wheatfield White Sauce (65)
1 cup (drained) Canadian canned tomatoes
Sweet pickles

Drain a tin of tomatoes. Lay some in the bottom of a casserole, cover with neat pieces (or slices) of veal loaf, and a few thin slices of sweet pickle. Cover lightly with white sauce. Repeat. Sprinkle with crumbs, dot with butter, make very hot. Serve with green beans and chip potatoes. (Toronto Tomato Sauce (66) may be made from the drained juice.)

Creamed Canadian Veal Loaf with Peas.

Make rounds of buttered toast, spread lightly with tomato ketchup. Cut veal loaf in rather large dice, and heat in some white sauce made richer with a spoonful or two of canned milk (undiluted) and a spoonful of sherry. Have one can of peas very hot, buttered, salted and peppered. Pile the creamed veal on the toast, place in an entrée dish, sprinkle the mounds with paprika, and fill in all the spaces between the mounds with a pavement of green peas.

Canadian Chicken Haddies are delicious done in either of these ways.

Delicious meat pastes come from Canada, all ready to spread. They may be varied by being mixed with Tomato Catsup or Chutney or Governor Sauce, and are always enquired for again, if thin slices of sweet or sour pickles are included in the sandwich.

Again, they are a godsend for stuffed eggs. Equal parts of paste and egg-yolk are easily mixed and rubbed through a sieve, moistened a little with sauce, or a spoonful of any canned soup, and piled back into the halved whites.

These pastes tip the tongue to attention, if they are spread on toasts that are about to receive a share of buttered eggs, or creamed fish; and they should form (in fours at least) part of the preparedness of every store cupboard.

Canadian Cookery Section

Canadian Cookery

EVERY country has some specialities, which though they may not be entirely indigenous to the country, seem so because they are made there with a care that produces a flavour that is essentially their own. Maple syrup and maple sugar are as Canadian as the maple leaf itself. So the foods with which they are eaten.....pancakes, buckwheat cakes, layer cake with maple filling, etc.....become accessories to the maple flavour.

Corn is also a representative Canadian dainty.

The recipes in this section are distinctly Canadian, and especially well-made by the Canadian housewives. We hope that you will make them your own.

Canadian Maple Sugar

To prepare the sugar (which comes in little cakes, or large square ones of several pounds) use a sharp knife and *shave* the sugar down. This is better than grinding or grating, which should only be resorted to if you have allowed the sugar to become very dry. (It should be kept well wrapped, in a tight tin.) But at its best, your fresh prepared sugar is a dish of tawny feathers, interspersed with small lumps like tiny nuts, where it has broken off under the knife. Shaved maple sugar can be used as other sugars are. Try it on apple tart, on blanc mange, on many things where before you have been content with ordinary sugar.....and find a new sweet.

With Indian Meal {or Oatmeal}

Some day make cornmeal mush (like porridge) thin enough to set like jelly as it is poured into the plate. Eat it hot with fresh shaved maple sugar and thin cream. Thin toast, hot and buttered, should be eaten with this to extract its full delicious flavour.

To serve as a Sweet

As a bon-bon or candy, just break maple sugar in small pieces. But in Quebec they do it like this

Sucre à la Creme

1½ lbs. maple sugar, broken up. Add ½ cup cream. Cook till it leaves the sides of the pan. Stir until cool. Spread on an enamel pan (lightly buttered) and mark off into squares.

Canadian Maple Sugar Omelette.

3 eggs
3 tablespoons water (or Canadian canned milk)
¾ cup scraped Canadian maple sugar
2 teaspoons castor sugar
1 tablespoon butter

Separate the eggs, beat the yolks thick, adding the sugar and beating again. Whip the whites very stiff. Beat the liquid into the yolks, fold in the whites. Melt the butter in a medium-sized pan, and when it is sizzling pour in the omelette. Move the pan over the fire so that the edges cook, and the centre is never over a very hot fire, beating it very lightly with a thin knife so that the fluff does not all stay at the top; but never touching the bottom of the pan with the knife, as that would break the omelette. Tilt the pan as it cooks, so that the uncooked part runs to the edges. When almost set, strew one half of the omelette with a little more than half the sugar, and set for a moment under the grill to melt it a little bit. Fold over, slide on to a hot platter, strew with the rest of the sugar, and set under a mild grill for a moment, till the sugar shows the first signs of melting. Serve at once.

Canadian Maple Sugar-Log Sandwiches.

Butter brown (or white) bread generously. Spread one side thickly with shaved maple sugar, cover with the other buttered slice. Trim off the crusts, cut the sandwiches in rather narrow strips, so that they look like roughly "squared" logs, and build a four-square log pile with them on the sandwich plate. Pile shelled peanuts in the centre.

Canadian Maple Cream Sauce for Apple Pie or Pudding.

Whip one cup of cream stiff. Fold in ½ cup shaved maple sugar. Sprinkle with cinnamon and maple sugar on top. Serve at once. Especially toothsome! (This may be made with cream that has turned a little sour.)

Canadian Maple Custard Sauce.

Make a Custard Sauce (67), substituting maple sugar or syrup in place of plain sugar.

Other ways of using maple sugar are:—With pancakes. Spread the pancakes with butter, cover thickly with sugar. Roll up and serve. Or omit the butter, sprinkle lemon juice over the sugar before rolling the cakes. See also Jacques Cartier Rice (62), Canadian Maple Sugar Buns (56), Nipissing Nut Bread (56), Canadian Maple Oatcake (57).

Canadian Maple Syrup

Maple syrup is as great a favourite as maple sugar, and is delicious used just as it comes from the bottle; as sauce for any kind of plain steamed or baked pudding, etc., etc. It is, of course, the sauce *par excellence* for pancakes and buckwheat cakes, or to eat (with butter) on buckwheat gems.

Canadian Maple Sabayon Sauce.

½ cup Canadian maple syrup (or crushed Canadian maple sugar)
2 eggs (whole)
½ cup water
2 egg yolks
½ cup sherry

Beat the yolks of the two eggs. Then beat the whole eggs, mix together and beat again. Add the other ingredients. Beat with a rotary beater over hot water till thickened sufficiently to pour like foam. Serve in a hot jug. Care must be taken not to cook this too fast. It should be lifted from the hot water once or twice while cooking, and stirred carefully from the sides and corners with a spoon, and then resume the beating.

Canadian Maple Prune Jelly.

1 lb. prunes
Lemon rind
¼ cup sherry
½ oz. gelatine
1 cup Canadian maple syrup
¼ cup sugar (if liked)
Almonds and custard
Whipped cream

Wash the prunes, soak overnight in the maple syrup and enough water to well cover them. Next day add the lemon rind. Leaving them in their "soak," boil with a light lid over them till they are very soft. Remove the stones, rub the prunes through a coarse sieve (or put through the mincer) with their syrup. To one pint of this prune pulp allow ½ oz. gelatine, softened and dissolved in the hot pulp. Add the sherry. Mould and chill. (A ring mould is nice for this.) When turned out, stick with split almonds and serve with custard and whipped sweetened cream. A little experience will show when you need more or less gelatine, depending on the thickness of your prune purée. Even the most "difficult" child will welcome these enchanted prunes.

Canadian Maple Syrup Sauce {for Ice Cream}

Heat a cup of maple syrup in a double boiler. Put in a hot sauce-boat, sprinkle with 2 oz. chopped walnuts and pass it with vanilla ice cream. The syrup must be very hot.

Almond Canadian Maple Mousse {Cold}

1 cup Canadian maple syrup
3 eggs
1 pint cream
½ cup Canadian grapenuts
½ teaspoon almond flavouring

Put the grapenuts through the mincer, to grind them into fine crumbs. Heat the maple syrup, pour it on the well-beaten eggs, cook in a double boiler till it thickens. Let it cool. When cold, beat in the stiffly whipped cream, flavouring and grapenut crumbs. Put in a mould with a tight lid. Pack in ice and salt three or four hours.

Or soften ½ oz. gelatine in 1 tablespoon water. Dissolve it in the hot maple syrup mixture. Stir this frequently while it is cooling, so that it will not set before the whipped cream is added. Chill without freezing.

Melting Canadian Maple Mousse {Warm}.

Omitting grapenuts and cream (and freezing), proceed as above, but cook a little longer, keeping the guests, rather than the mousse, waiting. Serve warm, in warm bouillon cups, with wafers, as a sweet.

Canadian Buckwheat Cakes.

Buckwheat cakes of prepared flour are delicious, and so easy to make. Just mix the liquid with the prepared flour, milk, water, or (best of all) canned milk, making a batter of a thickness to suit yourself. It should be like thick (but not stiff) cream. And very smooth. The best method is to put a cupful of this prepared flour in a bowl, make a hole in the middle, pour in a little liquid at a time, mixing the flour in gradually, so that there will be no lumps. When your batter is the right consistency, it may be whipped for a minute with a rotary beater if you wish.

Buckwheat cakes take much less butter or fat in the frying pan than pancakes do. It is enough to grease it lightly. The broad knife with which you turn your cake should be greased also to prevent sticking. Never turn them until they are well cooked on one side. Maple syrup is as matey with these cakes as eggs are with bacon.

Canadian Buckwheat Gems.

2 cups Canadian buckwheat flour
1 tablespoon Canadian maple syrup
1¼ cups Canadian canned milk
1 tablespoon lard
1 tablespoon butter
2 eggs
Pinch of salt

Beat eggs, add liquid, melted shortening, syrup (unless they are preferred unsweetened) and stir into the buckwheat flour. Beat well. Drop by spoonfuls into hot buttered gem-pans and bake in a fairly quick oven. These should be eaten hot, with butter and maple syrup also.

Plain Pancakes {to be eaten with Maple Syrup}.

½ cup Canadian flour
1 teaspoon baking powder
1 cup Canadian canned milk
1 oz. butter
1 egg

Sift the baking powder with the flour, rub in the butter, beat in the milk and well-beaten egg. Let stand fifteen minutes. Have plenty of butter sizzling in the pan Drop in by the very small spoonful, turn quickly, serve straight from the pan to the plate. Companion it with maple syrup or maple sugar and butter.

Canadian Maple Butter Frosting {for Cakes}.

1 cup Canadian maple syrup
3 cups castor sugar (about)
½ cup butter
Chopped browned nuts

Simmer the syrup for three minutes, and cool again. Cream the butter till light, add salt, and ½ cup sugar, then alternate syrup and sugar, beating well each time, till all are incorporated, adding more or less syrup and sugar to make it the right consistency to spread with a knife made hot in boiling water. Sufficient for a large two-layer cake. Sprinkle the top with a few chopped and browned nuts.

For other ways with Canadian maple syrup see Canadian Maple Upside-down Cake (59), Canadian Maple Frosting (58).

Corn is so indigenous to Canada that we have included some simple recipes in this section.

Canadian Corn on the Cob.

To be served as a separate course, after the meat.

Take the corn from the can, and plunge it into boiling water that has been slightly salted. Boil rapidly for five minutes. Cover a platter with a napkin, pile the corn on it, turn up the corners. Serve at once with plenty of firm chilled butter, in a separate dish.

To Eat: Butter two rows of corn from end to end, sprinkle with salt, set your elbows firmly on the table, and eat down the double row. *Da capo!* The liquor from the can can be saved for corn soup.

Canadian Sweet Corn.

Served as an ordinary vegetable.

Decant the corn from the can into a double boiler, and heat over hot water. Drain off a little of the liquor, add 1 tablespoon canned milk (undiluted), or ½ tablespoon milk and ½ tablespoon butter, salt and pepper to taste, and perhaps a dash of Governor Sauce. Serve very hot, with meat, chicken, etc.

Baked Canadian Corn.

1 can Canadian corn
½ cup Canadian canned milk
1 egg
Flavourings
Butter
Flour

Turn one can of corn into a strainer, run a little cold water through it, drain and mix with the milk, salt, pepper, a dash of Governor Sauce, and one well-beaten egg. Put in a shallow baking dish, dredge a little flour over the top, dab with little bits of butter, and set in a quick oven to hot through and brown. Serve as a vegetable.

Canadian Corn Oysters.

1 cup Canadian canned corn
1 tablespoon Canadian canned milk (undiluted)
2 tablespoons Canadian flour
1 egg
Butter or bacon fat
Pepper. Salt

Drain the corn, add the pepper and salt and mix with the flour. Beat the egg well, add milk and beat again. Mix with the corn. Let stand five minutes. Drop by teaspoonfuls in sizzling butter or bacon fat, and sauté on both sides, like pancakes. Let them set and brown on one side before turning, and *never make them big*—the sweet crisped edges are half the battle.

Canadian Succotash.

This is a pleasant vegetable dish made of equal parts of canned corn (off the cob) and white beans that have been soaked and boiled. Put in a double boiler and flour them very lightly. Then stir in half a cup of canned milk. Salt and pepper to taste, add butter the size of a small nut, and serve very hot. A little chopped green pepper adds to the look of this dish.

Further Corn Recipes on pages 16 *and* 17.

Cariboo Cornmeal Cakes.

1 large tablespoon lard
1 small tablespoon butter
1 saltspoonful salt
1 scant cup water
1 scant teaspoon vinegar
1½ teaspoons baking powder
1½ cups Canadian cornmeal
⅔ cup sugar
1 egg
1 scant cup milk
1 scant teaspoon baking soda
1½ cups Canadian flour

Set a dozen enamel "gem" pans to warm, and butter them well. Cream the shortening and sugar, add the beaten egg. Sift the baking powder with the flour. Beat in half the flour. Sour the milk with the vinegar, dissolve the soda in it, and add it alternately with the rest of the flour, and the cornmeal and salt. The batter should be almost too stiff to pour, but not quite. Bake in a moderate oven, raising the heat a little towards the end The edges of the cakes should be crisp and brown. Cover a plate with a fringed napkin, heap the cakes on it, turn up the edges, and serve with lots of fresh butter. Each person should split and butter their own. They are good cold, but best warm, and superlative with honey, maple syrup, marmalade or strawberry jam.

Skeena Strawberry Shortcake.

1 shortcake
Sugar
1 pint strawberries
Cream

Make a soft dough as for Qu'Appelle Scones (55), too soft to roll. Turn a round pie-tin bottom up. Flour it lightly, put the soft dough on it, and spread with the fingers or roll it very lightly, to almost cover the tin. Bake golden brown in a fairly quick oven. Slip it on the platter on which it is to be served. Cut a circle about an inch inside the edge and (using a spatula or broad thin knife) carefully lift off the top and set on one side. Pick out some of the soft cake from the inside. Reserve one tablespoon sugar and about 20 of the finest strawberries. Crush the rest with the sugar, put them in the baked "bowl," replace the top, decorate with the rest of the berries and sprinkle with sugar. Serve while still warm, with a generous jug of thick cream.

This is the very Empress of Shortcakes if the crust is soft, light and tender, the berries ripe and fresh, the cream thick and plenty.

As a variation whip the cream, putting a little on top of the strawberries before replacing the top. Pile the rest over the decorative strawberries. This should always be put together just before serving, so that it is eaten just as the juice is beginning to penetrate the warm crust.

See Peachland (62), and Summerland Fluffy Shortcakes (62) in Puddings and Pastry Section.

Muskoka Twin-Fruit Shortcake.

Using either a Qu'Appelle Scone Mixture (55) or Light Layer Cake Mixture (58), make a filling of diced pineapple and pears—both canned—and serve as described above, or on page 62.

Bonaventure Potato Cakes.

1 lb. potatoes (warm and mashed)
1 cup (and some extra) Canadian flour
1 oz. butter
1 teaspoon baking powder

Beat the butter into the potato (which should be absolutely free from lumps). Warm the flour, sift the baking powder with it, mix with the potato. Add enough flour (if more is necessary) to make a soft dough; the age and moisture of the potatoes govern this. Roll out lightly. Cut in rounds. Bake on a girdle, or in a medium oven, on flat pans. Split, butter, and serve hot for tea.

Prince Albert Potato Cakes.

1½ cups hot mashed potatoes
½ teaspoon baking powder
1 egg
1 cup Canadian flour
1 teaspoon butter
Salt. Pepper
Bacon fat

Flavour the potato to taste, mixing in the butter, sift the baking powder with the flour, beat into the potatoes with a fork. Turn out on a floured board, making a little mound with a hole in the centre. Beat up one egg and mix in, with a knife, till it holds it together. Roll out lightly, about half an inch thick, cut in squares, fry in hot bacon fat in a flat pan, and serve in place of plain potatoes. These are especially good with cold meat. They should not all be cooked at once—just enough to start the family or guests—and then, hey, presto!—the rest, so that they will come hot from the pan.

Evangeline Scalloped Potatoes.

Peel six or eight potatoes and slice (crossways) very thin. Lay in layers in any baking dish (pyrex, etc.) in which they can be served on the table. Dredge each layer lightly with flour, and sprinkle with salt and pepper, and (if liked) with minced parsley. When the dish is nearly full dot the top layer liberally with butter as well, and pour in (at the side) enough canned milk to just cover the potatoes. Cook in a slow oven till quite tender (about an hour and a half), browning the top before they are finished.

For a change of flavour omit the parsley and use a sprig of mace, or strew a little cheese over each layer, and a double amount on top.

These potatoes are especially good as the only hot dish at a cold supper, and can be prepared beforehand, and quickly reheated, if necessary.

Selkirk Scalloped Tomatoes.

1 can Canadian tomatoes
A bayleaf
Salt
Pepper
Plenty of hard dry breadcrumbs
2 teaspoons sugar
Patience!

Flavour the tomatoes rather highly, mix in most of the breadcrumbs, but keep some extra ones for the top. There should be *almost* enough crumbs to absorb the liquor of the tomatoes, but not quite. Cook very slowly, stirring occasionally at first. When nearly done, sprinkle the last of the crumbs over the top, dot with butter, and brown. The success of this dish depends on slow cooking, and a nice brown crust on top.

Halifax Half-Hour Jelly Roll.

"*Ten minutes to make, ten minutes to bake, ten minutes to take.*"

2 eggs
½ cup Canadian flour
½ teaspoon baking powder
½ cup sugar
½ teaspoon vanilla
1 tablespoon water

Sift flour and baking powder. Beat the whites of the eggs to a stiff dry froth. Beat the yolks. Add sugar, beat again, add vanilla, beat again, add water, beat again. Fold in the whites lightly, with a lifting motion. Then the flour in the same way. Have a warm flat oblong pan, lined with waxed paper that has no up-rising edges. Pour in the mixture, spreading with a fork, and bake quickly. When done, set the pan for one moment on a wet cloth. Turn out (upside-down) on a damp cloth, peel off the paper, spread with jelly, roll up quickly. It is always delicious, but best when served still slightly warm.

Athabaska Cookies.

½ cup butter
1 egg
2 tablespoons Canadian canned milk (undiluted)
1 tablespoon water
¾ cup castor sugar
½ teaspoon baking powder
Canadian flour sufficient to roll

Cream butter and sugar. Beat in the egg, and a little flour (sifted), then the milk and water with the baking powder dissolved in it. Mix in some more flour. Do not make too stiff. Roll very thin, cut in rounds, bake in a moderate oven to a golden brown. Watch carefully. For a variation, flavour with almond flavouring, and sprinkle a few finely chopped almonds on the cookies when about half baked.

Or make the dough overnight, shape into a long firm roll, set on ice. When ready to bake next morning, cut in *very* thin slices (rounds) with a sharp knife. This saves the time of rolling, and uses every last scrap.

Cold Chicken Canadienne.

(Made with Canadian Chilled Chickens).

"*Roped and tied.*"

Canadian housewives are so often called upon to serve meals single-handed, and to entertain the guests at the same time, that they make a study of attractive cold dishes that can be prepared beforehand, so that the menu will not interfere too much with the conversation. Try this one:—

Cold chickens
Hardboiled eggs
Wheatfield White Sauce (65)
Parsley. Olives

The chickens should be stuffed, fatly trussed, and steamed. Have ready a Thick Wheatfield White Sauce (65), the liquid being a mixture of canned milk and the liquor from the chickens, strained off when almost done. While they are still hot, take the skin off carefully, disjoint the wings and legs, and carve the breast, keeping the bird well in shape meanwhile. Tie it all carefully in place with white thread (cotton No. 40), using no more than is necessary, but making it quite secure. Mask thickly with the sauce, cut the eggs in half crosswise, take out the yolks, and sieve them over the chickens. Slice olives (stuffed with pimento) crosswise. Place a row, almost touching (like buttons) down the breast of each chicken. Put the chickens on a platter, tuck a bunch of parsley into each shoulder and between the feet. Fill each half-cup of white of egg with a ball of minced tongue, mixed to a paste with a spoonful of the white sauce, and flavoured with mustard. Decorate the platter with these with small bunches of parsley between. When the chickens come to be carved a sharp knife cuts the concealed cotton at a touch, and the birds come apart neatly without disturbing their decorations. The sauce also keeps in their juicy flavour. *Recommended.* Silver skewers should be used to help to hold the legs and wings in place.

We only include one chicken recipe, as every ordinary chicken recipe can be followed to advantage with these delicious chilled chickens from Canada.

Canadian Apples

CANADIAN apples are in season from September to April, and during those months are imported in such quantities, that they should be on sale by local fruiterers throughout the United Kingdom.

Should you experience any difficulty in purchasing Canadian apples from your customary retailer, please write to Mr. J. Forsyth Smith, Canadian Government Fruit Trade Commissioner, Walter House, Bedford Street, Strand, London, W.C.2., who will be pleased to assist you in any way to obtain what you require.

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The Canadian Apple

" The apple is indeed the fruit of youth. When you are ashamed to be seen eating apples on the street; when your lunch-basket is without them and you can pass a winter's night by the fireside, with no thought of the fruit at your elbow, then be assured that you are no longer a boy either in heart or years."

—*John Burroughs.*

THE apple was grown in Canada as early as 1663, on the fertile farms of Quebec. Nova Scotia was the second province to plant the fruit of knowledge and health.....the delicious life-giving apple that contains four separate kinds of vitamins, that acts as a tonic and a skin-freshener, that builds without *embonpoint!* And that is so pleasant and delicious whether cooked or plain, that not even the most violent food faddists can spoil the mouth-watering thought, the ever-fresh delight and flavour, of a juicy Canadian apple.

A raw apple before breakfast and between meals is not only a health measure but a personal pleasure. It feeds without fattening and acts as a stimulant to body and brain. Solomon was not the only person who appreciated being " comforted with apples " in those long open spaces between meals! But did you ever try a raw Canadian apple *with* breakfast as a change from marmalade or jam? A dessert apple.....a tart apple.....a hard apple.....which is your pet flavour? Canada grows them all. Quarter one, core, peel and slice each quarter into three. Now a bite of crisp buttered toast (white or brown) a thin slice of apple.....munch the two in delicious amity, as a perfect accompaniment to your morning paper.

Of course a Canadian apple at night.....one of those famous apples to which " there ain't going' to be no core " .....is the best dentifrice in the world.

As Solomon might so easily have said: " Of the cooking of apples there is no end." And your own best-beloved apple recipes will taste particularly good with Canadian fruit. For Canadian-grown apples have special qualities all their own.

Grown, as they are, in a series of climatic conditions stretching from coast to coast, their variety is amazing. Their flavour and keeping qualities have won them an international reputation. In addition, their standardised sorting and packing, and the exacting conditions of the Canadian Fruit Act, insure their high quality.

It is thirty years since Canada passed its first Fruit Marks Act, making the grading of apples compulsory. From time to time, it was amended to meet the growing needs of the industry, and in 1923 the whole Act was repealed, and the Fruit Act now in operation, was passed in its place, providing for rigid Government Inspection, and defining the grades of fruit, etc., etc.

Canadian apples are packed in two principal packages, barrels, containing an average of about 135 pounds, and boxes, containing an average of about 40 pounds of fruit.

For barrelled apples there are two grades: No. 1, the best quality, generally free from blemish and of good colour, and Domestic, comprising fruit of somewhat lower quality, with a certain proportion of slightly blemished apples, and with a lower permissible standard of colour. In both grades, the sizes of the apples contained are marked on the barrel, 2″ to 2¼″, 2¼″ to 2½″, 2½″ up, the reference being to the diameter measurement of the apples.

For boxed apples, there are three grades: Extra Fancy, the highest quality of highly coloured unblemished fruit, Fancy, also of good quality, though somewhat inferior to Extra Fancy, and of somewhat lower colour, and C. Grade, a good grade for ordinary everyday use, as sound as the better grades, but less attractive, and with less colour.

USE CANADIAN APPLES IN THEIR SEASON.

Canadian apples, on account of their excellent keeping qualities, and the number of different varieties, remain in season for eight months of the year. Each variety has its own special flavour and colour characteristics, each has a season when it is available in the greatest quantity and in the best condition, and if you learn to know them and to ask for them by name, they will reward you by coming to your table in the greatest perfection.

The first varieties offered on this market, are the Gravenstein, Cox's Orange Pippin, Wealthy, Ribston, Blenheim, McIntosh Red, Jonathan and Grimes Golden.

The first winter apples are the King, Greening, and Wagner, followed closely by Baldwin, Northern Spy, Newtown, Golden Russet, Ben Davis, Stark, Fallawater, Spitzenberg, Delicious, Rome Beauty and Winesap.

We suggest that you ask for varieties as follows:—

In September. Gravenstein, Cox's Orange Pippin.

In October. Gravenstein, Wealthy, Ribston, Blenheim, McIntosh Red, Jonathan, Grimes Golden.

In November. Ribston, Blenheim, McIntosh Red, Jonathan, Grimes Golden, King, Wagner, Baldwin, Northern Spy, Fallawater, Spitzenberg, Delicious.

In December. Ribston, Blenheim, McIntosh Red, Jonathan, King, Wagner, Baldwin, Northern Spy, Fallawater, Spitzenberg, Delicious, Greening, Stark.

In January. McIntosh Red, Jonathan, Baldwin, Northern Spy, Fallawater, Spitzenberg, Delicious, Greening, Stark, Newtown, Golden Russet, Ben Davis, Rome Beauty, Winesap.

In February. Jonathan, Fallawater, Spitzenberg, Delicious, Greening, Stark, Newtown, Golden Russet, Ben Davis, Rome Beauty, Winesap.

In March. Spitzenberg, Delicious, Newtown, Winesap, Stark, Golden Russet, Ben Davis, Rome Beauty.

The most economical way to buy apples is by the package. If you find a barrel too much for your needs, try a 40-lb. box. A constant supply of apples in the home—let us say, two boxes, one for cooking and a special seasonal variety for eating—will prove a boon to every housewife. The best way of keeping apples at home is to set them at least an inch apart on open shelves in a cool dark airy cupboard.

Canadian Apple Recipes

"Comfort me with apples."

Any favourite recipe that you have tastes especially good when made with Canadian-grown apples. We add some specialities: some of them particularly Canadian in flavour, and some of them old favourites with a slightly different mode of preparation.

Clara's Canadian Apple Sauce

Quarter, core and peel as many tart Canadian-grown apples as desired. Set them in a deep pot (enamel for choice), covering the bottom of the pot about one inch deep with water. Cover tightly. Boil furiously for a few minutes, taking care that they do not burn in the least degree. As soon as they are clear and tender, remove from the heat, and beat with a rotary egg beater. If sugar is desired, add it now, or any other flavouring, or a few drops of lemon. Some people prefer a tart sauce, without any sugar except what they sprinkle on their own portion.

This makes the smoothest possible apple-purée, with the freshest possible flavour. If you think it will be too thin, drain off a little of the juice before beating up the apples. If too thick, add the amount of water desired. It is good either hot or cold.

Sweet Canadian Apple Sauce.

10 Canadian apples
¾ cup cold water
½ cup sugar
1 tablespoon lemon juice or
⅓ teaspoon cinnamon or
A few gratings of nutmeg

Wipe, quarter, core and peel sour Canadian-grown apples; add the water and cook until the apples begin to grow soft; add the sugar and cook until thoroughly soft; press through a strainer (or beat with a rotary beater), add flavouring and beat well.

Dried Canadian Apple Sauce

Wash Canadian-grown dried apples thoroughly and soak for several hours (or overnight) in fresh water. Cook slowly until tender, then sweeten to taste with sugar and cinnamon and cook a few minutes longer.

Baked Canadian Apple Sauce

Fill a two-quart earthen pudding dish with alternate layers of tart, sliced, Canadian-grown apples and sugar; cover with water, place a cover over pudding dish and bake in a slow oven two or three hours, being careful to add a little water if needed. If Spitzenburgs are used, when turned into a dish it will be a mass of jelly as red as a cherry, and the flavour unimpaired by cooking.

Special Canadian Apple Sauce for Pork Dinner.

Core, but do not peel four large tart Canadian-grown apples (one of the cooking varieties), and cut into quarters. Cover with boiling water; add a small piece of stick cinnamon and two whole cloves. Cook until very tender and rub through a coarse sieve (or beat to a pulp with a rotary beater). Return to fire and add one tablespoon of sharp vinegar or cider, and one-half cup sugar. Cook 10 minutes, then beat in one teaspoon butter. Serve hot with pork.

Fried Canadian Apple Rings (with Pork).

Wipe Canadian-grown apples, cut in thick rings without removing core or skin. (Or cut in quarters, and remove the core.) Sauté in hot butter or dripping till tender but not shapeless, and garnish the pork with them. Also delicious with sausages.

Canadian Apple Marmalade

Make Clara's Canadian Apple Sauce (40). For each cup of apple pulp add ¾ cup sugar. Add grated lemon rind and lemon juice, allowing ½ lemon to every 6 cups apple pulp. Cook slowly, stirring very frequently until thick. Put up in jars or glasses and cover with paraffin wax. When cold it should cut like cream cheese or jelly. Preserved ginger cut fine may be added, using 1 tablespoon for every 6 cups pulp.

Canadian Apple Jam.

Peel and cut Canadian-grown apples into quarters, core and cut into rather thick slices. To every pound of peeled and cored apples allow ¾ lb. brown sugar, and to every 5 pounds apples allow the juice and grated rind of 4 lemons and ½ lb. ginger root or preserved ginger. Let all stand in a bowl until the following day; boil until the apples are rich amber colour and perfectly clear. Put up in jars and cover with paraffin wax.

Canadian Apple Butter.

1 lb. apple pulp
¾ lb. sugar
1 quince
Juice and grated rind 1 orange or 1 lemon

Wash, peel and core Canadian-grown apples and quince. Cover peelings with water. Cook for half an hour; drain and add this juice to apples and quince, and cook until soft; press through a sieve, add sugar, grated lemon (or orange) rind and juice and cook until thick and clear (finish as above).

Crimson Canadian Apple Jelly.

6 large Canadian apples
2 tablespoons sliced ginger
4 or 5 cloves
Peel of 5 lemons
Sugar

Quarter the apples. Put them in a preserving pan, and just cover them with water, add sliced or pounded (NOT ground) ginger, lemon peel and cloves. Boil until the apples are completely in pulp, watching carefully to prevent scorching. Then drip through a jelly bag. To every pint of juice add a generous ¾ pounds of sugar. Boil on a slow fire for half an hour, add the strained juice of the lemons and continue boiling, stirring as little as possible till the jelly is a rich crimson, and a little will "jell" on a flat plate. Then take up at once. Pour into small jars and leave till cold before covering.

Canadian Maple-Baked Apples.

Wash and rub 6 firm Canadian-grown apples. Take out the core with a corer. Cut off a little bit of the end of the core, and put it back like a cork in the bottom of the apple. Set the apples in a baking dish. Fill the holes with small chunks of maple sugar, alternated with butter. Cover the bottom of the pan a quarter inch deep with water. Bake in a fairly hot oven, basting (if necessary) with their own syrup, till tender but not slushy. Serve hot or cold, with plain or whipped cream. Or the apples may be peeled and steamed, instead of baking in their skins. *But always keep the apple-cork for the bottom.*

Steamed Canadian Apples.

Wipe, core and peel tart Canadian-grown apples. Place on a dish in a steamer and cook till apples are tender, but not broken; strain the juice and make a syrup by using one-half as much sugar as juice; boil three minutes, add 1 tablespoon lemon juice and pour over the apples. When cold, they may be served with or without plain or whipped cream.

Eve's Canadian Apples.

The Steamed Apples (42) should have their centres filled with apricot or raspberry jam, and their juice and the sugar boiled down to a thick syrup, and poured round them. When ready to serve, pour a little heated rum or brandy over them, and set alight with a taper as soon as they are set on the table. Small fancy cakes should be served with them.

Canadian Apple Cactus.

½ cup Canadian maple syrup
Blanched almonds
Crimson Canadian Apple Jelly (42)
Cream (whipped)
6 Canadian apples
1 tablespoon Demarara sugar
2 teaspoons butter

Select large, firm, even apples. Core and peel them carefully. Set them (not touching each other) in a pudding dish or pie-plate. Pour round them one half cup water mixed with one half cup maple syrup, set in the steamer, and steam very gently till quite tender but unbroken. Let them cool in this juice. When cold, lift the apples to a serving dish, reserving the juice. Stick them all over with blanched almonds cut into slivers. Fill the centres with Crimson Apple Jelly (42). Add sufficient maple syrup to the juice from the apples to make a cupful, add sugar and butter. Boil to a thick syrup, and when cool pour over and round the apples. Pile whipped cream on each and serve very cold.

Canadian Apple Souffle.

Whites of 4 eggs beaten very stiff
1½ cup Clara's Apple Sauce (40)
3 tablespoons powdered sugar
Butter, sugar, almond and vanilla flavouring

Make the whites of eggs and sugar into a meringue (very stiff). Drain the sauce very dry, and stir it over the fire till the juice has evaporated, and the sauce is dry and rather firm.

Mix the meringue quickly and lightly into the hot sauce, and shape it into a smooth mound in a pudding dish. Sprinkle with sugar, and bake slowly for about half an hour. It will not fall. Serve with whipped cream for choice, or a Juicy Sauce (67).

Canadian Apple-John.

Use glass custard or grapefruit cups. Put 1 tablespoon cold boiled custard in the bottom of the glass. Then a spoonful of apple-sauce, and so on, finishing with custard. Top with sweetened whipped cream and sprinkle with browned chopped nuts.

Canadian Apple Fritters.

Peel, core and quarter Canadian-grown apples; roll in powdered sugar and dip in Fritter Batter (60). Fry in deep fat like doughnuts. Roll in powdered sugar just before serving. Serve hot. A little butter and extra sugar go well with these.

Banff Brown Betty.

6 or 8 sliced Canadian-grown apples
1 large cup grated breadcrumbs
½ cup cold water
½ cup molasses
Butter and spices
Sugar (Canadian-maple or Demarara)

Butter a baking dish; put on the bottom a layer of Canadian-grown apples; over this a layer of stale grated breadcrumbs, just thick enough to cover the apple, add many little lumps of butter, sugar, and a pinch each of cloves, allspice and cinnamon; then begin again with the apples, crumbs, etc., and continue until the dish is filled, ending with a thick layer of bread crumbs and lumps of butter. With a knife make a space on four sides between the dish and the pudding, mix molasses and water and pour in. Smooth the spaces over, set the dish in a pan of boiling water and bake until the apples are tender and the crumbs slightly brown. Serve with cream or with lemon pudding or Juicy Sauce (67).

Canadian Apple Charlotte.

Peel and cut in quarters Canadian-grown apples. Cook in a small amount of water, boiling slowly until tender. Add sugar to taste and ½ teaspoon of butter; cook until dry. Cut bread ½ inch thick and 1 inch wide and the depth of dish to be used, removing crusts. Dip in melted butter. Line baking dish with bread pieces overlapping. Use the crusts in bottom. Fill in with apples, cover with buttered crumbs, bake ½ hour in a hot oven. Turn out and serve with cream and sugar. If cooked in a deep dish, stir in one or two well-beaten eggs to hold it in shape when turned out.

Canadian Apple Snow.

To 2 cups of Clara's Apple Sauce (40) use the white of 1 egg; beat egg whites stiff and gradually beat the apples into it, and beat until quite stiff. It will be as white as snow. Serve with custard sauce. The apple sauce should be *thick* and *cold* before using.

When you start the day with a Canadian apple, let it be a fresh-aired one. Put your apple on a plate, cover with a bowl and set in a cool place—on the window ledge for choice. In the morning it will taste deliciously crisp, fresh and juicy.

Should you experience any difficulty in securing supplies of

CANADIAN APPLES

or should your usual fruiterer be unable to secure supplies, please inform Mr. J. Forsyth Smith, Canadian Government Fruit Trade Commissioner, Walter House, Bedford Street, Strand, London, W.C.2, who will be pleased to render you any assistance.

Canadian Breakfast Foods

THE wise and thrifty Scot knew the value of oatmeal, before it was fully appreciated elsewhere. But the ancient "oats" were not always attractive, being rough and often full of husks. Present-day rolled or packaged oats are so fresh and delicious that pantry-marauding youngsters are often quite ready to devour them without more ado. But while the bulk rolled oats yield their full sweetness to long slow cooking, the quick-cooking oats give delicious porridge in a few minutes. As do the other packaged cereals that require cooking.

And then those delicious all-ready breakfast foods, so welcome to the hurried housewife, so full of vitamins and sweetness! Though they repay a few moments' crisping in the oven, their crisp-flaky, puffed-nutty, crunchy, or spun-wheat flavour rises superior to any attention at all.

They can run straight from the package to the plate. The rustle of their outpouring is like a bugle call to appetite—and never a pot to wash when the glory is gone! Once oats were the only cereal "eats" for breakfast. Then came cornmeal and hominy. Now wheat, rice, gluten, malted barley, corn and many another delightful grain is prepared in one or another healthful and appetising way. And you can choose your fancy of the moment from a varied menu.

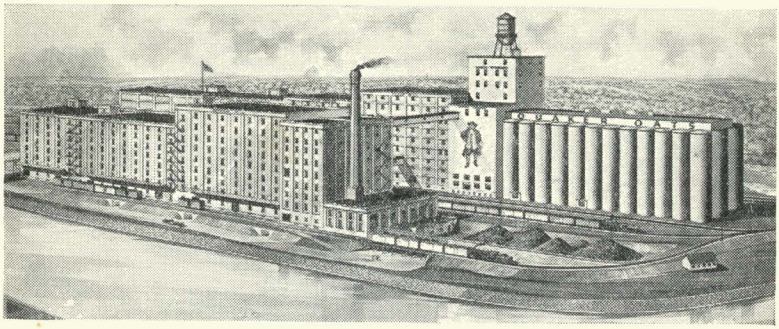
Incidentally they induce to the additional consumption of milk, the priceless body-building food for all young things.

Call these things breakfast foods if you will! But in one form or another they project themselves into any one of the twenty-four hours. Any one of half-a-dozen or more are delicious with fruit. Others seem specially made to partner ice-cream (as a foundation, an ingredient, or an accompaniment). Some are wonderful in cakes. And for those quick crumbs beloved of good cooks, they are amazingly good.

What mother has not hailed them as the most pleasant help when hungry homecomers rush in from school or playing field, demanding instant satisfying food? Many a budding romance has flowered under the wholesome after-the-party influence of seeking supplemental food together.

A post card to our address will bring you specialized information regarding Canadian Breakfast Foods.

THE EMPIRE'S BREAKFAST



The huge mills at Peterborough, Ontario, Canada, in which Quaker Oats and Quick Quaker are made.

The Empire's largest Oatmeal Mill

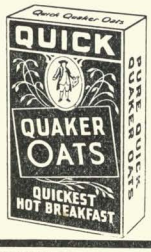
THE above illustration gives a very good idea of the great size of the Quaker Oats milling unit at Peterborough (Ontario, Canada), which supplies all the millions of packets of Quaker Oats and Quick Quaker Oats for the British Isles. Its capacity is 12,000 cases per day.

The grain storage tanks on the right of the picture will hold 1,500,000 bushels.

The plant has 12½ acres of floor space, and is easily the largest oatmeal mill in the British Empire.

The Quaker Oats Company has more money invested in the Empire in the business of oat milling, and employs more British labour, than any other one milling firm.

Quaker Oats is literally the Empire's Breakfast. It is the only packet that sells universally throughout the Empire. Milled from the world's finest oats, and roasted by a special process, Quaker Oats has a rich creamy flavour no other oat has ever been able to imitate.



QUAKER OATS LTD., 11-12 FINSBURY SQUARE, LONDON, E.C.2.

The Modern Milk-Made

MILK Canadian Condensed MILK
Canadian Evaporated
Canadian Powdered

CALL it what you will. But the well-known brands of canned milk are all prepared for you under conditions that many a discontented cow might envy!

The slowest things about the process are the cows. Carefully chosen and tended, sleek, healthy, calm in lush pastures, or by the banks of rippling rivers, producing a grade of milk equal to any in the world.

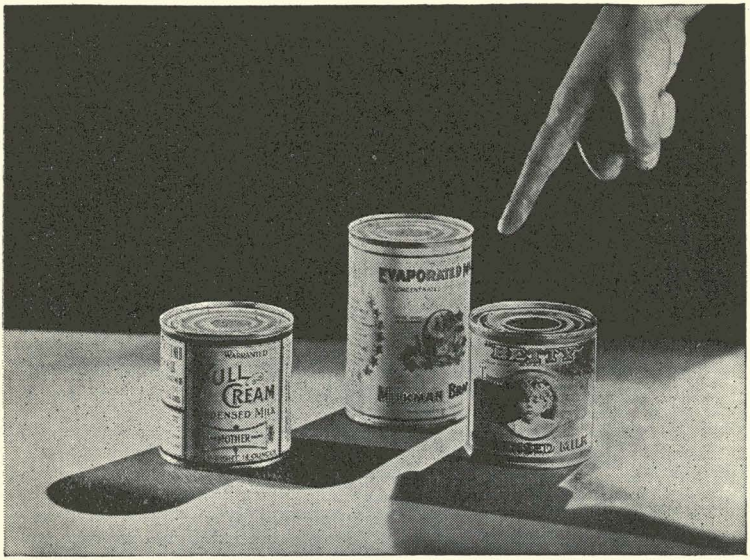
Once the cow says good-bye to her foaming contribution, the efficient scientist takes on the job. In immaculate factories, untouched by human hands, the milk is rapidly made ready for its shining cans.

The two main processes are :—

1. The forcing of the milk, by tremendous pressure, through tiny holes, so that the fat globules (the " butter content " which would rise to the top as cream, if left to stand) are broken into a fine spray, and so thoroughly mixed with the body of the milk that they can never separate again. This is why the whole contents of the can are of a uniform richness.

2. The reduction by rapid evaporation in " vacuum pans " to one-third of its original volume.

No preservatives are used. Unsweetened canned milk is just the goodness of the fresh milk without the 80 per cent. of



Look at these Labels!!

they are the registered Brands of

CANADA'S PUREST MILK

Ask for them by name and don't be put off with a "just as good."

"MOTHER" BRAND
Full Cream Sweetened.

"BETTY" *Full Cream Sweetened.*

"MILKMAN" *Unsweetened.*

ALL
GUARANTEED STANDARD QUALITY

Wherever they are purchased the quality of these Milks is uniform and the label is your guarantee.

Sole Importers for the U.K.

R. LEHMANN & CO., LTD.
Peninsular House, Monument Street, London, E.C. 3

water that all milk has in its natural state. When you mix water with it you return it virtually to its original state. With these advantages (particularly for cooking) :—

That with canned milk there is no such thing as " skim " milk. All the butter fat is there. (The vitamins too !)

That the breaking of the fat globules makes the milk easier to digest.

That by using a little less water to dilute you can have your milk as creamy as you wish at will. (Thus saving butter in many recipes.)

That you need never use it in haste, if you think you have too much, because it keeps well after opening. Powdered milk keeps indefinitely till mixed with water.

That there is always " extra " in the cupboard for unexpected calls on the milk supply.

It gives your cakes, puddings and sauces an exquisite rich and even texture. With powdered milk you need neither ice nor larder—it keeps winter or summer, whether it has been opened or not.

Additionally, it is an actual food. One of the best in the world, especially for children. Unsweetened canned milk is about the consistency and value of cream. You can use it that way if you wish. But diluted in accordance with the directions it becomes *whole milk* again—of extra value for cooking, which is usually done with skim milk.

Canadian canned milks are all inspected under the drastic Pure Food Laws of Canada. You know these milks are both delicious and safe.

Where the recipes in this book specify Canadian canned milk, dilute the contents of the can in accordance with the directions on it before measuring, unless " undiluted " is specially specified.

Canadian Honey

FOR centuries honey has been the favoured sweet of gods and men. To-day it is as fresh, sweet, delicious and wholesome as it was when Solomon said that it was "good." But there are differences in honey. Canadian honey has that succulent sweetness that makes you sure that it was garnered from "fresh fields and pastures new." Indeed the Canadian bee is a favoured creature who sips from flowers and clover that give the delicate natural flavour to the honey that comes to you so carefully packed and protected.

FOR THE CHILDREN

"Butter and honey shall he eat," says the old prophet. For honey is one of the most wholesome foods in the world, and supplies the sweet that children not only crave, but which Nature needs to supply weight and warmth. Give them plenty of it. Stale bread, a left-over scone, the crust that nobody wanted before, take on a new charm if spread thick with Canadian honey.

While honey is best of all eaten plain there are some pleasant ways of incorporating it in cooking. It has also been long regarded as a valuable aid to the complexion. We give a few recipes suitable for the Inner Man and the Outer Woman.

Canadian Honey Sauce for a snow pudding or a blanc mange.

Mask the mould when turned out with clear honey carefully dripped from a spoon. Cover with whipped cream. Particularly pleasant!

Canadian Honey Sandwiches.

Butter the bread and slice thin. Spread with unstrained honey, strew with chopped almonds. Brown bread is particularly good in these sandwiches. As a variation spread crisp dry toast with thick honey. Dab with butter. Put the slices together. These are excellent also if lightly sprinkled with cinnamon before being put together.

Or mix 2 parts of Canadian honey with 1 part of unsweetened cocoa or grated chocolate and use as a "spread" for sandwiches.

Canadian Honey Cake.

⅓ cup sugar	⅓ cup Canadian honey
⅜ cup cream (sour)	1 pint Canadian flour
½ teaspoon soda (scant)	1¼ teaspoon baking powder

½ teaspoon almond flavouring

Sift flour and baking powder together. Stir the soda into the sour cream. Add the sugar, then the flour alternately with the honey. Beat well. Bake in a medium oven. Serve while still warm. (This is also good if chocolate is added.)

Miss Canada's Mask for the Complexion.

Beat the white of an egg till a little fluffy but not at all stiff. Mix into it 1 tablespoon thick Canadian honey, then 2 tablespoons ground barley or as much as will make a pleasant paste. At night, after washing the face, spread this all over it, cover with a linen mask (or strips of linen) and sleep in it. In the morning dab the face with hot water till the mask comes easily away. Wash off the paste with warm water, splash the face freely with cold water. Continue for three weeks, and the complexion will be noticeably cleared, freshened and fined.

Ask your grocer for Canada's Pure Food Products. If you have any difficulty in obtaining supplies of Canadian food products through your usual retailer, apply to the nearest of the

CANADIAN GOVERNMENT TRADE COMMISSIONERS

listed on the back cover. He will inform you or your grocer of the nearest convenient source of supply.

Canadian Fruit Pectin

PECTIN is the substance (tucked away by Old Dame Nature in the tissues of fruits) that makes your jelly "jell." But Nature is often careless. The amount of "jell" varies in fruits, it decreases as they reach ripened perfection. Even the most experienced housewives sometimes have a failure with the jelly—and don't know why.

Because of this Science stepped into the kitchen. Patient research and experiment enabled this precious substance to be extracted, and now you can buy it from your own grocer, refined, concentrated, and bottled in a convenient form. Canadian fruit pectin (called Certo for short) has taken the "luck" out of jelly—reduced the time of boiling, so that the full quantity of juice and all the lovely colour of the fruits are retained.

Canadian Fruit Pectin is in no sense a preservative. It is just the acidulous solution of the natural fruit pectin. Try using it in some of the following ways :—

Canadian Fruit Conserve.

3 cups of any desired combination of Canadian fruits or fruit juices, fresh, canned, bottled or dried.
1 level cup nutmeats
Grated rind 1 orange
2¼ lbs. sugar
½ lb. seeded raisins
Juice 1 lemon
½ cup Certo

Run fruits and nuts through the mincer (2 cups solid and 2 cups liquid is a good combination), mix with the sugar, orange rind and lemon juice in a large preserving pan. Use hottest fire and stir constantly before and while boiling. Bring to a full rolling boil, and boil hard for 1 minute. Remove from fire, and stir in Certo. Stir and skim constantly for just 5 minutes (to prevent fruit from floating). Pour quickly into pots and cover the Conserve at once with hot paraffin wax. When cold pour on more wax and roll round to seal the edges. One jar (left uncovered) may be used as soon as set, and the rest kept for emergency use. The Conserve should be served with cream, plain or whipped, but unsweetened.

Canadian Grape Juice Jelly.

1 pint Canadian grape juice (2 cups)
Juice ½ lemon
3 cups sugar
½ cup Certo

Bring sugar and juice to a boil. Stir in Certo. Bring to a full rolling boil again, and boil one minute. Remove from fire, let stand a minute—skim. Pour into jars and cover as before.

Canadian Loganberry Jelly can be made by exactly the same method.

You can make jams, jellies and conserves thus. Cranberries, carrots, mint jellies, green pepper relish, banana-butter, and your own old favourites that will take half the time to make. For other ways with Canadian Fruit Pectin see complete directions (which will be sent on request) for making any and every kind of jelly and jam with Certo.

Canadian Fruits—Bottled or Canned

NOTHING, of course, is quite equal to the strawberry fresh with dew, or the globed raspberry, just ready to fall from its cane into an open mouth. But for the other eleven months their luscious bottled brethren do an extraordinarily good work for us. Canadian canners take especial pride in the flavoursome-ness of their fruits—those sweet Niagara peaches, tender and melting; egg plums and lombards bursting their skins with juice; fat cherries, sun-sweetened pears—how good they all are! While the berries—strawberry, raspberry and loganberry—are a constant delight the whole year through. Not forgetting the flavoursome tender pineapple, in a class by itself.

Most of the Canadian fruits are packed in three grades—Standard, Choice and Fancy. There is remarkably little difference between the first two, and both are excellent. The third—superlative!

The perfection of the fruit as to size, shape, colour and flavour is remarkable. All the brands are delicious to eat, just as they come to you, from their carefully inspected cans or jars. Cream (plain, condensed or whipped) is an extra treat with them. So is boiled custard or ice cream. They are wonderful with baked custards. The juices make sauces of special charm for puddings; for variation they may be thickened with a little cornflour. Nuts may be added, or a dash of sherry or maraschino, if you like a winey sauce. (See Juicy Sauces, page 67).

Victoria Deep Tarts.

Canadian cherries, plums or peaches should be drained from half their syrup, and a deep dish filled with them. They should be covered with a light short crust (63), and this should be cooked quickly, as the fruit needs no extra cooking.

Canadian Fruit Flans.

Bake a pastry shell. Fill with Canadian canned peaches, cherries, pears or plums drained from their juice. Heat the juice and dissolve gelatine in it (proportion of 1 oz. to 1 quart) and when cool and almost set pour over the fruit and set in a cool place. Serve with or without cream or custard. Or thicken the juice slightly with cornflour instead of gelatine.

Almonds, blanched and split, are always a pleasant ornament and addition to open fruit tarts. Or of course the flans may be served with their own juice sailing alongside in a boat instead of jellying it, with whipped cream or a meringue on top of the flan.

These fruits may also be baked between two short crusts, in the manner of the Canadian pie. But in either case, the extra juice should be reserved and served separately.

In the following recipes pears, peaches, plums, cherries may generally be substituted for each other to suit one's own taste or convenience.

Raspberries and strawberries also may often change places.

Mount Robson Cherry Tarts.

Make some Quick Pastry (63). Line small patty-pans with it and cook. Drain one tin of Canadian red-pitted cherries. Pile the fruits in the pastry shells. Top with whipped cream.

Or beat up one egg with ½ cup of the cherry juice. Pour a little over each little tart, and put in the oven till slightly set. These are nice sprinkled with grated cocoanut.

Turtle Mountain Turnovers made with Canadian Canned Peach, Pear or Cherry.

Drain the fruit from the syrup. Roll some Quick Pastry (63) very thin. Cut in squares at least three times the size of the fruit. Place the fruit in one half, turn the other half over (so that you have a three-cornered piece) and pinch the edges tightly together. Prick twice on the top. Lift carefully on to baking tins, and cook quickly in a hot oven. Serve with the juice from the fruit in a jug.

Dominion Dainty.

1 can Canadian strawberries or Canadian raspberries
Juice of ½ lemon
1 to 2 teaspoons cornflour
¼ cup sugar
Thick cream

Rub fruit and juice through a strainer. Add sugar and lemon and bring all to a boil. Mix the cornflour smooth with a little water, add and boil one minute, stirring constantly. Strain. Chill. When ready to use, for each person put ½ cupful in a soup plate, pour some very thick cream in the centre. Serve small cakes with it.

Prince Edward Pears.

Put a serving of vanilla ice cream into each individual dish or glass. Press half a Canadian canned pear on it (cut side down on it). Mix $\frac{2}{3}$ cup of juice from Canadian canned strawberries with a tablespoon of Canadian whisky and a dash of maraschino. Pour some over each.

Assiniboine Pêche Melba

On each individual service of ice cream press one large or two small Canadian canned peaches. Slightly thicken a cup of the juice from Canadian canned raspberries. Add the juice of quarter of a lemon, and a dash of almond flavouring. Pour some over and around each peach. Serve vanilla wafers with this dish.

Edmonton Raspberry Fool {with Custard}

1 cup boiled custard — 1 cup raspberry pulp
A little whipped cream

Drain 1 can of Canadian raspberries, reserve a few of the best berries, rub the rest through a sieve. Mix one cup of the pulp with the custard, pile in glasses. Pour a little of the juice over the top, add a fluff of whipped cream, and decorate with the extra berries.

Any Canadian canned fruit can be treated in the same way to make a delectable sweet. A little almond flavour improves a peach-fool, a splash of lemon with pear-pulp, a little curaçoa for strawberries. The recipe that follows "with any other fruit will taste as sweet." When cherries are used for this they should be run through the mincer first.

Jellied Canadian Strawberry Mousse.

1 cup Canadian fruit pulp — 1 cup Canadian fruit juice
1 cup heavy cream — ½ oz. gelatine
2 tablespoons powdered sugar

Drain one can strawberries and rub through a sieve. Soak the gelatine in a little of the juice, and when soft, bring the rest of the juice to the boiling point and dissolve the gelatine in it. Mix it well with the fruit pulp. Whip the cream with the sugar, and any desired flavouring. When the fruit is cool, and almost beginning to set, whip the cream in lightly, turn into a cold mould and set in a cool place. Use a little more gelatine if you prefer a stiffer mousse.

Custard and cream can change places in these recipes, and split almonds stuck in a jellied mousse turn it into a hedgehog.

Mackenzie Fruit Fritters.

Drain Canadian canned pears, peaches or pineapple very dry. Dredge with a little flour or roll in crushed grapenuts that have been put through the mincer. Coat with fritter batter (page 60) and fry in very hot fat. Drain on brown paper. Pile on a hot dish and serve with a Juicy Sauce (67) made from their own juice.

With Canadian canned cherries, drain and mix with the batter and fry by the spoonful as above. But the fat must be very hot, the spoonful small.

Jellied Canadian Fruits.

"Delicate fruits in jelly crystal clear—
She set them where they flashed with coloured light—
The pear, the pine, the cherry,
The sweet ripe red strawberry,
Enchantments for a hardened anchorite!"

Jellied Jasper Tutti-Frutti.

Drain one jar each of Canadian canned pineapple, peaches and pears. Mix the juices, add the juice of half a lemon.

Dissolve a scant ounce of sheet gelatine in 3 cups of the hot juice. Set a little of the jelly in the bottom of a mould. Decorate it with a pattern of the sliced fruit, a few maraschino cherries, a little angelica, etc. Lay in a layer of mixed, sliced fruit, pour on enough jelly to cover when set, repeat till the mould is full. Chill. Turn out and serve with cream or custard.

For a Quick Jelly, taking less than 10 minutes to prepare, omit clarifying the juice (strain if liked), arrange the fruit loosely in a mould, dissolve the gelatine in the hot juice, pour it over the fruit, stand in a cool place till set. It tastes just as delicious and looks almost as nice. Canadian strawberry and red cherry juice combine deliciously together. Any one fruit alone is nice jellied. Sliced bananas are a pleasant addition.

Manitoba Fruit Salad.

4 slices Canadian canned pineapple
4 Canadian canned half-pears
2 bananas
½ lb. white grapes
A few shelled walnuts
2 tablespoons juice from each of the 4 cans Canadian fruits
4 Canadian canned half-peaches
½ cup Canadian canned cherries
2 seedless oranges
⅓ cup castor sugar
1 teaspoon vanilla
½ teaspoon almond flavour
Juice of ½ lemon
1½ teaspoons Jamaica ginger (liquid)

Put the cherries in a large bowl. Cut the pineapple in small wedges and lay on top. Split the bananas full length (keeping them together) and slice across, not more than ⅓ of an inch thick. (Large chunks of banana are so depressing in fruit salad.) Next the pears, cut small. With a sharp knife, peel the orange round and round, remove not only the skin, but every shred of pith, loosen the sections and slip them out. Cut each section in half, and put them in the bowl. Now the peaches, cut up. Peel the grapes, cut in half, seed them and add. Sprinkle on some sugar. With a silver fork and spoon toss lightly but thoroughly together, sprinkling with sugar till all is in. Now mix the juices together, flavouring, ginger, and pour carefully over the salad. Let it stand an hour, tipping it up occasionally to baste it with its own juice. Then put in a glass serving bowl, sprinkle with chopped walnuts, and send to the table accompanied by whipped and flavoured cream.

Canadian Scones, Bread, Cake

Canadian Flour

IN the minds of the uninitiated the question may arise, "What particular virtues has Canadian flour over any other flour?" The answer is legion.

It is not, however, within the province of this booklet to give a highly technical dissertation upon flour and flour milling. Let it suffice, then, to say that the famous Canadian hard wheat gives a rich white flour, superlative in flavour, texture, and that mysterious quality known as "baking strength."

Canadian wheats are carefully graded, according to Government standards, and the highest Canadian standard is the world's highest standard.

A feature in favour of Canadian flour is that it contains less moisture than any other flour. In flours which contain more moisture, the flour buyer is buying water by weight—manifestly a bad bargain. A sack of Canadian flour will bake between four and five per cent. more loaves than any other flour, and naturally the same proportion holds in other forms of cooking in which flour is used.

It is no idle boast to say that Canadian flour has no superior. It is the most economical; and last, but by no means least, it is a product of British Empire soil and labour.

Scones and those things Canadians call "Buns, etc."

Qu 'Appelle Scones.

2 cups Canadian flour
½ teaspoon salt
1 tablespoon lard
2 teaspoons baking powder
1 teaspoon sugar
1 tablespoon butter
Enough Canadian canned milk to make a dough.

Sift the dry ingredients together into a bowl. Rub the shortening in. With a knife cut in enough milk to make a dough only just stiff enough to roll. Turn on a floured board, lightly roll (always from the centre out —NEVER backwards and forwards) to the thickness of about half an inch. Cut in squares, triangles or circles. Bake in a quick oven 20 to 30 minutes. The tops may be brushed with milk for a glaze. (Use more Canadian canned milk and less water in mixing, and omit some shortening if preferred).

This dough is a good foundation for many delightful variations. Cut large circles, eight or nine inches in circumference, brush one with milk, place another on top of it, let them rise fifteen minutes before baking briskly. Cut off the top, scoop out the soft dough, and you have quick-and-wholesome patty cases.

The same mixture makes a delightful crust for quick meat pies or deep fruit tarts of an inexpensive kind.

Neepawa Girdle Scones.

1 cup Canadian flour
½ teaspoon baking powder
1 tablespoon butter
½ cup thick sour cream
½ teaspoon soda
Extra Canadian flour

Sift the baking powder with the flour. Rub the butter in. Dissolve the soda in the sour cream, and cut it into the flour, adding sufficient extra flour to make the softest dough possible to roll. Roll lightly on a floured board, cut in small circles. Rub over a just-warm girdle with the least possible bit of butter. Set the cakes on it; cook slowly, turning when one side is brown. Split, butter and eat at once. These are marvellous with honey or strawberry jam.

Canadian Maple Sugar Buns.

Make a dough as on page 55 and roll a strip (roughly 4½ by 12 or 14 inches). Cream ½ cup butter with one cup shaved maple sugar. Spread the dough with this, roll narrowly (like a long jelly roll) and cut in slices about one inch thick. Lay flat on paper in a baking pan (or on an enamel pan without paper) and bake in a fairly quick oven. (Familiarly known as "Gooey Buns.")

Chicoutimi Cinnamon Crullers.

4 tablespoons sugar
3 eggs
Sifted Canadian flour for dough
4 tablespoons lard (measured when melted)
Lard for frying
Sugar for rolling
½ teaspoon cinnamon

Beat eggs, sugar, cinnamon. Add lard and stir in flour enough to make a medium dough. Handle as little as possible. Roll about ⅔ inches thick. Cut in balls, rings, or make twists. Fry in boiling lard. Roll in sugar. Very pleasant eating.

Huron Pop-overs.

1 egg
1 cup Canadian canned milk
½ cup Canadian flour
Pinch of salt
½ teaspoon baking powder

Beat egg till thick. Beat in the milk. Sift dry ingredients into a bowl. Make a hole in the middle, pour in the egg-nog and beat madly with the egg-beater for one and half minutes. Pour into hot buttered gem pans, and bake half an hour in a moderate oven.

Nipissing Nut Bread.

3 cups Canadian flour
2 teaspoons baking powder
1 cup chopped walnuts
2 tablespoons brown (or Canadian maple) sugar
1 teaspoon salt
Canadian canned milk

Sift dry ingredients together, add the chopped walnuts, wet with enough canned milk to allow the mixture to be shaped into a small loaf. Put in a bread pan lightly greased with lard. Let rise ½ hour. Bake about ¾ hour in a rather slow oven.

Canadian-Scots Oatcake.

3 cups Canadian oatmeal (put through the mincer to make it "powdery")
1 tablespoon shortening
Small pinch of salt
Just enough water to roll
Small teaspoon baking soda

Work quickly. Roll thin. Cut in squares. Bake on a girdle, or in flat pans in a very slow oven. It should *tan*—but not brown.

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"FIVE ROSES" is an economic flour . . Its low moisture content makes it drink up the water. It has so much of that wonderful quality "baking strength" that it gives you *more* bread per pound of flour. It is splendid for cakes too . . . .

JAM-JAMS (*No. 1*)

2 Eggs
1 cup brown sugar
1 cup shortening
6 tablespoons syrup
2 teaspoons (small) soda
1 teaspoon lemon or vanilla
Five Roses Flour to roll thin.

Roll thin, cut and bake. While warm, put two together with jam.

STRAWBERRY CAKE

½ cup Butter
1 cup (large) sugar
3 eggs (save white of 1 for icing)
1½ cups *Five Roses* Flour
1 cup canned strawberries (equal quantity fruit and juice)
1 teaspoon soda.

Note—Raspberries or cherries may be used.

Cream butter and sugar. Add beaten eggs, then strawberry fruit and juice (cold). Sift soda with flour and add last. Strawberry icing.

"FIVE ROSES" is guaranteed to be pure—unadulterated—and—unbleached.

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Canadian Bread with Dry Yeast.

3 quarts Canadian flour
1 tablespoon salt
4 cups lukewarm water
1 dry yeast cake

Let the yeast cake dissolve in ¼ cup lukewarm water for about 10 minutes. Put the salt into mixing pan, add enough water and enough flour to make a stiff batter (about the consistency of pancake mixture). Add yeast and beat two or three minutes. Set in warm place to rise overnight.

In the morning, sponge should be twice its size. Add enough flour to make dough stiff enough not to stick to hands or board. After flour is mixed in, turn out on board and knead two or three minutes. Let rise again and put in pans. Cover well and let rise to 2½ times its size. Bake in moderate oven until it is nicely browned and feels light when taken out.

Canadian Maple Oatcake.

½ cup Canadian maple sugar (shaved or grated)
1 cup Canadian rolled oats
Scant teaspoon baking powder
1 cup Canadian flour
¼ of a grated nutmeg
¾ cup butter

Mix dry ingredients. Roll together with the butter, which should be warm enough to work easily, but not melted. Knead well. Roll very thin. Cut in squares. Bake in a slow oven.

Double the quantity may be made, as this keeps well (if hidden where no one can find it!) in an airtight tin.

If it should lose its crispness, warm it in the oven (laid out flat) and let it cool again. It will be as fresh and crisp as before.

Canadian Oatmeal Macaroons.

1 small cup sugar
2 cups Canadian rolled oats
½ teaspoon salt
1 tablespoon butter
2 eggs
1 tablespoon Canadian flour
1 teaspoon vanilla
2 teaspoons baking powder

Beat eggs and sugar, add butter (melted) and flavourings, the flour and baking powder mixed, and the oats. Let stand 10 minutes. Drop by the half-teaspoon on well-greased pans (well apart, as they spread). Bake in medium oven. Watch closely. Lift out with a broad knife, when done, as they become brittle when cool.

Almond-Oatmeal Macaroons.

Add half a cup chopped almonds, or half a teaspoon of almond flavouring to the above, before cooking.

Cacouna Angel Cake.

Whites 6 eggs
¾ cup castor sugar
½ teaspoon cream of tartar
Grated peel ½ lemon
1 cup Canadian flour
½ teaspoon salt
½ teaspoon vanilla
½ teaspoon sherry

A Strong Arm!

Whip the whites dry and stiff with the salt. Turn out on one end of a long platter. Put the sugar (sifted three times) on the other end of the platter, and with a spoon-whip gradually whip it in from below. Now add the (six times sifted) flour in the same way. Bake in a papered pan that has a pipe in the centre, very carefully in a moderate oven about one half hour, only browning slightly. Test with a broom-straw. Let it stand 10 minutes in its own pan, then loosen and turn out. Ice lightly with a plain icing flavoured with lemon. Eat while fresh, never cutting, but breaking it with a fork.

Lake Erie Light Layer Cake.

½ cup butter
3 eggs
2 scant cups Canadian flour
1 teaspoon vanilla
1½ cups sugar
1 cup Canadian canned milk
Saltspoon each salt and mace
2 teaspoons baking powder

Cream butter, sugar and flavourings. Beat yolks of eggs and add, then flour sifted with the baking powder, alternately with milk. Fold in the whipped whites. Bake in layers, and fill and ice in any way desired.

Or cook in small pans and ice when cold. A few floured currants are nice added to these little cakes. The following is delicious for the large cake:—

Canadian Maple Frosting.

½ cup Canadian maple syrup
1 cup sugar
2 egg whites (unbeaten)
1 teaspoon vanilla
¼ teaspoon cream of tartar

Put maple syrup, sugar, cream of tartar and egg-whites in upper part of double boiler. Beat with rotary egg-beater until thoroughly mixed. place over rapidly boiling water, beat constantly with rotary egg-beater, and cook for seven minutes, or until frosting will stand in peaks. Remove from fire, add vanilla, and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

Gaspé Soft Ginger Bread.

Scant ½ cup butter
1 cup brown sugar
¾ cup boiling water
2 eggs
½ cup molasses
2 teaspoons ginger
¼ teaspoon salt
2 cups Canadian flour (about)
1 teaspoon soda

Cream butter, sugar, eggs. Add the molasses, spices and salt. Dissolve the soda in the hot water and add. Then the flour—enough to make a batter just too thick to pour. Beat well. Bake in a papered baking pan half an hour. Moderate oven. Break apart when done, and eat while still slightly warm.

Fresh eggs for cooking are an extravagance during most of year! Excellent cold storage eggs come from Canada, but are not yet in universal supply.

Algonquin Cake.

1 cup sugar
1 cup Canadian flour
½ cup Canadian canned milk
Whites 4 eggs
½ cup butter
½ cup cornflour
1 teaspoon baking powder
A little lemon rind

Cream the butter and sugar and a little lemon rind, sift flour, baking powder and cornflour together and add alternately with the milk. Fold in the stiffly whipped whites of four eggs. Bake in a deep cake tin (preferably one with a funnel up the centre).

Arnprior Sponge Cake.

4 eggs
¼ cup hot water
Rind 1 lemon
Weight 3 eggs in castor sugar
Weight 2 eggs in Canadian flour
2 teaspoons lemon juice
½ teaspoon baking powder

Beat yolks of eggs thick. Add sugar, beat till creamy, add lemon rind and juice and hot water. Beat the whites dry and stiff and fold them in, then the flour and baking powder sifted together. Bake in a paper-lined loaf tin (or one with a pipe in the centre) in a moderate oven, without jarring.

Canadian Maple-Upside-Down Cake.

2 cups sifted Canadian flour
2 teaspoons baking powder
½ cup butter
1 cup sugar
1 cup walnut meats
3 egg yolks, well beaten
¾ cup Canadian canned milk
1 teaspoon vanilla
¾ cup Canadian maple syrup
1 tablespoon butter, melted

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla.

Combine syrup and butter. Pour into greased, paper-lined pan about 8 by 8 by 2 inches. Sprinkle with nuts. Pour batter over this Angelic Pavement. Bake in moderate oven 50 to 60 minutes. Loosen cake from sides and bottom of pan with spatula. Turn out and remove paper. Serve upside down on dish, with nuts on top. Garnish with whipped cream, if desired.

Lethbridge Walnut Cakes.

2 eggs. Their weight in butter, Canadian flour, sugar
¼ lb. chopped walnuts
½ teaspoon baking powder

Cream butter and sugar, add the well-beaten eggs. Flour the walnuts, sift the remaining flour with the baking powder and beat in. Add the walnuts. Drop by the teaspoonful on buttered paper. Bake in a quick oven.

Rocky Mountain Cake.

1 lb sugar
6 eggs
2 teaspoons baking powder
1 lb. Canadian flour
½ cup Canadian canned milk
½ lb. butter

Mix in the same order as Light Layer Cake (58).

Kootenay Nut Biscuits.

½ lb. Canadian flour
¼ lb. sugar
A very little Canadian canned milk (undiluted)
½ lb. butter
Yolk of 1 egg
Nuts

Cream butter, sugar, yolk of egg and flour, mixing very well, adding just enough milk to moisten. Roll to about ⅓ inch (not too thin), cut in strips. Whip the white of the egg slightly, brush over the tops, sprinkle with chopped almonds, cook 20 minutes, starting in a hot oven, and cooling gradually.

Minnedosa Date Cake.

½ lb. butter (or lard and butter)
9 ozs. Canadian flour
1 heaping teaspoon baking powder
½ lb dates or figs
2 scant cups sugar
4 eggs
1 large tablespoon water
1 teaspoon vanilla

Cut up the fruit and flour well. Cream butter, sugar, flavouring, add eggs one at a time (beating vigorously). Sift flour and baking powder, add some, then water, the rest of the flour, and the well floured fruit. Bake slowly. Keeps well (if it has the chance !).

Atlin Seed Cake.

3 ozs. butter
3 eggs
¾ cup Canadian canned milk
4 oz. sugar
1½ teaspoons baking powder
2 teaspoons seeds
1½ cups Canadian flour

Cream butter and sugar. Beat eggs well, add milk to them, beat well. Mix into the cake alternately with sifted flour and baking powder. Bake in a moderate oven, in a loaf pan, paper lined.

Boissevain Orange Cake.

3 eggs
Juice 1 orange
Grated rind 2 oranges
Weight 2 eggs in Canadian flour
Weight 2 eggs in sugar
Weight 1 egg in butter
1 rounding teaspoon baking powder

Cream eggs, butter and some grated rind. Add eggs one at a time (and beat well) alternately with the sifted flour and baking powder. Then the orange juice. Bake in a moderate oven. Beat a little of the orange juice with enough icing sugar to spread. Ice the cake with this. Sprinkle part of the grated rind over the top.

Rideau Fruit Cake.

1 lb butter
1 lb. sugar
1 lb. Canadian flour
5 whole eggs
1½ teaspoons baking powder
1⅓ lb. raisins
¼ lb. citron
¼ lb. almonds
4 yolks of eggs
1 tablespoon Canadian whisky
¾ teaspoons each cinnamon and nutmeg

Clean the seeded raisins. Slice citron thin, cut nuts fine, flour all well. Cream butter and sugar, beat in four yolks one at a time, then spices and whisky. Sift flour and baking powder, and add alternately with the well beaten (whole) eggs. Add floured fruit. Bake well in a loaf (or two) or a tin with a pipe in the middle. Moderate oven.

Fritter Batter.

4 oz. Canadian flour
A little salt
1 cup cold water
1 tablespoon olive oil (or melted butter)
A dash of nutmeg
2 eggs

Beat yolks, mix with flour and oil or melted butter and flavourings, and enough water to make a batter like heavy cream. Whip the whites very stiff and fold in. Use for coating fruit, etc., to be fried in deep fat. For vegetable or meat fritters, omit the nutmeg and use pepper.

Puddings and Pastry

Restigouche Pudding.

2 tablespoons butter
2 eggs
¾ cup Canadian flour (about)
½ cup castor sugar
1 level teaspoon baking powder
Flavouring
Canadian fruit

Line the bottom of a pudding dish with fruit either fresh or canned. If the latter, drain off the juice and save it for sauce. Canned plums (stoned) are particularly delicious with this. But the cherries, peaches or berries are all good. So are thinly sliced cooking-apples, over which a little shaved maple sugar may be spread before the batter goes on.

Cream the butter and sugar. Sift the flour with the baking powder, and beat in half, and then the eggs one at a time, and the rest of the flour (a little less or more) for a nice batter stiff enough to just pour over the fruit. Bake 20 to 30 minutes in fairly quick oven. Serve with their own juice, or with cream; or with hot juice and whipped cream, if you are seeking the straight road to the hearts of the diners!

Pontiac Sponge Drops with Cream.

1 cup sugar
1 cup Canadian flour
1 heaping teaspoon baking powder
3 eggs
⅓ cup water
1 teaspoon vanilla

Mix (see above). Bake in small patty pans. Scoop out the centres carefully, in balls. Fill with canned red-pitted cherries (well drained). Top with a spoonful of whipped cream and a cherry. Roll the balls in frosting (or a little whipped cream) and dessicated cocoanut, and serve around the sponge drops (as a sweet) with Juicy Cherry Sauce (67). Or they may be served as afternoon tea cakes, omitting the sauce.

Fresh Canadian Plum Pudding.

1¾ cups Canadian flour
½ cup molasses
3 tablespoons butter
½ cup Canadian canned milk
½ teaspoon soda
¼ teaspoon salt
⅛ teaspoon cloves
¼ teaspoon cinnamon
½ can Canadian plums, cut in pieces and well drained.

Mix all dry ingredients, then the plums, milk, molasses, butter. Steam in a buttered mould one and a half hours. Turn out, serve with Juicy Plum Sauce (67).

Victoria Peach Pudding.

¼ cup butter
¼ cup sugar
5 drops almond flavouring
6 Canadian canned peaches, cut in quarters
Grated rind ½ lemon
1 cup Canadian flour
1 teaspoon baking powder
2 eggs
Pinch of salt

Sprinkle a buttered mould with chopped almonds. Cream butter, sugar, lemon rind, flavouring, salt, the well beaten eggs, sifted flour and baking powder, then the cut peaches. Put in a mould and bake ½ hour or steam 1 hour. Serve with Juicy Peach Sauce (67), flavoured with almond.

Cherries may be substituted, and are very good.

Yamaska Batter Pudding.

1½ cups Canadian canned milk	2 tablespoons Canadian flour
1 oz. butter	2 eggs. Pinch of salt

Make 1 cup milk hot. Mix the flour with the other ½ cup, pour the hot milk over it, stir again. Add butter broken up. Beat eggs well and add. Beat the whole with rotary egg beater, pour in a buttered pudding dish, bake ¾ of an hour. It should puff very much.

SAUCE.

Mix 1 teaspoon cinnamon with 2 tablespoons sugar. Stir into a cup of cream and serve with this pudding.

Weyburn Saucer Puddings.

2 oz. butter	2 oz. sugar
2 tablespoons Canadian flour	½ teaspoon baking powder
½ pint Canadian canned milk	Canadian canned Red Pitted Cherries

Cream butter and sugar, beat in the sifted flour and baking powder and the milk. Beat well. Bake in buttered saucers (or large patty pans). Serve with a spoonful of hot (drained) canned cherries on each. Or Grape Juice Jelly (50).

Jacques Cartier Rice.

Serve plain boiled rice (warm) with a heaped dish of shaved maple sugar and a generous jug of thick (or Devonshire) cream.

Peachland Shortcakes.

All Canadian canned fruits make delicious shortcakes, with soft dough (34A) or Light Layer Cake (58) Mixture.

The advantage of the peach, however, is that the delicious Canadian canned peaches are close runners-up to the fresh variety.

In using canned peaches for shortcake, drain off the juice (using just a little to moisten the top of the cake), cut the peaches up, or in quarters, and omit sugar (except as an extra, to be added to taste by each person) if the cream is in a jug. If it is whipped, sweeten it slightly, and flavour delicately with almond. The extra juice can be served with the shortcake as a sauce. The great charm of Canadian shortcake is its tender warmth.

Summerland Fluffy Shortcake.

Prepare strawberries as for Skeena Strawberry Shortcake (34). Make a Light Layer Cake (58). Turn both cakes bottom up, and when the strawberries are crushed drain off the juice, spread the berries over one cake, pour the juice carefully round and round the other, working from the edges inwards. Turn the juicy cake over the berried cake (so that it is right side up again), ornament with large whole berries, sprinkle with sugar, and serve with thick cream.

(See Skeena Strawberry Shortcake and Muskoka Twin Fruit Shortcake in Canadian Cookery Section.)

Pastry

Everybody has their own pet plan for pastry-making. The chief requisites are ice-cold water, well chilled shortening, and a quick light touch. Baking powder in pastry bespeaks a heavy-handed cook. The lighter, finer flours are the best for pastry, and should be sifted once or twice before using.

Kitsilano Quick Puffy Pastry.

1 cup butter and lard mixed
1½ cups Canadian flour
Ice water enough to mix

Put the flour on the board, then the shortening, cover it with the flour, and roll together with the pin. When well mixed, scrape in a heap on the board, make a well in the centre, pour in enough ice water (mixing with a knife) to make a tender paste. Roll out—always from the centre (*never* back and forward)—with light quick lifts of the rolling pin before it reaches the edge. Fold over and roll out a second time. The paste is now ready for use.

If a richer, puffier paste is wished (though this one is very good) cover one-half the paste with wafer-thin slices of butter when rolled out the second time, turn the other half over, roll out a little more without pressing the edges. Repeat, fold, and roll again. Set in the ice box for at least an hour before rolling out for use.

All butter and no lard may be used for a wealthy pie. A plainer pastry can be made with equal parts of shortening and flour. This pastry will keep several days if put in a bowl, floured over, and set in a cool place.

A Quick Plain Pastry for Flat Pies.

3 cups Canadian flour (or —to mix)
½ cup boiling water
1 cup shortening
½ teaspoon salt

Put the shortening in a bowl. Pour on boiling water, beat till smooth and creamy, add salt, sift in flour, mix, roll out. It makes 2 or 3 pies according to size of dish.

Canadian Mapleleaf Pie.

4 tablespoons sugar
½ cup cornflour
¼ teaspoon salt
1¼ cups Canadian canned milk
1¼ cups Canadian maple syrup
4 tablespoons butter
2 egg yolks slightly beaten
1 teaspoon vanilla
2 egg whites
A pastry shell
4 tablespoons powdered sugar

Sift sugar, cornflour and salt together, and add ¼ cup milk. Scald remaining milk in double boiler, add cornflour mixture, and cook until it begins to thicken, beating with rotary eggbeater while cooking. Add syrup and butter, and cook until thickened, stirring constantly. Cook 10 minutes longer, stirring occasionally. Lift off fire. Beat egg yolks, and add slowly, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire, add vanilla. Cool. Pour into a pastry shell. Beat egg whites until stiff, beat in the sugar. Pile this meringue lightly on filling. Bake in a moderate oven 20 minutes, or until slightly browned.

Fort William Meringue Tarts.

Line some patty pans with Quick Pastry (63). Put Canadian canned cherries or peaches (well drained) in them. Beat the whites of 2 eggs very stiff, whip in 3 tablespoons castor sugar, then beat 1 egg yolk, and whip in. Spread a spoonful over the fruit. Bake 10 minutes in medium oven.

Canadian Apple Pie 1.

4 or 5 sour Canadian-grown apples
¼ teaspoon grated nutmeg
1 teaspoon butter
A few gratings of lemon rind
½ cup sugar
⅛ teaspoon salt
1 teaspoon lemon juice

Line pie plate with pastry. Peel, core and cut apples into eighths, put a row around plate ½ inch from edge and work towards centre until the plate is covered. Pile on remainder. Mix sugar, nutmeg, salt, lemon juice and grated rind and sprinkle over apples; dot over with butter. Wet edge of under crust, cover with upper crust and press edges together. Bake 40 to 45 minutes in moderate oven. A very good pie may be made without the butter, lemon juice and grated rind. Cinnamon may be substituted for nutmeg.

Dried Canadian-grown apples may be used in place of fresh apples, but they should be soaked overnight in cold water.

Canadian Apple Pie 2.

Line a deep pie plate with good paste. Peel, core and chop 1 quart of tart Canadian-grown apples; mix with them 1 cup of granulated sugar mixed with 1 tablespoon flour and a pinch of salt. Squeeze the juice of ½ lemon evenly through the apple mixture and fill the pie plate; dot with small pieces of butter. Lay ½ inch strips of pastry across the top, crossing them in diamond shape. Bake in moderate oven until the apples are tender.

Canadian Maple Cream Sauce (30) is specially delicious with all apple tarts, pies and dumplings.

Canadian Apple Dumplings.

Make some Quick Pastry (63) and roll out fairly thin. Core and peel 6 Canadian-grown apples. Set them at intervals on the paste, and cut it to fit up over them. Fill the centres of the apples with butter, brown or Canadian maple sugar. Lay the pastry over them, folding it up and pressing it together so that there will be no holes. Bake in a moderate oven till nicely browned. Serve with Hard Sauce.

For other pies see Victoria Deep Tarts, Canadian Fruit Flans, Mount Robson Cherry Tarts and Turtle Mountain Turnovers (in Canadian Fruits Section, page 51-52).

Sauces à la Canada

A GOOD sauce is like a merry heart—it goes all the way, covers the dullest subject with glamour, ensures a welcome for whatever it accompanies, and leaves a memory of delight. Be stingy with love, money or time, if you must, but never with a suitable sauce.

The first two requisites for satisfactory sauces are a good rotary egg-beater and one or more handy double boilers with unblemished linings.

A hot sauce should always make its entry in a HOT jug or boat.

We have space for only a few sauces in this little book, but an interested or adventurous cook will build others on these foundations.

Wheatfield White Sauce.

1 pint Canadian canned milk
Salt. Pepper
2 rounding tablespoons Canadian flour
2 rounding tablespoons butter

Heat the milk in a double boiler and pour it into a jug. Put the butter into the double boiler; as it melts rub in the flour; rub together over the hot water. Lift off, mix in a little of the hot milk, then pour in the rest, mixing with the rotary beater. Set again over the (swiftly) boiling water, and beat till cooked and thickened. It can stand over the hot water till ready for use, but in this case should be set where the water will only simmer.

If these simple directions are followed, your sauce will never be lumpy, need straining, taste underdone or scorched. Except for heating the milk (which carries on by itself while the cook is busy with other things) the whole operation takes five minutes or less.

THICK WHITE SAUCE

Make the tablespoons of flour *heaping*. Work as before.

THIN WHITE SAUCE

Use level tablespoons of flour. Work as before.

If a richer White Sauce is wanted, add an extra tablespoon butter to it, bit by bit, after it is made. Or dilute the canned milk with less water.

In using it for fish, flavour with 1½ teaspoons Governor Sauce (to a pint).

Variations are made by the addition of other ingredients, chopped hard-boiled eggs, capers, anchovy, cheese, etc. Plain white sauce can be varied in flavour by adding onion, bayleaf, mace, etc., to the milk while it is heating.

Experience will soon teach you if you want a little more or less milk with your white sauce, depending on taste. It can easily be thinned with a little extra milk and a few more turns of the beater. If, for instance, it stands any length of time before using, which always tends to thicken it.

Toronto Tomato Sauce.

½ can Canadian tomatoes
1 tablespoon butter
1 tablespoon Canadian flour
Parsley
Salt. Pepper
1 small carrot
1 small onion
1 thick slice turnip
Bayleaf
1 stick celery (outside stick)

Melt the butter. Cut up the vegetables and fry them lightly in it, browning slightly. Add the flour and cook about 5 minutes, stirring carefully. Add tomatoes, parsley, bayleaf and celery, salt and pepper. Simmer slowly for about half an hour. Run through a sieve, add ½ teaspoon sugar, and a little more salt if necessary. Reheat before serving.

Great Lakes Gravy Sauce.

1 cup Canadian canned Mock Turtle or Canadian canned Mulligatawny soup
Half the amount of water advised on the can

Very good for heating up cold mutton or duck. For these add a little currant jelly to it, and 1 tablespoon port wine.

In fact any of the canned soups make excellent sauces treated in much the same manner.

For other savoury sauces see pages 7 and 8 for Ottawa Green Pea Sauce, Montreal Asparagus Sauce, Red River Tomato Sauce.

The Canadian "Ready aye Ready" Sauces.

Those tip-of-the-tongue sauces that enterprise, care and skill have made ready for us, should have an honoured place in every complete pantry.

"The little more and how much it is" that a dash of Canadian Governor Sauce gives to the meekest Shepherd's Pie; the quick hors d'oeuvre or savouries that appear like magic with the instant aid of the Canadian tomato relishes—catsup, ketchup and chutney; the point that pickles and olives give to sandwiches.

In themselves they are invaluable when—with a tip straight from the bottle's mouth—they join the cold meats, fish or eggs at your table, and give a flavour of smart sophistication to the meekest meal.

CANADIAN SWEET SAUCES.

Canadian Strawberry Sauce.

1 tablespoon butter
1 tablespoon Canadian strawberry jam
2 tablespoons sugar
White of 1 egg

Cream butter and sugar. Whip egg white very stiff, beat it into the butter and sugar, and just before serving add a large dollop of strawberry jam.

Canadian Canned Raspberry {or Strawberry} Sauce for Puddings.

Rub 1 can Canadian raspberries through a sieve. Serve the purée hot or cold.

A cup of whipped cream and a cup of the purée beaten together, makes a delicious cold sauce. Any of the Canadian canned fruits make excellent sauces by this method.

Canadian Cream Strawberry Sauce.

Equal parts whipped cream and Canadian strawberry jam beaten together.

Canadian Juicy Sauces.

Drain a cup of juice from any of the Canadian canned fruits. Keep out one spoonful and while the rest is heating mix this smooth with a teaspoon cornflour. Add this to the heated juice, and boil till clear, stirring constantly. Strain and serve hot.

Canadian Cherry and Canadian Pear Juicy Sauces are improved with a dash of lemon or almond flavour. Canadian Peach is pleasant with a little maraschino. Rum goes well with Canadian Plum Juice, port wine with Canadian Raspberries. Chopped nuts make a change of charm with any one of them. But they are delicious even without any additions at all. They are good either hot or cold.

Very few people realise the grandeur shed over the plainest pudding by a double sauce of fruit juice and whipped cream. (Like Court-veil-and-feathers to a young girl!) Hand both together—the sauce in a jug or boat, the cream in a deep dish—with a Plain Cake, Fruit-and-Cake or Steamed Peach Pudding. and see your reputation as a hostess rise like a balloon.

Canadian Fruit-Custard Sauces.

(For Blanc Mange, Jellies, etc.)

3 eggs
1½ tablespoons sugar
1 teaspoon cornflour
1 pint Canadian canned milk
1 can Canadian fruit

Make a custard of the eggs (whipped with the cornflour, sugar and milk). Drain a can of any kind of fruit (pears, peaches, pineapple, cherries). Mince the fruit with a knife (or run through a very coarse mincer). Put one cup of fruit to one cup of custard, beat well together, and serve. Add more sugar to taste.

If the custard is hot, heat the fruit also. If the custard is cold, whip in some whipped cream for supreme grandeur.

A little of the fruit juice can be used to dilute the sauce if liked, just before serving. Keep the rest of the juice for jelly or a Juicy Sauce (above). This gives two or three generous sauces from one can of fruit.

For other Sweet Sauces see Canadian Cookery Section (30–31).

Canadian Cheeses

" . . . then, as seemeth fit
Comes Cheese—a gallant with a ripened wit ! "

DELICIOUS Canadian Cheese comes in three forms. Canadian " Bulk " Cheese, of the Cheddar variety, needs no introduction. Just laid between buttered cream crackers, it is the most savoury and satisfactory " outdoor sandwich " in the world.

As it ripens it takes on new attractions ; and it grates gracefully. Both cooks and housewives will save much time and trouble if they remember that *minced* cheese is as good as grated for those dishes where the cheese must be mixed in or melted—with macaroni, soup, *fondu*, soufflé, rarebits, etc., it need only to be run through the mincing machine.

Canadian Processed Cheeses are those that come in loaves, rolls, etc., that can be sliced with ease and comfort. Or that come in small wrapped wedges—individuals in a community box.

And the third kind—a most spreadable and decorative cheese, especially easy for sandwiches, celery-fills, etc.—comes in pots and has a gay provocative " nippy " flavour. Each kind is delicious to eat as " plain cheese," or can be used in any of the following ways—or by your own personal recipes.

Canadian Cheese Soup.

(To be served in cups)

2 level teaspoons flour
2 egg yolks
1 whole egg
½ cup minced Canadian cheese
4 cups Canadian canned milk (hot)
2 teaspoons melted butter
½ cup cooked Canadian Shelloni
Salt. Pepper. Paprika
Canadian Governor Sauce
Extra cheese and whipped cream if desired

Beat the eggs well. Add flour, butter and flavouring (all but the salt), cheese, milk, beating between each. (The milk should be hot but not boiled). Strain into a double boiler and cook till slightly thickened (about 5 minutes), beating constantly all the time. Run the well-cooked shelloni through the mincer, add to the soup, with the salt.

Stir again till very hot, pour at once into the cups. 1 teaspoon of whipped cream on each cup of soup, when just ready to serve, and a sprinkle of grated cheese and paprika, at the last moment, adds to the charm of this.

If liked, the Shelloni can be omitted, in which case serve fingers of crisp hot buttered toast with the soup, and strain it into the cups.

Canadian Cheese Omelette.

3 eggs
1 tablespoon Canadian canned milk (undiluted)
Salt. Pepper
2 tablespoons water
1 cup finely grated Canadian cheese

Separate eggs. Beat the whites stiff and dry with ½ teaspoon salt. Beat the yolks thick, adding pepper, 1½ tablespoons of the cheese, cream, water and beating well. Fold in the whites and cook as for Maple Sugar Omelette (30). When nearly done, strew ⅔ of the remaining cheese over the omelette, and set under the grill or in the oven for a moment, till the cheese just begins to melt. Then fold over, slip on to a hot dish, sprinkle with the rest of the cheese and serve at once.

Canadian Cheese Straws.

1 cup Canadian cheese
½ cup butter
Sprinkle of salt
¾ cup Canadian flour
1 teaspoon mustard
Sprinkle of cayenne

The quickest way of mixing is to sift the dry ingredients together. Cut up a heaping cup of cheese and run it and the butter (sprinkling it with some of the flour) through the mincer. Then knead all well together, roll out *very* thin, cut in long thin strips and some rings. Lift with a broad knife to their places on a flat baking pan, giving them room between as they swell to twice their size. Bake in a moderate oven to a pale brown, watching carefully that they do not burn. Handle carefully, and let them cool a little before lifting from the pan. Cheese biscuits may be made from the same mixture. These are delicious and delicate.

Canadian Cheese Balls.

Whites of 2 eggs
¼ teaspoon salt
1 to 1½ cups grated Canadian cheese
¼ teaspoon mustard

Whip the whites very stiff with the salt. Sprinkle the dry mustard over the cheese, and stir the grated cheese into the whites till the mixture is stiff enough to form into small balls about the size you would make butter-balls for the table.

Drop a few at a time into boiling fat and cook to a golden brown. They puff to nearly twice their size, if the fat is hot enough. Drain, pile on a lace paper on a hot dish, sprinkle with grated cheese, and serve at once with plenty of mustard.

Laurentian Welsh Rarebit.

½ cup grated Canadian cheese
¼ teaspoon paprika
¼ teaspoon dry mustard
½ cup Canadian canned milk
Yolk of 1 egg (or whole egg)
¼ teaspoon salt

Beat the egg, add liquid, seasoning and cheese. Cook over hot water, stirring constantly till it thickens and the cheese melts. Pour over buttered toast, serve at once. Or use ale as liquid and omit the egg.

Rocky Mountain Buck Rarebit.

Prepare as above, place a lightly poached egg on top, sprinkle with grated cheese, set under a quick grill long enough to melt the cheese and brown slightly. Serve Canadian Tomato Chutney with this.

Toasted Canadian Cheese.

Spread fingers of toast on one side with butter, on the other with french mustard and roll in grated cheese. Set the strips in a quick oven to melt and brown the cheese a little, pile log-cabin fashion and serve at once.

Canadian Cheesed Crackers.

Spread cream crackers rather thickly with butter, then with grated Canadian cheese, sprinkle with paprika. Set under the grill till the mixture is melted and browned a little. These can be got ready at any time, and used quickly for a late supper with a cup of soup.

Canadian Cheesed Celery Crackers.

Take some of the inside stalks of celery, wash, cut across in thin slices, wrap in a damp cloth and set on ice till wanted.

Use one of the soft cheeses that come from Canada in small pots. Cream the desired amount with a fork, adding about 1 tablespoon Canadian canned milk (undiluted) and 1 teaspoon French mustard to a small pot. Spread this thickly on crackers, set under a quick grill and when hot and beginning to brown take out and sprinkle with chopped celery, pressing it in a little. Sprinkle with salt and paprika. Serve at once.

Canadian Cheesed Cracknels.

Prepare celery and Canadian cheese as above. Make some cracknel biscuits hot in the oven. Fill the centres with the cold celery, cover thickly with the softened cheese. Set under quick grill to melt the cheese a little.

Canadian Tomato Ketchup may be substituted for mustard for a change.

Canadian Cheesed Celery.

Prepare Canadian cheese as above, making it rather soft. Clean some tender stalks of celery, and fill and pile the centre trough of each with this mixture. Or pipe it in. Sprinkle with paprika or with ground walnuts. Serve with buttered biscuits.

Toasted Canadian Cheese Sandwiches.

Butter 2 slices of bread. Lay a slice of Canadian Processed Cheese on one. Sprinkle with paprika. Press bread together. Toast on both sides. Serve with Canadian Governor Sauce. As a variation cut the cheese thin as a wafer. Use 2 slices and put slices of hard-boiled egg between the cheese slices. Or spread Canadian Tomato Ketchup between the cheese slices instead of the egg.

For Untoasted Sandwiches other fillings are :—

1. 1 pot Canadian cheese, creamed with a tablespoonful (undiluted) Canadian canned milk, and 1 teaspoon Canadian Governor Sauce. Mix in ⅔ as much minced celery as you have cheese.

2. Cream the cheese as above, omitting flavouring. Spread slices of bread, strew with chopped walnuts, press together.

3. Cream the cheese as above. Spread the bread rather thinly with it. Embed thin slices of Canadian pimento-stuffed olives in the cheese. Press together.

4. The same, using Canadian sweet pickle in place of pimento-stuffed olives.

For other dishes with Cheese see Shelloni and Macaroni Section.

Canadian Cocktails and "Ceteras"

Canadian Whiskies are either Rye or Bourbon, unequalled for cocktails.

COCKTAILS.

Ontario Grape Juice Cocktail.

4 hookers Canadian whisky
5 hookers Canadian grape-juice
1 hooker French vermouth
1 teaspoon orange bitter
1 teaspoon maraschino

Mix — Ice — Shake — Take !

Dominion Cocktail.

⅔ Canadian whisky
⅓ Italian vermouth
Dash of Angostura bitters

Shake well with crushed ice, serve with a twist of lemon peel.

Elk's Own Cocktail.

White of a fresh egg
⅓ Canadian whisky
⅓ port wine. Juice of ½ lemon
1 teaspoon sugar

Shake well, strain into wineglass and add a slice of pineapple.

The "1931" Cocktail.

½ Canadian whisky
¼ Italian vermouth
¼ French vermouth
Dash orange bitters

Shake well with crushed ice, serve with a piece of twisted lemon peel.

Indian Summer Cocktail.

⅓ Canadian whisky
⅓ lemon juice
⅓ grenadine

Shake well with crushed ice.

Old-Fashioned Cocktail.

In a short tumbler place a lump of sugar and as much Angostura Bitters as the lump will absorb. Dissolve the sugar in a little water. Nearly fill tumbler with ice. Add a wineglassful of Canadian whisky and a large piece of lemon peel.

This cocktail should not be drunk until the ice has dissolved and produced the requisite dilution.

Rainy River Cocktail.

In a wineglass put 1 lump of sugar saturated with Peach Bitters, add 1 lump of ice, 1 glass of Canadian whisky and 1 teaspoonful of créme de caco. Put a thin piece of lemon peel on top, stir slightly and serve.

Maple Leaf Cocktail.

4 hookers Canadian whisky
1 tablespoon sugar
1 hooker Italian vermouth
Juice of 1 large lemon
The hint of a nutmeg
1 egg

Beat the egg with the sugar, add as much nutmeg as fits on a bee's knee. Add the whisky, Italian vermouth and lemon. Whisk well. Pour into a shaker with plenty of ice, and treat it as the terrier did the rat.

"CETERAS."

Winnipeg Egg-Nog.

1 fresh egg
1 level teaspoon sugar
1 tablespoon Canadian whisky
1 egg white
1½ cups rich milk

Beat the egg and white to a stiff froth with a rotary beater. Add sugar, whisk again, then whisky and ditto, milk and a last whirl. Strain into a tall glass. Sprinkle a little shaved maple sugar on top of the froth if desired. Or grated nutmeg. Have everything ice cold, but put no ice in it.

Canadian Whisky Cup.

In a large glass, the juice from a lemon, a piece of ice, a wineglassful of Canadian whisky and a bottle of ginger ale or Apollinaris.

Bizzy Izzy Highball.

¼ gill Canadian whisky
¼ gill pale sherry

A little lemon juice sweetened to taste, and mineral water.

Whisky Sour.

⅔ cocktail glass Canadian whisky
Juice of 1 lemon
1 teaspoon powdered sugar
1 liqueur glass rich cream

Shake well. Serve with cherry.

Whisky Fizz.

White of 1 egg
Juice of 1 lemon
1 teaspoon powdered sugar
1½ cocktail glasses Canadian whisky
Cocktail shaker half filled with ice

Shake well, then strain into fizz or tall glass and serve with soda water.

Canadian Tobacco

The pipe smoker who feels it is his duty to smoke imperially can now, thanks to Canada, do so without offending the most delicate palate. For many years Canadian tobacco has been arriving in the British Isles in considerable quantities, but from the moment of its arrival in a British port, its identity has been lost. It has all been used for blending with Virginian and other tobaccos, but never before has Canadian tobacco been sold as such to the consumer. Virtually every tobacconist in the British Isles can now supply a first-class Canadian pipe tobacco, packed and cured in four or five different methods, indistinguishable from certain well-known Virginian brands, and at the same time—thanks to a preferential tariff—at a considerable lower price.

The term "Virginian Tobacco" has for centuries been very loosely used. The tobacco-growing belt of North America, which is loosely described as "Virginia," extends over a very great area. In Canada the soil and climatic conditions of the American tobacco belt are faithfully reproduced. A few years ago, perhaps, Canada lagged somewhat behind in her methods of curing and preparation. To-day this is no longer so.

Canadian tobacco is grown, cured, and packed with one great aim in view—to capture, by the most up-to-date possible methods, what Canadian growers feel is a fair share of the British Tobacco Market.

Smokers will do well to remember that by smoking Canadian tobacco they are not putting-up with an inferior substitute for patriotic reasons, but are securing a tobacco as near perfection as the wit and skill of man can attain. Incidentally they are keeping within the Empire money that has hitherto gone into the hands of the foreigner, and are also making a distinct saving for themselves.

To the cigarette smoker we would say that we have not yet achieved the same perfection that we now offer to pipe smokers. Before very long, however, there will be marketed in the British Isles cigarettes made from 100 per cent. Canadian tobacco, grown and manufactured by 100 per cent. British workers.

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