

**SCOTCH BROTH**

3 lbs. mutton from the neck  
 2 quarts cold water  
 2 tablespoons salt  
 2 sliced onions  
 1 sliced carrot 4 stalks celery  
 3 tablespoons barley  
 3 tablespoons rice

Method—Remove the skin and fat from meat. Cut meat into small pieces, put into kettle with carrot, onion and water. Heat gradually to boiling point until soft. Do not throw meat away, but use it for croquettes or meat cakes.

—Mrs. James Farquharson

**FLOWERS****GIFTS**

and

**ENGLISH CHINA**

**Roy G. Fraser**

**FLORIST**

Box 596

Phone 160

**PEA SOUP**

3 large cups peas; put in kettle with  $1\frac{1}{4}$  quarts water and  $\frac{1}{2}$  teaspoon soda. Let come to a boil then pour off this water and add 3 quarts cold water with  $\frac{3}{4}$  lb. salt pork; 2 onions, chopped; 1 large tablespoon summer savory tied in muslin bag. Boil 4 hours. If more water is needed add at least one hour before serving. Salt and pepper to taste.

—Mrs. Carl J. Humphries

## Invalid Dishes

"How they please me:  
How they tempt me"

**BAKED CUSTARD**

1 cup milk  
 $1\frac{1}{2}$  tablespoon sugar  
 $\frac{1}{8}$  teaspoon salt. 1 egg

Flavoring to taste, nutmeg, cinnamon, vanilla or lemon extract.

Scald the milk, beat egg, add sugar and salt and gradually pour on the scalded milk. Flavor to taste and pour into custard cups. Place in deep pan and pour boiling water around it until it almost reaches the top of cup, bake in moderate oven about 20 minutes.

—Mrs. Colin McNab

**FRUIT WHIP**

(Two servings)

Any fruit, fresh, canned or dried, properly prepared, or jellies may be used. 2 to 4 tablespoon fruit pulp, white of egg, lemon juice, 2 tablespoons sugar or to taste. Prepare the fruit by grating or rubbing through a strainer. Beat the white of an egg until very stiff, add pulp, sugar and lemon juice to taste until very stiff, heap in center of serving dish and pour a soft custard around it, as following recipe —  
 Yolk 1 egg, speck of salt, 1 tblsp. sugar,  $\frac{1}{2}$  cup milk. Scald milk in double boiler. Beat yolk. Add salt and sugar and gradually pour on the scalded milk. Pour back into double boiler and stir constantly until it looks creamy or coats the spoon. Remove from fire. Cool and add flavoring, vanilla, orange or lemon. NOTE: Apple, strawberry or prunes is a favorite fruit for these whips and may be served with white or sponge cake in place of the custard.

**ORANGE BASKETS**

Remove two sections from the upper half of an orange, leaving a band of peel for a handle. Dig out the pulp, and scrape clean. Fill with lemon or orange jelly cut into cubes. An attractive form to serve to children.

—Mrs. Colin McNab

**EGG LEMONADE**

Break one egg into a quart gem jar — add one and a half glasses of water and the juice of one large lemon. Sugar to taste and a small piece of ice. Put rubber on jar, screw top until perfectly air tight. Shake until foamy. Serve at once.

—Mrs. R. Smith

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