



## The CANADIAN COOKING SCHOOL

A complete Cookery Arts Course in 12 Lessons dealing with all the fundamentals of this important subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

Prepared by - - - *Anna Lee Scott*

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**LESSON 12 DESSERTS**

This being our last lesson, I am going to devote it, very appropriately to the subject of desserts. Every cook needs to be able to bring her dinner to a happy ending.

Now we look back over a number of the lessons that you have had; you will find many of these "happy endings" in them. I am going to pick out some of the possibilities for you.

**Lesson 2. Pancakes**—make the batter for them thin by adding extra sweet milk; serve with syrup, butter and sugar, perhaps lemon; with honey, jelly, jam.

**Muffins**—Serve fresh and hot, with a sweet if desired. Serve hot, with a hot pudding sauce from the preceding lesson.

In lesson 3, you learned about short-cakes and other biscuit-dough good things. Use the same dough for fruit puddings. (1) Place a little canned fruit and its juice or fresh fruit and sugar and a little water, in greased moulds, put a small round of biscuit dough on top, and cook in steamer. The juice will act as a sauce when you turn out the puddings. (2) Bake the same dish and serve with hot sauce rich cream or whipped cream, or fruit syrup as a sauce.

**For Roly-Poly**—make plain biscuit dough or shortcake dough, roll out, spread with jam, marmalade or syrup and bread-crumbs; roll up like jelly roll, pinch the ends and moisten edge

of dough with cold water to make it stick. Place in a greased bowl or loaf tin. There are three ways to cook your roll:

(a) In the steamer, over boiling water closely covered.

(b) Baked in a well-greased pan in hot oven, 450 degrees F.

(c) Baked in a hot oven; baste occasionally with a syrup of sugar and water, which is poured over at the commencement of the cooking and served finally as a sauce. (See directions for baked dumplings, Biscuit Lesson 3).

**DUTCH APPLE CAKE**—(This cake may be made with other fruits too, such as sliced pears, peaches and pineapple.) Make shortcake dough by one of the methods discussed in Lesson 3. Pat to about 1 inch thickness in well-greased cake pan. Into the surface, press sections of pared and cored apple; dust with sugar (1 tablespoon for each apple) and a little cinnamon. Bake in a hot oven, 425 degrees F., 25 to 35 minutes, and serve hot with a hot spice sauce or lemon sauce (given in Lesson 11).

Lesson 5 is almost all desserts—pastry, and sweet fillings for pies and tarts. Then you have more fillings in Lesson 10.

Your cake lessons, too, give you many desserts.

Any plain cake can be served hot from the oven, with a hot sauce, as a pudding; or you can cover it with fruit and cream and serve hot or cold.

A light cake can be put together like

shortcake, with fresh or cooked fruits and served with cream. Ginger bread is good with hot pudding sauce or sweetened whipped cream—you will find a wonderful delicate gingerbread in the Easy-Way Cook Books, and dozens of cakes that are delicious desserts in themselves!

Spread any light cake, cold or hot, with the cooked fruit filling (made from dates, etc., in Lesson 10) or with the apricot filling—and cover with sweetened and flavoured whipped cream. Or with evaporated milk which you have scalded and then chilled so it will whip.

Sponge and Angel Cakes may be split and filled with whipped cream or a delicate filling (Lessons 10) or use to line a mould which you can fill with a Bavarian or Charlotte mixture that you will learn to make in this lesson. Or use any Bavarian Cream for a deep layer of filling in a split sponge cake.

**COTTAGE PUDDING**

Use any simple butter or sponge cake batter and serve hot, with pudding sauce. Or put the following ingredients together by the Muffin method (Lesson 2): 2 1/4 cups pastry flour, 1-2 teaspoon salt, 4 teaspoons baking powder, 2-3 cup sugar, 1 cup milk, 1 egg, and 1-4 cup butter, melted. May be baked plain or over a layer of drained canned fruit, stewed dried fruit or sugared fresh fruit. Bake in moderate oven, 35 minutes, or longer over fruit.

**SUET PUDDINGS**

An old-fashioned suet pudding, usu-

ally made with fruit in it or with jam or marmalade to give sweetness and flavour, should have its regular place amongst cold weather desserts.

Very fresh, finely minced suet provides the shortening (which in other mixtures is usually in the form of butter, lard or other fat). Flour or bread-crumbs or both may be used in these puddings—and egg is often used (especially when there is a large proportion—to make it hold together. The liquid in these puddings may be sweet or sour milk, fruit juice or molasses, or even egg alone, as in a rich plum pudding. There will probably be baking powder in a sweet milk mixture, and soda (with perhaps some baking powder too) where an acid liquid such as sour milk, buttermilk, fruit juice or molasses is used.

There are two ways to mix a suet pudding—the same as butter cakes, or this more favourite way:

Sift and measure flour. Chop suet finely (removing membrane) and rub into dry ingredients to mix well. Add any dried fruit like raisins or dates, and then wet materials, such as milk, egg, molasses, jam.

**TO STEAM SUET PUDDING**—Grease moulds well. Fill two-thirds full, with pudding mixture—Cover. Steam individual moulds 1 to 1 1/4 hours; large moulds, 3 to 5 hours, depending on their size. (Note: Individual or small moulds mean economy of fuel, when cooking with gas or electricity.) Vegetable parchment offers a great improvement over the old fashioned pudding cloth. A well-steamed pudding may be kept for some time, hung in a cool dry place; steam it long enough to heat it through when required. Tie down moulds, when steaming with buttered or waxed paper. Do not raise cover until end of time given for steaming, or the change of temperature may cause puddings to fall, just as a cake would do in a suddenly chilled oven.

**DARK SUET PUDDING—SPICED, FRUITED**—1-2 cup finely chopped suet, 3-4 cups pastry flour, 2 1-2 teaspoons baking powder, 1-4 teaspoon baking soda, 1-2 teaspoon salt, 1-2 teaspoon cinnamon, 2 to 4 tablespoons brown sugar, 1-3 cup seeded raisins, cut or torn in pieces, 1-3 cup well cleaned currants (mixed with finely cut peel, if liked), 1-3 cup milk, 3 to 6 tablespoons molasses. Mix according to rule.

(Milk may be substituted for the molasses, in which case an extra teaspoon of baking powder would replace

the soda. Or an egg may replace 2 tablespoons milk.)

**CARROT PUDDING**—7-8 cup flour, 1-2 teaspoonful soda, pinch of salt, 3-4 teaspoon mixed spices, 1-2 cup brown sugar, 1-2 cup finely chopped suet, 1-2 cup chopped seeded raisins, 1-2 cup well-cleaned currants, 2 tablespoons finely cut candied peel, juice and grated rind of 1-2 lemon, 1-2 cup each grated raw potato, carrot and apple.

Mix and sift dry ingredients, add suet and fruit, mix thoroughly and add vegetables. If liked, 1-4 cup blanched and chopped almonds may be included. Mix pudding well and turn into buttered mould; steam 3 hours.

This economical pudding is even nice enough to take the place of rich Plum Pudding at Christmas time.

**Rich Old-Fashioned English Plum Pudding.**

2 ounces chopped almonds, blanched.

1 1-2 pounds seedless raisins

1-2 pound currants

1-2 pound citron and peels

3-4 pound beef suet, fine ground

3-4 pound breadcrumbs

2 cups brown sugar

2 eggs

2 cups flour

1-2 teaspoon salt

1-4 teaspoon soda

1 1-2 to 2 teaspoons mixed spice or mix your own, half cinnamon, other half ginger, mace.

1-4 cup fruit juice

(Replacing the original brandy)

Mix according to rule and steam 3 to 4 hours. To serve, steam for an hour.

**MILK PUDDINGS**

Milk puddings are of many types—all must be thickened by some agent such as flour, cornstarch, egg, rice, tapioca, sago, breadcrumbs or junket. In all but the last case, the milk is scalded before combining in the pudding. (Custards, in which the milk is thickened with egg, are dealt with in Lesson 7).

**Simple Milk-Flour Puddings**

2 tablespoons sugar

3 tablespoons flour

1 cup scalded milk

1-8 teaspoon salt

1-2 teaspoon flavouring

Combine the flour, sugar and salt very thoroughly. Stir in the scalded milk gradually, cook over hot water, stirring constantly until thick. Cover and cook, stirring occasionally until there is no more flavour or raw flour. Remove from the heat, flavour, pour into moistened moulds. Chill until firm. Serve with jam, syrup or cream.

Variations—Same as for "Cornstarch Puddings."

**Cornstarch Puddings**

1 cup hot milk

1 tablespoon sugar

2 tablespoons cornstarch

1-8 teaspoon salt

2 tablespoons cold milk

1-3 teaspoons flavouring

Combine the sugar, cornstarch and salt. Stir to a smooth paste with the cold milk. Scald the milk in the top of the double boiler; stir the cold mixture gradually into it (do not pour too rapidly or the mixture will lump). Stir and cook until thick. Cover and cook, stirring occasionally, for 35 minutes or until there is no more flavour of raw starch. Remove from the heat, flavour, pour into moistened mould, Chill. To turn out: run a sharp knife around the outside of the mould, invert over serving dish, shake out gently.

**TOPPINGS**—Whipped cream, meringue (poached or oven poached), jelly, jam or syrup.

**VARIATIONS**—If moulding individually, reduce cornstarch by 1-4 tablespoon to 1 cup milk. If pouring into serving glasses, reduce starch by 1-2 tablespoon in 1 cup milk.

**CHOCOLATE**—Scald 1-2 ounce chocolate with the milk. Beat until smooth. Use another tablespoon sugar. Omit 1-2 tablespoon cornstarch. Complete according to general method (1-4 cup chopped dates or nuts may be added with the flavouring).

**SOUFFLES**—Substitute 1 egg white for 1-2 tablespoon of the cornstarch. Add, stiffly-beaten, to the cornstarch mixture after removing from the heat. Fold in thoroughly. (1-4 cup fruit may be added to a white soufflé in place of the flavouring, for example, dried fruits and thoroughly drained canned fruits).

**RICE PUDDINGS**

Rice may be used either raw or cooked in milk puddings. In the former case, the rice being starchy will thicken the mixture. If cooked rice is used, the mixture must be thickened by egg or some other ingredients.

**1. Puddings with Raw Rice**

**General Proportions and Methods**

1-3 cup rice

1-3 cup sugar

1-2 teaspoon salt

3 cups milk

1-2 teaspoon vanilla

Wash the rice thoroughly, drain

To cook: (a) Scald the milk with the salt and sugar. Stir the rice in gradually. Cover and cook stirring occasionally until the rice is tender and the mixture thickened. Remove from the heat, and add the vanilla. Pour into serving dish. Chill.

(b) Add the rice, salt, sugar and vanilla to the milk. Pour into a greased baking dish, oven poach in a slow oven, 300 degrees F., from 2 to 3 hours. Stir occasionally for the first while, to keep the rice from dropping to the bottom. ("Oven-poach" means to set dish in pan of hot water.)

**II. Puddings with Cooked Rice**

**General Proportions and Methods**

1 cup uncooked custard mixture (Lesson 7, 1-2 cup cooked rice)

See general directions for custard mixture (Lesson 7). Add the rice, before cooking custard. Oven poach. Stir up from the bottom occasionally during the first part of the cooking, to prevent the rice from settling.

**VARIATIONS**—To 2 cups of pudding mixture, add 1-2 cup dried fruits, raisins, currants, dates or figs or a mixture of all these.

Add 1-3 cup dried fruits and 1-4 cup nuts (chopped).

In the custard type, use only egg. (Continued on Page Three)

# BEE HIVE

## GOLDEN CORN SYRUP

### A GREAT ENERGY FOOD

**March Honour Roll Schumacher School**

Standing of the Pupils in the Various Classes at the Schumacher Public School for the Month of March, 1934.

The following is the honour roll of the Schumacher public school for the month of March, 1934:—

Names in order of merit.

Room 10—Class I—M. A. Curran (teacher)—Norman Cripps, Brian Hamilton, Robert Dye, Hazel Trollope, Dine Giampaolo, George Harrison, Eileen Joyce, David Graham, Raymond Dumelle, Nellie Robson, Bobbie Shaw, Eric Prentice, Julie Popovich, Clara Zacharin, Kenneth Killins, Raymond Taylor, Sylvano Pizzalla.

1st Class—M. K. O'Keefe, teacher—Ruth Sley, Nilma Aramini, Patricia Baker, Evert Moller, Christie Joyce, Annie Perkovic, Ida Ostersek, Mary Zudel, John Sangster, Doris Richards, Caroline Horetich, Alma Frigonese, Norma Cretney, Annie Krzmaric, Alice Cowden, Betty Heath.

Sr. Pr.—F. L. Lang, teacher—Olive Wurm, Helen Wong, Annie Kwacz, Enza Narduzzi, Buddy Napies, Eileen Hall, June Sutherland.

First—Mary Perkovich, Barbara Varady, Charlie Corr, Mary Duric, Katie Rubick, Marvyn Miller, Walter Brozovich.

Sr. Pr.—Heien N. Venier, teacher—Hommi Foukkunen, Karlo Kroel, Burrell Small, Naome Arimini, Dorothy Blough, Eileen Fawkes, Joe Brkljacek, Edith Small, Irving Fraser, John Doljac, Ethel Leck.

Fiftyary—Loretta M. Dube, teacher—He'len Monaghan, Osborne Williams, Glennys Byron, Gordon Webber, Leonard Mangotich, Mike Penic, Grant Barker, Grace Latham, Rod McDonald, Teddy Bromley, Emil Gerovac, Joyce Hicks, Teddy Astley, Jean Percival, Alma Boyce, Laura Flower, Ernie Monck, Ellen Sampson, equal.

K.P. Class—V. V. Smith, teacher—Betty Killens, Joan Prentice, Lily McGowan, Helen Imbriskak, Ruth Pither, Merrill Clark, Jack Walter, Marian Brown, Roger Tedhunter, Irene Kyrrainen, Jack Keller, Mildred Gramham.

**Had to Enlarge Hole in the Ice to Take Out This Fish**

Spring may have failed to come early, as foretold by our old pioneer friend, Harry A. Preston, but the first fish yarn of the spring, is early enough, strong enough and odd enough. It comes from Temagami, the famous tourist fishing area of the North. The story is told by and about a gentleman named Dismore. Mr. Dismore says he was fishing through the ice when he hooked a trout so large that it could not be pulled through the hole made in the ice for fishing. Mr. Dismore called for help and in the meantime simply tried to keep the big trout on the hook. Eventually help arrived and after a lot of planning and scheming the hole was enlarged quite a bit and then the work of landing the big trout was proceeded with. After a struggle of considerable proportions the trout was eventually landed. It proved to be a 25-pound lake trout. Later the big trout was sent to Toronto for mounting, it being felt that such a big trout landed at such a time of year in such a way should be preserved for all fishermen to see in the years to come.

### SMOKER HAD STOMACH TROUBLE

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- TRY THESE RECIPES - THEN CLIP THEM FOR YOUR COOKING FILE!



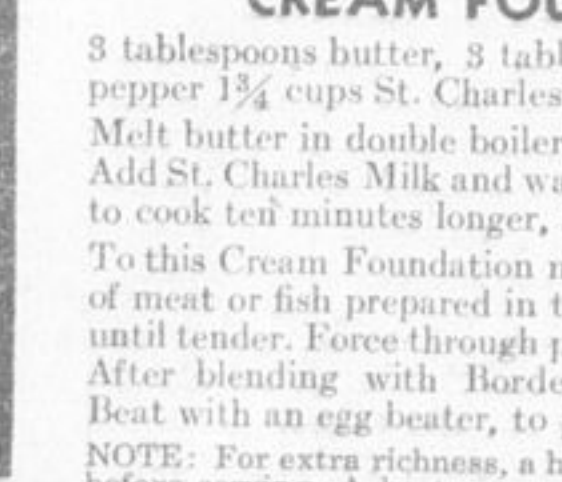
... Any one of these dishes is enough to make ANY woman a St. Charles fan—you try it and see! Everything TASTES so much better when built up on the fresh creamy flavor of St. Charles Milk. The soup is so smooth—the vegetables so creamy—the pie so delicious! But do not risk a disappointment—use St. Charles—the milk with the fresh creamy flavor.

Try these dishes—each one is worth a thousand words of persuasion when you TASTE how good it is.



**CREAM OF TOMATO SOUP**

2 slices onion, 1 stalk celery, 2 cups stewed or canned tomatoes, 1 tablespoon minced parsley, 1 teaspoon salt, 3/4 teaspoon pepper, 1 teaspoon granulated sugar, 1/2 bay leaf, 3/4 cup water, 1 recipe Borden's Cream Foundation. Simmer chopped onion, chopped celery, tomatoes, minced parsley and seasonings with water 20 minutes or until very soft. Force through puree sieve. Blend gradually with Borden's Cream Foundation (see recipe below) Reheat. May be garnished with whipped cream. Serves eight.



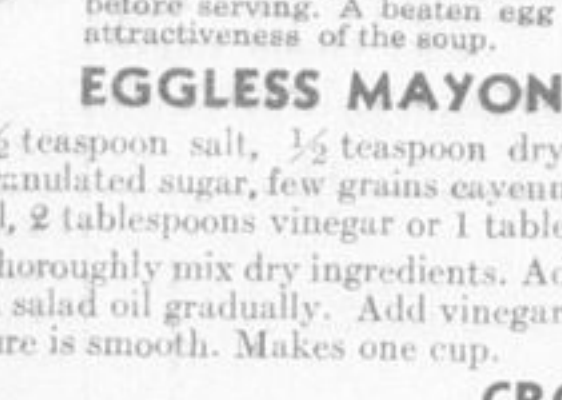
**CREAM FOUNDATION FOR SOUPS**

3 tablespoons butter, 3 tablespoons flour, 1/2 teaspoon salt, 1/2 teaspoon pepper 1 1/2 cups St. Charles Milk, 2 1/4 cups water or white stock.

Melt butter in double boiler. Add flour and seasonings. Blend thoroughly. Add St. Charles Milk and water slowly, stirring until mixture thickens. Allow to cook ten minutes longer, stirring occasionally.

To this Cream Foundation may be added two cups vegetable puree or pulp of meat or fish prepared in the following way: Cook vegetables, meat or fish until tender. Force through puree sieve and return to water in which cooked. After blending with Borden's Cream Foundation, bring to boiling point. Beat with an egg beater, to prevent skin forming on top and serve.

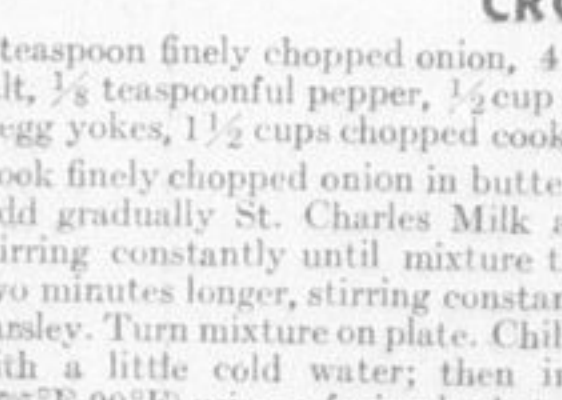
NOTE: For extra richness, a half cup more of St. Charles Milk may be added just before serving. A beaten egg yolk stirred in at the same time also adds to the attractiveness of the soup.



**EGGLESS MAYONNAISE SALAD DRESSING**

1/2 teaspoon salt, 1/2 teaspoon dry mustard, 1/2 teaspoon paprika, 1/2 teaspoon granulated sugar, few grains cayenne, 3 tablespoons St. Charles Milk, 3/4 cup salad oil, 2 tablespoons vinegar or 1 tablespoon lemon juice and 1 tablespoon lemon juice.

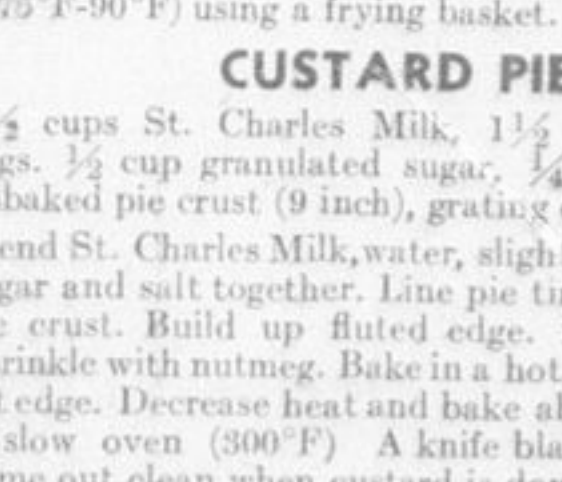
Thoroughly mix dry ingredients. Add St. Charles Milk and blend thoroughly. Beat in salad oil gradually. Add vinegar or vinegar and lemon juice, beating until mixture is smooth. Makes one cup.



**CROQUETTES**

1 teaspoon finely chopped onion, 4 tablespoons butter, 3/4 cup flour, 1/2 teaspoon salt, 1/2 teaspoonful pepper, 1/2 cup St. Charles Milk, 1/2 cup water or white stock, 2 egg yolks, 1 1/2 cups chopped cooked meat, 1 teaspoon minced parsley.

Cook finely chopped onion in butter 5 minutes. Add flour and seasonings. Blend, stirring constantly until mixture thickens. Add slightly-beaten egg yolks. Cook two minutes longer, stirring constantly. Remove from fire. Add chopped meat and parsley. Turn mixture on plate. Chill thoroughly. Shape. Roll in beaten egg, blended with a little cold water; then in sifted dry bread crumbs. Fry in hot fat (375°-500° F) using a frying basket. Serves six.



**CUSTARD PIE**

1 1/2 cups St. Charles Milk, 1 1/2 cups water, 4 eggs, 1/2 cup granulated sugar, 3/4 teaspoon salt, unbaked pie crust (9 inch), grating of nutmeg.

Blend St. Charles Milk, water, slightly-beaten eggs, sugar and salt together. Line pie tin with unbaked pie crust. Build up fluted edge. Pour in filling. Sprinkle with nutmeg. Bake in a hot oven (400° F) to set edge. Decrease heat and bake about 40 minutes in slow oven (300° F). A knife blade inserted will come out clean when custard is done.



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