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Cookery Book

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1914.

THE ALPHABET OF USEFUL HINTS.

- A** lways have a clear fire for boiling.
- B** aste roasting meat frequently.
- C** lear up as you go along.
- D** o not put away anything dirty.
- E** ggs used extravagantly do more harm than good.
- F** ill dirty vessels with cold water and they will half-clean themselves.
- G** reen vegetables should boil fast with the lid off.
- H** ave everything ready before you begin to cook.
- I** f meat is tough and not quite fresh wash with vinegar and wipe it.
- J** udge the freshness of meat by its firmness to the touch.
- K** eep the hands cool for making pastry.
- L** ift the hands high when rubbing in fat, to let the air pass through.
- M** eat from which soup or gravy is to be made should be put into cold water.
- N** ever beat a cake after the baking powder is added.
- O** pen and shut the oven door gently, and as few times as possible.
- P** astry must be put into a quick oven.
- Q** uickly stir your omelet or it will not be a success.
- R** oot vegetables should boil gently with the lid on.
- S** ilver and glass should be washed in hot soap suds and quickly dried.
- T** he scum should be removed from boiling liquids as soon as it rises.
- U** ncover kettles, teapots, and urns when you go for a holiday.
- V** egetables and bread left in soup cause it to turn sour.
- W** ater boils when it gallops, fat when it is still.
- X** tra time taken in beating eggs is time profitably spent.
- Y** oung meats such as veal and lamb require more cooking than beef, etc.
- Z** ealously follow your recipes, and do not rest satisfied till your cooking is perfect.

J. T. C., Kelso.



NOTES ON BOILING.

FRESH MEAT.

BEEF, MUTTON, FOWLS and RABBITS—allow for cooking 15 minutes for each pound and 15 over.

VEAL and PORK—allow 20 to 25 minutes to the pound and 25 over.

BOILING WATER should be used. Cook rapidly for 5 minutes, then gently simmer.

SALT BEEF.

Allow 25 minutes to each pound and 25 minutes over. Put on with cold water. Bring slowly to the boil, allow to simmer slowly.

FISH.

Allow 10 minutes to each pound and 10 minutes over. Boiling water to cook, then cook just below boiling point. Luke-warm water is used for turbot. Fish ought to be boiled on plate with muslin tied over all, as this preserves the colour and ensures it being cooked whole.

MISS REID, Kelso.

ABBREVIATIONS

Tbsp.	Tablespoonful.
Tsp.	Teaspoonful.
Dsp.	Dessertspoonful.
Ssp.	Saltspoonful.

MEASURES

1 Tbsp.	1 Oz.
1 Teacupful	4 Ozs.
1 Breakfastcupful			8 Ozs.
1 Dsp.	$\frac{1}{2}$ Oz.
1 Tsp.	$\frac{1}{4}$ Oz.

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Soup.

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"Cook's Oracle."

HARE SOUP.

Take a large hare, skin and cut it, take out lungs, hold hare over basin, so as not to lose any blood. Divide hare and wash it. Put it on in a large pan with 6 or 8 quarts of water, 2 lbs. hough, 2 or 3 potatoes, carrot, 2 big onions, a little whole pepper, a good piece of celery, and 4 tablespoonfuls of sago.

When the hare is tender, take out the best pieces, leaving the rest to cook about 3 or 3½ hours. Put the whole through a sieve; rub well to thicken the soup; allow it to cool; return soup to pan with the blood, and stir till boiling to prevent curdling. Season with salt, pepper, and ketchup.

Some people like the best parts of the hare cut in small pieces, and put into the soup. I do.—Mrs Hall, Brisbane Place, Kelso.
N.B.—Add 1 glass port wine before serving.

HARE SOUP.

1 hare.
1 oz. flour.
2 ozs. butter.
2 shallots.
1 small onion.
small bouquet herbs.

blade of mace.
¼ lb. lean ham.
½ pint white wine.
salt, whole pepper, cayenne.
2 pints second stock.

Cut the hare into joints after it has been skinned and paunched. Do not wash it. Cut up the bacon in small pieces and put in a saucepan with the butter. Put the bacon and the hare in the pan and fry a light brown, then add onions, etc., and also the wine; boil for ten minutes, add the stock, and then simmer gently for 1½ hours. Strain through a sieve, and remove all meat from the bones, and pound in a mortar; pass the meat through a fine hair-sieve, using the liquor by degrees to pass it through with. Make it hot in a stewpan, but do not let it boil.—Mrs McHutchison, Norwood, Kelso.

CELERY SOUP.

Melt two ounces of butter in a goblet. Cut the white part of two heads of celery into small pieces, and one large Spanish onion into slices. Add to the melted butter. Let them cook for a few minutes, taking care not to let them brown, then add one quart of white stock, a small bunch of sweet herbs, and a good seasoning of pepper and salt, and simmer all together until the vegetables are quite soft. Rub through a sieve, and return to the clean goblet with a pint of boiled milk. When it comes to the boil, add a dessertspoonful of potato flour, mixed to a paste with a little cold milk; boil for a few minutes, and season to taste. Put a tablespoonful of cream into a warm tureen, pour on the boiling soup, stirring all the time, and serve with thinly-cut slices of brown bread.—Miss Veitch, Hume Hall, Greenlaw.

ENGLISH MUTTON BROTH.

1½ lb. neck of mutton.
3 pints cold water.
1 tablespoonful rice.
pepper, salt.

2 carrots.
2 pieces turnip.
1 teaspoon parsley.

Cut neat chop from the mutton, put bones and scraps into a pan with the water, and add the roughly cut up carrot and turnip. Stir occasionally, skim carefully, let it simmer 2 hours, then strain through a sieve. Add the cutlets and carrot and turnip, cut into dice, wash the rice and add it. Just before serving season to taste and add the chopped parsley.—Mrs James Binnie, Bowmont Street.

BRETONNE SOUP.

Slice 3 large Spanish onions and fry them in dripping till well coloured. Add 1 quart stock (or water) and 3 oz. haricot beans, previously soaked in water for a night. Let it all simmer gently till the beans are soft, and then pass it all through a sieve. Thicken with 1 oz. oatmeal, rubbed smooth in a little cold water, and let it boil again for 15 minutes. Flavour with salt and ½ teaspoonful ground nutmeg.

CLEAR SOUP.

2 lbs. hough.
6 peppercorns.
3 cloves.
1 blade mace.

small onion.
small piece carrot and turnip.
salt.
3½ pints water.

Put all into pot without lid and boil slowly for 4 or 4½ hours, and strain. Next day skim off fat and pour the stock into a pot, and add 2 whites of eggs and shells and pinch of salt. Put on fire

and whisk till it boils for a few minutes. Tie a clean cloth on to the four legs of a chair turned upside down, letting it fall slightly in the middle so as to form a bag. Pour through some boiling water to thoroughly heat the cloth. Put under cloth a clean dry basin and pour soup gently through. The soup will not be clear with this first straining, so repeat till clear. In reheating, add lump of sugar, which makes soup sparkle.—C. D. Paton, Softlaw.

SOUP MAIGRE.

Cleanse and cut into neat pieces some carrot and turnips; melt a good piece of clarified dripping in a saucepan, put in the vegetables with a little salt and sugar, put the lid on and let the vegetables fry for 15 minutes, shaking the pan frequently. Add some chopped lettuce or cabbage, some celery, and let it cook five minutes more, then stir in some boiling water and let all simmer one hour. Season with pepper and add a few green peas, asparagus tops, shred French beans, and let all simmer for another half-hour. Stir in a tiny pat of butter, and serve.—C. H. Fleming, Whithorn.

ALMOND SOUP.

2 ozs. almonds.	1 pint white stock.
1 tablespoonful breadcrumbs.	pepper, salt, lemon juice.
$\frac{1}{2}$ oz. flour.	$\frac{1}{2}$ gill cream.
$\frac{1}{2}$ oz. butter.	

Chop almonds finely, pound with few drops water, then stew for 1 hour in a little milk, add crumbs, simmer for a few minutes, then put through wire sieve. Melt butter, add flour and almond pulp, then stock gradually, boiling between times. Season and add cream.—Miss Mather, Abbey View.

CONSOMME.

Take 4 lb. shin of beef and boil until the bones fall away from the meat. Strain the stock through a cloth. Roast a fowl a nice golden brown. Put 3 lb. of lean beef through the mincer, have some vegetables cut up small, onion, carrot, and celery. Mix the minced beef and vegetables with the stock, put into a pan and stir until it boils, then put in the fowl, boil gently for 2 hours and strain through a soup cloth. It should be bright and clear, the colour of sherry.—Mrs Blake, Charlesfield, Kelso.

HARE SOUP.

When skinning the hare be careful to preserve all the blood. Wash the hare well and add the water you have used to the blood and put it all through a sieve, a little over a gallon of water

should be enough. Put in a handful of flour and also of oat-meal. Put it on the fire and keep stirring, otherwise the blood will curdle. Then take the hare and cut off the fleshy parts from the bones and lay them aside. Take all the bones and ribs of the hare and put into the soup. When it boils add carrot, turnip, parsnip, a few onions, and one potato, seasoning, pepper, salt, cayenne, and a very little mace and allspice, and any cold roast beef bones or a small piece of ham bone. Boil for three hours, press well through a sieve; add boiling water if too thick. Take the flesh of the hare you have laid aside and cut into small pieces, brown some onion cut small and let it stew by the side of the fire while the soup is boiling.

After the soup is strained put the pieces of the hare in and bring to the boil again. It should not require to boil much longer if the pieces are well cooked before adding to the soup. Before dishing add more seasoning if necessary. If you have no roast beef bones take 2 lbs. hough, but a good hare does not require it. A ham bone is a great improvement.—I. C. W. Laing, Mizen Head, Bamburg.

OX TAIL SOUP.

1 ox tail.	$\frac{1}{2}$ head celery.
2 quarts stock.	4 cloves.
1 carrot.	14 peppercorns.
1 turnip.	2 ozs. butter.
1 onion.	2 ozs. flour.
1 bunch mixed herbs.	salt to taste.

Cut the tail into joints and wash well, remove all fat, fry in the butter with the vegetables, cleaned and cut in pieces; when browned add the stock, the herbs, celery, and cloves. Allow the soup to boil for 3 hours, then strain and thicken with the flour. To add one teaspoonful of Bovril before serving is a great improvement.—Mrs Clark, 7 Harrison Drive, Ibrox.

ARTICHOKE SOUP.

1 lb. Jerusalem artichokes.	$\frac{1}{2}$ cup milk.
2 $\frac{1}{2}$ pints stock (mutton).	dessertspoonful cornflour.

Peel and boil artichokes, pour off water, and rub through sieve; add this to stock with the milk and cornflour moistened with it. Boil 3 minutes and serve.—Miss Tait, Inchgarth.

MULLIGATAWNY SOUP.

2 good sized onions.	1 large teaspoonful curry powder.
2 ozs. lean ham.	same of curry paste.
1 carrot.	2 quarts stock.
1 apple.	2 tablespoonfuls flour.
$\frac{1}{2}$ turnip.	salt and lemon.
1 oz. butter.	

Put the butter into a pan, when hot fry the ham and onion in it, when brown add the vegetables, apple, curry, and paste.

Stir all together for 2 or 3 minutes, then add the stock. Boil gently 1 hour. Strain. Mix the flour with a little cold water, add this to the soup, and allow it to boil up. Small pieces of veal, rabbit, or fowl should be added to the strained soup. Just before serving add the juice of $\frac{1}{2}$ a lemon, and salt to taste. Serve boiled rice with this soup.—Miss Marian Middlemas, Kelso.

TOMATO SOUP.

Slice 3 small onions, slice 6 tomatoes, or a tin of tomatoes, 1 oz. butter. Fry tomatoes in butter till brown. Put in a pan with 6 breakfastcupfuls of boiling water, 1 carrot sliced, and boil gently for two hours. Pulp the whole through a hair sieve. Return soup to pan and thicken with a little cornflour or fine sago.—Miss Robson, Helenslea.

TOMATO SOUP.

Put 2 or 3 lbs. of tomatoes into a pan with 2 or 3 pints of stock. Boil for 1 hour. Pass through a hair sieve. Return it to the pan. Thicken with 2 ozs. of rice flour mixed with a little milk. Stir till it boils; add a lump of loaf sugar and 1 teacupful of milk, stir and then serve.—Mr Oliver Wight, St Mary's, Kelso.

CREAM POTATO SOUP (French Recipe).

2 ozs. butter.	2 quarts boiling water.
1 large Spanish onion sliced.	1 pint milk.
soup plateful potatoes thinly sliced.	1 small tablespoonful fine sago.

Put butter in pan; when melted add potatoes and onion. Stir till quite hot, but not brown, then add boiling water. Boil vegetables till tender, rub through colander. Return to pan. Add milk in which sago has been soaked. Season to taste. If desired add 1 teaspoonful curry powder. Put small teacupful cream in very hot tureen and pour soup over. Flavour with nutmeg if desired.—Mr Alex. MacDougall, Glasgow.

GIBLET SOUP.

three sets of giblets (either duck or chicken).	a bunch of herbs.
1 oz. ham.	pepper and salt.
1 carrot, turnip, and onion.	1 quart water.
2 sticks of celery.	1 oz. butter.
	1 oz. flour.

Wash well the giblets and cut them up in pieces; put them into a pan with water and salt. Bring slowly to the boil and skim well. Then add the vegetables cut in blocks, the herbs, and pepper, and simmer steadily for 3 or 4 hours. Strain

through a fine sieve, and when cold remove the fat. Melt the butter and brown the flour, then add the stock by degrees; boil well and serve with small pieces of giblet in the soup.—Miss Laing, Harrietsfield.

CAULIFLOWER SOUP.

1 cauliflower.
2 pints water.
1 pint milk.

1 dessertspoonful cornflour.
1 tablespoonful parsley.

Boil cauliflower in water till tender. Press through colander. Add milk, cornflour, piece of butter, and parsley. Boil all for a few minutes. Season to taste.—Mrs Stoddart, Leith.

VEGETABLE SOUP.

Boil gently for about $1\frac{1}{2}$ hours five ounces of haricot beans with enough cold water to cover them, a small bit of carbonate of soda, and half a teaspoonful of sugar, then add 1 oz. of lentils, and continue boiling 2 hours longer, adding more water if necessary. Put on in a separate saucepan 1 dozen green onions cut small, in one pint of boiling water, with a little sugar and salt. Boil for half an hour, then add three young carrots cut small, boil half an hour longer, then add a turnip and four new potatoes cut into quarters; continue boiling for twenty minutes, then add the beans and lentils with the water in which they have been boiling, and boil all together for a few minutes. A few green peas may also be added.—Mrs Brown, Ashlea.

HARE SOUP.

1 hare.
1 carrot.
 $\frac{1}{2}$ turnip.
2 onions.
3 breakfastcupfuls of brown flour.

1 head celery.
1 beef bone.
4 or 5 quarts of water.
salt to taste.

Skin hare and wash it, then take out inside very carefully; put hare into a large basin and cut it up, being careful not to lose any of the blood. Mix flour and blood to a smooth paste, then add water and strain through a hair sieve. Put into pan with all the vegetables, beef-bone, and salt, and stir one way until through the boil, and allow it to boil 2 hours. Strain before serving. Add small pieces of hare.—Mrs Steel, Weigh House, Kelso.

WHITE SOUP.

2 pints cold water.
1 onion.
 $\frac{3}{4}$ oz. ground rice.

1 cup stock.
small piece of butter.
pepper and salt.

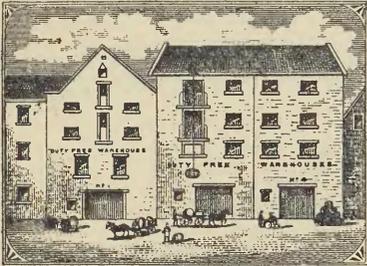
Put the water into a saucepan with the onion finely chopped,

and allow it to boil for half an hour, then add the ground rice, and let it boil until it thickens, stirring all the time. Add the stock, butter, salt, and pepper, and serve.—Mrs Chalmers, The Knowes, Kelso.

KIDNEY SOUP.

1 ox kidney. 1 teaspoonful Jamaica pepper.
3 quarts good stock made with hough. 1 doz. black peppercorns and salt.
carrot, turnip, onions.

Cut kidney into dice pieces and flour well. Fry in butter till well browned, add a little stock and simmer gently for half an hour. Add to the remainder of stock and boil all together for 2 hours.—Mrs Hogarth, Walton Grove, Kelso.



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Fish.

"They're bonnie fish and halesome fairin'."

"Old Song."

Note.—When boiling or baking fish, cook in a temperature below boiling point. The chief substance in fish is albumen, and this coagulates at 160 degrees F. If overcooked it becomes indigestible.

DRESSED COD.

3 lbs. middle cut cod.	3 tablespoons crumbs.
1 dessertspoon chopped parsley.	$\frac{1}{4}$ teaspoon thyme.
pepper and salt.	

Skin the cod, wash and dry it. Mix all the forcemeat ingredients together, and place on a piece of kitchen paper, brush the cod with beaten egg and roll in the dry forcemeat. Place on a tin with sufficient butter or good dripping to baste, and bake in a moderate oven for about 1 hour. It is done when the fish comes easily from the bone.

FISH PIE OR SCALLOPED FISH.

$1\frac{1}{2}$ lb. filleted fish.	1 oz. butter.
2 hard boiled eggs.	1 oz. flour.
2 tomatoes.	1 pint milk.
pepper and salt.	1 dessertspoon parsley.

Make white sauce with butter, flour, milk, and parsley. Cut fish into convenient pieces and put into pie-dish with alternate layers of egg and tomatoes, season with salt and pepper. Pour white sauce over and sprinkle a few breadcrumbs on top. Put one or two small pieces of butter on top of crumbs, and bake for about three quarters of an hour.—Mrs Middlemas, Anna Cottage, Kelso.

FISH SOUFFLE.

$2\frac{1}{2}$ lbs. filleted fish.	$\frac{1}{2}$ teacup milk.
$1\frac{1}{2}$ oz. flour.	pepper and salt.
1 oz. butter.	2 eggs.

Melt butter, beat yolks with milk, mix in flour, pour into pan, and stir till mixture thickens, chop up raw fish and add. Beat whites stiffly, mix lightly, and pour into soufflé dish. Bake $\frac{3}{4}$ hour. Dust thickly with browned breadcrumbs, add a few pieces of butter.—Mrs Henderson, Colville House, Kelso.

GATEAU DE POISSON.

1 lb. cooked fish.	2 eggs.
1 teacup breadcrumbs.	pepper and salt.
$\frac{3}{4}$ cup milk.	

Mix all thoroughly and steam $\frac{3}{4}$ hour in plain buttered moulds. Serve with parsley or anchovy sauce.—Mrs Marten, Union Street, Kelso.

BAKED HERRINGS.

as many fresh herrings as required.	a few peppercorns.
1 gill water.	blade mace.
1 gill vinegar.	salt to taste.

Clean, dry and trim herrings by removing heads, tails, and fins. Split right down to tail end and remove bones carefully. Sprinkle with salt and roll up. Place with seasonings in pie-dish, and pour over the vinegar and water. Bake in moderate oven about 1 hour.—H. E. A., Kelso.

FISH CAKES.

Mix equal quantities of potatoes and any kind of cooked fish. For $1\frac{1}{2}$ lbs. of fish and potatoes add 1 oz. of dripping, $\frac{1}{2}$ teaspoonful mustard, a little salt, and one egg. This mixture may be formed into cakes and fried in pan, or into balls, egged and bread-crumbed, and fried in hot fat.—Mrs J. H. Melrose, Orchard House, Kelso.

STUFFED HADDOCK.

4 ozs. breadcrumbs.	teaspoonful parsley.
2 ozs. suet minced very fine.	teaspoonful dried herbs.
1 egg.	salt and pepper.
squeeze of lemon.	little milk.

Mix the above ingredients. Fill inside of haddock and sew it up. Put a few pieces of butter on top. Bake in a quick oven, about 20 minutes, according to size. Garnish with slices of lemon and parsley, and serve with brown sauce.—Mrs Watts, Kelso.

COD'S ROE CUTLETS.

1 cod roe.	breadcrumbs.
1 tablespoonful vinegar.	fat.
1 tablespoonful salt.	a little chopped parsley.
1 egg.	

Boil the roe slowly for half an hour, putting the vinegar and salt into the water. When cooked let it drain and get quite cold. Then divide it into slices half an inch thick, and trim to a neat shape. Brush the slices over with egg and cover with breadcrumbs and fry in fat to a golden brown. Drain on paper. Garnish with chopped parsley.—Mrs A. J. Middlemas, Lyndon, Kelso.

FISH CREAM. (Breakfast or Supper.)

1 lb. filleted fish.
2 ozs. breadcrumbs.
2 ozs. butter.

1 egg.
small teacupful milk.
pepper and salt to taste.

Heat milk and butter and pour over breadcrumbs. Beat yolk and mix with milk and breadcrumbs. Mince or cut up fish on board finely, and stir into mixture. Lastly, very gently stir in the white of egg beaten to a stiff froth. Pour into buttered mould, and steam 40 minutes slowly. Turn out and pour parsley sauce over.—Miss Rathie, Dunbar.

FISH BAKED IN CUSTARD.

Take the fillets of a plaice and skin them, and dip in flour and pepper and salt. Butter a shallow pie-dish, and lay the fillets in it. Beat up one egg, add $\frac{1}{2}$ pint of milk and 1 tablespoonful of flour and $\frac{1}{4}$ teaspoonful of salt. Pour over the fish, and bake in a moderate oven $\frac{3}{4}$ of an hour.—Miss M. Gamble, Roselea.

FISH PIE.

$1\frac{1}{2}$ lb. fish.
2 hard boiled eggs.
2 tomatoes.
pepper and salt.

1 oz. butter.
1 oz. flour.
1 pint milk.
a little parsley. } white sauce.

Melt the butter in a pan, mix in the flour, add the milk and bring to the boil. Boil for a few minutes, then add the parsley. Cut the fish and eggs into pieces, slice the tomatoes, season and place in layers in a buttered pie-dish. Pour the sauce over, sprinkle browned breadcrumbs on top and a few tiny pats of butter. Bake in a moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.—J. S. Inglis, Kelso.

TROUT.

Small-sized trout are best fried. Split them and wipe them dry with a cloth—a soft cloth and a gentle hand are necessary. Then dredge them lightly with flour, or roll in fine oatmeal. Melt enough dripping in your frying-pan to just cover the fish; when it is still and smoking put in the fish one at a time, with a few seconds between each, so as to keep up the heat. Fry a golden brown, take up, sprinkle with salt, drain on thickly-folded kitchen paper in front of the fire, and serve.—Miss A. L. Walker, Kelso.

FISH SOUFFLE.

1 oz. butter.
2 tablespoonfuls cream.
1 oz. flour.
2 eggs.

1 gill milk.
 $\frac{1}{2}$ lb. any cold fish.
pepper, salt, and lemon.

Chop fish finely. Mix butter and flour over fire. Pour milk in very gradually, stir until it thickens. Drop yolks, one by one,

into pan, mix thoroughly. Add fish and seasoning, lastly, cream. Beat all well together. Whip up whites of eggs to stiff froth, add gently. Butter bowl, pour in mixture. Steam very gently $\frac{3}{4}$ hour, then turn out on a hot dish, and serve with sauce.—Mrs Lauder, Morebattle.

FISH SOUFFLE.

$\frac{1}{4}$ lb. white fish.	2 eggs.
$\frac{1}{2}$ oz. butter.	$\frac{1}{4}$ teaspoonful lemon juice.
1 oz. flour.	$\frac{1}{2}$ teaspoonful parsley.
$\frac{1}{2}$ gill milk.	$\frac{1}{4}$ teaspoonful coralline pepper.
$\frac{1}{2}$ gill cream, or $\frac{1}{2}$ quart milk.	1 pint white sauce.
pepper and salt.	

Melt the butter, add flour, mix and add milk. Stir briskly, and when it thickens beat to make smooth. Cook till it forms a thick mass leaving the sides of pan. Pound with fish scraped down, yolks of eggs and seasonings. Rub through a sieve, add lemon juice and whisked cream. Whisk whites stiffly. Mix in lightly, turn into a well-buttered mould. Cover with buttered paper twisted round mould, and place cutter under mould to keep it out of water. Steam 1 hour. Serve on a hot dish. Strain sauce over and garnish with parsley.—Miss Melrose, Goshen Bank.

HERRINGS A LA SUEDOISE.

(Breakfast or Supper.)

6 Lochfyne salt herrings.	butter or dripping.
milk.	breadcrumbs.
2 onions.	

Skin and bone herrings, divide in 2 parts. Soak in milk for 6 hours. Fry onions in butter. Boil potatoes. Butter a pie-dish. Cover the bottom with layer of sliced (boiled) potatoes. Over this arrange half of the herrings, then half of the onions, again a layer of potatoes, then the other half of herrings and onions. Cover with remainder of potatoes. Sprinkle with breadcrumbs and butter. Bake in good oven half an hour.—Madame Carmen Von Platen, Sweden.

GATEAU OF FISH.

(Supper Dish.)

$\frac{1}{2}$ lb. cooked fish.	2 yolks and 1 white of egg.
2 ozs. breadcrumbs.	small pieces of dripping.
1 teasp. chopped parsley.	a few browned crumbs for the tin.
$\frac{1}{2}$ gill milk or fish stock.	pepper and salt.

Melt the dripping in a plain tin; when hot run the dripping round the sides of the tin until well greased. Shake in a few

browned crumbs and coat the tin well. Remove all skin and bone from the fish, chop finely. Put fish, breadcrumbs, parsley, beaten eggs, and fish stock in a pan and cook for a few seconds. Season, turn mixture into prepared tin, cover with greased paper, bake in moderately hot oven from thirty to forty minutes. Turn out and pour round either anchovy or melted butter sauce.—Miss Laing, Harrietsfield.

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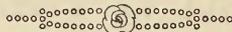
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From "Little Women." By Louisa May Alcott.

*But hark! a sound is stealing on my ear,
A soft and silvery sound—I know it well.
Its tinkling tells me that a time is near,
Precious to me—it is the Dinner Bell.
O blessed Bell! thou bringest beef and beer,
Thou bringest good things more than tongue may tell.
Seared is of course my heart—but unsubdued,
Is, and shall be, my appetite for food.*

C. S. Calverley.

ROASTED MEAT ROLL.

1 lb. mince.
 $\frac{1}{2}$ lb. pork.

sausages.
pepper and salt.

Remove skin from sausages. Mix with mince. Season to taste. Shape into roll and bake $1\frac{1}{4}$ to $1\frac{1}{2}$ hour.—M. M., Kelso.

TO CORN MEAT.

to 5 lbs. meat Allow $1\frac{1}{2}$ oz. black
pepper.
 $\frac{1}{2}$ lb. cooking salt.
1 oz. saltpetre.

2 ozs. brown cooking sugar.
1 whole nutmeg (grated).
or cloves if preferred.

Have the meat tied up and place in a large bowl or deep basin. Mix the dry ingredients and rub on to the meat. Turn the meat every second day; it will be ready in a week. Boil $2\frac{1}{2}$ hours.—Mrs Gilchrist, Abbey Corner.

BEEF STEAK PIE.

1 lb. steak cut thin.
1 tablesp. flour.

2 sheep kidneys.
pepper, salt.

Cut meat into neat lengths, dip into flour, pepper, and salt, roll up loosely with tiny bit of fat inside, place in pie dish, skin and remove fat from kidney, cut into pieces, dip into flour, etc., and place in pie dish, add cold water to come half way up the dish.

Pastry.

$\frac{1}{2}$ lb. flour.
squeeze lemon juice.
pinch salt.

$\frac{1}{4}$ lb. butter.
1 teasp. lard.
cold water to mix.

Put butter and flour on to board and chop up roughly, return to bowl, add salt and lemon juice, mix into firm paste with cold

water. Turn on to floured board, roll into strip, fold in three, turn round and roll again, repeat folding and rolling until flour and butter are well mixed. Paste is then ready for use. Cover the pie, cook in smart heat at first to raise the paste, reduce heat until meat is cooked. Time for cooking $1\frac{1}{4}$ hour.—Miss Anderson, Kelso.

CHAUD FROID OF CHICKEN.

half a cooked chicken.
 $\frac{1}{2}$ oz. gelatine.
 1 gill cream.
 1 gill chicken stock.

a little parsley or tarragon.
 1 hard boiled egg.
 pepper, salt, nutmeg.
 a little salad and mayonnaise.

The half of a cooked chicken will do, but it had better be the whiter parts. A casserole mould is best, although a plain mould may be used.

Cut the white of the egg into neat squares or stars, decorate bottom of mould with that, alternately with a sprig of parsley or tarragon and the yolk of the egg. Then place in lightly very thinly cut pieces of chicken, the whiter parts being used for the outer parts of mould. Then fill up mould lightly with all the smaller scraps. Dissolve the gelatine in the stock, and stir it over the fire till it boils. Season it very nicely with salt, pepper, and nutmeg, add the cream and with this fill up the shape. Set it aside to get quite cold; turn out on a dish by dipping the shape an instant in warm water. when it will shake out. Put the salad with the sauce to fill up the centre prettily, or else put it round the shape.

STEWED FOWL WITH WHITE SAUCE.

Stew the fowl in a small quantity of water until the meat will leave the bones, arrange the meat neatly on a dish, make white sauce with milk and some of the stock the fowl was cooked in, pour over the meat and stand aside until cold, garnish with cut lemon and parsley. An excellent supper dish.—Mrs Middlemas, Anna Cottage, Kelso.

ROMAN PIE.

Any cold meat, game, chicken, or sweetbread. Cut in small pieces. 2 oz. macaroni boiled in milk cut in small pieces. Line a mould with good paste, sprinkle with vermicelli, put in layers of the meat and macaroni, adding a little shredded cheese, season with salt and pepper. Bake for an hour and turn out. Before putting in the oven, add some stock and a little milk to moisten.

CHICKEN A LA SUISSE.

Cut up cold cooked chicken into small joints, dip into a batter and fry. Serve with fried rolls of bacon.—T. Q.

BACON ROLLS.

Make a crust of cold and well mashed potatoes with flour, milk and a little salt. Roll out paste and cut into pieces about 4 inches long and 4 inches wide. Inside each roll place a piece or rather thin slice of bacon. Bake until nicely browned.—X. Y. Z.

BEEF OLIVES.

1½ lbs. stewing steak.
1 onion.
slice of bread.
½ teacupful water.

herbs.
salt, pepper, ketchup.
1 teaspoonful flour.

Put small piece of dripping in stewpan, cut up onion and fry, cut bread into squares, dip in salt, pepper, and herbs, cut beef into pieces large enough to roll neatly, tie up the meat in little rolls with bread (seasoned) inside, put into stewpan beside onion, brown for a minute or two. Now add water, ketchup and flour. Stew slowly 1½ or 2 hours. Don't stir; shake stewpan.—J. B., Esq., London.

SHEPHERD'S PIE.

The remains of cold roast beef put through the mincer. Make a breakfastcupful of Bovril to which add a dessertspoonful of Hardie's sauce, also pepper and salt. Mix with the cold beef and put in a pie dish, cover with nice mashed potatoes and bake in the oven for half an hour.—W. L., Kelso.

A GAME PIE.

6 partridges.
1 hare.
2 lbs. fresh pork.

4 truffles.
¼ pint sherry.

• Skin the partridges and hare, cut the breast off the partridges and lay on a plate, then take all the flesh from the bones, also from the hare, and mince with the pork, cut the truffles into slices, mix a little sherry with the game, and season with salt and pepper and a very herbaceous mixture. Put a layer of minced game into a game pie dish, then the breast of the partridge and truffles. Repeat till the dish is full. Put on the cover and bake in a slow oven about 4 hours. Put the bones into a stewpan with a shallot, peppercorns, salt and faggot made with 1 bay leaf, small piece of parsley, do. thyme, and the sherry that was left over from the game. Stew ½ hour, then cover with stock and simmer gently 3 or 4 hours, strain, put back into stewpan, and reduce to half the quantity. When the pie is cooked fill up with gravy.—Mrs Blake, Charlesfield, Kelso.

CROUTES AUX ROGNONS.

2 sheep kidneys.
 ½ doz. mushrooms.
 or 1 doz. tinned tomes.
 ½ oz. butter.

2 tablespoons thick brown sauce.
 1 in. glaze.
 pepper, salt and cayenne.

Thoroughly wash and clean kidneys, take the fat from the centre, cut kidneys into dice, and mushrooms the same, put butter into a small pan and allow it to brown, then put in kidney and cook in butter for 5 minutes, turning constantly. Now add mushrooms, brown sauce and glaze, put lid on pan, draw to side of fire, simmer 15 minutes till kidney is tender. Prepare croutes or shaped pieces of bread, cut a slice of bread $\frac{3}{4}$ in. thick, make it diamond shaped, scoop out centre, and fry a nice brown in hot fat. Prepare a few browned breadcrumbs. When the kidney is ready fill bread with pieces and dust over with crumbs, put in oven for 1 minute, just enough to warm through, and serve on table napkin.—Miss Taylor, Busby, Methven.

FILLET OF BEEF A LA NAPOLITAINE.

1 lb. filleted beef.
 1 tablesp. scraped horse radish.
 1 tablesp. chutney.
 1 tablesp. red currant jelly.
 2 tablesp. sherry.
 1 oz. butter.

½ pint brown sauce.
 pepper, salt, cayenne, lemon juice.
 a little scraped horse radish and
 cream for centre of dish.
 1 tablesp. good stock.
 ½ oz. glaze.

Prepare the fillets, put into a saucepan the horse radish, chutney, red currant jelly, glaze, and sherry. Cook all these at side of fire very gently for 10 minutes, then strain. Put 1 oz. butter into a saucepan, fry the fillets in it for 10 minutes, just long enough to brown, then add the strained mixture to the brown sauce and cook the fillets 10 minutes in the sauce. Prepare a ring of potatoes in the centre of a dish, lean fillets against potatoes, strain brown sauce round them; fill in centre with horse radish mixed with cream.—Miss Miller, Cairnie, Forteviot.

TINBALE OF CHICKEN.

6 ozs. straight macaroni.
 1 lb. cooked chicken.
 ¼ lb. lean ham (cooked).
 2 ozs. breadcrumbs.

dessertsp. pounded sweet herbs.
 3 eggs.
 6 mushrooms.

Boil the macaroni in water 10 minutes, drain it and boil again ten minutes in white stock or milk, cut in pieces $\frac{3}{4}$ in. in length, and line a well buttered mould with the pieces set on end, and closely packed together. Finely mince the chicken, ham, and mushrooms, put them in a basin with breadcrumbs and seasoning; bind the mixture with eggs, stirring well. Fill the centre of the mould with this, pressing it firmly down, cover with but-

tered paper and steam 1 hour. Turn out and serve with white sauce.—Mrs J. Taylor, Laurel Bank, Methven.

RABBIT MOULD.

Shred cooked rabbit from bones. Place rings of 1 hard-boiled egg round mould together with strips of ham, then fill up with rabbit. Place stock in saucepan, and dissolve 3 sheets of gelatine in it, strain and pour into mould. Allow to stand over night.—Mrs Lillie, Oaklea, Kelso.

GALANTINE.

1 lb. mince.	juice of 2 lemons and grated rind of one if liked.
1 lb. smoked ham (minced).	pepper and salt.
2 eggs.	pinch of nutmeg.
$\frac{1}{2}$ lb. breadcrumbs.	

Mix mince, ham, breadcrumbs, lemon rind, and seasoning together. Bind all together with eggs beaten and juice of lemon, and mix well with the hand. Press into a china mould (which does not require to be greased) and steam for 3 or 3 $\frac{1}{2}$ hours. Turn out and let it cool and glaze with the following:—

Glaze.

1 teaspoonful Liebig's extract.	2 leaves gelatine.
2 tablespoonfuls water.	

Mix all together, and when cooling brush over galantine.—Miss Muirhead, Maxwell Cottage, Kelso.

BOILED MUTTON AND CAPER SAUCE.

2 lbs. mutton (boiling), small piece carrot and turnip. Stick two cloves in small onion, put mutton into boiling water, with vegetables, and boil slowly 2 hours.

Sauce for Boiled Mutton.

1 oz. butter.	$\frac{1}{2}$ pint stock.
1 oz. flour.	salt and pepper to season.

Make sauce in usual way. Just before serving add 1 table-spoonful capers.—Miss Tait, Inchgarth.

STEWED FILLET OF BEEF.

$\frac{1}{2}$ to $\frac{3}{4}$ lb. beef.	salt, pepper.
1 large onion.	butter.
flour.	

Melt 1 oz. butter in a pan, dip beef in flour, chop onion finely, brown beef and onion in butter, add seasoning and small teacup boiling water. Simmer slowly 3 hours.—Mrs Scott, Galashiels.

DELICIOUS BONELESS BIRDS.

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| 1½ lbs. steak off the round. | 3 tablespoons butter or dripping. |
| 4 slices of bacon. | 1 pint boiling water. |
| 1 chopped onion. | 1 tablespoonful browned flour. |
| salt and pepper to season. | |

Cut steak into pieces about 4 inches square, lay on each square a piece of bacon and a little chopped onion, roll up and fasten with a little wooden skewer or fine string, melt butter or dripping, brown the steak in it, add flour, salt, pepper and boiling water. Simmer 2 hours. Remove fastenings before serving.—Miss Jean Blackwood, Glasgow.

DUTCH ROLL.

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| ½ lb. mince. | 1 teaspoon of ketchup. |
| ½ teacupful breadcrumbs. | salt and pepper to taste. |
| ½ teaspoon chopped parsley. | |

Put the mince, breadcrumbs, parsley, and ketchup with water to bind it into a dish, form into roll with floured hands and place the roll in a roasting tin with a spoonful of dripping, and bake for 30 minutes, basting every 7 minutes. When cooked place on a hot dish, pour away dripping, add to tin a teaspoonful flour, a teacup of water, let it boil and then pour over the roll.—Mrs Cuthbert, Knowe House, Hownam.

SAUSAGE ROLL.

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| 1 lb. beef (sliced). | 1 teaspoon salt. |
| 1 lb. ham. | 1 dessertspoon vinegar. |
| 1 breakfastcupful breadcrumbs. | 1 dessertspoon ketchup. |
| 1 teaspoon black pepper. | 2 eggs. |

Mince beef and ham, add breadcrumbs and seasoning, beat the eggs slightly, and moisten the mixture well with the hand. form into a roly-poly shape. Have ready a pudding cloth wrung out of hot water, dust with flour, tie the roll into it, place on a plate in a pan of boiling water to boil for 2½ hours. When cold dust with breadcrumbs (browned).—Mrs Clark, Legers.

FIFE PIE.

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| 1 rabbit. | 1 tablespoonful grated bread. |
| ¼ lb. ham. | 1 teaspoonful salt. |
| 1 dessertspoonful chopped parsley. | a little pepper and nutmeg. |
| 1 egg. | |

Wash the rabbit and dry it thoroughly, cut it up in small pieces, chop up 1 tablespoonful of the fat part of the ham, cook slightly the remainder of it, and cut it up in neat small pieces. Parboil and chop up the heart and liver of the rabbit very finely, mix in a small basin the chopped fat, the parsley, liver, and

heart, the bread, a little salt, pepper, and nutmeg; mix all thoroughly together with half of the beaten up eggs, and divide it in small pieces, which roll into balls. Now put some of the rabbit in the bottom of a pie dish, some of the ham, some of the balls, some pepper and salt; repeat till all is used up. Fill up the dish with either stock or water for gravy.

Make $\frac{1}{2}$ lb. flour into rough puff paste; with this cover the pie very neatly. Brush over with the other half of the egg, and bake in a moderately hot oven for one hour.—Miss M. Walker.

RAISED OR PORK PIE.

$\frac{1}{2}$ lb. pork or mutton.	$\frac{1}{4}$ teaspoonful pepper.
$\frac{1}{2}$ teaspoonful salt.	2 tablespoonfuls water.

Cut meat very small, mix it with water and seasoning.

Paste.

2 $\frac{1}{2}$ ozs. lard or butter.	$\frac{1}{2}$ teacup water.
$\frac{1}{2}$ teaspoonful salt.	10 ozs. flour.

Put lard, salt, and water on to boil, pour among flour, knead smooth, turn on to floured board, cut off small piece for cover, make large piece into round case, shaping same with fingers, fill up with meat, cover and decorate, brush with egg. Bake 1 hour in hot oven.—Agnes Temple, Hume.

CHICKEN MOULD.

(Supper Dish.)

1 fowl.	pepper and salt.
2 quarts $\frac{3}{4}$ water.	2 hard boiled eggs.
$\frac{1}{2}$ lb. lean boiled bacon.	lettuce and tomatoes.
6 sheets gelatine.	

Stew a fowl in from three pints to two quarts of water until the meat leaves the bones freely, remove the bones, then add $\frac{1}{2}$ lb. lean boiled bacon. While still in the pan add 6 sheets of gelatine, allow to melt, stirring the mixture gently, season with pepper and salt. Prepare a mould by placing two hard-boiled eggs in a circle round the bottom of the mould, then pour in mixture and set aside to cool. When the mould is turned out garnish round the edge of the plate with lettuce and sliced tomatoes.—Mrs Dickson, Rose Lane.

SAUSAGE ROLL.

1 lb. mince.	1 tablespoonful catsup.
1 lb. minced ham.	1 teaspoonful Yorkshire relish.
2 eggs.	1 teacupful breadcrumbs.
1 tablespoonful vinegar.	a little pepper and salt.

Work into roll shape and boil in a cloth for 2 $\frac{1}{2}$ hours. When cold, glaze.—Mrs Frazer, Manse of Sprouston, Kelso.

SWEDISH MEAT BALLS.

1½ lbs. stewing beef.
¼ lb. suet.
1 egg.
slice of bread.
small onion.

potato (boiled).
small piece of butter.
salt and pepper.
a little milk.

Mince meat and suet very finely, soak bread in milk, chop the onion, beat up the potato, beat the egg, mix all together with butter and seasoning, make into balls and cook in butter until brown. Arrange on a hot dish, pour sauce over the balls, made of stock and thickened with flour.—Madame Carmen Von Platen, Sweden.

COLD MEAT PIE.

1 lb. cold meat chopped.
½ lb. breadcrumbs.
2 eggs.

pepper and salt.
a little parsley.

Mix the meat, bread soaked in milk, and seasonings in a basin, beat the eggs and mix, butter a pie dish, and bake or steam about 40 minutes. Serve with brown sauce.—Mrs Barr, Nottylees, Kelso.

RABBIT CREAM.

Cut the white meat from a young rabbit, and put the bones into a pan to stew with about 1½ pints of seasoned water, and small bouquet of herbs, a carrot, a turnip, and an onion stuck with 6 or 8 cloves; this is to make the stock. Pound the meat in a mortar and pass through a fine wire sieve; next add 1 oz. of butter and the yolks of two eggs, and mix all well together. Take about two spoonfuls of cream, season with salt and pepper to taste, whisk the white of an egg to a stiff froth, add this to the other ingredients and stir all lightly together. Pour into a plain buttered mould, place it in a pan containing some boiling water, and cook forty to fifty minutes on the stove or in the oven. Strain the liquor from the bones, thicken with one tablespoonful of flour, mixed with 1 oz. of butter, and cook for 15 minutes. Season to taste and strain. Turn out the cream on a hot dish, pour over the sauce and serve hot. If liked a little cream or a yolk of egg may be added to the sauce.—Miss Ogilvy, Holm Lea, Kelso.

VEAL AND HAM PIE.

1½ lbs. lean veal.
¼ lb. cooked ham.
2 hard boiled eggs.

½ teasp. dried herbs.
1 teasp. chopped parsley.
little water.

Remove skin from veal and cut in small pieces, cut ham in pieces and eggs in slices, arrange in alternate layers in pie dish,

season each layer with salt, parsley and herbs, half fill with water, cover with a good flaky paste. Bake in a moderate oven 1 hour.—Mrs Rae, One Ash, Kelso.

SUPPER OR LUNCH DISH.

Take $\frac{1}{2}$ lb. steak (or any cold meat could be used), mince finely, season and mix with the following:—Cut a thick slice of bread, boil an onion in $\frac{1}{2}$ pint of milk, pour milk over bread and chop onion. When bread is soaked add tablespoon chopped parsley and mixed herbs and onion, mixing all with a lightly beaten egg. Put into well-greased pie dish and bake for one hour.—Mrs Smith, 11 Woodmarket, Kelso.

GALANTINE OF RABBIT.

1 rabbit.	a few peppercorns.
$\frac{1}{2}$ lb. boiled ham.	$\frac{1}{2}$ oz. gelatine.
1 hard boiled egg.	pepper and salt.

Stew the rabbit gently till quite tender, take all the meat off the bones and mince into small pieces. Put bones and gelatine on to simmer slowly for half an hour. Line a pie dish with the ham, put in the minced rabbit and the hard boiled egg sliced, season with pepper and salt, pour over stock from bones and leave to set. Turn out and garnish with tomatoes and parsley.—Miss Laing, Harrietsfield.

SEA PIE.

$\frac{1}{2}$ lb. stewing steak.	Suet pastry.
1 onion, carrot and turnip.	4 ozs. flour, 2 ozs. suet.
water to cover.	$\frac{1}{4}$ teasp. baking powder.
salt and pepper.	$\frac{1}{4}$ teasp. salt.
	cold water.

Cut meat in small pieces and put in stewpan with salt and water, skim, add vegetables (sliced) and pepper, and simmer about $\frac{3}{4}$ hour. Cover with pastry rolled out into a round a little less than size of pan. Cook slowly for 1 hour, shaking pan occasionally to prevent contents sticking.—A Friend, Kelso.

GALANTINE.

1½ lb. minced beef.	2 eggs.
1 lb. minced ham (lean).	1 lemon.
$\frac{3}{4}$ lb. breadcrumbs.	seasoning to taste.

Put the beef and ham (uncooked) into a basin, then add breadcrumbs, and the eggs well beaten, the juice of the lemon, and also the rind. Mix all well together, put into a greased mould, steam for 3 hours. Turn out when cold and glaze over.—Miss Galbraith, Kelso.

RABBIT PIE.

1 large rabbit (or chicken).	3 hard boiled eggs.
1 small tongue (tin).	$\frac{3}{4}$ oz. gelatine.
$1\frac{1}{4}$ lb. pork sausages.	

Stew the rabbit very slowly until tender, then take from the bones; put the bones back into the pan and simmer for 2 hours and strain. Put the rabbit and tongue through mincing-machine, boil the sausages for 1 hour, and when cold cut into thin slices, and the hard-boiled eggs when cold cut into thin slices. Put alternately into a big pie dish. Mix the soaked gelatine with stock, seasoning to taste; put a little into the pie dish, and the rest in after it is baked. Cover with an ordinary pie crust. Bake 1 hour.—Mrs Bowdler, Kelso.

HOT POT.

1 lb. beef and mutton.	2 teaspoonfuls flour.
2 lbs. potatoes.	1 teaspoonful salt.
2 onions.	$\frac{1}{2}$ teaspoonful pepper.
$\frac{1}{2}$ pint water.	

Cut the meat into pieces, mix the seasoning, dip each piece of meat into it. Put half the meat at the bottom of a pie dish, then half the onions sliced, and half the potatoes peeled, par-boiled, and quartered. Repeat this, covering well with potatoes, pour over the water, cover (as this keeps it moist), and bake in a slow oven 2 or 3 hours. Cold meat may be used.—J. C. McArtney, Mellerstain.

STEAK AND KIDNEY PIE.

$\frac{1}{2}$ lb. flaky pastry.	$\frac{1}{2}$ teasp. salt.
1 lb. rump steak.	$\frac{1}{4}$ teasp. pepper.
2 sheep kidneys.	1 teasp. chopped parsley.
1 large teaspoonful flour.	2 gills water or stock.

Cut the steak into small equal-sized pieces, wash the kidney and cut it smaller than the steak, mix the flour, salt, pepper, and parsley on a plate. Toss the meat in it and lay it in a pie dish, pour in the water or stock, and cover the dish with the pastry, rolling out the trimmings and forming them into leaves to decorate the top, make a hole in the centre and brush over with beaten egg. Bake the pie in a rather hot oven at first till it rises, then cook it slowly for $1\frac{1}{2}$ hours.—Mrs Fisher, The Knowes, Kelso.

ROMAN PIE.

2 ozs. cooked macaroni.	pepper and salt.
4 ozs. minced meat.	few pieces butter and some bread-
1 dessertspoonful chopped parsley.	crumbs.
$\frac{1}{2}$ pint white sauce.	

Cook macaroni, make sauce, and mince meat and parsley. Mix

all and season, sprinkle the crumbs on top and put tiny bits of butter here and there. Cook in moderate oven 20 to 30 minutes.—Miss Jenny Brotherston, Homebyres.

HOME-MADE PALONEY SAUSAGES.

1 lb. beef-steak.	1 egg.
1 lb. lean ham.	pepper and salt to taste.
5 ozs. breadcrumbs.	half a nutmeg.

Put beef-steak and ham twice through mincer, add the pepper, salt and nutmeg (grated), also breadcrumbs, bind with egg, roll into short, thick sausage shape, then pack tightly in a greased cloth, and boil 2 hours. Serve cold.—Miss Tully, Morebattle.

BAKED MEAT LOAF.

2 lbs. steak, finely minced.	pepper and salt to taste.
$\frac{3}{4}$ breakfastcupful breadcrumbs.	a little chopped parsley.
about the same of milk.	a little ketchup if liked.
1 egg.	

Beat all well together and form into the shape of a loaf or roll, put on greased baking-tin, cover with few dots of butter or dripping. Bake in a hot oven for 1 hour, basting well; dish, and pour off fat. Make a gravy with the brown left in the pan, and pour over. It makes an excellent supper dish when cold.—Mrs Urquhart, Kelso.

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Sandwiches.

POTTED BEEF FOR SANDWICHES.

1 lb. mince.	1 tablespoonful Anchovy essence.
1 saltspoonful powdered mace.	a pinch of cayenne.
1 saltspoonful powdered cloves.	salt to taste.

Put mince in basin, and steam for 2 hours. Strain gravy from mince, and pound the latter in a mortar. Season the gravy with the above ingredients, and mix with the pounded meat. Stand aside until cold.—Mrs Middlemas, Anna Cottage, Kelso.

EGG SANDWICHES.

6 hard boiled eggs. cream.	pepper, salt and chopped parsley.
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Shell the eggs, and cut with a knife, until quite small. Take a fork and stir in sufficient cream to make the eggs a fairly soft consistency, add seasonings, and it will be ready for use.—Mrs Middlemas.

TOMATO SANDWICHES.

1 lb. tomatoes. $\frac{1}{2}$ lb. butter.	pepper and salt to taste.
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Put tomatoes in a basin and pour boiling water over them to remove the skins. If the tomatoes are very juicy strain some of the liquid from them. Melt the butter in a pan, put in the tomatoes and seasonings, and boil to a pulp, about ten minutes will be sufficient. Pour into a basin, and leave until next day.—Mrs Middlemas, Anna Cottage, Kelso.

MOCK LOBSTER.

1 lb. tomatoes. $\frac{1}{2}$ lb. salt butter. $\frac{1}{4}$ lb. cheddar cheese.	3 eggs. pepper and salt.
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Melt butter and cheese to a paste, skin tomatoes, beat them, and add to paste. Season, boil for a few minutes slowly. Beat eggs and stir slowly into the mixture. Make day before required. No butter on bread.—E. S. Wilson.

POTTED MEAT.

$\frac{1}{2}$ lb. best steak. 2 bay leaves. 4 peppercorns. pepper, salt, cayenne.	4 cloves. 4 allspice berries. 1 oz. butter. 1 tablespoonful vinegar.
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Cut the meat into very small pieces and place in a buttered jar, add seasonings tied in muslin, cover with greased paper, cook

in the oven for 2 hours, pound in a mortar till smooth, press into a potting jar and cover with clarified butter.

MEAT PASTE FOR SANDWICHES, &c.

1 lb. lean steak.
 $\frac{1}{2}$ lb. lean ham.

4 teaspoonfuls water.
 season to taste.

Put in jar and steam till quite tender. When cold put twice through mincer, or put it into a bowl. Make into a smooth paste with a wooden spoon. Put in small pots with a little melted butter on the top of each.—Mr Alex. McDougal, Glasgow.

From LADY SCOTT DOUGLAS (*Spanish Recipes*)—

STUFFED LETTUCE.

Take a young long lettuce; wash well in salt and water; make a stuffing of eggs and cheese; place in centre of lettuce; stew in stock; serve as vegetable, or put in clear soup. The lettuce must be tied at the end.

ROSTO.

Take 2 lbs. best steak, $\frac{1}{2}$ a pint of water, 6 tomatoes, skin. Make into a sauce $\frac{1}{2}$ lb. of grated cheese, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. macaroni, boiled. Stew all together with steak for half an hour.

ALMONDIGAS.

1 lb. of raw finely minced beef.
 $\frac{1}{4}$ lb. breadcrumbs.

$\frac{1}{4}$ lb. of grated cheese.
 pepper and salt to taste.

Take one raw egg to bind into balls the size of a chestnut; put in stew pan $\frac{1}{4}$ lb. of butter and water enough to cover. When this is boiling put Almondigas in one by one, and stew for half an hour shaking the pan at intervals. Mix yoke of egg with flour and pour into stew pan, mixing carefully not to break the balls.

SPANISH CHOCOLATE (IN CAKES).

Take $\frac{1}{2}$ lb., grate with a knife, put in pan with cold milk, keep stirring till it boils up 3 times, then serve up in small cups with sponge fingers.—Miss Douglas, Springwood Park, Kelso, N.B.

SANDWICHES CHASSEUR.

It is often said that sportsmen should not eat of their own game. None the less I have found the following sandwich an agreeable variation from the ordinary partridge-shooter's lunch:—Spread thin slices of toast with red currant jelly, and lay thickish slices of roast hare between them. — George Douglas, Springwood Park, Kelso, N.B.

Puddings and Sweets.

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

Anon, 1740.

RICE CREAM.

1 pint milk.	$\frac{1}{2}$ oz. French gelatine.
3 ozs. loaf sugar.	$\frac{1}{2}$ pint double cream.
2 ozs. ground rice.	

Boil milk and sugar together, stir in rice and cook 6 min. Take from the fire. Dissolve the gelatine in 1 gill milk. Stir into the rice. Add the whipped cream. Mix all lightly together. Pour into mould. Decorate to taste. When cold, turn out.

EYE'S PUDDING.

If you'd have a good pudding, pray mind what you're taught. Take two pennyworth of eggs when they're twelve for a groat. Then take of fruit, which Eve did once cozen, well pared and grated, at least half a dozen. Six ounces of bread—let your maid eat the crust—and the crumbs must be grated as small as fine dust. Six ounces of currants, but pray pick them clean, lest they grate in your teeth; you know what I mean. Six ounces of sugar won't make it too sweet. With salt and with nutmeg 'twill then be complete. If you have a mind to be clever and handy, take some good lemon peel and a wine-glass of brandy. Three hours let it boil without puff or flutter. Then serve it up with some good melted butter. Adam tasted the pudding. It was wond'rous nice, so Eve cut her husband another large slice.—Miss Bessie Davidson, Kelso.

ITALIAN CREAM.

$\frac{3}{4}$ oz. gelatine.	3 ozs. sugar.
$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ oz. glazed cherries.
rind and juice of 1 lemon.	$\frac{1}{2}$ oz. angelica.
2 yolks of eggs.	$\frac{1}{2}$ pint double cream.

Soak gelatine in a little milk. Boil remainder of milk with lemon rind. Beat yolks and sugar, stir boiling milk over them. Return custard to saucepan, add soaked gelatine. Stir till custard cooks without boiling it. Set it aside to cool. Cut cherries and angelica in small pieces. Whip up cream, add to it gradually the custard, cherries, angelica and lemon juice. Pour into a wet shape.—Miss Lily Scobie, Thornliebank.

BAKED CUSTARD PUDDING.

1 egg.
1 gill milk.
 $\frac{1}{2}$ teaspoonful sugar.
nutmeg.

small piece butter.
a little jam.
pinch of salt.

Slightly butter pie-dish. Beat egg with sugar very lightly, then add milk, and strain into pie-dish, over a thin layer of jam. Bake slowly in a dish of water until custard is set, then grate a little nutmeg on top. If richer custard desired, use 2 eggs omitting the white of one. — Miss A. Bruce Cuthbert, The School House, Hume.

CHOCOLATE PUDDING.

$\frac{1}{4}$ lb. plain chocolate.
 $\frac{1}{4}$ lb. castor sugar.
 $\frac{1}{4}$ pint milk.
 $\frac{3}{8}$ oz. butter.

6 oz. fresh breadcrumbs.
vanilla.
2 eggs.

Well grease a mould. Grate the chocolate and mix it with the milk, then boil them together, stirring all the time till the chocolate is melted. Cream together the sugar and butter with wooden spoon, then stir in the yolks of 2 eggs and the bread-crumbs. Next pour on the milk and chocolate and add a few drops of vanilla. Beat the whites of the eggs to a stiff froth and stir them in very lightly into the other ingredients. Steam for 1 hour.—Miss Nettie S. Hogarth, Forest Field, Kelso.

MINCEMEAT FOR PIES.

$\frac{1}{2}$ lb. sultana raisins.
 $\frac{1}{2}$ lb. valencia raisins.
 $\frac{1}{2}$ lb. currants.
 $\frac{1}{2}$ lb. suet.
1 lb. loaf sugar.

2 apples.
2 ozs. candied peel.
2 tablespoonfuls brandy.
juice of 1 lemon and rind of two.

Prepare fruit, stone raisins, peel and core apples. Mince suet very finely. Crush sugar and pass all through a mincer, or chop and mix all thoroughly. Put into stone jars, press down and tie closely.—Mrs Whiteside, Goshen, Kelso.

SPANISH CREAM.

Put 3 yolks of eggs into a saucepan, and mix in $\frac{1}{2}$ teacupful of sugar, and $\frac{1}{2}$ oz. gelatine (previously soaked in water for 10 mins.) and 3 teacupfuls milk. Stir all together, place on the fire, let it come to the boil. Take it off fire, allow to stand for 1 or 2 mins. Add the whites well beaten. Pour into a wetted mould to cool. —Sent in by M. D. E.

DATE PUDDING.

$\frac{1}{2}$ lb. flour.	1 teaspoonful ground ginger.
$\frac{1}{2}$ lb. dates.	a little milk.
$\frac{1}{4}$ lb. suet.	pinch of salt.
$\frac{1}{4}$ lb. brown sugar.	1 teaspoonful baking powder.

Stone and chop dates. Mix all dry ingredients well together, then add milk, and beat well. Steam in a basin, or boil in a cloth for 3 hours.—X. Y. Z., Kelso.

TOMATO SOUFFLE.

1 lb. ripe tomatoes.	2 eggs.
a thick slice of bread.	a little grated cheese.
a little milk.	pepper and salt.
a teaspoonful of chopped onion.	

Put the slice of bread in a pie-dish, soak it with cold milk, then beat it with a fork. Peel the tomatoes and add them and the chopped onions with pepper and salt to taste. Beat the eggs well and mix thoroughly. Put a little grated cheese and some bread crumbs on the top and bake in the oven till well-browned.—Mrs Cameron, Canning College, Lucknow.

STEWED PRUNES.

$\frac{1}{2}$ lb. prunes.	$\frac{1}{2}$ oz. sugar.
$\frac{1}{2}$ pint water.	

Wash prunes well and soak over night. Stew slowly in the water in which they were soaked until fruit is tender. Sugar need not be added unless desired. The rind of $\frac{1}{2}$ a lemon is an improvement.—Miss Gillies, Portree, Skye.

WINDSOR PUDDING.

$\frac{1}{4}$ lb. flour.	1 tablespoonful sugar.
$\frac{1}{4}$ lb. breadcrumbs.	$\frac{1}{2}$ teaspoonful baking soda.
$\frac{1}{4}$ lb. suet.	1 teaspoonful vinegar.
1 teacupful jam.	1 teacupful milk.
1 egg.	pinch of salt.

Mix all dry ingredients with jam. Moisten with the milk. Add soda and vinegar last. Pour into buttered basin and steam 2 hours.—Miss Gillies, Portree, Skye.

GOLDEN PUDDING.

$\frac{1}{2}$ lb. flour.	1 gill syrup.
$\frac{1}{4}$ lb. suet.	1 gill milk.
$\frac{1}{2}$ teaspoonful carbonate of soda.	1 egg.
a little lemon juice.	2 teaspoonfuls ground ginger.
pinch of salt.	

Sieve flour, salt, and soda. Mince suet very finely, and mix all dry ingredients together. Beat egg, and add with milk, syrup, and flavouring. Mix all thoroughly, beating well. Pour into greased pudding-bowl, and steam for 2 hours. Sauce for above:—3 tablespoonfuls golden syrup, heated and flavoured with a few drops of lemon juice.—Mrs Watt, Saltcoats.

BISMARCK PUDDING.

Line a plain charlotte mould with caramel. Beat up 4 whites of eggs very stiff, add a tablespoonful of sugar and a few drops of vanilla essence. Carefully fill the prepared mould, and steam for from 10 to 15 minutes. Turn out while hot, leave until cold, and pour over it some half whipped cream, flavoured with caramel.—Mrs Hay, Marlefield.

PINE APPLE CHUNK.

2 oz. flour.
2 oz. butter.
2 eggs.

1 small tin pine apple chunks.
1½ gills milk.

Put butter into saucepan, and allow it to melt, stir in flour gently, add milk, boil 3 minutes stirring all the time, add yolks beaten, and drop with sugar into the mixture. Stir quickly, add pine apple juice. Boil for a few minutes. Place chunks in pudding dish, pour mixture over them. Bake 20 minutes in a brisk oven. Cover with whites of eggs beaten.—Mrs Fish, Bridge St., Kelso.

APRICOT FRITTERS.

Take the ripe, or tinned apricots. Put them in a basin with a dust of castor sugar, and a few drops of brandy or rum. Dip them one by one in frying batter, and fry in clean hot fat till a pretty golden colour. Drain on soft paper. Put on a baking tin, and dust over with icing sugar. Then glaze with a hot salamander. Serve hot on a dish paper for dinner or luncheon.—Mrs Drummond, Ednam House, Kelso.

OEUF S POCHE S EN SURPRISE.

genoise or sponge cake (stale).
clarified butter.
whipped cream.
vanilla.

sugar.
apricots.
pistachios (chopped).

Cut the cake into slices about ½ inch thick. Then stamp into rounds about 2 ins. in diameter. Fry in clarified butter a pale brown, drain, and cool. Spread one side thickly with the whipped cream, sweetened and flavoured. Put a half apricot in centre of each, then put rest of whipped cream into a forcing bag with plain pipe and force cream round each apricot. Sprinkle chopped pistachio lightly on the cream. Dish up on a lace edged paper or serve in crystal dish with some apricot syrup poured round.—Miss Scott, Heiton Mill, Kelso.

COCOANUT PUDDING.

Beat four tablespoonfuls of castor sugar to a cream with three ounces of fresh butter. Then add—beating continuously—the yolks

of three eggs, and work in three ounces of flour with a few drops of vanilla essence, and lastly, three ounces of freshly grated cocoanut. If preferred, the desiccated nut may be used instead, although fresh is better. Finally, the whites of the eggs must be whisked to a stiff froth, and folded lightly into the mixture. Pour into a well-buttered mould, and steam for two hours. Have ready a wine sauce, and serve with the pudding when turned out.—“Cordon Bleu,” Glasgow.

GINGERBREAD PUDDING.

More than half fill a pie-dish with apples pared and cut up, sprinkle them with some sugar, pinch salt, nutmeg, and cinnamon, and pour over half a cup of water. Make a gingerbread with a half cup each of butter, sugar, and treacle, a cupful boiling water, a teaspoonful each of soda, ginger and cinnamon, and enough flour to make a thinnish batter. Pour this over the apples and bake, and serve with a nice sauce. Figs may be used instead of apples, but they must be stewed first.—Miss Rae, Sweethope.

AMERICAN TART.

eggs.
sugar.

vinegar.

Line a plate with short crust, and fill it with the following mixture:—2 eggs, 3 tablespoonfuls of soft sugar, 1 tablespoonful vinegar. Mix and beat well together, and fill paste. Bake at once in a hot oven, and scatter sugar over when done.—Mrs Rae, Sweethope.

FLOATING ISLAND.

$\frac{3}{4}$ pint cream.
1 French roll.
3 or 4 bananas.

the whites of 4 eggs.
1 gill of white wine.

Sweeten the cream to taste, whip till very stiff. Add the lemon peel grated, also the juice of the lemon, then add the wine (this may be omitted if desired). Pour the cream into a china dish. Slice the roll and lay it on this so as to give it a rocky appearance, and on the top of each slice arrange little heaps of jam. Cover with whipped cream forced through a pipe so as to present a pretty appearance. Slice the bananas and arrange over together with the crystallised fruits, and set in a cool place. Lemon jelly added to this makes a nice garnish. — Miss E. Hanney, Pringle Bank, Kelso.

ORANGE PUDDING.

1 egg.
weight in butter, flour, and castor
sugar.

1 orange.
 $\frac{1}{2}$ teaspoonful baking powder.

Beat the butter and sugar to a cream, add the flour, B. powder, and grated rind of orange. Add the egg to the sugar and butter,

then stir in the flour very lightly. Add last the strained juice of the orange. Put into a greased mould and steam 1 hour. Suitable for 3 or 4 persons.—Mrs Turnbull, Bellevue, Kelso.

BOSTON PUDDING.

$\frac{1}{4}$ lb. brown breadcrumbs.	3 tablespoonfuls syrup.
$\frac{1}{4}$ lb. sugar.	1 gill milk.
$\frac{1}{4}$ lb. apples chopped.	2 eggs.
3 oz. suet.	

Mix ingredients. Beat up eggs separately. Add yolks, syrup and milk, then add whites lightly. Steam 2 hours.—E. T., Kelso.

"CABINET" PUDDING.

Take a fresh young suffragette, add a large idea of her own importance, and as much sauce as you like, allow her to stand on a cabinet minister's doorstep until in a white heat. Well mix with two policeman, roll well in the mud, and while hot, run into a police station, and allow to simmer. Garnish well with the sauce of martyrdom.—Miss Key, Main Cottage, Kelso.

NORWEGIAN CREAM.

2 eggs.	beat $1\frac{1}{2}$ oz. of sugar with whites of eggs.
3 oz. castor sugar.	
$\frac{1}{4}$ oz. good weight gelatine.	beat $1\frac{1}{2}$ oz. of sugar with yolks of eggs.
1 drop essence of vanilla.	

Beat half the sugar with whites of eggs for 5 mins. Beat the other sugar with yolks for 5 mins. Add the gelatine, which has been previously soaked in $\frac{2}{3}$ teacup of water, dissolved on the fire and flavoured to taste. Put into a glass dish, and when set, spread a layer of jam, and cover with whipped cream, garnished with cherries. Whipped cream added to the other ingredients is an improvement.—Mrs Broomfield, Old Greenlaw.

CANADIAN RECIPE.

PUDDING WITHOUT EGGS OR MILK.

$1\frac{1}{2}$ cupfuls flour.	1 cupful mixed peel.
1 cupful brown sugar.	1 cupful grated carrots.
1 cupful suet.	1 cupful potatoes.
1 cupful raisins.	1 teaspoonful baking soda.
1 cupful currants.	spice to flavour.

Steam 5 or 6 hours, the longer the better.—Mrs Broomfield, Old Greenlaw.

NEAPOLITAN GATEAU.

Fill a sponge cake, already scooped out, with sliced bananas, layer of tinned apricots, a layer of macaroons, biscuits, then a layer of stemmed and stoned prunes; pour over this two table-spoonfuls apricot syrup, and pile whipped cream on top.—M. R. Kirkwood.

RATAFIA PUDDING.

$\frac{1}{2}$ lb. ratafias.	3 oz. flour.
$\frac{3}{8}$ whites of eggs.	$1\frac{1}{2}$ pints milk.
2 oz. castor sugar.	3 ozs. grated cocoanut.

Whip whites stiffly; add sugar and little milk; sprinkle in flour slowly. Put in pan on fire; stir till it thickens. Put ratafias in dish; pour mixture over, and sprinkle with cocoanut.—Miss Clark, Rumbleton, Greenlaw.

SPONGE PUDDING.

1 egg.	$\frac{1}{2}$ teacupful castor sugar.
1 teacupful Vienna flour.	1 tablespoonful butter.
1 teaspoonful baking powder.	$\frac{1}{2}$ teacupful milk.

Mix dry ingredients, then the wet; beat 10 minutes, fill buttered mould $\frac{3}{4}$ parts full, and bake 20 minutes. Much depends on the beating for 10 minutes.—E. H.

APRICOT AND RICE PUDDING.

1 cupful rice.	2 large tablespoonfuls sugar.
$\frac{1}{4}$ lb. apricots.	2 eggs.
breadcrumbs.	butter, size of walnut.

Boil rice in water till tender, drain, and add butter, sugar and eggs. Stew apricots with sugar and water; cover bottom of pie-dish with layer of brown breadcrumbs, then layer of rice and apricots alternately till dish is full. Cook in moderate oven 15 minutes. This may also be steamed in a mould and served cold.—Mrs Robertson, The Manse, Dalwhinnie.

FIG PUDDING.

3 oz. flour.	3 oz. breadcrumbs.
3 oz. sugar.	3 oz. suet.
3 oz. figs.	pinch salt.
$\frac{1}{4}$ teaspoonful soda.	$\frac{1}{4}$ teaspoon cream of tartar.
1 egg.	buttermilk to mix.

Mince the suet and figs finely, mix with the flour, sugar, crumbs, soda, tartar and salt. Beat the egg well, add to the dry ingredients with enough buttermilk to make a soft mixture. Pour the mixture into a well greased mould. Steam for 2 hours. Serve with custard sauce.

CARAMEL RICE.

$\frac{1}{4}$ lb. rice.	2 eggs.
1 oz. castor sugar.	$\frac{1}{4}$ lb. loaf sugar.
1 pint milk.	1 gill water.

Put the loaf sugar and water in a small saucepan, let it boil until it turns a golden colour like toffee. Have a plain mould or basin, and pour in the caramel. Put the rice and milk into a saucepan and let it simmer very gently for about an hour, until the rice is tender, and has absorbed the milk; beat up the eggs, add them and the sugar to the rice; turn the mixture into the prepared tin; put a piece of buttered paper over the top, and steam for about three-quarters of an hour. Then turn the pudding on to a hot dish and the caramel will run out round the dish like sauce.—Mrs D. Kerr, 26 Belmont Place.

MERINGUELETTES.

Whisk 2 whites of eggs with a wire whisk to a very stiff froth; then add $\frac{1}{2}$ lb. castor sugar and continue whipping until it is thoroughly incorporated and stiff enough to stand in points and retain its shape. Then with 2 teaspoons put the mixture in small oval spoonfuls on foolscap or kitchen paper on a baking tin. Do not butter the paper. There should be a good half-teaspoonful in each meringue, and they should be as even in size and shape as possible. Bake in a moderate oven until they are firm and will come easily from the paper. (Cover with paper to keep them white if colouring.) When cold, carefully scrape a little from the under part of each; put a little whipped cream between and serve in pairs. These tiny meringues are smarter and more popular than the larger meringue.—Mrs D. Kerr, 26 Belmont Place.

MANCHESTER PUDDING.

$1\frac{1}{2}$ breakfastcups breadcrumbs.	1 tablespoonful jam.
$1\frac{1}{2}$ breakfastcups milk.	few drops essence of lemon or
2 eggs.	vanilla.
1 tablespoonful sugar.	

Rinse pan with cold water, put in milk and bring to boil. Grease pie-dish; put breadcrumbs in basin with sugar. When milk is boiling pour over breadcrumbs; place plate on top, and soak for a few minutes. Then beat with fork until quite smooth; separate yolks from whites of eggs; beat yolks a little, then add a few drops of the essence. Pour into pie-dish and bake in a moderate oven till firm. When firm take from oven and spread with jam. Beat whites stiffly; mix in a dessertspoonful castor sugar; place roughly on top of pudding. Return to a rather slow oven till a pale golden colour.—Miss Mackenzie, The Butts, Kelso.

MARMALADE TART.

short crust.	good teaspoon sugar or syrup.
$\frac{1}{2}$ slice bread.	1 egg.
1 tablespoon marmalade.	

Make sufficient short crust to line baking tin. Put slice of bread in a basin, add marmalade, sugar, or syrup. Beat up egg; stir into ingredients; pour over pastry, and decorate with strips of cuttings. Brush over with egg; bake 20 to 30 mins.—Mrs J. Steel, Kelso.

ŒUFS A LA NEIGE.

1 pint milk.	2 eggs.
sugar.	$\frac{1}{2}$ teaspoonful vanilla.

Boil milk with a little sugar; whisk the whites of eggs stiffly; drop into boiling milk (a spoonful at a time) the whites; leave for one or two minutes; lift out the white balls without breaking and place on a plate. Beat up yolks with vanilla; over this pour the milk in which the whites have been cooked; return to pan; stir until it thickens (do not let boil). Pour custard on glass dish, and arrange the poached whites on top. Serve cold with fruit of any kind.—Miss Ina Urquhart, Paris.

CHOCOLATE BREAD PUDDING.

4 ozs. breadcrumbs.	1 pint milk.
2 ozs. sugar.	3 eggs.
1 oz. chocolate.	$\frac{1}{2}$ teaspoon vanilla.

Break the chocolate into pieces and dissolve in half the milk; pour the rest of the milk over the crumbs, and leave for five minutes. Beat the yolks of eggs, and when chocolate is dissolved pour over. Strain back into the pan, and cook carefully over a slow fire, stirring all the time with a wooden spoon till it thickens; add sugar and vanilla; pour on to crumbs; turn into a buttered pie-dish; bake in a moderate oven for 30 minutes. Whisk whites of eggs stiffly, flavour, pile up on top of pudding; return to oven for a few minutes to firm, and serve at once.—Miss Laing, Harrietsfield.

A TASTY PUDDING.

3 ozs. sponge cake crumbs.	2 tablespoons hot milk.
2 ozs. butter.	2 ozs. flour.
2 ozs. sugar.	$\frac{1}{2}$ teaspoon baking powder.
2 eggs.	vanilla flavouring.
2 ozs. powdered chocolate.	

Beat the butter and sugar to a cream; add the eggs one at a time and beat again; blend the chocolate with the milk, and when smooth stir this to the mixture. Add the flour, baking

powder, cake crumbs, and vanilla, and when well mixed turn into a well-buttered basin. Twist a piece of buttered paper over the top and steam continuously for an hour and a half. Serve with cream or custard sauce.—Miss Morrison, Kelso.

TRIFLE.

6 sponge cakes.	1 pint custard raspberry or straw-
$\frac{1}{2}$ lb. ratifia biscuits.	berry jam.
1 glass sherry (or more)	cream.

Cut sponge cakes in two and spread with jam, put a layer of these in a glass dish, then another layer of biscuits, bruised, soak with the sherry, and pour over custard. Decorate with whipped cream and a few ratifia biscuits. Mrs J. E. Trainer, Kelso.

BANANA FRITTERS.

6 bananas.	pancake batter.
fine sugar and lemon juice.	butter.

Split bananas lengthwise; sprinkle with sugar and squeeze of lemon juice. Make pancake batter fairly thick. Dip and cover over bananas; fry in a bath of fat a nice golden brown, and serve hot, sprinkled with sugar.—Miss Nan Blackwood, Glasgow.

PANCAKE BATTER.

$\frac{1}{4}$ lb. flour.	$\frac{1}{2}$ pint milk.
1 egg.	pinch of salt.

Put flour into basin; add salt; beat up egg; add milk to it. Pour into flour gradually; beat well.—Miss Nan Blackwood, Glasgow.

NOVEL FRUIT TART.

1 lb. any fruit in season.	3 ozs. sugar.
3 ozs. butter.	1 breakfastcupful breadcrumbs.

Cream butter and sugar; add crumbs; put on top of raw fruit, and cook $\frac{1}{2}$ hour.—Mrs Dobbie, 12 South Inverleith Avenue, Edinburgh.

BACHELOR'S PUDDING.

2 tablespoonfuls flour.	2 tablespoonfuls brown sugar.
$\frac{1}{2}$ teaspoonful ground ginger.	2 tablespoonfuls sultanas.
1 teaspoonful baking powder.	1 egg.
3 tablespoonfuls breadcrumbs.	4 tablespoonfuls milk.
2 tablespoonfuls finely shredded and chopped suet.	

Mix together flour, baking powder, ginger, breadcrumbs, suet, sugar, and sultanas. Mix 1 egg with milk; pour into other ingredients, and mix well. Pour into greased mould; set in boiling water, and steam for $1\frac{1}{2}$ hours.—Mrs Russell, Heathville.

TRIFLE.

Take 4 sponge cakes, split them, put raspberry jam between; take 3 bananas, cut in slices, put layer of bananas and layer of sponge cakes till all is used up. Then pour a glass of sherry over; make a custard with two eggs and breakfastcupful of milk. When cold, pour over trifle. Decorate with whipped cream.—Mrs J. Murdoch, Kelso.

BAKEWELL TART.

Paste.	3 ozs. sugar.
6 ozs. flour.	1 dessertspoonful cornflour.
2 ozs. butter.	$\frac{1}{2}$ teacupful hot water.
$\frac{1}{2}$ teaspoonful baking powder.	$\frac{1}{2}$ teaspoonful lemon essence (vanilla 1 use).
Mixture.	2 eggs.
$1\frac{1}{2}$ ozs. butter.	

Make short crust, roll out very thinly, and line an ashet with it; put some ornaments of paste round edges; spread bottom of dish thinly with jam; spread over jam the following mixture:—Melt butter a little, add to it the corn flour and sugar, and beat very well, beat up eggs and add them, and last the hot water and flavouring. Pour mixture on top of jam, and bake until cooked—about half an hour.—J. D. T.

APPLE MOULD.

Place slices of sponge cake in a glass dish. Stew 1 lb. apples with sugar gently to a pulp, and when cool pour over sponge cakes together with rind and juice of 1 lemon. Allow this to stand over night. Cover with whipped cream.—Miss Marian Blackwood, Glasgow.

AMBER PUDDING.

6 large apples.	2 lemons.
2 ozs. sugar.	3 eggs.
2 ozs. butter.	

Peel lemons thinly; peel and cut apples; put apples, sugar and lemon rind in a pan, and cook till soft; add lemon juice, butter, and yolks of eggs. Beat well together; line a pie-dish with good short crust; fill with the mixture and bake 20 minutes; whisk the whites of eggs with 1 oz. castor sugar, to a stiff froth; pile on top of apples. Brown in the oven.—Miss Helen Ritchie, Bonjeward, Jedburgh.

CHRISTMAS PUDDING.

$\frac{1}{2}$ lb. beef suet.	$\frac{1}{2}$ teaspoonful ground ginger.
$\frac{1}{4}$ lb. flour.	$\frac{1}{2}$ teaspoonful allspice.
$\frac{1}{2}$ lb. breadcrumbs.	$\frac{1}{4}$ teaspoonful salt.
$\frac{1}{2}$ lb. raisins.	3 well beaten eggs.
$\frac{1}{4}$ lb. sultanas.	$\frac{1}{4}$ pint milk.
$\frac{1}{2}$ lb. currants.	$\frac{1}{2}$ glass brandy.
$\frac{1}{4}$ lb. brown sugar.	grated rind and juice of 1 lemon.
$\frac{1}{2}$ lb. minced apples.	

Chop suet finely; stone and chop raisins; clean currants and sultanas. Mix all dry ingredients together, add eggs, milk, brandy

and juice of lemon. Pour into greased mould. Steam 8 hours.—Mrs Clow, Ochil Villa, Kelso.

NORWEGIAN CREAM.

4 eggs.	$\frac{1}{2}$ oz. gelatine.
6 oz. castor sugar.	essence vanilla.

When each lot well beaten, say 5 minutes each lot, mix well together; add gelatine (previously soaked in $\frac{1}{2}$ teacupful of cold water and dissolved in a pan). Season with vanilla; pour into crystal or silver dish. When set spread with apricot or bramble jelly; cover with whipped cream, and decorate with cherries.

SPONGE PUDDING.

2 oz. butter.	1 egg.
2 oz. sugar.	1 teaspoonful baking powder.
4 oz. flour.	2 tablespoonfuls milk.

Beat the butter and sugar to a cream; whip the egg and mix a little of the egg and a little flour amongst the butter and sugar till all is mixed in. Then add the milk and baking powder last. Put into a well-greased mould and steam one hour. A little lemon essence may be added. Serve with warm sauce.—Mrs Cowan, Manse of Morebattle, Kelso.

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"Bread is the staff of life."

Dean Swift.

"Tell me, where is fancy bred?"

Shakespeare.

HUNTERS' CAKE.

1 lb. flour.	$\frac{1}{4}$ lb. stoned raisins.
1 lb. breadcrumbs.	1 dessertspoonful allspice.
$\frac{1}{2}$ lb. brown or Demerara sugar.	1 teaspoonful ground ginger.
$\frac{1}{2}$ lb. butter.	1 tablespoonful baking powder.
$\frac{1}{4}$ lb. sultana raisins.	2 eggs mixed with milk slightly
$\frac{1}{4}$ lb. currants.	beaten in.

Mix all the dry ingredients together. Slightly beat the eggs in $\frac{1}{2}$ pint of milk. Work butter through, and then add the eggs and milk. Mix well, and thoroughly; bake in moderate oven; sift over sugar. Quantity—1 large and 2 small cakes or 3 of medium size.—Mrs Cox-Cox, Wooden, Kelso.

GINGERBREAD CAKE.

$\frac{1}{2}$ lb. flour.	1 teaspoonful mixed spices.
$\frac{1}{4}$ lb. sugar sifted.	2 eggs well beaten.
2 ozs. butter and $\frac{1}{2}$ cupful of treacle heated together.	1 teaspoonful baking soda dissolved in $\frac{1}{2}$ a cupful of milk.
1 teaspoonful ginger.	

Mix dry ingredients first, then add butter and treacle melted, then the eggs, and lastly baking soda and milk. Beat for $\frac{1}{4}$ of an hour. Bake in a slow oven.—Miss Cunningham.

APPLE CAKE (WITHOUT EGGS).

$1\frac{1}{2}$ teacupfuls apple sauce or stewed apples (unsweetened).	2 teacupfuls plain flour.
1 teacupful sugar.	$\frac{1}{2}$ teaspoonful each grated nutmeg, cinnamon and cloves.
$\frac{1}{2}$ teacupful butter.	2 teaspoonfuls carbonate of soda.
2 teacupfuls raisins.	

Mix all the dry ingredients in a basin; rub the butter into the flour; mix the soda in the apple sauce. Mix all together and bake for about $1\frac{1}{2}$ hours. Note.—To make the apple sauce. Stew till cooked, then mash fine. Use a very little water to cook apples.—Mrs Anderson, Greenlea, Kelso.

ORANGE CAKE.

2 eggs. rind of 1 orange and the juice of half.
 their weight in butter, sugar, and 1 teaspoonful baking powder.
 flour.

Beat butter, sugar, and grated orange rind to a cream; add 1 unbeaten egg; mix well. Then some flour and baking powder, which has been sifted together; then another egg and remainder of flour. Add juice. Beat well, and pour into paper-lined tin, and bake 1 hour if oven is slow. Same mixture makes delicious pudding if steamed or with coffee essence instead of orange for Coffee Cake.—Miss Christie, Oriel Cottage, Dunbar.

SPICE CAKE.

1 lb. flour. $\frac{1}{2}$ pint milk.
 $\frac{1}{2}$ lb. brown sugar. 1 teaspoonful cinnamon.
 $\frac{1}{2}$ lb. cleaned sultanas. $\frac{1}{2}$ teaspoonful mixed spice.
 $\frac{1}{4}$ lb. butter. 1 teaspoonful baking powder.
 1 egg.

Rub butter in flour, add dry ingredients. Beat up egg with milk and make all into a light dough, adding a little more milk if necessary. Pour into tin, well greased, and bake for 1 hour.—Miss Janet Brownlee, Stichel.

SEED CAKE.

10 ozs. flour. 1 teaspoonful each of carraway
 3 ozs. butter. seeds and baking powder.
 3 ozs. moist sugar. 1 egg.
 teacupful milk.

Rub butter in flour; add dry ingredients; mix in beaten egg and milk. Put into tin, well greased, and bake from 30 to 40 minutes.—Miss Janet Brownlee, Stichel.

ROCK CAKES.

$\frac{1}{4}$ lb. rice flour. $\frac{1}{4}$ lb. soft sugar.
 $\frac{1}{4}$ lb. cornflour (Brown and Polson's). 1 egg beaten.
 $\frac{1}{4}$ lb. butter. $\frac{1}{2}$ teaspoonful baking powder.

Mix flours and sugar, crumble in butter, add baking powder, and enough of beaten egg to make the mixture stiff enough to roll into little balls with the hands. Place in buttered tin, and bake in hot oven till nicely browned. Takes about 25 to 30 minutes.—E. Turnbull.

APRICOT CAKE.

4 ozs. self-raising flour. 1 teaspoonful cinnamon.
 3 ozs. butter and lard mixed. 1 teaspoonful mixed spice.
 2 tablespoonfuls sugar. 1 egg.

Rub butter and lard into flour, add sugar and spice; moisten with egg—no other moisture required. Put half the mixture into

a greased sandwich tin, spread with apricot jam thinly, then spread remainder of mixture on top of jam. Bake $\frac{1}{2}$ hour in moderate oven. Turn out, and sprinkle under part with sugar.—Mrs Chaplin, Kelso.

RICE CAKES.

$\frac{1}{2}$ lb. butter.
 $\frac{1}{2}$ lb. sugar.
 $\frac{1}{4}$ lb. ground rice.

$\frac{3}{4}$ lb. self-raising flour.
 4 eggs.

Beat butter and sugar to a cream. Beat eggs well and add, then sift in the flour. Put in small tins, and bake in a moderate oven.—Miss Boazman, St Helens.

ORKNEY KISSES.

$\frac{1}{4}$ lb. flour.
 $\frac{1}{4}$ lb. cornflour.
 $\frac{3}{4}$ lb. sugar.
 $\frac{1}{4}$ lb. butter.

1 egg.
 1 teaspoonful baking powder.
 flavouring if desired.

Cream butter and sugar, drop in egg without beating, mix flours and baking powder. Stir into butter, &c., making stiff mixture. Put in small spoonfuls or little round heaps on greased tin. Bake 15 or 20 minutes. Put little jam on smooth side, and stick two together, so forming a round nut-like cake.—Mrs J. Middlemas, Roxburgh Street, Kelso.

LARGE SPONGE CAKE.

5 eggs.
 8 ozs. sugar.

6 ozs. flour.

Beat eggs and sugar for $\frac{1}{4}$ of hour. Have flour sifted and set in front of fire while eggs are being switched. Mix flour in gently, put into buttered tin dusted over with flour and sugar. Bake in moderate oven about 1 hour.—Miss Jennie Wood, Kelso.

DARIOLES.

$\frac{1}{2}$ lb. fresh butter.
 1 lb. flour.
 3 ozs. castor sugar.
 the yolks of 3 eggs.

the whites of 2 eggs.
 sufficient custard, flavoured with
 vanilla or lemon to fill the number
 of darioles required.

Beat the butter to a cream and sift the flour into it. Stir well, and then add the sugar. Next the beaten yolks of eggs, then the whites, beaten separately. Line the dariole moulds with this mixture, and fill nearly full of custard. Bake in a moderate oven for 20 minutes. Serve with sifted sugar shaken over.—Miss Hannay, Pringle Bank, Kelso.

SHORTBREAD.

1 lb. flour.
 2 tablespoonfuls rice flour.

$\frac{1}{2}$ lb. butter.
 1 teacupful sifted sugar.

Mix sugar and butter together, then add flour gradually. Roll out, and bake in a moderate oven.—B. Aitken, Hume, Greenlaw.

AFTERNOON TEA LOAF.

$\frac{1}{2}$ lb. flour.	pinch of sugar.
$\frac{2}{2}$ teaspoonfuls baking powder.	piece of butter size of a walnut.
pinch of salt.	1 egg.

Mix flour and all dry ingredients; rub butter into them. Beat up egg with a little milk, and pour into mixture till it is the thickness of a drop-scone mixture. Bake in a high well-buttered tin for 20 minutes. A Cerebos salt tin does very well.—Mrs Hay, Marlefield.

BROWN SCONES.

$\frac{1}{2}$ lb. whole meal.	1 oz. sugar.
$\frac{1}{2}$ lb. flour.	2 teaspoonfuls baking powder.
1 oz. butter.	1 teaspoonful salt.

Mix with butter milk to rather soft dough, roll out thin, handle as little as possible, and bake on both sides.—Miss Peggie Cairns, Kelso.

STRAWBERRY SPONGE.

8 oz. flour.	4 oz. castor sugar.
$\frac{1}{4}$ lb. butter.	2 eggs.

Rub butter into flour, add sugar, and well-beaten eggs, lastly 4 tablespoonfuls strawberry jam. Pour into well-greased basin. Steam $1\frac{1}{2}$ hours. Serve with sweet sauce.—Mrs Cuthbert, Knowe, Hounam.

COFFEE BUNS.

6 ozs. self-raising flour.	2 ozs. currants.
3 ozs. butter.	1 egg.
3 ozs. Demerara sugar.	

Cream butter and sugar; beat egg; mix flour and currants dry. Add to butter and sugar the eggs and the flour alternately until it is a stiff paste. Roll (with floured hands) into 12 little balls, brush egg over them, and bake in a quick oven 10 minutes.—Miss Watson, Roxburgh Street, Kelso.

PLUM CAKE.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ lb. currants.
6 ozs. sugar.	2 ozs. candied peel.
6 ozs. butter.	$\frac{1}{2}$ teaspoonful baking powder.
$\frac{1}{2}$ lb. raisins, stoned and chopped.	4 eggs.

Beat butter and sugar to a cream, add yolks of eggs, flour, &c. Beat the whites very stiff, and add to the mixture. Pour into a well-greased tin and bake $3\frac{1}{2}$ hours. Will keep for months.—Mrs Middlemas, Kelso.

LUNCHEON BISCUIT.

1 lb. flour. a pinch of salt.
3 ozs. fresh butter. water to mix.

Rub butter into the flour and mix with water and knead well (until it is stiff and tough and like a chamois leather). Roll out thin, and bake in flat tins or on a baking sheet until a nice brown colour. Break in pieces. Keep in a tin.

DOUGH NUTS.

2 teacupfuls flour. good pinch of salt.
1 oz. sugar. 1 teaspoonful of baking powder.

Put into a basin, and rub together thoroughly with tip of fingers. Rub into it a piece of butter size of walnut; drop in an egg; make to a stiff batter by adding enough milk (butter milk best) and a few drops of flavouring. Have some hot clarified fat. Drop nuts into it, and cook over a slow fire till a nice golden brown, and roll in sugar.—Mrs Smith, Cherrytrees, Kelso.

PLUM CAKE.

1 lb. butter. 2 ozs. ground almonds.
1 lb. sugar. $\frac{1}{2}$ teaspoonful cinnamon.
1 lb. flour. $\frac{1}{2}$ teaspoonful nutmeg.
1 lb. currants. $\frac{1}{2}$ glass brandy.
1 lb. raisins, sultana or valencia. $\frac{1}{2}$ glass sherry.
 $\frac{1}{2}$ lb. peel. 1 teaspoonful baking powder.
8 eggs.

Cream butter and sugar. Add eggs and flour alternately. Add fruit, spirit, and seasoning. Bake 4 hours. Mrs Jas. Cairns, Bowmont Crescent, Yetholm.

BIBLE CAKE.

1. $\frac{1}{2}$ lb. of Judges v., 25. 7. 2 ozs. of Numbers xvii., 8,
2. $\frac{1}{2}$ lb. of Jeremiah, vi., 20. blanching and chopped.
3. 1 tablespoonful of 1st Samuel, xiv. 8. 1 lb. of Kings' iv., 22.
25. 9. season to taste with 2nd Chroni-
4. 3 tablespoonfuls of Jeremiah xvii., cles ix., 9.
11. 10. a pinch of Leviticus ii., 13.
5. $\frac{1}{2}$ lb. of 1st Samuel xxx., 12. 11. 1 teaspoonful of Amos iv., 5.
6. $\frac{1}{2}$ lb. of Nahum iii., 12, chopped. 12. 3 tablespoonfuls of Judges iv., 19.

Follow Solomon's prescription for making a good boy. (Prov. xxiii., 14). Beat 1, 2, and 3 to a cream; add 4, then 5, 6, and 7, and beat again. Next add 8, 9, 10, and 11, having previously mixed them, and last of all add 12. Bake in rather a slow oven not less than $1\frac{1}{2}$ hours.—Mrs Smith, The Schoolhouse, Stichel.

CREAM CAKES.

$\frac{1}{4}$ lb. butter. 3 eggs.
 $\frac{1}{4}$ lb. flour. whipped cream.
 $\frac{1}{2}$ lb. water. essence of vanilla.

Boil water and butter and sift in the flour. Let cool, and add

eggs one by one. Grease patty pans. Drop one spoonful in each, and bake in hot oven. When cold open at side and put in whipped cream, flavoured with vanilla.—Mrs McLeod, Tweed Vale, Kelso.

GINGERBREAD.

6 ozs. flour.	$\frac{3}{4}$ teaspoonful allspice.
3 ozs. sugar.	$\frac{3}{4}$ teaspoonful cinnamon.
2 ozs. butter.	$\frac{3}{4}$ teaspoonful ginger.
1 tablespoonful treacle.	$\frac{1}{2}$ teaspoonful baking powder.
1 egg.	little milk.

Mrs Liddle, Minard, Kelso.

AMERICAN DOUGH NUTS.

1 lb. flour.	1 teaspoonful baking powder.
1 oz. butter.	pinch of salt.
1 tablespoonful sugar.	enough milk to make a paste.

Rub butter into flour, add other ingredients. Moisten with milk. Drop in spoonfuls into hot fat and fry.—S. Oliver.

ORANGE CAKE.

3 ozs. sugar.	3 ozs. butter.
3 eggs.	$\frac{1}{2}$ lb. flour.
$\frac{1}{2}$ teaspoonful baking powder.	grated rind of an orange.

Cream the butter and sugar and add the well-beaten eggs when thoroughly mixed. Sift in flour and baking powder. Add orange rind. Beat well, pour into a greased tin, and bake in a steady oven.—Miss Eddie, Forest Lodge, Sydney, Australia.

DUNDEE BISCUITS.

$\frac{1}{2}$ lb. flour.	2 ozs. rice flour.
$\frac{1}{2}$ lb. butter.	4 ozs. castor sugar.

Warm the butter without letting it get oily, and when it is quite soft add the other ingredients, kneading the mixture until it is a soft paste. Then turn it on a floured board and roll to the thickness of half-an-inch. Cut into small pieces, oblong in shape, and place them on greased tins. Rough them with a fork, and bake in a moderate oven to a golden brown. This makes a very pretty biscuit indeed. If you are in a hurry, just stamp the mixture out with an ordinary cutter.—Mrs McLeod, Tweed Vale, Kelso.

PERKINS.

8 ozs. each flour and oatmeal.	1 large teaspoon soda.
4 ozs. sugar.	1 egg.
4 ozs. butter.	golden syrup, as much as will make
1 large teaspoon mixed spice.	stiff dough.

Miss Russell, Heathville, Kelso.

SANDWICH CAKE.

6 ozs. flour.	pinch of salt.
3 ozs. butter.	1 teaspoonful baking powder.
4 ozs. sugar.	2 eggs.

Cream butter and sugar; add flour and egg by degrees, adding a little milk if necessary. Pour into 2 greased tins. Bake 10 minutes in a well-heated oven.—Miss Darroch, Giffnock.

CHOCOLATE CAKE.

$\frac{1}{2}$ lb. flour.	$\frac{3}{4}$ teacupful milk.
6 ozs. sugar.	2 ozs. grated chocolate.
$\frac{1}{4}$ lb. butter.	1 teaspoonful essence vanilla.
3 eggs.	$\frac{1}{2}$ teaspoonful ground cinnamon.

Beat butter and sugar to a cream. Beat eggs well and add, mixing thoroughly. Grate chocolate. Heat milk and dissolve grated chocolate. Add this to butter, sugar, and eggs. Now add flour, baking powder, spice, and essence of vanilla. Beat this mixture well and pour it into buttered and floured cake-pan. Bake until it is quite firm—about an hour.—Mrs C. McLeod, Tweedvale.

CHOCOLATE ICING.

3 ozs. icing sugar.	white of 1 egg.
3 ozs. grated chocolate.	

Rub icing sugar through a sieve. Mix in basin with grated chocolate. Beat white stiffly and add. Spread all over cake and decorate with chopped browned almonds.—Mrs C. McLeod, Tweedvale.

GERMAN BISCUITS.

4 ozs. flour.	$\frac{1}{2}$ teaspoonful cinnamon.
1 tablespoonful cornflour.	$\frac{1}{4}$ teaspoonful mixed spice.
1 egg.	$\frac{1}{2}$ teaspoonful baking powder.
2 ozs. sugar.	pinch salt.
2 ozs. butter.	

Beat butter and sugar. Add spice, salt, and baking powder. Beat up egg and add flour. Mix well into stiff dough. Knead and roll out. Bake in a moderate oven 15 minutes. Spread with jam, and put 2 together. If desired, they may be iced.—Mrs Stoddart, Leith.

CHOCOLATE ECLAIRE.

$\frac{1}{2}$ pint water.	5 ozs. fine flour.
4 ozs. butter.	4 eggs.
2 ozs. castor sugar.	few drops vanilla essence.

Bring water, butter, and sugar to boiling point. Stir in flour and cook for 10 minutes, stirring constantly. Let the mixture cool, then mix by degrees 3 whole eggs and a few drops of vanilla essence. When cold, put into a forcing bag and force on to bak-

ing tins about 3 inches long and $\frac{1}{2}$ inch in diameter. Brush over with beaten egg, and bake in a moderate oven about $\frac{1}{2}$ hour. Let them get cold. Split down one side and fill with cream. Close up sides and cover with chocolate glacé. Sprinkle a few chopped pistachio on top.—Miss Dunn, The Elms.

MATRIMONIAL CAKE.

Make a nice paste and line tin bottom and edge about $1\frac{1}{2}$ inches high; spread a few currants in bottom, and then put in mixture. Mixture: 2 eggs, their weight in butter, sugar, and flour, a teaspoonful baking powder, and a little flavouring. Beat butter and sugar to a cream, then add eggs well beaten and flour, baking powder, and flavouring. Care must be taken in the fring. When ready sprinkle with white and pink sugar.—Mrs J. Murdoch.

SHORTBREAD.

$\frac{1}{4}$ lb. castor sugar.
 $\frac{1}{2}$ lb. butter.

12 ozs. flour.
4 ozs. rice flour.

Knead butter and sugar well together. Work into the flour until the mixture is crumbly—almost like breadcrumbs. Then knead until it is the consistency of putty. Divide into 2 cakes. Prick on top with knitting needle. Bake at first in hot oven, then cooler to finish. Time, about $\frac{1}{2}$ hour.—Miss Nan Blackwood, Glasgow.

GINGERBREAD.

$\frac{1}{2}$ lb. flour.
 $\frac{1}{4}$ lb. butter and dripping.
1 tablespoonful treacle.
1 tablespoonful syrup.
2 ozs. sugar.
a few almonds.

currants, sultanas.
1 large teaspoonful ginger.
1 large teaspoonful carbonate of soda.
1 egg.

Warm butter, syrup, and sugar in pan; do not let boil. Beat egg in basin and pour contents of pan into basin, stirring all the time. Have dry ingredients mixed in a bowl, add these to mixture, stirring well. Pour into tin. Bake $\frac{1}{2}$ hour in moderate oven.—Miss Titilah, Lindsay Cottage, Kelso.

CAMBRIAN TARTLETS.

Make short crust with: $\frac{1}{4}$ lb. flour, 1 oz. butter, 1 oz. lard, pinch of salt, few drops lemon juice, and $\frac{1}{4}$ teaspoonful baking powder. Make into a paste with cold water. Grease and line 1 doz. small tins, line them with pastry; put 1 teaspoonful raspberry jam in each. For inside mixture: 1 egg, its weight in butter, sugar, and flour, little baking powder. Cream butter and sugar, add flour and egg alternately. Beat well; add baking powder. Put 1 teaspoonful of mixture over the jam. Bake in hot oven 10 or 15 minutes.—Miss Nettie Wight, St Mary's, Kelso.

SULTANA CAKE.

$\frac{1}{2}$ lb. flour.
 $\frac{1}{4}$ lb. butter.
 $\frac{1}{4}$ lb. sugar.
 $\frac{1}{2}$ lb. sultanas.

2 eggs.
 1 teaspoonful vanilla essence.
 $\frac{1}{2}$ teaspoonful baking powder.

Beat butter and sugar to a cream, add flour and beaten eggs gradually. When well beaten stir in flavouring and baking powder. Mix well. Pour into greased round tin. Bake in a moderate oven $1\frac{1}{2}$ hours.—Mrs Henry, Byethorn, Kelso.

GINGERBREAD CAKE.

1 lb. flour.
 4 ozs. sugar.
 1 egg.
 1 teaspoonful carbonate of soda.
 1 teaspoonful ginger.
 pinch of salt.

4 ozs. butter.
 4 ozs. treacle.
 4 ozs. syrup.
 1 teaspoonful allspice.
 1 teaspoonful cinnamon.
 enough buttermilk to mix.

Mix all dry ingredients together, melt butter, treacle, and syrup over a gentle heat, do not boil, beat egg, pour melted butter, etc., into centre of dry ingredients, add egg and enough buttermilk to make soft consistency. Pour mixture into well greased tin. Bake in a moderate oven from $1\frac{1}{2}$ to 2 hours.—Mrs Aitchison, Innerleithen.

SULTANA CAKE.

10 ozs. flour.
 $\frac{1}{2}$ lb. butter.
 $\frac{1}{2}$ lb. castor sugar.

$\frac{1}{2}$ lb. sultanas.
 $\frac{1}{2}$ teaspoonful baking powder.

Beat butter and sugar to a cream, beat in eggs one at a time, then flour, baking powder, and sultanas. Bake for 1 hour in a greased tin.—Mrs R. Hope.

CANADIAN COOKIES.

1 cupful sugar.
 $\frac{1}{2}$ cupful butter.
 1 egg.
 $\frac{1}{2}$ cupful milk.

2 teaspoons baking powder.
 flour to make a stiffish dough (about
 $2\frac{1}{2}$ cupfuls).

Rub butter into flour, mix dry ingredients, add egg and milk, roll out, cut into rounds, and bake in a quick oven.—Mrs Brydon, Detroit, U.S.A.

STRAWBERRY SHORTCAKE.

Beat together 1 teacupful sugar and 1 tablespoonful butter; beat 3 eggs very light and add. Sift together 2 teacupfuls flour and 1 heaped teaspoon baking powder; add a little salt. Stir in enough milk to make it roll out easily. Bake in deep tin plates. Put a filling of strawberries and sugar between each layer of cake and one on top. Above all put layer of whipped

cream sweetened and flavoured.—Mr James Blackwood, Vancouver, B.C.

NUT LOAF.

4 cupfuls flour.	$\frac{1}{3}$ cupful sugar.
4 teaspoonfuls baking powder.	1 cupful chopped walnuts.
1 small teaspoonful salt.	milk to make a stiff dough.

Allow it to rise for 30 minutes in warm place, but not on stove. Bake 1 hour.

Pretty little afternoon tea loaves can be made by filling Cerebos salt tins $\frac{3}{4}$ full with mixture and baking with lid on.—Mrs C. Martin, Vancouver, B.C.

RICH PLUM CAKE.

1 lb. flour.	1 lb. currants.
$\frac{1}{2}$ lb. butter.	1 teaspoonful cinnamon.
$\frac{1}{4}$ lb. sugar (soft).	a few chopped almonds.
$\frac{1}{2}$ lb. peel.	2 eggs.
1 lb. raisins, stoned.	$\frac{1}{2}$ pint milk.

Dry and sift flour, rub in butter, add sugar, and cut peel in thin slices. Bake in a moderate oven 4 hours.—Miss Bella Young, Kelso.

FRUIT CAKE.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ lb. cherries.
$\frac{1}{2}$ lb. sugar.	4 eggs.
$\frac{1}{2}$ lb. butter.	flavouring.
$\frac{1}{2}$ lb. currants.	pinch of baking powder.
$\frac{1}{2}$ lb. sultanas.	

Beat butter and sugar to a cream, add flour and eggs alternately, beating well; add fruit, which has been well mixed and floured, and mix lightly, turn into a thickly-papered and greased tin, and bake in a moderate oven from $2\frac{1}{2}$ to 3 hours.—K. Anderson, Methven.

CHOCOLATE CAKE.

4 ozs. butter.	$2\frac{1}{2}$ ozs. flour.
4 ozs. sugar.	1 teaspoonful baking powder.
4 ozs. chocolate (good eating).	3 eggs.

Heat chocolate in the oven; cream butter and sugar. Add yolks of eggs, then chocolate and flour; beat well for 10 minutes, then stir in well beaten whites of eggs and baking powder.—Miss M. B. Bulman, Pringle Bank, Kelso.

MAIZENA CAKES.

4 eggs.	$\frac{3}{4}$ lb. fresh butter.
1 lb. cornflour.	2 tablespoonfuls flour.
$\frac{1}{2}$ lb. sifted sugar.	a few drops of essence of lemon.

Beat the butter and sugar to a cream, then add the well beaten yolks and the lemon essence. Sift in the two kinds of flour and

the baking powder. Lastly, gently stir in the white of the eggs, which must be beaten to a stiff froth. Put a small teaspoonful of the mixture into patty tins and bake in a moderate oven. These cakes are better to be heated up in the oven if over a day old.—Mrs Pearson, Otterburn.

“LADY BALTIMORE” CAKE (American).

1 cake unsweetened chocolate. yolk of 2 eggs.
 $\frac{1}{2}$ cupful milk.

Boil together with milk, stirring all the time. Then add a tablespoonful butter, cup of sugar, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cup of flour, 1 teaspoonful soda dissolved in a little hot water. Bake in 2 tins—moderate oven—20 to 25 minutes.

Icing for above Cake.

Take the whites of the 2 eggs. Beat 6 tablespoonfuls of water.
 stiff. 1 cupful sultanas.
 1 cupful of sugar. 2 ozs. blanched almonds.

Boil the sugar and water to a syrup; add to this the beaten white of eggs, then the raisins and almonds chopped finely. Beat well and put between the layers and all over the cake. Let stand until firm.—Miss Polly Tait, The Cottage, Kilbirnie.

SCOTCH CURRANT BUN.

1 lb. raisins, stoned. $\frac{1}{4}$ lb. brown sugar.
 1 lb. currants, cleaned. a little of each, mixed spice, cinna-
 $\frac{1}{4}$ lb. orange peel. mon and ginger, cloves and
 2 oz. almonds. Jamaica pepper ($\frac{1}{2}$ oz. in all).
 $\frac{1}{2}$ lb. flour (plain). $\frac{1}{2}$ teaspoonful carbonate of soda.

Mix with as much milk as will make a stiff dough. Line cake tin with a crust made of 1 lb. flour, $\frac{1}{4}$ lb. butter, teaspoonful baking powder. Moisten with water. Put in fruit mixture and cover with part of lining retained for purpose. Prick on top, and bake in moderate oven 2 to 3 hours.—Mrs Jas. Livingston, Irsidene, Cambuslang.

CHERRY CAKE.

$\frac{3}{4}$ lb. flour. the rinds of 2 lemons.
 $\frac{1}{2}$ lb. butter. 1 teaspoonful of baking powder.
 $\frac{1}{2}$ lb. glace cherries. 4 eggs.
 $\frac{1}{2}$ lb. castor sugar. a pinch of salt.
 2 ozs. mixed peel.

Butter a cake tin, then line it with three layers of buttered paper. Cream together the butter and sugar, then add the eggs, one by one, beating each well in. Sieve together the flour, baking powder, and salt. Chop the peel coarsely, and cut the cherries into halves or quarters. Add the flour lightly to the butter and eggs, stir it in, then add the fruit and grated lemon rinds. Mix these well but lightly in. Put the mixture into the

prepared tin and bake in a moderate oven for $1\frac{1}{2}$ hours.—Mrs Wallace, Roxburgh Street, Kelso.

Sultana cake is made exactly the same way, using $\frac{1}{2}$ lb. sultanas and 1 oz. peel in place of cherries.—Mrs Wallace, Roxburgh Street, Kelso.

STRAWBERRY SHORTCAKE WITHOUT EGGS.

1 quart flour.	2 tablespoonfuls butter.
1 teaspoonful salt.	1 pint milk.
2 heaped teaspoonfuls baking powder	

Sieve flour, salt, and baking powder together. Rub in the butter, add the milk, and mix into a smooth dough just soft enough to handle; divide in half and roll out to the size of breakfast plates. Lay on a greased baking tin and bake in hot oven for 20 minutes. Separate the cakes without cutting, as cutting makes them heavy. Use half of the strawberries to cover the bottom halves of shortcakes; sprinkle with sugar and cream (plentifully); lay on the top halves with the crust downward. Use the remainder of fruit over them; sprinkle sugar over. Whipped cream on top if desired, but it is not necessary. Raspberries can be used instead of strawberries.—Mademoiselle Emilie Mildé, 19 Rue de l'Arc de Triomphe, Paris.

GENOA CAKE.

12 ozs. flour.	2 ozs. cherries.
8 ozs. butter.	2 tablespoonfuls brandy.
8 ozs. sugar.	4 eggs.
2 ozs. citron peel.	rind of 1 lemon.
2 ozs. almonds.	1 teaspoonful baking powder.
$\frac{1}{4}$ lb. sultanas.	milk.

Cream butter and sugar; add flour and well beaten eggs alternately. Chop peel and almonds. Add all the fruit to the mixture; lastly, baking powder. Bake in a moderate oven $1\frac{3}{4}$ hours.

N.B.—If mixture is too stiff, add a little milk.—Mrs T. B. Nichol, 15 The Square, Kelso.

SHORTBREAD.

$\frac{1}{2}$ lb. butter.	$\frac{1}{4}$ lb. rice flour.
$\frac{1}{2}$ lb. flour.	1 oz. castor sugar.

Beat butter and sugar to a cream, add flour and bake in a hot oven.—Mrs Macgregor, Abbotsford Grove, Kelso.

TEA CAKES.

2 eggs.	same weight of sugar and butter.
same weight of flour as eggs.	1 teaspoonful baking powder.

Beat the butter to a cream. Mix baking powder with flour. Mix eggs and sugar with butter, beating all together. Gradually add the flour. Drop spoonful on baking sheet on paper. Bake 10 minutes.—Mrs Cox-Cox, Wooden, Kelso.

FLUFFY CAKES.

$\frac{1}{2}$ lb. cornflour.
 $\frac{1}{4}$ lb. castor sugar.
 6 ozs. butter.

2 eggs.
 a few drops essence of vanilla or
 almond.

1 teaspoonful baking powder.

Mix together cornflour, baking powder, and castor sugar. Beat butter to a cream, and add to it gradually the above ingredients, then the eggs well beaten, and lastly, the vanilla or almond. Bake for 10 minutes in buttered tins. Miss Urquhart, St Margaret's, Kelso.

ROCK CAKES.

$\frac{1}{2}$ lb. flour.
 3 ozs. butter.
 2 ozs. sugar.
 1 oz. candied peel.

2 ozs. currants and sultana raisins,
 mixed.
 1 teaspoonful baking powder.
 1 egg.

Rub butter into flour; add fruit, sugar, and baking powder. Beat up the egg and mix with a dessertspoonful of milk, add to dry ingredients. Place on buttered tin in twelve little heaps, as rough looking as possible, and bake in quick oven.—Miss Urquhart, St Margaret's, Kelso.



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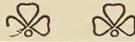
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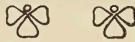
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ESPAGNOLE OR SPANISH SAUCE.

1 quart of stock.	4 peppercorns.
1 oz. raw lean ham or bacon.	1 bouquet garni (parsley, thyme, bay leaf).
2 ozs. butter.	$\frac{1}{2}$ gill tomato pulp.
1 carrot.	$\frac{1}{2}$ gill sherry.
1 onion.	2 mushrooms.
1 clove.	

Melt the butter in a stewpan, add the ham, cut into small pieces; fry for a few minutes and then put in the vegetables (sliced), the herbs and spices. Stir these ingredients over a slow fire for about five minutes, then add the flour and brown it carefully. Add the stock, tomato pulp, and sherry. Stir the sauce until boiling; draw the saucepan to the side of the fire, let it boil slowly for about 1 hour, then skim off the fat, pass the sauce through a tammy cloth, season, warm up, and serve. Time $1\frac{1}{2}$ hours. Quantity 1 pint.—Mrs Davidson, Mansfield, Kelso.

TOMATOES AND SPINACH.

tomatoes, spinach purée.	salt and pepper.
croûtes of fried bread.	

Remove some of the pulp and juice from the tomatoes, fill the cavities with spinach juice highly seasoned with pepper and salt and bake in a moderately hot oven until the tomatoes are soft. Serve on the croûtes. Time to bake the tomatoes about 10 minutes.

CREAMED EGGS.

$\frac{1}{2}$ oz. butter.	1 tablespoonful cream.
1 oz. flour.	salt and pepper to taste.
$\frac{1}{2}$ pint milk.	add the chopped whites.

Boil 2 fresh eggs 12 minutes, take out of the shell and chop the whites finely. Make into a sauce. Make a round of buttered toast and pour over the mixture. Rub the yolks through a sieve over the top.—Miss McBain, Falcon Hall, Kelso.

EGGS AND TOMATOES.

(Savoury Breakfast Dish.)

4 eggs.	1 oz. butter.
3 tomatoes.	pepper and salt.
2 small onions.	

First mince the onions very finely and stir them in the butter over the fire 3 minutes. Remove skins from tomatoes, mash

them and add to the onions. Cook until tender. Beat up the eggs, stir them in with the seasoning, and when the mixture begins to set it is ready. Serve on hot dish with sippets of toast.—Mrs Titalah, Meadow View.

CHEESE FOUJUE.

2 oz. grated breadcrumbs (soft).	bi-carbonate of soda, salt and pepper.
3 oz. grated cheese.	1 dessertspoonful of melted butter.
a pinch each of nutmeg, cayenne,	1 egg.
dry mustard,	1 gill milk.

Mix dry ingredients. First add milk, beaten egg, and melted butter. Put in a buttered pie dish, sprinkle with dry breadcrumbs. Bake 30 minutes.—J. N. Rae, Abbotsford Grove, Kelso.

CHEESED EGGS.

(Supper Dish.)

Grease an ashet, put a thin layer of grated cheese (Cheddar or American), break in whole as many eggs as required, put a fairly thick layer of cheese on top, salt and pepper to taste, add a little milk or cream (3 tablespoonfuls). Bake till set, 15 minutes.—E. M. Stevenson, Commercial Bank House, Kelso.

GREEN BUTTER SAVOURY.

1 oz. parsley.	2 oz. butter.
1 oz. anchovies.	

Boil the parsley till tender, drain and put in a mortar with the anchovies washed and bruised; pound all together, stir and add butter. Put through a sieve and form into small balls. Serve piled up with fingers of cold dry toast.—Miss Helen Ritchie, Bonjedward, Jedburgh.

TOMATO FRITTERS.

(Breakfast or Supper.)

Cut firm tomatoes into slices, add seasoning of salt and pepper. Spread minced meat on one side of tomato. Cover meat with another slice of tomato. Dip it in the flour and seasoning, brush with egg, roll in breadcrumbs; fry in hot fat.—Miss Scobie, Diplomate of Glasgow School of Cookery.

CHEESE SOUFFLE.

(Supper Dish.)

Prepare a breakfastcupful of finely sifted breadcrumbs, and soak for a quarter of an hour in a pint of boiling milk. Then

work into a purée with half a breakfastcupful of grated stale Gruyère cheese. Melt an ounce of butter, and stir it into the crumbs, with salt, pepper, and cayenne.

Whip up the yolks and the whites of three eggs separately. Then beat the mixture thoroughly, and add first the yolks and then the stiffly whisked whites. Butter a pudding dish, warm it for a moment in the oven, fill it with the cheese mixture, sprinkle crumbs over the top, and bake for a quarter of an hour in a quick oven until nicely browned.—Simon the Cellarer.

EGGS A LA PORTUGAISE.

Boil a little rice until tender. When soft drain, taking care to separate the grains as for curry, and turn into a saucepan with a little butter, salt, pepper, and onion, the latter having been minced previously and tossed in butter till slightly coloured.

Cut some large tomatoes in half, sauté them in a little butter, and fill the centres with the rice. Fry as many eggs as there are half tomatoes, and prepare the same number of pieces of toast. Round the edges of the toast, spread with butter, slip a cooked tomato on each and a fried egg on the top, sprinkle with a very little grated Parmesan, and serve at once.—“Pattie Panne.”

SAYOURY.

Mince some cold boiled ham finely, warm it with a little butter, spread on rounds of toast; garnish with finely chopped parsley.—J. R. R., Kelso.

FORCE MEAT.

hard boiled white of egg.
cold ham.

mushroom or ketchup.

Mince ham and white of egg. Moisten with ketchup.

BOUCHEE A LA REINE.

puff pastry.

force meat.

Line patty tins with puff pastry. Bake in hot oven. When ready, fill with a mixture of force meat. Return to oven, and heat. Serve hot.—Miss J. Urquhart, Paris.

SAYOURY.

1 cooked peppered herring.
1 hard boiled egg.
small piece butter.

fingers of toast.
parsley.

Put herring, yolk of egg, and butter through a sieve. Spread on fingers of toast or thin buttered bread. Chop up white of egg and parsley; sprinkle on top.—Christina Easton, Kelso.

DUTCH SWEETBREADS.

$\frac{1}{2}$ lb. fillet of veal (minced).	1 egg and yolk.
1 oz. suet (chopped).	$\frac{1}{4}$ lb. curled bacon.
2 oz. breadcrumbs.	$\frac{1}{2}$ pint stock.
1 oz. butter.	slices of lemon.

Soak the breadcrumbs in milk, then squeeze dry in a towel. Melt butter, add crumbs; cook a little, add veal, suet, egg, and seasoning, and a little lemon rind. When mixture is cold, shape into sweetbreads by rolling round. Egg and breadcrumb, and fry in hot fat. Have stock hot in saucepan; stew sweetbreads in stock for twenty minutes, then remove them, thicken the stock, add seasoning and lemon juice. Make a heap of potatoes in entr e dish, arrange sweetbreads on top, garnish with cooked bacon and slices of lemon.—Mrs Sydney Cooper.

PRUNE SAYOURY.

For each person take 1 prune (stoned), 1 sardine, and 1 olive. Wrap all together in a slice of bacon. Trim neatly and fry in hot fat. Serve on fingers of toast.—J. M. G. L., Kelso.

SURPRISE FRITTERS.

Boil Brussels sprouts till half cooked, cover them with mince-meat, to form balls, dip them in flour, brush with egg, roll in breadcrumbs. Fry them in hot fat.—Miss Scobie, Thornliebank.

ITALIAN DISH.

$\frac{1}{4}$ lb. spaghetti or macaroni.	1 dessertspoonful minced meat.
1 Spanish onion.	1 teaspoonful Parmesan cheese
$\frac{1}{2}$ tin tomatoes.	grated.
a little parsley.	

Fry onion in butter in saucepan, add juice of tomatoes, pepper, salt, minced meat. Cook all together till tender. Boil spaghetti 20 minutes in salted water, drain, return to pan, add remainder of tomatoes, bring to boil. Serve on hot ashet with the prepared onion sauce poured over, and sprinkle cheese and chopped parsley on top.—Miss MacKay, 15 Albion Street, Glasgow.

CHEESE PUDDING.

Put 3 ozs. breadcrumbs in a basin, pour over a good cupful of warm milk; cover, and let soak 10 minutes. Grate $\frac{1}{4}$ lb. cheese. Mix pepper and mustard sufficient to season. Beat up an egg. Add all ingredients to crumbs. Pour into greased pie dish. Add a few pieces of butter on top. Brown in oven or in front of fire.—Miss Conlin, Ascot.

TOMATO CREAM.

Cut up 4 medium-sized tomatoes into a saucepan. Add a slice of onion, 1 oz. butter, 1 teaspoonful of salt, and a little pepper. Cover the pan and set over a gentle heat, and allow to cook for 10 minutes. Rub all through a sieve. Then add 2 or 3 teaspoonfuls of breadcrumbs, 2 eggs, $\frac{1}{4}$ pint of cream, and season well. Butter a small mould and sprinkle it with chopped parsley. Fill and set in pan of boiling water, and cook slowly till set.—May Laidlaw, Kelso.

TOMATO RAREBIT.

1 oz. grated cheese.
1 oz. butter.
1 large tomato.

1 teaspoonful ketchup.
pepper, salt.
few drops lemon juice.

Put butter in a saucepan, add tomato cut in slices. Cook till tender. Stir in cheese and seasoning. Pile the mixture on squares or rounds of buttered toast. Sprinkle with a little finely chopped parsley. Serve hot.—Miss Eddie, Australia.

TOMATO CREAMS.

Choose 3 tomatoes of the same size, cut in halves, remove seeds. Lay fillets of anchovy crosswise on each. Pile some whipped cream flavoured with salt on the anchovy. Sprinkle with coralline pepper, and garnish with water-cress or lettuce, etc.—A. L. O. A.

RISOLTO.

Take half a good-sized onion, cut into rings, and fry a light brown. Then put it with $\frac{1}{4}$ lb. rice into a saucepan with some good stock. Cook slowly until it has absorbed the stock. Season well with pepper, salt, and celery salt, and serve very hot. Excellent served with grated Parmesan cheese.—“Globe Trotter.”

JELLIED EGGS.

Prepare some aspic jelly and pour some on a pretty china dish, arrange a few poached eggs on the jelly after it has set. Decorate between the eggs with small medallions of tongue, sprinkle the top of each egg with chopped parsley and seasonings, coat with aspic jelly and allow to firm. Serve cold in the dish.

MOUSSE DE VOLAILLE AUX TRUFFLES.

Take some chicken and braise it with vegetables. Do not cook them too much. When cold, take all the meat from the bones, pound it and pass it through a wire sieve; put it into a basin. Take some gelatine and melt it, add this with some stock to the meat. chop the truffles very fine and add them. Season well. At the

last add about a gill of cream. Put the mixture into a mould, and turn out when cold. Decorate with aspic jelly.—Mrs Grinham, St Boswells.

OLIVE AND CAPER TOAST.

$\frac{1}{2}$ doz. rounds of bread.
6 anchovies.

12 olives.
1 teaspoonful capers.

Spread some anchovy previously put through sieve on small rounds of fried bread, chop olives and capers finely, sprinkle thickly on top of anchovy. Serve either hot or cold.—A. Turnbull.

GOLF AND FOOTBALLERS' SAVOURY.

Put in a buttered dish alternate layers of breadcrumbs and grated cheese. Season with pepper and salt, and just moisten with milk, and very slowly bake for an hour.—Mrs Gibb, Dunbar.

SCALLOPED SALSIFY.

Boil some salsify till tender, cut them across into slices, stew them in $\frac{1}{2}$ pint of good white sauce, put them into shells in layers with breadcrumbs between. Lay small pieces of butter on top, strew breadcrumbs over the whole, season with pepper and put them in the oven to brown. If wanted for savoury, add a table-spoonful of anchovy to the white sauce for stewing the salsify in.

CHEESE CUSTARD.

$\frac{1}{4}$ lb. grated cheese.
2 eggs.

$\frac{1}{2}$ pint milk.
pepper and salt.

Heat the milk with the cheese in it, but do not let it boil, beat the eggs, strain the milk on to the beaten eggs, add the seasoning. Bake in a moderate oven till set and brown. Serve very hot.—Miss Sanderson, Kelso.

OMELETTE AUX FINES HERBES.

Beat up 4 eggs, a table-spoonful of cream, pepper, and pinch of salt, a little chopped parsley, a pinch of chopped shallot. Put a piece of butter about the size of a small egg into an omelette pan till it melts, and fry the shallot a light brown, then mix in the eggs, etc., and stir until thick. Let it get a golden brown, turn one half over, and turn on to a hot dish and serve at once.—J. D., Edinburgh.

OMELETTE AU FROMAGE.

Same mixture as above, but instead of herbs and shallot, mix in grated cheese.—J. D., Edinburgh.

OMELETTE AUX TOMATES.

Same mixture as above. Cook the tomatoes first in slices. When the omelette is cooked, put the tomatoes on the omelette, turn the half over, and turn on to a hot dish.—J. D., Edinburgh.

CANAPES AU JAMBOU.

Mince about $\frac{1}{4}$ lb. cooked ham, put into a small stewpan with a small piece of butter, a tablespoonful white sauce, a few grains of cayenne. Mix together, let it get warm. Cut some pieces of bread about one and a half inches square, fry in butter, then spread with the ham. Garnish with a small piece of parsley.—Mrs Ogilvie, The Corner House, Dunster, Somerset.

CANAPES DE SARDINES SUR CROUTES.

Take six sardines and clean them; then take three, pass through a fine sieve with a small piece of butter, mix in a very little cayenne pepper. Put the whole sardines in a tin with a small piece of butter on each, cover with a buttered paper, and place in the oven just to warm. Then have ready some pieces of bread cut the length of the sardine about an inch wide, and fry in butter a nice golden brown. Spread each with some of the mixture, and lay a sardine on each. Garnish with a small piece of parsley.—Miss Anderson, Kelso.

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PROTOSE ROAST.

- | | |
|----------------------------------------------------|---------------------------------------------------------|
| $\frac{1}{2}$ tin ($1\frac{1}{2}$ lb.) "protose." | 1 heaped tablespoonful chopped parsley or grated onion. |
| 1 breakfastcupful zweiback or toasted breadcrumbs. | 1 oz. butter. |
| 1 breakfastcupful mashed potatoes. | add pinch salt. |
| 2 yolks eggs. | |

First make pastry as follows:—Sieve $\frac{1}{2}$ lb. "Artox" flour (or pastry flour). Rub in 6 oz. butter with a little water. Knead lightly and roll out.

Cut tin of 'Protose' in two, lengthwise, heat through in a steamer or raised up in a saucepan with a little water. Mix thoroughly all the other ingredients, line a suitable sized baking tin with buttered paper, cover bottom and sides with part of the pastry, and then a thin layer of the seasoning. Place heated "Protose" in the centre, pack round with the remainder of the seasoning. Cover over with the remainder of the pastry, and bake in a moderately hot oven (making sure that the bottom gets baked). Turn out carefully and serve hot.

TOMATO SAUCE.

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|-----------------------------|------------------------------|
| 1 cupful strained tomatoes. | 1 oz. butter. |
| 1 cupful vegetable stock. | 1 tablespoonful ground rice. |

Vegetable stock can be prepared as follows:—Cut an onion into small pieces, put into saucepan with 1 oz. butter, stir constantly over fire until it begins to get a golden brown, add 1 pint water, a cup each finely cut celery, carrot, and turnip, a pinch of salt, and simmer all together gently for 2 hours, and strain. Add 1 cup of this stock to 1 cup strained tomato. Bring to boil, and stir in 1 tablespoon ground rice, boil a few minutes, and tomato sauce is ready for use.

POTATO SOUP.

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|---------------------------|----------------------------|
| 1 lb. peeled potatoes. | 2 quarts water. |
| $\frac{1}{2}$ lb. onions. | $1\frac{1}{2}$ pints milk. |
| 1 head celery. | 1 oz. ground rice. |

Peel and slice onions, put them in a basin with small handful salt, let stand for 5 minutes and drain off water. (Onions prepared in this way before cooking are not likely to disagree.) Put potatoes, celery (cut in short lengths), and onions into a sauce-

pan with 2 quarts water, and boil till tender. Press through a fine wire sieve. Put milk and butter into a saucepan; when at boiling point stir in ground rice. Simmer gently for 10 minutes, add strained potatoes, and bring to boil. Should soup be too thick, add a little milk; if too thin, a little ground rice. Should celery not be in season, celery salt may be used.

BUTTER-BEAN AND TOMATO SOUP.

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|---------------------------|--------------------------------|
| 1 lb. butter beans. | 1 tablespoonful cornflour. |
| 1 pint strained tomatoes. | 1 cup cream (or rich milk with |
| 3 pints water. | butter size of walnut). |

Soak butter beans over night in plenty of cold water; after soaking, remove skins. Put into a saucepan and add 3 pints boiling water. Boil gently for 2 or 3 hours. Stir in stewed tomatoes, pass through hair sieve, and return to saucepan. Rub cornflour smooth with cream, add to soup; boil for a few minutes, add butter, salt to taste, and serve.

BARLEY AND LENTIL SOUP.

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|--------------------------|---------------------------------------------------|
| 1 small cupful barley. | 3 small cupfuls leeks cut into $\frac{1}{4}$ in. |
| 3 small cupfuls lentils. | lengths. |
| | or $1\frac{1}{2}$ cupfuls finely chopped parsley. |

Wash barley and boil very gently in 4 pints of water for 3 hours. Wash lentils and put into 3 pints of boiling water; cook till tender, and rub through hair sieve. Boil leeks or parsley in pint of water till quite tender, add to cooked barley, then stir in strained lentils, and allow to boil slowly for 10 minutes. Add butter, the size of a walnut. If soup should be too thick, add sufficient barley water to make proper consistency.

FRUIT SALAD.

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|------------------------------|------------------------|
| 6 sweet oranges. | 1 cupful cherries. |
| 6 ripe bananas. | 1 cupful double cream. |
| 6 canned peaches with juice. | |

Peel and slice oranges and bananas very carefully. Mix in salad bowl with peaches, and decorate with cherries and whipped cream. Decorate immediately before serving. If cherries are not in season, canned cherries can be used.

LETTUCE AND TOMATO SALAD.

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|------------------------------|----------------------|
| 3 lettuce (fresh and crisp). | 3 hard boiled eggs. |
| 3 tomatoes. | 1 oz. grated cheese. |

Thoroughly wash lettuce, and allow to stand in cold water for 10 or 15 minutes. Cut fine and put into a coarse strainer for a few minutes to drain water off. Peel tomatoes (dip first into boiling water for a few secs., then into cold water, when skin will peel off quite easily). Slice tomatoes and eggs, and fill salad bowl with alternate layers of each ingredient, sprinkling in grated cheese. Keep a few small leaves from heart of lettuce and a few slices of egg and tomato to decorate top. Serve with mayonnaise or lemon dressing.

PROTOSE STEW.

- | | |
|---------------------------------------|-------------------------------------------|
| 1 lb. protose. | $\frac{1}{2}$ cup parsley finely chopped. |
| 1 teacupful vermicelli, crushed fine. | 1 oz. butter. |
| 1 pint water. | 1 teaspoonful cornflour. |
| 1 cup tomato juice. | a little salt. |

Boil parsley in water until tender, add vermicelli, and let it simmer gently for 15 minutes. Stir in the cornflour, which has been rubbed smooth in a little water, add the tomato juice and butter, and bring to boil. Pour into a vegetable dish to the depth of 1 in., cut protose in half rounds about $\frac{1}{2}$ in. thick and place in dish in a row, and cover with remainder of sauce. Put cover on dish and stand in very moderate oven for $\frac{1}{2}$ hour, when it is ready to serve with vegetables and potatoes. (Protose is a vegetable meat prepared by International Health Association, Ltd., and can be had from all Food Reform Stores.)

MOCK CHICKEN.

- | | |
|--------------------------------|-------------|
| 1 teacupful rice. | 1 egg. |
| 3 teacupfuls water. | pinch salt. |
| 1 breakfastcupful pine kernels | |

Steam rice in water for 3 hours, then press it through a coarse hair sieve. Grind the pine kernel in an Enterprise food-chopper, using the finest cutter. Mix into rice, and add egg previously well beaten. Press the mixture firmly into a well-buttered cylinder-shaped mould, and steam for 1 hour. Allow to cool before removing from mould. If preferred warm it can be re-heated before serving.

RICE CUTLETS.

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|-------------------------|---------------|
| 2 cupfuls rice. | 2 oz. butter. |
| 4 cupfuls water. | 2 eggs. |
| 2 cupfuls tomato juice. | |

Put rice, water, tomato juice, and butter into a basin, and steam for three hours. Whisk the eggs and beat into rice. When thoroughly mixed and while still hot, spread out on a platter to about the thickness of one inch. Let it cool, cut into cutlets, dip in egg and breadcrumbs, and fry a nice brown colour, using butter or nutter as preferred for frying.

LENTIL AND NUT SAVOURY.

- | | |
|--------------------------|---------------------------------|
| 2 cupfuls lentils. | 2 onions (grated). |
| 1 cupful rice. | 1 oz. butter. |
| 1 cupful ground walnuts. | zweiback (toasted breadcrumbs). |
| 2 eggs. | |

Steam rice in three cups water for three hours, wash lentils and put into saucepan with 6 cups of boiling water, cook until quite tender, put through sieve. Brown onion in butter. Beat all the ingredients together in basin, stiffen with zweiback crumbs so that the mixture can be moulded with the hands; shape about half the mixture into rissoles or sausages, coat with egg, and zweiback crumbs, fry in butter until a nice brown colour. Press remainder of the mixture into a well-buttered tin, put a little melted butter on top and bake in oven for about an hour or until

it is free in tin. Turn out and serve in slices instead of meat. Tomato sauce goes nicely with this savoury.

BEETROOT AND CHESTNUT SALAD.

beetroot, cold boiled.
parsnips, cold boiled.
celery, raw.

hard boiled egg.
chestnuts, blanched and cooked.

Cut first 3 ingredients fine (do not mince), keeping a few slices of beetroot whole. Mix in a salad bowl and decorate top with slices of egg, beetroot, and chestnut. A chopped apple makes a nice addition instead of celery. To blanch chestnuts, first peel off outside shell, drop into boiling water, and boil for about 5 minutes. Peel very carefully to keep as whole as possible, and steam for 20 minutes.

SULTANA PUDDING.

$\frac{3}{4}$ lb. flour.
6 oz. castor sugar.
6 oz. butter.
6 oz. sultanas.

1 teaspoonful baking powder.
 $\frac{1}{4}$ gill sweet milk.
4 eggs.

Sift flour and baking powder together, and beat butter and sugar to a cream with a wooden spoon. When light, add 1 egg and a spoonful of flour; mix and beat well. Add all the eggs and flour in this way, beating well between times. Then add milk, beat quickly, and lastly the sultanas. Steam in well-buttered mould for 3 hours. (If baking powder is objected to, use 6 eggs and no milk.) Serve with cream or lemon sauce.

LEMON DRESSINGS.

3 tablespoonfuls lemon juice.
3 tablespoonfuls sugar.

$\frac{1}{4}$ cupful whipped cream.

Beat sugar and lemon juice together until sugar is dissolved, add whipped cream, and stir together. A very nice dressing can be made by using 3 tablespoonfuls almond butter (International Health Association Ltd.), and $\frac{1}{2}$ pint water; rub butter smooth with water, bring to boil, and allow to boil for a second or two. Remove from fire, and add a little salt and 3 tablespoonfuls of lemon juice. When cold it is ready for using. If a sweet dressing is required add 3 tablespoonfuls sugar.

MAYONNAISE DRESSING.

Break the yolk of an egg, and add to it a large pinch of salt; with a fork stir the yolk till it begins to stiffen. Gradually add, a drop at a time, peanut or olive oil, stirring a while after each drop. Continue this process until the mixture becomes too stiff to stir, then thin it with lemon juice and add some salt. Thicken again with oil as before, and thin again with lemon juice. Continue till desired amount is made. When stiff enough to cut with a knife, add 1 teaspoonful of sugar. By setting on ice it will keep cool for a number of days. The success depends upon the care with which the oil is added.

CHRISTMAS PUDDING.

- | | |
|------------------------------------------------|--------------------------------------------|
| 1 lb. zweiback crumbs. | $\frac{1}{4}$ lb. dairy butter. |
| 1 lb. castor sugar. | $\frac{1}{4}$ lb. butter. |
| 1 lb. currants. | $\frac{1}{2}$ lb. apples (finely chopped). |
| 1 lb. sultanas. | 1 lemon rind and juice. |
| 2 lbs. muscatels (stoned). | $\frac{1}{4}$ lb. grated nutmeg. |
| $\frac{1}{2}$ lb. mixed peel (finely chopped). | 1 pint sweet milk. |
| $\frac{1}{2}$ lb. ground almonds. | 6 eggs. |
| $\frac{1}{2}$ lb. pine kernels (ground). | |

Mix all dry ingredients thoroughly together, melt butter and nutter in milk slowly (so as not to allow milk to get hot), stir in, and then add yolks of eggs, one at a time. When thoroughly mixed, add whites, which should previously be whisked to a stiff froth. Put into 3 well-buttered basins, and steam from 6 to 8 hours. (Zweiback Crumbs.—Slices of bread dried thoroughly in oven and lightly browned, ground with nutmill, or crushed on baking board with rolling-pin.)

FIG PUDDING.

- | | |
|----------------------------------|-------------------------------|
| 1 teacupful finely chopped figs. | 2 oz. dairy butter. |
| 1 teacupful sultanas. | $\frac{3}{4}$ teacupful milk. |
| 2 teacupful zweiback crumbs. | 1 egg. |

Mix all dry ingredients together, add milk in which butter has been melted, and egg. Mix thoroughly, put into a buttered mould, and steam for 4 hours. Serve hot with cream, custard, or lemon sauce.

LEMON SAUCE.

- | | |
|-------------------------------|----------------------------------------|
| 1 pint water. | 3 oz. sugar. |
| $1\frac{1}{2}$ oz. cornflour. | rind and juice of $\frac{1}{2}$ lemon. |
| $\frac{1}{2}$ oz. butter. | |

Boil rind of lemon in water for a few minutes, strain, and return water to pan. Add cornflour smoothed in a little water. Boil for five minutes. Add butter, sugar, and lemon juice. Stir and serve.

BARLEY MILK SOUP.

- | | |
|----------------------|------------------------|
| 2 pints milk. | salt to taste. |
| 1 oz. barley. | small piece of butter. |
| 1 teaspoonful sugar. | |

Wash the barley and put it into a saucepan with a breakfast-cupful of cold water, and let it boil until it softens. Then add the milk, butter, salt, and sugar, and just bring it to the boil and serve.—Mrs Binnie, Bowmont Street, Kelso.

VEGETARIAN FIG PUDDING.

- | | |
|---------------------------------------------------------------------------------------|---------------------------------|
| 3 ozs. good figs. | $2\frac{1}{2}$ oz. brown sugar. |
| $\frac{1}{4}$ oz. either sago or tapioca simmered in a little water until in a jelly. | 2 eggs. |
| $\frac{1}{4}$ teaspoonful (small measure) ground cloves. | 1 teaspoonful ground cinnamon. |
| 3 ozs. breadcrumbs. | a little milk if needed. |
| | a good dust of pepper. |

Wash figs well, and soak in tepid water for five minutes. Then chop them finely, removing any hard pieces of skin. Mix them with the sugar and breadcrumbs, add the spices, and well beaten eggs. Mix well and steam in a buttered mould for three hours.—Miss Dunn, The Elms, Kelso.

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BERWICK-ON-TWEED.

Pickles and Preserves.

GREEN TOMATO PICKLE.

- | | |
|-------------------------------|--------------------------------|
| 3 lbs. green tomatoes. | 2 large onions. |
| 1 quart vinegar. | 1 large tablespoonful mustard. |
| 1 tablespoonful curry powder. | 1 teaspoonful salt. |
| $\frac{1}{4}$ lb. syrup. | |

Slice tomatoes and onions thin, sprinkle with salt, let them stand twelve hours, drain thoroughly. Mix all the other ingredients, add tomatoes and onions, boil threequarters of an hour. Put into jars, and tie down hot. Keep in a cool but dry place. Thick like chutney when finished.—M. A. B. Rattray, Milburn, Kelso.

LEMON SYRUP.

- | | |
|-------------------|-----------------------|
| 2 lemons. | 1 pint boiling water. |
| 1 lb. loaf sugar. | 1 oz. citric acid. |

Pare the lemons, put juice, rind, and sugar in a pan and pour 1 pint boiling water over them, boil for 10 minutes, and allow to stand till almost cold in a stone jug or basin, strain through muslin, add the citric acid, and bottle.

APPLE AND APRICOT JAM.

- | | |
|-----------------------------|---------------------------|
| 1 lb. preserved apricots. | 5 breakfastcupfuls water. |
| $2\frac{1}{2}$ lbs. apples. | 7 lbs. sugar. |

Soak apricots for two nights, peel and core apples, cut into thick pieces, cover with sugar and leave over night. Put apricots and apples into preserving pan, and cook in usual way.—Mrs Rollo, 20 Claremount Avenue, Giffnock.

DAMSON PICKLES.

- | | |
|---------------------------|--------------------------------|
| 7 lbs. damsons. | $\frac{1}{2}$ oz. peppercorns. |
| 3 lbs. granulated sugar. | 1 quart vinegar. |
| $\frac{1}{4}$ oz. cloves. | |

Boil sugar, vinegar, and spices together for $\frac{1}{2}$ hour, put in damsons and cook until soft. Put into jars or bottles, and cover when cold.—Mrs Middlemas, Anna Cottage, Kelso

PEAR GINGER PRESERVE.

- | | |
|---------------|------------------------------------------|
| 6 lbs. pears. | 5 pints water. |
| 5 lbs. sugar. | $1\frac{1}{2}$ lbs. crystallised ginger. |

Cut in slices the pears. Boil all together for 5 hours—Mrs Smith, Cherrytrees, Yetholm.

MILK PUNCH.

12 bottles rum.	1½ bottles lime juice or the juice of the lemons.
1½ bottles brandy.	6 bottles boiling milk.
1½ bottles white curacao or maras- chino.	7 lbs. loaf sugar, crushed fine.
2 bottles pale sherry.	30 lemons or fewer if large.

Peel lemons very thin (no white) and put to soak for 24 hours in a warm place covered securely from the air. Strain it off and mix with other ingredients except the milk and sugar. Bring milk to the boil and pour in, and sugar immediately on the top of it. Let it stand for 48 hours, not in a very cold place, then strain through treble funnel, and bottle.—A. Laing, Mizen Head, Bamburg.

MUSHROOM PICKLE.

Procure small button mushrooms, wipe each one clean, and leave in part of stem. Put into a pan of cold salted water. Let them come to the boil, then put through a strainer. Fill pickling jars, and add peppercorns and white vinegar. Tie up securely.—Miss Dods, Roxburgh Street, Kelso.

RASPBERRY JAM (Unboiled).

To every lb. of rasps add 1 lb. of fine sugar. Put rasps, after cleaning them, into a basin with sugar. Set in the oven to warm through. Then stir one way for half an hour. Pour into pots and cover. This makes a delicious jam, with the raw flavour of the fruit.—Miss Dods, Roxburgh Street, Kelso.

LEMON SYRUP.

juice of 6 lemons.	rind of 3 lemons.
3 lbs. lump sugar.	2 oz. citric acid.

Put all in a jug, pour on 1 quart boiling water and stir until melted. Cover, and leave all night. Next day strain through muslin, and bottle. This will keep good for a month.—Miss Dunn, The Elms, Kelso.

ORANGE MARMALADE.

12 Seville oranges.	sugar.
4 sweet oranges (the juice only).	water.
3 lemons.	

Wash the oranges and lemons, quarter them and take out the pips, then slice down as fine as you wish. To each lb. of sliced fruit add 3 pints of cold water; let this stand 24 hours, then boil till the chips are tender. Let this stand again until next day, then weigh it, and to every lb. of pulp add 1½ lb. loaf sugar. Boil the whole until the jelly thickens, from $\frac{3}{4}$ to 1 hour.—Miss Smith, Maxwell Place, Kelso.

RHUBARB AND LEMON JAM.

To every 3 lbs. cut rhubarb add 1 teaspoonful of coarse salt and $1\frac{1}{2}$ lb. of sugar. Let these stand in a jar for one night, strain the juice, boil it with an extra pound of sugar to every pound of rhubarb. When boiling, add the fruit. For every pound of fruit add 1 lemon sliced thickly, picking out the stones. Boil all $\frac{1}{2}$ hour.—A. R., Kelso.

(Instead of slicing lemons, grate rind and squeeze juice.—A. R.)

APPLE CHUTNEY.

$4\frac{1}{2}$ lbs. apples (pared and cored).	1 oz. ground ginger.
2 quarts vinegar.	1 oz. mustard seed.
2 lbs. brown sugar.	$\frac{1}{2}$ oz. garlic.
$1\frac{1}{2}$ lbs. sultana raisins.	$\frac{1}{4}$ oz. cayenne.
4 oz. salt.	

Boil the fruit to a pulp, turn it into a large basin, and add the other ingredients. Stir it up each day for a week, then put into dry bottles, and cover with bladder.—Mrs Johnston, Castle Nook, Kelso.

CHUTNEY.

A 4 lbs. apples.	4 ozs. garlic.
A 2 lbs. brown sugar.	$\frac{1}{4}$ oz. cayenne.
B 2 lbs. sultanas.	1 quart vinegar.
B 4 ozs. green ginger or 2 ozs. ground ginger.	

Boil A to the consistency of jam. After paring and coring the apples, chop the raisins and garlic fine, and add them and all of B to the apples, and boil 10 minutes longer. Pour the whole into a jar, and while hot mix well with the vinegar, adding salt to taste. Bottle when cold.—Mrs Davidson, The Pleasants, Kelso.

VEGETABLE MARROW JAM.

6 lbs. marrow.	$\frac{1}{2}$ lb. cooking preserved ginger.
6 lbs. loaf sugar.	2 lemons.

Peel the marrow, cut it up and take out all the seeds, cut the marrow into inch pieces, and put into a large basin. Cover the marrow with cold spring water, and let it remain for 12 hours to soak. Then take the marrow out of this water and put it in the preserving pan with one pint of the water it has soaked in, add the sugar and lemons, cut up as for marmalade, and the ginger, cut up small. Put on to boil. Let it boil until it becomes a bright amber colour—2 hours.—Miss A. Rutherford, The Knowes, Kelso.

BLACK CURRANT JAM.

Pick all the stalks from the black currants. Put in preserving pan, and nearly cover with water. Boil till tender, about half

an hour. Remove from fire, and weigh contents. Allow weight for weight of sugar. Boil 20 minutes.—Miss Davidson, Forestfield House, Kelso.

CHUTNEY RECIPE.

4 lbs. apples well minced.	$\frac{1}{2}$ oz. ground ginger.
$\frac{1}{2}$ oz. chillies to be pounded to a paste with vinegar.	2 oz. salt.
$\frac{1}{2}$ oz. garlic or onion.	2 oz. mustard seed well crushed.

Boil the apples well in a quart of vinegar, then add all the above ingredients except sugar. Boil the sugar to a syrup in another quart of vinegar, then mix all together, and boil briskly 20 minutes. Put into large jar for a week, stir occasionally, then put into air-tight jars for use.—Mrs McDougall, Hempsford, Kelso.

PICKLED CABBAGE.

3 small firm red cabbages.	salt.
1 oz. peppercorns (black).	1 oz. whole ginger.
1 oz. cloves.	1 bottle white vinegar.

Place whole cabbage in water $\frac{1}{4}$ hour, take out and drip well, cut it into very small pieces by mincing with big knife. Place shredded cabbage in layers in earthenware dish with layers of salt alternately until all used. Cover this with plate and weight on top to press tightly. Stand it for 48 hours, then squeeze firmly with hands, no liquid to remain. Place in jars. Take vinegar and other ingredients, put in pan, and bring to boiling point. Pour on top of cabbage when boiling. Cover at once tightly. Keep out air. This will keep for years, and will improve in keeping.—Mrs McDougall, Hempsford, Kelso.

PICKLED CUCUMBERS.

10 cucumbers.	$\frac{1}{2}$ doz. cloves.
salt.	8 ozs. mustard seed.
4 bottles white vinegar.	1 oz. whole white pepper.
2 lbs. crystallised sugar.	2 tablespoonfuls red chillies.
a few bay leaves.	

Pare cucumbers very thinly, cut in two from end to end evenly, scoop out seeds with a teaspoon and fill in the hollow with kitchen salt. Lay on an ashet for 5 hours, then dry each piece thoroughly. Put on to boil in an enamelled jelly pan, vinegar, sugar, with the following enclosed in a muslin bag:—bay leaves, cloves, mustard seed, pepper, and red chillies. Boil all for 10 minutes. Take cucumber slices and half them across, put in brown crock, pour on vinegar mixture. Let stand for 4 days covered with towel, then pour off vinegar into jelly pan, with the spices this time out of bag. After boiling for 2 minutes pour over the cucumbers. When cold cover the crock tightly with several layers of brown paper and tie down. Let stand 2 or 3 months. Pour off vinegar and let it come to the boil, returning to the crock when quite cold.—A. J. S.

PICKLED VICTORIA PLUMS.

4 lbs. Victoria plums, ripe but firm. spices to taste.
1 lb. sugar. vinegar as required.

Put sugar, vinegar, and spices in enamelled pan and bring to boil; allow to cool, seeing that sugar is thoroughly melted. Meantime have plums pricked all over with a knitting needle, and pour over them the sweetened vinegar. Stand for 12 hours, and pour off the vinegar; re-heat and pour over the plums again, seeing they are well covered. This process is repeated in all 4 times. Then cork well in air-tight bottles.—Mr A. Blackwood, Glasgow.

RED CURRANT JELLY.

Mash the currants, then put them on back of stove to get warm. When thoroughly hot, put them in jelly bag to drip all night. Measure juice and put it on stove to boil for 10 minutes. Take it off and add sugar, 1 lb. to the pint. Bring to boil and dish.—J. F., Glasgow.

MINCE MEAT.

1 lb. raisins.	1 small nutmeg.
1½ lbs. currants.	1 lb. apples.
1 lb. suet.	the juice of a lemon and mixed spice
2 lb. moist sugar.	to taste.
3 oz. of citron peel.	

W. R., Kelso.

XMAS MINCE MEAT.

1 lb. currants.	1 lb. finely minced suet.
1 lb. sultanas.	½ teaspoonful mixed spice.
1½ lb. stoned valencias.	2 oz. orange peel.
1 lb. apples.	

Mix all the fruit thoroughly, and put through the mincer. Then add 2 glasses of whisky, and put in jar ready for use.—H. N. J., Kelso.

MARMALADE.

2 lbs. bitter oranges.	10 lbs. sugar.
2 lemons.	10 pints water.

Cut oranges and lemons in quarter, put pips in bowl with a little water, slice oranges very thin, put into large basin, add water, and stand for 12 hours. Boil for nearly an hour, let stand again, then boil nearly an hour with sugar. Put pips in muslin bag and boil first time.—Mrs John Scott, Roxburgh St., Kelso.

TOMATO AND APPLE CHUTNEY.

2 ozs. common salt.	1 oz. curry.
2 ozs. mustard.	1 lb. apples.
2 ozs. shallots.	2 lb. tomatoes.
2 ozs. garlic, can be omitted and more shallots put in.	1 lb. brown sugar.
2 ozs. ground ginger.	$\frac{3}{4}$ lb. sultanas.
	2 bottles brown vinegar.

Boil apples and tomatoes to a jelly in half the quantity of vinegar—after peeling, coring, and slicing. Cut the shallots, garlic, and raisins very small. Mix all together in the rest of the vinegar, add the jelly, and boil for 20 minutes over a slow fire, stirring all the time. Bottle when cold, and let stand for a few weeks before using.—Miss H. Sanderson, 1 Victoria Place.

CHUTNEY.

2 lb. gooseberries or peeled apples.	2 oz. garlic or onions.
1 lb. sultanas.	2 oz. mustard seeds (brown in oven).
$\frac{1}{2}$ lb. moist sugar.	2 teaspoonfuls allspice.
1 bottle vinegar.	$\frac{1}{2}$ teaspoonful cayenne pepper.

Boil all together and then add pinch of sugar. Steam till ready.

Mrs Wm. Rae, Sharpplaw.

APPLE CHEESE.

1 stone apples.	sugar.
$\frac{1}{2}$ lb. whole ginger.	

Choose apples green and hard, cut up in slices without peeling. Put in jelly pan and cover with water. Boil to a pulp. Set aside till cool enough to squeeze through a cheese cloth. Nothing should remain but skin and core. For each lb. of pulp allow 1 lb. sugar, and the ginger well bruised. Boil all together $\frac{1}{2}$ hour, and put into jars. Very nice for dessert.—Mrs Geo. Gilhespy, Hotel Albert, Dunbar.

RECIPE FOR PEAR JAM.

4 lbs. pears.	2 lbs. ginger (cooking).
4 lbs. sugar.	

Pare, core, and slice pears, and put in pan with sugar and ginger. Stir frequently and bring to boil very slowly. Boil for $1\frac{1}{4}$ to $1\frac{1}{2}$ hour.—Miss Isobel H. Thompson, Ford Cottage, Kelso.

CHUTNEY.

1 lb. sour apples.	$\frac{1}{2}$ lb. sugar.
1 pint vinegar.	$\frac{1}{4}$ oz. ground ginger.
$\frac{1}{2}$ lb. stoned raisins (chopped fine).	$\frac{1}{4}$ oz. cayenne pepper.

Boil apples to pulp in small quantity of vinegar, then add the other ingredients, and boil for 10 minutes.—Mrs A. Goodfellow, Kelso.

PRESERVING FRUITS.

1 $\frac{1}{4}$ lb. sugar to 1 pint water.

Boil to a syrup. Have preserving jars dry and warm. Wipe fruit with a towel, half fill jars or rather more with fruit, pour on syrup, not boiling. Put lids on, not tight. Put jars in cold water in jam pan, putting towels between to prevent breaking. Boil half an hour. Take out and tighten lids.

Another Method.

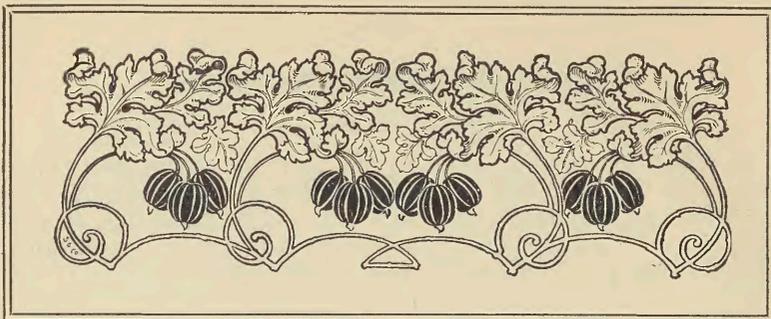
$\frac{1}{2}$ stone sugar to 2 gallons water.

Bring to boil, and boil five minutes. Fruit dry and clean. Draw pan off fire and put in half the fruit, cook for 5 minutes. Fill jars brimful of fruit and syrup. Cook, put in more fruit, and so on until all is used.—C. R. M., Kelso.

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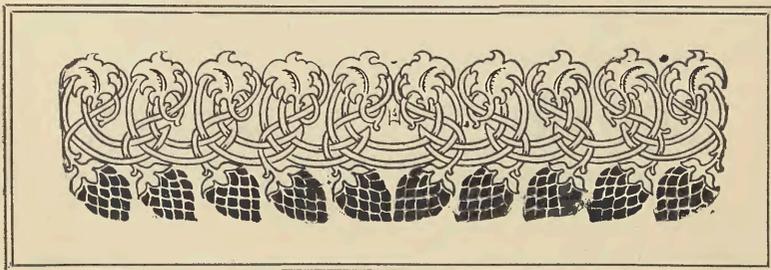
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Meeting were bare without it."*

Macbeth.

*"Oh herbaceous treat,
T'would tempt the dying anchorite to eat.
Back to the world he'd turn his weary soul,
And plunge his fingers in the salad bowl."*

Sidney Smith.

QUATRE EPICES.

1 oz. cinnamon.
1 oz. nutmeg.

1 oz. whole black pepper.
1 oz. cloves.

Sift through muslin, and put into tightly corked bottles.—M. R. Kirkwood, Trinity Manse, Kelso.

CHERRY SAUCE.

$\frac{1}{2}$ pint water.
6 cherries.
few drops cochineal.

1 oz. sugar.
squeeze lemon juice.

Put water and sugar into a saucepan to boil until it is reduced to about half the quantity, cut cherries into two, add them and lemon juice and carmine. Any other fruit or jam may be used instead of cherries.

MAYONNAISE.

yolks of 2 eggs.
2 dessertspoonfuls salad oil.
 $\frac{1}{2}$ teaspoonful taragon vinegar.

juice of 1 lemon.
salt, pepper, cayenne.
 $\frac{1}{2}$ teaspoonful mustard.

Beat the yolks and lemon juice together thoroughly, add the oil drop by drop, stirring constantly with a wooden spoon until it is of a creamy consistency, add the mustard and taragon vinegar.

WHITE SAUCE.

1 oz. butter.
 $\frac{1}{2}$ pint stock or milk.
squeeze lemon juice.

1 oz. flour.
pepper, salt.

Rub butter and flour in a pan together until smooth, add the stock or milk by degrees stirring thoroughly to prevent lumps. Boil for 5 minutes, add seasoning and lemon juice. This sauce may be used as a foundation for egg sauce, caper sauce, parsley sauce, &c.

JANE GRAY'S SAUCE.

1 glass sherry.
1 tablespoonful sugar.

1 or 2 raw yolks of eggs.

Mix well; whip up for 6 or 7 mins. Put basin in pan of boiling water, and whip until a stiff froth. Pour over pudding.—Reginald Hunt.

MINT SAUCE.

4 dessertspoonfuls chopped mint. $\frac{1}{4}$ pint vinegar.
2 dessertspoonfuls white sugar.

Wash mint, which should be young and freshly gathered; pick leaves from stalks, mince very fine; put into tureen; add sugar and vinegar; stir till former is dissolved. Better to be made two or three hours before it is wanted for the table.—Mrs Bruce, Sunningdale, Kelso.

TOMATO SAUCE.

3 tomatoes.
 $\frac{1}{2}$ teaspoonful sugar.
1 oz. butter.
pepper, salt, and cayenne.
2 or 3 mushrooms.

1 bay leaf.
1 onion.
1 tablespoonful vinegar.
1 tablespoonful cornflour.

Cook all ingredients together for 15 mins.; strain through a hair sieve; reheat, and add 1 tablespoonful cream.—Mrs Bruce, Sunningdale, Kelso.

APPLE SAUCE.

4 apples.
2 tablespoonfuls sugar.

2 tablespoonfuls cold water.
rind and juice of $\frac{1}{2}$ lemon.

Stew all together till reduced to a pulp.—Mrs Bruce, Sunningdale, Kelso.

JAM SAUCE.

2 tablespoonfuls raspberry jam.
1 gill water.
6 lumps sugar.

little lemon juice.
colouring (if desired).
 $\frac{1}{2}$ teaspoonful corn flour.

Put all except colouring into a pan and bring to boil. Simmer for 10 minutes, skim, and add colouring, strain. One tablespoonful sherry improves this sauce.—Miss A. Bruce Cuthbert, The School House, Hume.

SAUCE FOR BACHELOR'S PUDDING.

1 teaspoonful butter.
1 pint milk.
2 teaspoonfuls cornflour.

2 tablespoonfuls sugar.
2 tablespoonfuls wine.

Melt the butter and add the flour. Pour on milk gradually. Boil 3 minutes. Season and sweeten.—Mrs Russell, Heathville.

POTATO SALAD.

Cut as many cold boiled potatoes as required into small pieces, and put over them the following dressing:—1 tablespoonful butter, $\frac{3}{4}$ cup vinegar, 3 tablespoonfuls sugar, 1 small teaspoonful made mustard. Bring all to boil, then pour mixture over 3 well-beaten eggs. This dressing will keep for a long time. When using, if too thick, it can be thinned out with a little cream.—Miss Macmillan, Campbeltown.

SALAD.

Wash salad vegetables, but do not allow them to be in water. Wipe green vegetables with soft towel; shred all up in small pieces. Put into salad bowl. Dressing—Put the yolks of 2 hard-boiled eggs in basin; when quite cold bruise them quite smoothly, add little salt and pepper, 1 spoonful sugar, 1 teaspoonful mustard (made), mix, add 1 tablespoonful cream very gradually. When thoroughly mixed add 2 tablespoonfuls vinegar and 1 tablespoonful salad oil. Mix and pour over salad. Don't stir it up till it is to be used.—M. T., Kelso.

BATTER FOR FRIED FISH.

2 tablespoonfuls flour. pepper and salt.
milk.

Put flour and seasoning into basin, and add sufficient milk to make fairly thick batter. Beat till quite smooth. This batter is better to be made $\frac{1}{2}$ hour before using.—Miss Cuthbert, The School House, Hadden.

MINT SAUCE.

few sprigs mint. 1 gill vinegar.
1 heaped teaspoonful sugar. 2 tablespoonfuls hot water.

Wash, dry, and chop mint finely; add sugar and water, and when cool, the vinegar. — Miss Cuthbert, The School House, Hadden.

A SALAD DRESSING.

1 or 2 eggs. 3 teaspoonfuls mustard.
 $\frac{1}{4}$ cupful sugar. 2 teaspoonfuls flour.
1 cupful milk. pepper and salt to taste.
1 cupful vinegar.

Beat eggs and mix all together. Place in saucepan and stir till mixture thickens. Boil 3 minutes. This may be served as a sauce with cold meat.—M. Anderson, Muselee, Hoscote, Hawick.

SALAD DRESSING WITH SWISS MILK.

3 hard boiled eggs. 1 teaspoonful dry mustard.
1 breakfastcupful vinegar. 1 tin Swiss milk.
1 tablespoonful sugar.

When the eggs are cold, put the yolks into a bowl, smooth

them with the back of a spoon, add sugar and mustard, and mix well; now add some of the vinegar very slowly, a few drops at a time, then stir in the milk, and afterwards add the remainder of the vinegar. When well-mixed pour into bottles or jars for use.—Nurse Cuthbert, Ayr.

APPLE SAUCE.

4 apples.	2 tablespoonfuls cold water.
2 tablespoonfuls sugar.	rind and juice $\frac{1}{2}$ lemon.

Stew all together till reduced to a pulp.

SALAD DRESSING.

$\frac{1}{2}$ level tablespoonful salt.	$2\frac{1}{2}$ tablespoonfuls melted butter.
$\frac{1}{2}$ level tablespoonful mustard.	$\frac{3}{4}$ cup cream or milk.
$\frac{1}{4}$ level tablespoonful sugar.	$\frac{1}{4}$ teacupful vinegar.
1 beaten egg.	

Mix in a small basin, place basin in boiling water. Stir mixture till it thickens. Strain and cool.—Nisbetmill, Ancrum.

CABBAGE SALAD.

Select a small white cabbage, take off green leaves, and cut into quarters. Slice very thinly with a sharp knife; soak in cold water, with a pinch of salt for an hour, or until crisp. Dry on a clean towel. Cover with salad dressing, and garnish with shreds of carrot.—Nisbetmill, Ancrum.

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which should be added to the soup a few minutes before serving.
—Mrs David Maxwell, Bowmont Street.

SUSTAINING SUMMER DRINK.

1 tablespoonful ice cream or thick cream, seasoned.	4 tablespoonfuls malted milk.
$\frac{1}{2}$ cupful milk.	add a little more milk on top of malted milk.
1 egg.	

Whisk thoroughly above ingredients in order given. Drink slowly — preferably through straws.—Miss Marian Blackwood, Glasgow.

HOUGH SOUP.

Take a pound and a half of good lean hough; cut it up roughly into small pieces and cover with 6 breakfastcupfuls of tepid water. Let it stand all night. Next morning put all into clean saucepan, and stir over a good heat until it boils. Keep stirring all the time, as you would the blood in hare soup. When it comes to boil and no more, draw saucepan aside to cooler part of stove, or turn down gas, and let it simmer for two hours. Strain, season to taste, thicken if desired, and add $\frac{1}{4}$ teaspoonful brown sugar and also some boiling water if soup is too strong. Do not give hough soup too concentrated as it is apt to produce diarrhoea.
—Mrs A. W. Coulter, Vancouver, B.C.

HEALTH SALTS.

$\frac{1}{4}$ lb. tartaric acid.	2 oz. Epsom salts.
$\frac{1}{4}$ lb. bicarb. soda.	2 oz. magnesia.
$\frac{1}{4}$ lb. cream of tartar.	1 lb. powdered sugar.

—Mrs Lapsley, Edinburgh.

FISH CREAM.

1 lb. filleted sole or haddock.	1 egg.
1 slice bread.	pepper and salt.

Scrape down finely the fish. Grate the bread; beat up egg; mix all together with salt and pepper to taste. Put in buttered mould and steam $\frac{1}{2}$ an hour. Turn out and serve with white sauce.—Miss Hope, Galashiels.

BEEF TEA.

1 lb. of lean beef to 1 pint of cold water.	1 tablespoonful of sago.
------------------------------------------------	--------------------------

Cut the meat up and put in a jar of cold water with the sago and a little salt, and let it stand 1 hour. Then put the jar in a saucepan with water and bring it to the boil, and boil for 2 mins. Strain it off and use.—Miss Margot Cunningham, Muirhouselaw, St Boswells.

STEAMED FISH FOR INVALID.

Chose any white fish except cod, halibut, and turbot. Have

fish filleted and on side skinned sprinkle salt (pepper may be given to convalescents) and fold over. Butter a plate slightly, put on fish, cover with another buttered plate and steam over pan of boiling water for $\frac{1}{2}$ hour. Plates may be reversed, half-time. When fish is ready (time of cooking depends on thickness of fillet) serve on hot plate with sprig of parsley. Never serve sauce with fish for invalid.—Nurse Jessie Cuthbert, Kelso.

PORT WINE JELLY.

2 oz. isinglass (or gelatine).	1 oz. gum arabic.
2 oz. sugar candy.	1 pint port wine.

Put this into a jar and set it in a pan of boiling water to dissolve. When quite melted pour into glasses, and cut into pieces when cold. Take care the water does not boil into the jar. The gum takes long to dissolve and is the better of being stirred occasionally. Do not let the wine boil.—Mrs Smith, Maxwell Place, Kelso.

CALF'S FOOT JELLY.

1 calf's foot.	3 quarts cold water.
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Disjoint the foot in one or two places, wash and scrape thoroughly and put it on with enough cold water to cover it, bring to the boil, remove and wash again. Put on with 3 quarts cold water and simmer for 8 hours, removing the scum as it rises. When ready strain through a hair sieve, set aside to cool. For making jelly:—

$1\frac{1}{2}$ pints jelly stock.	2 lemons.
$\frac{1}{4}$ lb. sugar.	piece cinnamon stick.
2 eggs.	$\frac{1}{2}$ gill claret.

Remove all fat from the stock, peel the lemons thinly, squeeze the juice through a strainer into the jelly pan, wash the eggs and beat whites, yolks, and shells together, put into pan, add sugar, lemon rind and jelly. Place the pan over the fire and whisk the contents till they boil, boil up, set aside for 5 minutes. Pour through prepared jelly bag, add claret, pour into mould, set aside to firm.—Mrs J. Crawford, Glasgow.

CREAM OF BARLEY.

$\frac{1}{2}$ lb. veal cutlet.	$\frac{1}{2}$ gill cream.
$\frac{1}{4}$ oz. barley.	

Cut all the fat off the veal, and cut meat into small pieces; put into a saucepan with 1 pint cold water; add barley (washed and soaked 1 or 2 hours, in cold water), and 2 tablespoonfuls salt. Boil gently 2 hours; strain liquor into a basin; pound the meat and barley in a mortar; put through a hair sieve. Pour some of the liquor on to the sieve to help the pulp to pass through. When all is passed through, stir in smartly 2 tablespoonfuls cream.—M. H. Hall, Kelso.

GOOD INVALID SOUP.

Cut half a pound of best beef tea steak into small cubes; put them into an enamelled pie-dish and cover with water. Set pie-dish on small gas ring; turn down gas as low as possible, and leave contents of pie-dish, without stirring, until the patch above the heat gets brown. As soon as one part gets brown pull another part of pie-dish over the heat until the liquid is all brown; take dish off, stir liquid well, and squeeze beef with wooden spoon; take out meat, add salt and pepper to taste, and heat the beef tea quickly but do not boil. Beef tea, made in this way, is not only stimulating, but is more nourishing than any kind of beef tea which has been steamed or boiled, as the albumen does not harden in the same way, and consequently is more readily absorbed. Do not add salt till it is being finally heated.—Miss Belle Macmillan, Vancouver, B.C.

EGG DRINK.

1 white of egg. 1 tablespoonful boiling milk.
2 drops lemon essence. pinch sugar.

Beat white of egg to a stiff froth, put into cup or bowl, stir in the milk, sugar, and flavouring, serve in a tumbler.

INVALID FRUIT TART.

1 apple or few gooseberries. 1 egg.
1d sponge cake. sugar to taste.
1 gill milk.

If old apple stew first, if soft, cut into thin slices and lay on slightly buttered pie-dish. Slice sponge cake and place slices on fruit and pour over a custard of well-beaten egg and milk sweetened and strained. Soak for few minutes and bake in moderate oven for 30 minutes. Should gooseberries be used stew and sieve. 3 tablespoonfuls breadcrumbs may be used instead of cake.—Nurse Jessie Cuthbert, Kelso.

DESSERT PLATEFUL OF ARROWROOT.

1 tablespoonful arrowroot. 1 egg.
1 breakfastcupful of milk. pinch of salt.

Mix the arrowroot in a little cold milk to the thickness of paste, beat the egg (with pinch of salt added) in separate bowl, add it to the arrowroot, have the remainder of milk, warmed, and pour it over the mixture, return to pan and boil slowly for four minutes, stirring all the time.—Miss C. I. M. Walker, Kelso.

EGG SNOW.

1 tablespoonful fresh milk. 1 tablespoonful of brandy, or some
1 egg. lemon juice.
1 teaspoonful sugar.

Separate the yolk from the white of egg, and put the former into a tumbler with the sugar, milk, brandy, or lemon juice. Beat up until quite a froth; whisk the white of the egg, and stir lightly in. Serve with small sponge biscuits or strips of thin toast.

Vegetables.

"How green you are and fresh."—King John.

CABBAGE AU GRATIN.

cabbage.
white sauce.
salt and pepper.

cheese.
breadcrumbs.
butter.

Boil a well-washed cabbage in boiling salted water till tender; cut it up, adding some pepper. Put it into a pie-dish. Pour over it some white sauce, sprinkle with grated cheese, some bread-crumbs, and a few pieces of butter. Brown nicely in a good oven.—Miss Jean McPherson, Craigdhu, Kelso.

BAKED LEEKS.

6 leeks.
white sauce.

salt.

Wash leeks well; reject green part and trim white part. Boil in salted water half an hour; lift carefully into pie-dish. Pour over good white sauce, and bake in moderate oven for another half hour.—Miss Knox, Kelso.

POTATO CUTLETS.

1 lb. mashed potatoes.
1 oz. chopped ham.
salt, pepper.
breadcrumbs.
1 teaspoonful chopped parsley.

1 oz. butter.
1 egg.
pinch cayenne.
fat for frying.

Beat potatoes until creamy, add other ingredients, mix into firm paste with egg, turn on to floured board, shape into cutlets. Brush with egg, toss in crumbs, fry in hot fat a golden brown, drain on soft paper. Garnish with parsley.—H. B. W., Kelso.

ONIONS A LA CREME.

2 large Spanish onions.
1 oz. flour.
2 tablespoonfuls cream.
squeeze lemon juice.

1 oz. butter.
 $\frac{1}{2}$ pint milk.
yolk of 1 egg.
pepper, salt, cayenne.

Remove outer skin from onions, boil quickly in milk until tender, drain and prick to let all moisture escape. Make sauce with butter, flour, and milk, stir until it boils, then add other ingredients. Serve the onions on fried bread, lay the sauce smoothly over them, and serve very hot.—H. B. W., Kelso.

HARICOT BEANS AND BACON.

$\frac{1}{2}$ lb. haricot beans.
1 oz. butter.

$\frac{1}{2}$ lb. bacon.
salt, pepper.

Boil the beans until soft in salt and water. Cut the bacon into strips and roll up. Arrange layer of beans and layer of bacon in pie-dish until full. Sprinkle with salt and pepper, put butter in tiny pieces over the top. Tie greased paper over, bake in moderate heat for 30 minutes. Sprinkle with chopped parsley and serve hot.—C. H. M., Kelso.

BAKED MUSHROOMS.

Peel and wipe the mushrooms and cut off the stalks, butter a vegetable dish, arrange a layer of mushrooms in it, sprinkle with pepper, salt, cayenne, some breadcrumbs and a few pieces of butter, repeat this until the dish is full. Bake for 20 minutes. Serve in the dish with folded napkin round.—J. B., Hawick.

CREAMED CAULIFLOWER WITH HAM.

1 cauliflower. $\frac{3}{4}$ cupful finely chopped ham
 2 well beaten eggs. (cooked).
 2 cupfuls white sauce.

Trim the cauliflower and boil in salted water till tender. Break in small pieces, add eggs, and one cupful white sauce to the cauliflower. Pour mixture into buttered mould. Bake till firm; turn out on a hot flat dish; cover with remainder of sauce; sprinkle over with ham.—Miss Nan Blackwood, Glasgow.

POTATO CHIPS.

Have ready two pans with deep fat smoking hot. Pare and wash the potatoes and cut them into pieces, the long way of the potato. Dry them thoroughly; drop these pieces, a few at a time, into the first pan until they are half cooked. Lift them out on to white paper and keep them hot near the fire for about 10 mins. Take next the second pan and put the potatoes into it and cook until they are a golden brown colour. The chips should now be beautifully puffed up. Dust with salt and serve.—Mrs R. J. Cuthbert, Yarrow Gardens, Glasgow.

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OATMEAL PORRIDGE.

Put a saucepan on the fire, with water proportionate to the quantity of porridge required. Salt it to taste. When water boils sprinkle in oatmeal, stirring all the time. Boil $\frac{1}{2}$ hour, stirring occasionally. Pour into dishes, and eat with sweet milk.—"Bridgers."

SHEEP'S HEAD BROTH.

sheep's head.	2 leeks.
2 carrots.	1 onion.
1 turnip.	parsley.
1 cabbage.	pepper and salt.
4 quarts cold water.	1 teacupful barley.

Get a singed sheep's head, have the head split open by the butcher, allow the head to lie all night in salt and water. Wash the head with warm water, scraping it well, then put it into a saucepan with sufficient cold water to cover it; when it boils take it from the fire and allow it to soak in the water for one hour. Then take it out and see that it is thoroughly clean, and again put into a saucepan with 4 quarts of cold water, let it boil $2\frac{1}{2}$ hours, then strain and add to the stock, barley, cabbage, 1 carrot, turnip, onion, 2 leeks all washed and finely cut up, and again boil from one to one and a half hours. The second carrot should be grated and the parsley finely chopped, salt and pepper added half an hour before serving.—Mrs Chalmers, The Knowes, Kelso.

SHEEP'S HEAD PIE.

2 sheep's heads.	seasoning.
turnip.	3 hard boiled eggs.
parsnip.	$\frac{1}{2}$ lb. ham.
onions.	

Scald and clean 2 sheep's heads, split them up, and lay them in salt and water for a night. Then boil in a pan with sufficient water to cover for several hours with vegetables. When tender lift from stock; boil down the stock till it is reduced to 2 pints, strain it. When the pie is to be made, remove the meat from the bones, and pass it and the ham through a mincer. Slice the eggs, season with salt and pepper. Skim the stock, and fill up pie-dish with alternate layers of sheep's head, ham, stock, and hard boiled egg. Cover with a good thick paste. Bake in a quick oven 1 hour.—Mrs Hush, Marlborough Cottage, Kelso.

INVERNESS EGGS.

3 hard boiled eggs.
 $\frac{1}{4}$ lb. pork sausages.
 $\frac{1}{4}$ lb. breadcrumbs.
 1 raw egg.

$\frac{3}{4}$ teaspoonful salt.
 $\frac{1}{4}$ teaspoonful pepper.
 nutmeg.

Shell eggs and dust with flour; mix breadcrumbs, sausage meat, seasoning, and raw egg. When well mixed, divide the mixture into three parts. Wrap each round an egg; flour surface a little; fry one at a time in smoking hot fat. Cut eggs in halves across. Arrange on a dish with tomato sauce. Serve hot as entrée, or breakfast dish.—C. Downie, Aberdour, Fife.

SCOTCH BROTH OR "KAIL."

3 lbs. neck of mutton or runner of
 beef.
 $\frac{1}{2}$ cupful barley.
 salt.
 3 leeks.

2 carrots.
 1 small turnip.
 $\frac{1}{2}$ cabbage or savoy.
 2 quarts water.
 little parsley.

Put water into a pan with barley, well washed; let it come to the boil, add meat. Prepare vegetables by washing thoroughly in cold water. Cut up 1 carrot and half turnip in dice, grate the other carrot, and divide remaining half turnip in thick slices. Chop the cabbage finely; add to the soup and boil $2\frac{1}{2}$ or 3 hours. When ready, sprinkle into tureen 1 tablespoonful finely chopped parsley. Pour soup over and stir. The meat is served on a separate dish. Garnish with the cut pieces of carrot and turnip, and a little of the broth as gravy.—"Jean."

SCOTCH HAGGIS.

Clean the bag, and lay it in salt and water for a night, par-boil the pluck one hour, then take the whole heart and part only of the liver and lights, mince them small with three-quarters of a lb. of suet, and one lb. of toasted oatmeal. Add two minced onions, season with pepper and salt, put all into a basin, take two pints of the water in which the pluck was boiled, and mix with it. Turn the bag with the plain side out, and fill with the mixture. Sew up tightly, put into a pot of boiling water, and keep pricking it with a sharp skewer for five minutes to prevent bursting. Let it boil briskly for three hours.—Mrs Mitchell, Brisbane Place, Kelso.

TRIFE—A NICE SUPPER DISH.

2 lbs. well boiled tripe.
 2½ ozs. butter.
 1½ large onion.

1 tablespoonful flour.
 salt and pepper.
 cream.

Melt butter in a sauce pan, slice and fry onion till tender, add the tripe. Mix flour, cream, pepper and salt; add these to the tripe, and stir slowly till it comes to the boil. Simmer 5 mins., and serve hot.—Mrs A. Blackwood, Muirshiel, Whitecraigs.

LIVER AND BACON.

1 lb. liver.
 $\frac{1}{2}$ lb. bacon.
 $\frac{1}{2}$ oz. of flour.

small teacupful water.
 pepper and salt.

Cut liver into thin slices; wash and dry thoroughly, dust with flour. Fry bacon till cooked; put on to hot dish. Now fry liver in bacon fat till done. Place over bacon, add water, pepper and salt to pan, bring to the boil. Pour over dish. Serve hot.—Rob Roy Macgregor.

MINCE COLLOPS.

Take 1 lb. mince, put into a stewpan with a very little water. Break up with a fork; chop 1 large onion finely; add to the mince, with salt and pepper to taste. Allow it to simmer 1 hour. If liked 1 tablespoonful oatmeal may be added $\frac{1}{2}$ hour before serving, with $\frac{1}{2}$ teacupful boiling water. Serve with fingers of toast round dish, or a wall of mashed potatoes.—“Postie.”

OAT CAKES.

1 breakfastcupful oatmeal.
 $\frac{1}{2}$ breakfastcupful flour.
 1 dessertspoonful butter.

$\frac{1}{2}$ teaspoonful baking soda.
 a pinch of salt.
 a little sugar.

Mix flour, sugar and meal, then rub in butter, salt and soda. Mix all together well. Add a little water and roll out thin, and cut in small rounds. Bake on girdle or in oven.—J. M. Y. Laidlaw, Kelso.

ATHOL BROSE.

to every quart bottle of whisky
 $\frac{1}{2}$ lb. honey.

1 tablespoonful oatmeal.
 1 pint cream.

—L. E. B.

HOTCH POTCH.

3 lbs. boiling mutton.
 6 young turnips.
 6 young carrots.
 1 handful of spring onions.
 same of parsley.

2 pints of green peas and some
 broad beans shelled and skinned.
 a medium sized cauliflower cut in
 sprigs.
 4 quarts of water.
 salt and pepper to taste.

Put meat in water when it is hot, and when it boils skim carefully, half an hour later add the vegetables, turnips and carrots, cut in dice. Chop parsley and simmer altogether for 2 $\frac{1}{2}$ hours, add more water if necessary.—Miss Emma S. Young, Kelso.

COCK-A-LEEKIE.

a large old fowl trussed for boiling.
 2 or 3 bunches leeks.

5 quarts stock or water.
 pepper and salt.

Well wash the leeks (if old scald them) taking off the roots and part of the heads, and cut them into lengths of about an inch. Put the fowl into the stock with at first one half the leeks, and simmer gently. In half an hour add the remaining leeks and simmer 3 or 4 hours longer. Skim carefully and season to taste.—J. H. Shiels, Dunbar.

POTTED HOUGH.

A front hough (not so large as hind hough). Put on in cold water, boil until meat leaves the bone. Take off and put through mincer, return to stock, season well with salt and pepper (black or white) no other seasoning. If too thick add boiling water to thin it down. Put into moulds, and stand till set.—Mrs Pratt, Northfield, Kelso.

POTTED MEAT.

1 ox foot. pepper and salt.
 $\frac{1}{2}$ lbs. beef (the second cut off neck.)

Boil foot with sufficient water to cover for 5 hours. Then add beef, cut in small pieces, and boil for other 3 hours. Remove bones and mince meat finely. Return to pan, add salt and pepper, and a little more boiling water if necessary, and boil for a few minutes.—J. W. Knowles, Greenlaw.

PEASE AND BARLEY BANNOCK.

2 breakfastcupfuls barley meal. a little salt.
 1 breakfastcupful flour (plain). a pinch of baking soda.
 $\frac{3}{4}$ breakfastcupful pease meal.

Mix dry ingredients, moisten with water, knead to a firm dough. Bake on a girdle or in a hot oven.—R. O. A.

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WALNUT CREAM TOFFEE.

1 lb. sugar.	1 breakfastcupful cream.
1 tablespoonful syrup.	6 oz. walnuts.
1 teaspoonful vanilla.	

Boil sugar, cream, and syrup, until it begins to firm when tested in cold water, add chopped walnuts and vanilla, stir over the fire for 2 minutes, place pan in basin of cold water, stir until it begins to firm. Pour or spread into buttered tin.—Miss Violet Middlemas, Anna Cottage, Kelso.

WALNUT CARAMEL.

2 lbs. loaf sugar.	$\frac{3}{4}$ lb. shelled walnuts.
juice of 2 limes or 1 lemon.	

Boil sugar with sufficient water to wet it, also juice of limes or lemon, stir all the time (20 or 30 minutes) it is cooking. Use only a gentle heat or sugar will burn. When it is brown, lift off fire, throw in walnuts in halves, see that they are all covered with the caramel. Butter a tin very thoroughly, and pour in the mixture. When it is half cold, divide with a silver knife and fork into small pieces.—Miss Dunn, The Elms, Kelso

FIG TABLET.

$\frac{3}{4}$ lb. pale yellow soft sugar.	4 oz. best figs washed and pounded.
$\frac{1}{4}$ lb. dark brown cane sugar.	large pinch cream of tartar.
1 large teacupful cold water.	$\frac{1}{2}$ oz. fresh butter.

Wash figs clean, soak them in lukewarm water for 10 minutes, dry on a clean towel, and chop up. Remove stalks, and hardened bits of skin, pound to a paste in a mortar, put sugar and water in pan and dissolve, add butter and cream of tartar; when boiling add figs. Boil to 240 deg., stirring all the time. Remove pan to table, let it stand 5 minutes to cool, then stir until it begins to grain. Now quickly pour into buttered tin. When almost cold score with knife into bars; when cold break up and wrap each in wax paper.—Miss Dunn, The Elms, Kelso.

COCOANUT TABLET.

2 lbs. granulated sugar.	$\frac{1}{4}$ pint water.
4 ozs. grated cocoanut.	

Put sugar and water into a pan at the side of the fire to dissolve, then boil it till it forms a soft ball. Mix in the cocoanut, and stir for a few minutes. Pour into a slightly buttered dish. When nearly cold, cut in pieces.—Miss Winnie Blake, Charlesfield, Kelso.

TURKISH DELIGHT.

2 oz. gelatine.	2 $\frac{3}{4}$ lbs. fine sugar.
3 $\frac{1}{2}$ teacupfuls water.	2 teaspoonfuls essence of lemon.

Let the gelatine stand in the water for some hours to dissolve, then add the sugar, and bring to the boil; boil for 15 minutes, flavour with the lemon, and pour into a buttered pan. When cold, dust well with icing sugar and cut into pieces. (Juice of one lemon is an improvement.)—Miss H. Wallace, Kelso.

CHOCOLATE FUDGE.

3 bars of thick cooking chocolate.	1 tablespoonful butter.
3 cupfuls crystallized sugar.	1 tablespoonful vanilla.
1 $\frac{1}{2}$ cupfuls milk.	

Melt chocolate in pan, then add sugar, milk, butter, and mix well. Allow it to cook till it hardens in cold water, remove from fire, add vanilla, and beat till it thickens. Pour on greased tin. 1 lb. broken walnuts may be added before heating if desired.—Miss Ina Urquhart, Rue Louis-David, Paris.

TREACLE TOFFEE.

1 lb. sugar.	a little more than 2 tablespoonfuls
$\frac{1}{2}$ lb. treacle.	vinegar.
$\frac{1}{4}$ lb. butter.	

Boil over a brisk fire, stirring all the time, for 20 minutes.—A. T. Middlemas, Kelso.

MARZIPAN POTATOES.

1 lb. sifted sugar.	chocolate powder or
$\frac{1}{2}$ lb. ground almonds.	ground cinnamon.
whites of 2 eggs.	

Mix together sugar and almonds, beat eggs, and add the mixture to them gradually. After thoroughly mixing, form into balls in the palm of the hands. Dust with chocolate or cinnamon.—Mrs Bennet, Kelso.

COCOANUT ICE.

2 lbs. granulated sugar.	1 breakfastcupful milk.
$\frac{1}{2}$ lb. desiccated cocoanut.	cochineal.

Melt sugar in milk gradually, and take from the fire when it boils, stir in cocoanut, and beat thoroughly for a few minutes. Put into buttered tin, and cut into bars. If liked, half may be coloured with cochineal.—Mrs Bennet, Kelso.

TOFFEE.

1 lb. sugar.	1 teacupful water.
$\frac{1}{4}$ lb. butter.	

Put sugar and water on to melt, beat butter to a cream, add

butter to sugar when boiling. Boil all till it becomes a nice brown colour. Add a little flavouring.—Miss Bella Paterson, Kelso.

AMERICAN FUDGE.

2 cupfuls grated chocolate.	$\frac{1}{2}$ teacupful sweet milk.
2 cupfuls sifted sugar.	piece of butter size of walnut.
teaspoonful vanilla.	

Stir well, boil till the consistency of treacle. Take off fire and beat vigorously. Pour into buttered tin and cut when a little cool.—Miss J. M. Wright, Edinburgh.

CREAM TOFFEE.

1 large breakfastcupful granulated sugar.	small teacupful cream or 1 oz butter.
	$\frac{1}{4}$ teaspoonful cream of tartar.

Mix ingredients together well in a pan, put on fire with lid on, bring to the boil. Boil without stirring till it begins to colour. When colouring, put in 1 oz. butter. Test by dropping a little in water. When crisp it is ready. Pour into greased tin.—Miss R. Michie, Kelso.

RUSSIAN TOFFEE.

1 lb. brown sugar.	2 tablespoonfuls syrup.
$\frac{1}{2}$ lb. fresh butter.	1 tin Swiss milk.

Bring syrup, sugar, and butter to boil, then add Swiss milk. Boil 20 minutes.—Miss Macintosh, Sydenham Lodge, Kelso.

CHOCOLATE CAMELS.

1 oz. butter.	3 tablespoonfuls golden syrup.
3 oz. brown sugar.	1 teaspoonful glycerine.
1 oz. grated chocolate or cocoa.	$\frac{1}{2}$ gill milk.

Melt butter in a stewpan, add sugar, syrup, and cocoa. Stir well. When at boiling point add glycerine. Boil half an hour, when it should be thick. Flavour with essence of vanilla. Pour into a buttered tin. When cool, cut into squares. Wrap up in greaseproof paper.—J. N. Rae, Kelso.

SWISS MILK TOFFEE.

1 tin full-cream condensed milk.	2 lbs. loaf sugar.
1 teacupful water.	3 ozs. butter (salt).

Dissolve butter and sugar over a not too hot fire (or, preferably, a gas cooker), then add the milk and water. Boil slowly for 20 minutes, stirring continually in one direction; before pouring out, flavour with vanilla to taste.—Miss Alison Mitchell, Brisbane Place, Kelso.



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HEALING OINTMENT.

1d swallow oil.
1d beeswax.
1d olive oil.

1d vaseline.
1d eucalyptus.

Mix swallow and olive oil well. Melt beeswax and vaseline, then mix together. Add eucalyptus when nearly cold.—Miss Alison Oliver, Mount Melville, Fife.

USEFUL HINTS.

Boiled mutton is served with caper or parsley sauce.

Boiled beef is generally garnished with vegetables boiled with it.

Salt meat is put into cold water, brought very gently to boiling point 212°, and then drawn aside and simmered gently at 180°. This mode draws out salt.

Spoons used in cooking should, as far as possible, be of wood. A few metal ones may be kept for measuring, and basting spoons must be of metal.

Very sour fruit will take less sugar to sweeten it if a little carbonate of soda is also added.

If meat should become at all tainted or sour in the night, washing it in a weak solution of Condyl's Fluid will restore it to freshness.

Mustard water will remove the taint of onions from the hands, and eau de cologne will remove ink stains from the fingers.

In switching white of egg add 1 dessertspoonful water to 1 egg. This increases the quantity of snow.

Add pinch of salt to dry coffee before infusing. This develops the flavour of the coffee.

When bars of a grate are red it will be easy to blacklead them if they are first rubbed with a raw cut onion.—L. C. M.

Hint.—In taking a cake from the oven, if there is any fear of it sticking, stand the tin 5 minutes on a damp towel and it will turn out quite easily.—Mrs Aitchison, Hermiston Place, Innerleithen.

One ripe banana mashed finely with a little sugar, the white of an egg whipped stiffly and mixed together, makes a nice filling for sandwich cake.—Mrs Anderson, Greenlea, Kelso.

CUSTARD POWDER.

16 oz. powdered rice flour.	10 drops essential oil of almonds.
8 oz. powdered arrowroot.	1 drop oil of neroli.
30 drops fluid extract of saffron.	

Mix the liquids in a mortar with a little rice flour, until 4 oz. of the latter have been used, sift, and mix with the rest of the flour and arrowroot. Again sift. To use.—From one pint of new milk take two tablespoonfuls to be rubbed up with two tablespoonfuls of the powder. Boil the rest of the milk with 2 oz. lump sugar, and pour while boiling into the basin, stirring quickly until mixed.—Mr G. V. Wright, Edinburgh.

BOSTON CREAM.

1 oz. tartaric acid.	2 teaspoonfuls essence of lemon.
1 breakfastcupful sugar.	1 white of egg.
2½ breakfastcupfuls boiling water.	

Pour boiling water over sugar, stir occasionally. When cold add acid, essence, and well whisked white of egg. Bottle. Take 2 tablespoonfuls to 1 tumbler of water, and ½ spoonful of carbonate of soda if liked.—Miss Davidson, The Pleasants, Kelso.

RED CURRANT WINE.

3 lbs. red currants.	1 bottle ginger wine.
sugar.	

Crush the fruit with a wooden spoon, pour over 12 breakfastcupfuls cold water. Let this stand for about 3 weeks in a cool place. At the end of that time run off the liquid, and allow ½ lb. sugar for every pint of liquid. Melt 2 lbs. sugar in 4 pints water, add to the fruit juice with the ginger wine. Strain through jelly bag and bottle.—J. H. M., Kelso.

FURNITURE POLISH.

½ pint linseed oil.	¼ pint vinegar.
½ pint turpentine.	¼ pint methylated spirits.

—Miss B. Davidson, Shedden Park Road, Kelso.

PRESERVING POLISH FOR LINOLEUM.

½ lb. soap.	½ pint paraffin.
¼ lb. glue.	

Shred soap, and melt in 1 quart of water. Melt glue by standing it in a jar, and placing in a saucepan of boiling water until dissolved, add melted glue and soap suds to ½ pint paraffin, mix well and leave till cold. Rub on linoleum with flannel, dipped in hot water. It will clean and polish.—Mrs John Watt, Saltcoats.

EMBROCATION—FOR SPRAINS AND RHEUMATISM.

$\frac{1}{2}$ pint turpentine.
 2 raw eggs.
 1 pint vinegar.

$\frac{1}{2}$ oz. of lump ammonia,
 small piece camphor.

Put turpentine and eggs into large bottle, cork and shake till it becomes a thick cream. Then add gradually vinegar and ammonia. Shake all well together and bottle for use. Add small piece camphor. Will keep for years.—Mrs Sanderson, Wester Muirdean, Kelso.

TO KEEP THE FACE LOOKING YOUTHFUL.

1 oz. contentment.
 3 drs. essence of heartease.
 3 drs. extract of good hope.

4 drs. (no scruples) of the spirit of
 charity.

The mixture to be taken daily.—Mrs Grundy, Fife.

FLAVOURING SPICES.

1 oz. bay leaves.
 1 oz. marjoram.
 1 oz. sweet basil.
 1 oz. thyme.

1 oz. ground cloves.
 1 oz. white pepper.
 1 oz. ground mace.
 1 oz. nutmeg.

Dry the herbs in the sun carefully. Pull off all the stalks; pound all together, rub through a fine wire sieve, and put in bottles for use. This makes a delightful flavouring for force-meats, stews, soups, etc.—Miss Anderson, Kelso.

FURNITURE POLISH.

2 oz. beeswax.
 2 oz. white wax.

1 oz. pink Castile soap.

Shave all finely and put into a stone jar, with one pint turpentine, stir occasionally and let stand all night. Next day add a pint of boiling water and again let it stand until it gets white and creamy. Bottle for use.

FURNITURE POLISH.

6 oz. beeswax.
 2 oz. white wax.
 2 oz. Castile soap.

2 pints turpentine.
 2 pints boiling water.

Take a large jar, set it on the range, and shred the wax and soap into it. Stir till melted, and add the boiling water and turpentine. Remove from the fire, and stir occasionally until it is quite cold, when it should be like very thick cream. It can be kept in the jar, but if you have old pickle bottles it is better to pour it into them when still warm, and occasionally stir until quite cold. It will keep for years, and is better old than new. Before polishing furniture, wash it with clean cold water and polish with new chamois leather.—Mrs Henry, Byethorn, Kelso.

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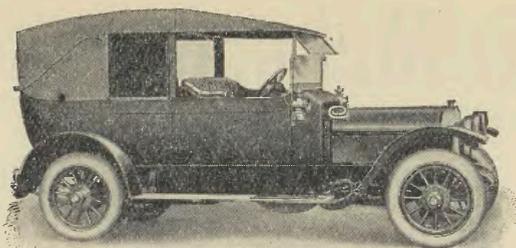
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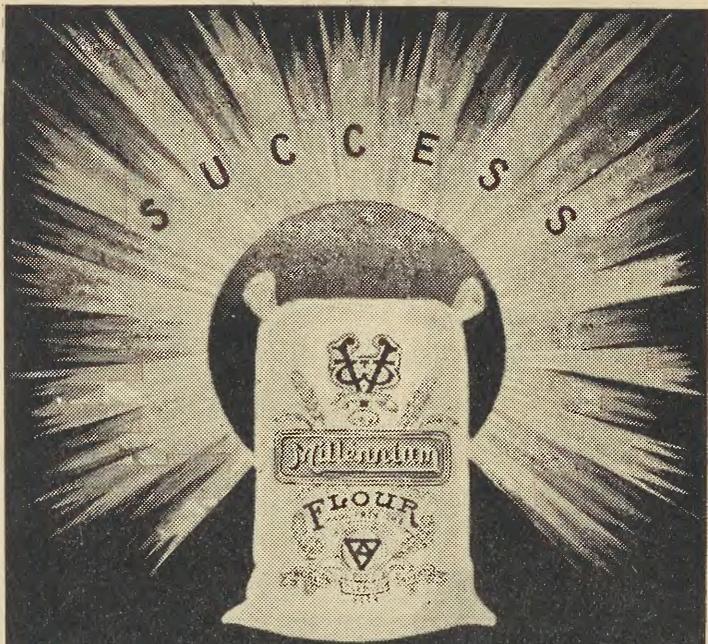
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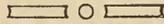
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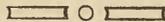


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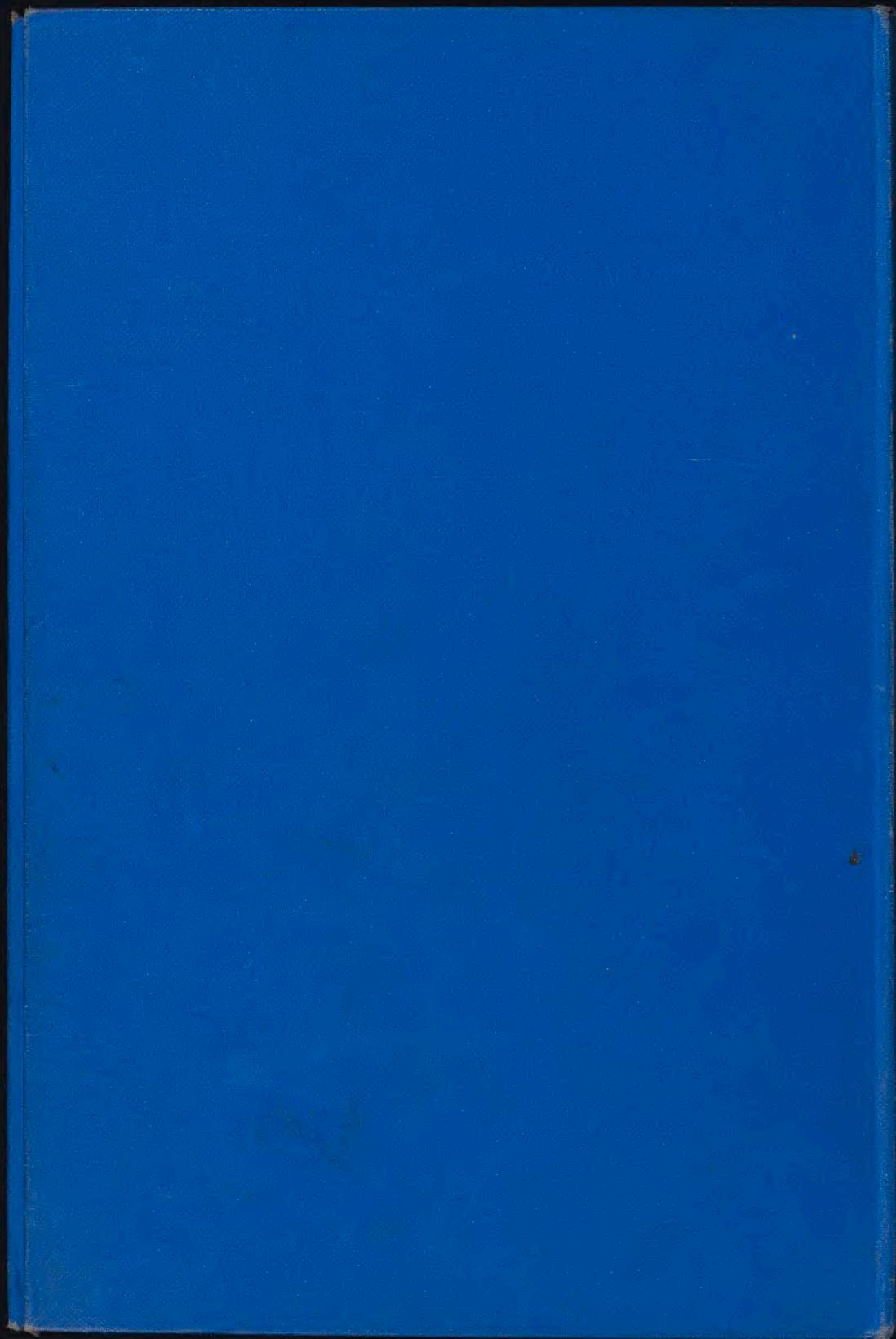


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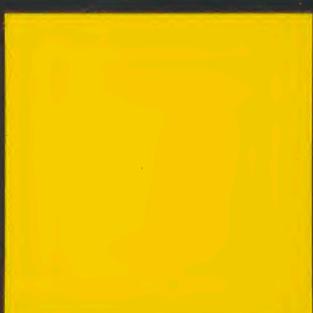
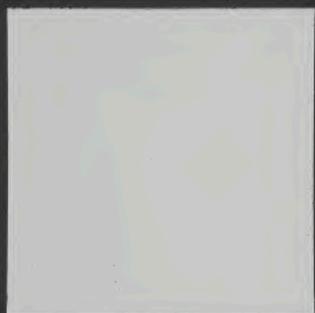
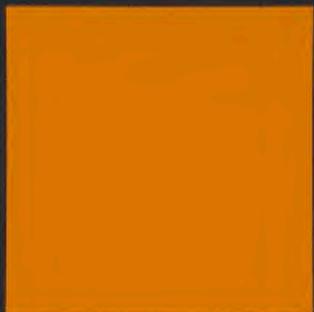
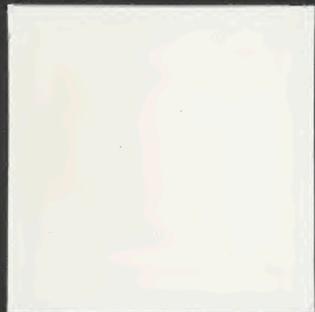


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