

LAKE LOUISE

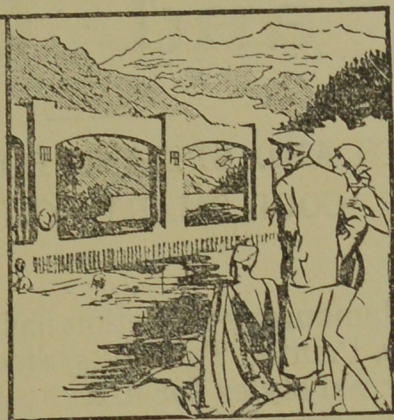
A MILE HIGH
..... IN DEEP
SPRUCE FORESTS

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WOMEN'S COLUMN

CORN OMELET

4 eggs
2 ears corn
1 tablespoon butter
Salt and red pepper
Beat the yolks and whites of eggs separately and then together. Grate the corn and add it to the eggs, with the seasoning. Melt the butter in an omelet, or frying pan. Pour in the omelet. Brown carefully. Fold over and serve at once.

FIG AND NUT BREAD

2 1-2 cups flour
1 teaspoon salt
4 teaspoons baking powder
1 cup sugar
1 1-2 cups whole wheat or graham flour
1 cup nut meats
1-2 cup chopped dried figs
1 egg
2 cups milk
Sift the dark flour before measuring. Then sift the white flour, salt, baking powder and sugar together. Mix thoroughly with the whole wheat or graham flour. Add nut meats and figs. Mix the well beaten egg with the milk, and add to the dry mixture. Mix all very thoroughly. Pour into a well greased pan and let stand 20 minutes before baking. Bake one hour in a moderate oven—350 degrees F.—This will make one inches.

TOMATOES WITH MACARONI AND CHEESE

2 cups macaroni broken in inch pieces
6 peeled, sliced tomatoes
1 1-2 cups grated cheese
3-4 cup buttered crumbs
1 cup soup stock or brown sauce
1 teaspoon sugar
1-2 teaspoon salt
Few grains pepper
Cook the macaroni till tender in rapidly boiling salted water, drain. Place a layer in a buttered baking dish, cover with sliced tomatoes. Dust a little of the seasoning and part of the cheese. Continue until all is used. Pour in the stock. Cover with buttered crumbs. Bake in a moderate oven—350 deg. F.—until well browned, about 40 minutes.

ORANGE AND CUCUMBER SALAD

Peel and slice 3 tart oranges and 1 medium-sized cucumber. Alternate the slices. Pour over it French paprika dressing. Serve ice cold on crisp lettuce leaves.

TOASTED RAISIN SANDWICH

1-2 cup chopped American cheese
1-2 cup nectars raisins
6 drops tabasco sauce
Bread
Plump raisins, drain and chop, using a coarse cutter. Blend raisins with cheese and spread on thin buttered slices of bread. Put slices together as a sandwich and toast on both sides. Serve hot.

YELLOW CAKE, USING EGG YOLKS

1-2 cup fat
1 1-2 cups sugar
6 egg yolks
2-3 cup milk
1 teaspoon lemon extract
1-2 teaspoon vanilla
1-4 teaspoon salt

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2 1-2 cups pastry flour
2 1-2 teaspoons baking powder
Cream the fat and sugar for two minutes. Add the rest of the ingredients and beat for three minutes. Pour into two layer cake pans, which have been fitted with waxed papers. Bake in a moderately slow oven for 30 minutes. Cool and frost.

WHITE FROSTING

2 cups sugar
1 cup water
1-8 teaspoon cream of tartar
2 egg whites, stiffly beaten
1-8 teaspoon salt
1 teaspoon vanilla
1-3 cup grated coconut
Mix the sugar, water and cream of tartar. Cook over a moderate fire and without stirring until a thread forms when a portion is slowly poured from a spoon. Pour into the egg whites and eat until thick and creamy. Add the rest of the ingredients and frost the cake.

WATERMELON RIND PICKLES

Take four and one-half pounds rind after paring off the green outside and all the red. Cut in small pieces and lay in salt and water overnight. (Use one-half cup salt to one gallon water for brine). In the morning wash the rind and soak in cold water about two hours. Put in kettle of cold water and boil until tender. Drain. While the rind is cooking make a syrup of:
3 pound sugar
3 pints vinegar
1-2 ounce cloves
1 ounce cinnamon
2 sticks green ginger
When the syrup is thick enough, put in drained rind. Bring to a boil and cook five minutes. Put rind in jars, pour boiling syrup over rind. Seal while hot.
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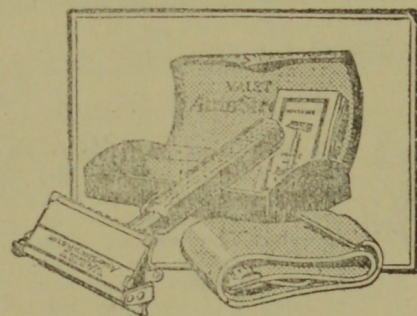
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