



MRS.

CALDWELL'S

COOK

BOOK

SEARS

# Mrs. Caldwell's COOK BOOK



APPETIZING *and* INEXPENSIVE  
RECIPTS *for* ALL OCCASIONS

# TIME TABLES FOR COOKING

## FOR BAKING

### *Meat and Poultry*

	Minutes per Pound		Minutes per Pound
Beef, ribs, rare.....	10-20	Veal, loin .....	15-20
well done	20-25	stuffed .....	20
round .....	15-20	Pork, fresh .....	25-35
fillet .....	10-20	loin .....	20-30
Mutton, leg .....	18-20	spare ribs .....	15-20
loin .....	10	Chicken .....	15-20
shoulder ....	15	Goose .....	20-25
Lamb, well done .....	20-24	Duck .....	20-25
Venison .....	12-15	Turkey .....	15-25

### *Fish*

	Minutes per Pound		Total Time Minutes
Large .....	15-20	Small, & fillets .....	20-30

### *Bread, Cake, etc.*

	Total Time Minutes		Total Time Minutes
Bread .....	45-60	Sponge cake .....	45-50
Biscuits .....	10-20	Fruit cake.....	2-3 hrs.
Graham gems .....	30	Gingerbread .....	20-30
Plain cake .....	30-40	Cookies .....	10-15
Bread Pudding .....	45-60	Pies .....	25-45
Rice or Tapioca.....	60-75	Baked Custard .....	35-45

## FOR BROILING

	Total Time Minutes		Total Time Minutes
Steak, 1 in. thick.....	6-10	Fish, small .....	5- 8
Steak, 1½ in. thick... ..	8-15	Fish, thick .....	10-25
Chicken .....	20-30	Squabs .....	10-15
Liver .....	4-10	Lamb or mutton chops	6-12

11/25

### FOR BOILING

1925

#### Meat and Poultry

	Minutes per Pound		Minutes per Pound
Beef, pot roast	35	Corned Beef	30
Mutton	15	Turkey	20-25
Ham	20-25	Chicken	20-25

#### Eggs

	Total Minutes		Total Minutes
Soft-boiled	2-4	Hard-boiled	20-30

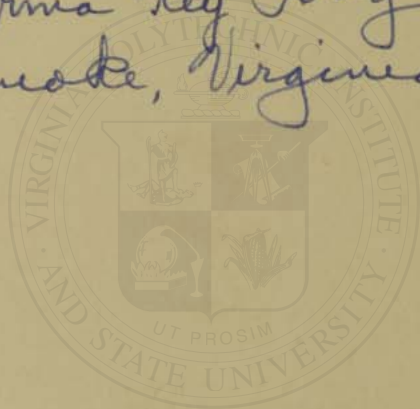
#### Fish

	Minutes per Pound		Minutes per Pound
Salmon	15	Halibut	15
Small fish	6	Codfish	6
Blue fish	10	Haddock	6
Bass	10	Lobster (total)	30-40

#### Vegetables

	Total Time Minutes		Total Time Minutes
Artichokes	30 to 40	Eggplant (stuffed)	45 to 60
Asparagus	20 to 30	Lentils	1½ hr. or more
Beans (str'g)	½ to 2 hr.	Okra	20 to 30
Beans (lima or other shell)	½ to 1¼ hr.	Onions	30 to 60
Beet greens	15 to 30	Parsnips	30 to 50
Beets (young)	30 to 50	Peas	15 to 45
Beets (old)	2 to 4 hr.	Potatoes (sweet)	15 to 40
Brussels sprouts	15 to 20	Potatoes (white)	20 to 45
Cabbage	20 to 60	Spinach	20 to 30
Carrots	15 to 60	Squash (summer)	15 to 30
Cauliflower	20 to 30	Squash (winter)	1 to 2 hr.
Celery	15 to 35	Tomatoes (stewed)	15 to 20
Corn (green)	8 to 20	Turnips	30 to 60
Dandelion greens	15 min. to 1½ hr.	Barley	1 to 3 hr.
		Rice (boiled)	20 to 25
		Macaroni	20 to 45

Mrs. Irma Key Long  
Roanoke, Virginia



# MRS. CALDWELL'S COOK BOOK

Containing  
500 Economical Receipts  
With Complete Index

*"Russian Dressing" P. 78*



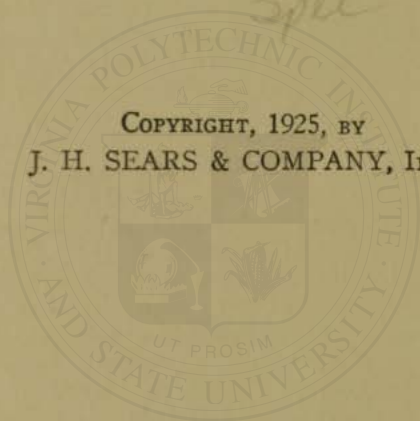
*Prune whip  
P. 87*

*"With the Wind of God in her  
vesture, proclaiming the deathless,  
ever-soaring spirit of man."—Locke*

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1925  
Small  
Spill

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# MRS. CALDWELL'S COOK BOOK

## INTRODUCTORY

### FUELS AND HEAT

Wood, coal, kerosene oil, alcohol, gas and electricity all produce satisfactory heat for cooking; but to get the best results from them it is necessary to learn their qualities and the proper ways of using them.

Of them all, the cheapest is kerosene oil. It should be of good quality and be burned only in stoves designed for its use. As an oil stove is likely to smoke if it stands in a draft, a protected position should be chosen for it. The wicks must be kept clean and even, and not be left burning too long at a time. Be careful that cooking-dishes are not so full as to boil over into the flame. Most cooking done in the oven will be better if the upper shelf is used rather than the lower, where the heat is greater.

A coal-range cannot be expected to give good results unless the coal is right and the dampers are properly controlled. With the lower drafts and the chimney- and oven-dampers open, the air can draw through the coals and set them glowing red-hot. If the heat is needed in the oven, the oven-damper should be closed so that the heated air will not escape up the chimney. By regulating the action of the heat, the oven may be made very hot for quick cooking, of medium heat for ordinary uses, or only moderately hot for slow processes. When the stove is not in use, the fire may be kept low by shaking out the ashes, putting on coal, closing the dampers, and leaving the slide above the fire partly open.

If wood alone is used for fuel, the slow-burning hard woods are most profitable, although soft woods make better kindling. The fire in a wood-range has to have the fuel frequently renewed; but, in baking, try to make a fire that will not have to be disturbed any more than possible while the food is in the oven.

For securing the greatest amount of heat in the shortest space of time, use gas or electricity. Cooking by electricity is in some ways the most convenient method in use. The heat can be controlled so as to give uniform results, and there is little heat wasted.

Less expensive than electricity and easier to manage than wood or coal, gas is a favorite fuel in many places. It shares with electricity the advantage of being able to be shut off when not needed. When the burner is properly adjusted for cooking, the flame should burn blue and not with a yellowish color. If the burner, when lighted, "burns back" and the flame looks yellow, turn off the gas and, after an instant, try lighting it again. All parts of the gas range should be kept clean. Be sure that the holes in the burners do not get clogged. An occasional bath in a hot solution of washing soda will help to keep the burners and gratings in good condition.

When food is boiling over a burner, turn down the gas as soon as the desired degree of heat has been reached. Regulate the flame to secure slow or rapid cooking. For baking or roasting, light the oven from 5 to 10 minutes before putting in the food. If the oven heat needs to be reduced after the first heating, it is usually better to lower both burners than to put out one entirely. For broiling, close the oven door after lighting the gas and let the oven heat; but leave the door open while the food is broiling. In general, the following rules may be used as a guide. For baking bread, both burners should be lighted 5 minutes before the loaves are put in the oven. For loaves of cake, both burners should be lighted 10 minutes before putting in cake. For biscuits, they should be burning 7 minutes before the oven is ready. Only experience and practice will give ease and skill in managing the gas-range or stove.

It is a help and an economy, when one depends on a gas-stove or an oil-stove, to use a steam cooker or a fire-less cooker. The former makes it possible to cook several articles at once over a single burner; and the latter serves to keep food that needs long cooking heated to the required degree, after it has been started over the flame.

Alcohol is used for fuel in chafing-dishes.



## SOUPS

### BROWN BEEF STOCK

Take 2 pounds of shin of beef, wipe with a damp cloth, and cut into small pieces. Keeping out  $\frac{1}{4}$  pound of the meat, put the remainder, including bone and fat, with 2 teaspoons salt, into 2 quarts cold water in a soup kettle, and let it stand for  $\frac{1}{2}$  hour. Heat gradually to the simmering point. In the meantime, let the other  $\frac{1}{4}$  pound cook until brown in a hot frying-pan in which dripping fat has been melted. Browned meat should be added to the water in kettle as soon as the latter begins to simmer; let none of the rich juices be lost. Let soup stand simmering for 4 or 5 hours before adding vegetables and seasoning: 1 small carrot, 1 small onion, 1 small turnip,  $\frac{1}{2}$  stalk celery, 1 sprig parsley—all cut fine—a dash of pepper and of thyme. Cook for another hour. Strain into an earthen bowl and cool as quickly as possible. Keep in a cool place. These quantities will make 1 quart stock.

Immediately before using, remove all fat from top of stock by running a knife round the edge and lifting cake of fat that has formed. Remaining particles may be removed with absorbent paper.

When stock is to be used for *clear* soups, take it carefully from top of bowl, being sure not to mix in any sediment which may have settled to the bottom.

Soups may be cleared by taking the shell and white of an egg, crushing the shell into small pieces and mixing with the slightly beaten white, then stirring egg mixture into the liquid stock. Heat the whole to the boiling point, stirring steadily meanwhile. Then allow to boil without stirring for 2 to 5 minutes.

### MUTTON OR LAMB STOCK OR BROTH

Using mutton or lamb instead of beef and keeping very little of the fat, follow directions for brown beef stock.

## WHITE STOCK

Take 1 knuckle of veal and 1 fowl, or use veal alone. Wash fowl. Cut away veal from bone. Put into soup kettle and add 1 quart water for every pound meat and bone. With this put diced vegetables: 1 onion, 1 carrot, 1 turnip, 2 stalks celery. After it has simmered for 5 hours, strain off liquid and stand aside to cool.

## COMMON STOCK

A common stock, useful for vegetable soup and for combining with rice, hard-cooked eggs, chicken, etc., or for adding richness to gravies, may be made by putting together odds and ends of cooked or fresh meat, vegetables, chicken bones, gravies, and water in which peas, beans, meats, etc., have been boiled. Be careful that nothing tainted goes into the stock kettle, and do not keep long unused. Put materials together when cold, and allow them to simmer for 6 hours before straining, remembering to keep kettle closely covered while cooking.

## BOUILLON

Chop fine 2 pounds lean beef from the round and pour over it 2 quarts cold water. After it has stood an hour, put it on the fire, cover, and let it come slowly to boiling point. If scum gathers, skim it off. When it has been simmering gently 4 hours, put in the diced vegetables—1 carrot, 1 small onion, 1 stalk celery—and add a bay leaf, a sprig of parsley, a clove, 1 teaspoon salt and a dash of pepper. After it has simmered another hour, strain and cool.

## CHICKEN SOUP

Take a fowl, wipe, cut in pieces, and wash thoroughly. Put into kettle with 4 quarts cold water, adding a little celery, 1 tablespoon salt,  $\frac{1}{2}$  teaspoon peppercorns, and, if desired, a slice or two of onion. When the water has come quickly to the boiling point, let it simmer until the meat is cooked tender. Then take out meat for use in croquettes,

salads, etc. Strain off the soup, chill it and remove fat. Reheat before serving.

If a plain, substantial soup is desired, cook 1 cup rice in the stock for the last hour it is simmering; serve the soup hot, after removing the meat. Or a little thickening may be added just before serving.

#### VEGETABLE SOUP

Take 2 pounds shin of beef,  $\frac{1}{2}$  meat,  $\frac{1}{2}$  fat and bone. Wipe meat and cut into pieces. Let it stand  $\frac{1}{2}$  hour in 2 quarts cold water in which 2 teaspoons salt are dissolved. Then allow it to simmer 4 hours. Cut fine 1 small onion,  $\frac{1}{2}$  cup cabbage,  $\frac{1}{2}$  small turnip,  $\frac{1}{2}$  small carrot, 1 sprig parsley and 1 piece celery root. Add these vegetables, with 1 cup tomatoes, to simmering stock, and pepper to taste. After cooking another hour, strain and cool. Before serving, remove fat, and let soup come to boiling point.

#### TOMATO SOUP

Take 1 quart tomatoes, fresh or canned, a little parsley, 1 onion, and 1 bay leaf. Add 2 cups water and let all boil a few minutes. Strain through colander and heat up again. Rub together until smooth 1 tablespoon butter and 2 tablespoons cornstarch and stir into soup while it is boiling. When the mixture is smooth, season with salt and pepper, adding 1 teaspoon sugar and  $\frac{1}{4}$  teaspoon soda.

#### OX-TAIL SOUP

Wash the ox-tail and disjoint it. Chop  $\frac{1}{4}$  pound salt pork and heat it in a saucepan. Into this when hot slice  $\frac{1}{2}$  onion and let it brown; then sauté the tail in this fat. After a few minutes, transfer to soup kettle and add 2 quarts water. Put in 2 cloves. After the soup has simmered 4 hours, add 1 carrot and 1 stalk celery cut into small pieces, 1 bunch soup greens and 2 sprigs parsley. Strain soup when it has cooked until vegetables are very tender. Cool, and remove fat. When ready to serve, reheat, season with pepper, salt and catchup or Worcestershire sauce. Serve 1 piece of ox-tail in each soup plate or add croutons.

## MOCK TURTLE SOUP

Take a calf's head and clean it thoroughly. Soak 1 hour in enough cold water to cover it. Then put into 3 quarts boiling water seasoned with salt and pepper, adding  $\frac{1}{3}$  cup diced carrots and cup diced onions. When the head has cooked until perfectly tender, take it out, allowing stock to go on boiling until there is hardly more than a quart. Strain this off, and put with it  $\frac{1}{2}$  cup flour which has been browned in  $\frac{1}{4}$  cup melted butter in saucepan. Now put in 2 cups brown stock, and diced meat from cheeks of calf's head, and egg-balls. When about to serve, stir in juice of  $\frac{1}{2}$  lemon, and add pepper and salt to taste.

## SCOTCH BROTH

Using 2 pounds of neck of mutton, remove the meat from the bone. Then let the bones simmer in 2 quarts water in a saucepan, 1 hour. Carefully removing all fat from the meat, place in another saucepan the lean meat cut into cubes, with  $\frac{1}{2}$  cup pearl barley, thoroughly washed, and 2 tablespoons each of finely cut up onion, carrot and celery. Over these materials pour the liquor strained from the bones. Now leave the broth to simmer 3 hours, skimming it after it has begun to bubble up, then salting and peppering to taste. When it has cooked 3 hours, stir together in a hot saucepan until smooth 1 tablespoon melted butter, or fat, and 1 tablespoon flour. After stirring this into the broth and sprinkling in a dash of chopped parsley, 10 minutes more of cooking will leave the broth ready to serve.

## CREOLE SOUP

In  $\frac{1}{4}$  cup butter cook 2 tablespoons chopped onion and 3 tablespoons chopped green peppers for 5 minutes. To this add  $\frac{1}{3}$  cup flour, 1 quart brown beef stock and 1 pint tomatoes. After it has simmered 15 minutes, strain the soup, then put in seasoning of salt, pepper and cayenne. When ready to serve, add 2 tablespoons grated horseradish and 1 teaspoon vinegar.

## MULLIGATAWNY SOUP

Take 3 pounds raw chicken; cut in pieces with 2 sliced sour apples,  $\frac{1}{4}$  cup sliced onion,  $\frac{1}{4}$  cup diced carrot,  $\frac{1}{4}$  cup diced celery, 1 chopped pepper; cook these until brown in  $\frac{1}{4}$  cup butter or drippings. Place all in soup kettle with 4 quarts cold water, and add 2 cloves,  $\frac{1}{8}$  teaspoon mace, 1 teaspoon chopped parsley and 1 cup strained tomatoes. Make a paste by mixing with a little water 1 tablespoon flour, 1 teaspoon curry powder, and 1 teaspoon sugar. Stir paste into soup. When the chicken has cooked slowly until tender, take it out and cut meat into small pieces. After straining the soup, rub the vegetables through a sieve and add them and the chicken meat to the strained soup. Season with salt and pepper and serve hot, accompanied by boiled rice. Veal or rabbit may take the place of the chicken, or a combination of 2 or more of these meats may be used.

## PHILADELPHIA PEPPER-POT

Put into a frying-pan 3 tablespoons butter, or fat, and cook in it for 10 or 15 minutes  $\frac{1}{4}$  cup each of chopped green peppers, chopped celery and sliced onion, and  $1\frac{1}{2}$  cups diced potatoes. Stir in until smooth 3 tablespoons flour. Add 5 cups white stock,  $\frac{1}{2}$  pound shredded honey-comb tripe,  $\frac{1}{2}$  teaspoon peppercorns, pounded fine, and 1 teaspoon salt. Cover kettle and let soup cook 1 hour. When about to serve, add  $\frac{1}{2}$  cup cream and 1 tablespoon butter.

## TURKISH SOUP

In 1 quart of white stock, boil  $\frac{1}{2}$  cup rice until the rice is soft. Press through a sieve, and put back over the heat whatever has run through. Into 1 tablespoon cream stir the beaten yolks of 2 eggs. Slowly stir into this mixture the hot soup, allowing it to thicken but not to boil. Before serving, season with salt and pepper.

## CHICKEN GUMBO

Into a pot with a few slices of salt pork and a sliced onion put a chicken which has been cut into pieces and rolled in flour. As soon as it is delicately browned, pour in 2

quarts hot water and add 2 tablespoons salt and  $\frac{1}{2}$  teaspoon pepper. When the chicken has cooked slowly until nearly tender enough, add 2 slices boiled ham, 2 quarts sliced okra,  $\frac{1}{2}$  can tomatoes and a dash of red pepper. Continue cooking until all the solid food is tender. Take out the chicken and remove the meat from the bones. If desired, 1 cup boiled rice may be added to the soup. Boil up the liquid once before serving, and, if necessary, season more. In each plate place pieces of the chicken.

#### BLACK BEAN SOUP

Take 1 pint black beans which have been soaked overnight, drain, then pour over them 2 quarts cold water. In  $1\frac{1}{2}$  tablespoons butter in a frying-pan sauté 1 small sliced onion about 5 minutes. Put this and 2 celery stalks, broken small, into the kettle with the beans. Let it simmer until the beans are soft—3 or 4 hours—adding hot water if the water on the beans begins to boil away. After rubbing through a sieve bring to boiling point again. Season with  $\frac{1}{2}$  tablespoon salt,  $\frac{1}{8}$  teaspoon pepper, a few grains cayenne, and  $\frac{1}{4}$  teaspoon mustard, mixed together. Mix and cook until smooth  $1\frac{1}{2}$  tablespoons each of butter and flour, and dilute with a little of the soup before stirring it into the whole mixture. When ready to serve, cut into thin slices 2 hard-boiled eggs and 1 lemon. Strain the soup over them in the serving-dish.

#### SPLIT-PEA SOUP

Soak over night 1 cup dried split-peas; then drain and put in kettle with a 2-inch chunk of fat salt pork,  $\frac{1}{2}$  onion and  $2\frac{1}{2}$  quarts cold water. (A ham bone left from boiled or baked ham may take the place of the pork, or water in which ham has been boiled may be used). After soup has simmered 3 or 4 hours, rub through a sieve. Stir in 2 tablespoons flour and 3 tablespoons butter which have been cooked together. Dilute the whole with 1 pint of milk, after seasoning to taste.

#### POTATO SOUP

In 1 tablespoon butter cook 1 scant tablespoon flour with

1 teaspoon chopped onion. Stir into this mixture 1 pint hot milk, and add the whole to 4 potatoes (either white or sweet), which have been boiled and mashed. Rub all through a strainer, and, after seasoning to taste with salt and pepper, put over the fire again. More hot milk or hot water may be used to thin soup, if necessary. Immediately before serving stir in the beaten yolks of 2 eggs.

#### ONION SOUP

In 1 tablespoon butter fry until soft 3 large onions, sliced. Put in 3 tablespoons flour, stirring until well cooked. Slowly pour in 1 pint boiling water, or stock. Mash 3 potatoes which have been boiled, and over them pour slowly 1 quart scalded milk. Then put this into the onion mixture, stirring thoroughly. Serve very hot with croutons of toast and a sprinkling of chopped parsley.

#### TOMATO BISQUE

Heat 1 quart tomatoes, and put with them 1 tablespoon butter, 2 tablespoons stale bread-crumbs,  $\frac{1}{2}$  teaspoon salt, and a dash of pepper. In a separate pan let 3 pints milk come to a boil. When the tomatoes are well cooked, add  $\frac{1}{4}$  teaspoon soda; then, if ready to serve the soup, pour the hot milk into the tomato mixture and remove at once from the stove.

#### CREAM OF TOMATO SOUP

Heat 1 quart milk, or milk and water. Melt 2 tablespoons butter and cook with it 2 tablespoons flour, 1 teaspoon salt and a dash of white pepper. Add the hot milk slowly, stirring, to make a smooth white sauce. Heat  $\frac{1}{2}$  can strained tomatoes with 2 tablespoons sugar; put in  $1\frac{1}{4}$  teaspoon soda, and, when the tomato juice has stopped bubbling, add it slowly to the white sauce, stirring steadily. Serve immediately, very hot.

#### CREAM OF CELERY SOUP

Take 2 large bunches of celery; cut into small pieces and boil in 1 quart salted water, with 1 slice onion and a few sprigs of parsley. As soon as the celery has cooked tender,

drain it and rub it through a sieve, keeping only the part which passes through. Place it in a saucepan with 1 quart milk and let it cook 10 minutes, without boiling. Heat 2 tablespoons butter and blend with it 2 tablespoons flour. Stir this thickening into the milk and cook 15 minutes longer. Add seasoning to taste, and serve with croûtons of toast.

#### CREAM OF ASPARAGUS SOUP

Take 2 bunches of green asparagus, wash and drain. Cut off the tips. Over the stalks pour 1 pint cold water and boil them for 5 minutes. Then drain them, and add 3 pints soup stock and 1 slice onion. After this has boiled 30 minutes, rub asparagus through a sieve. Mix until smooth 3 tablespoons flour in 3 tablespoons butter and stir well into the hot stock. Then put in the asparagus tips. If necessary, add salt and pepper. The soup may be served in bouillon cups, with a tablespoon of whipped cream and a few tips of asparagus on the top of each cup.

#### CREAM OF CORN SOUP

Take 1 can of corn. Chop the corn and cook it 20 minutes in 1 pint water; then rub it through a sieve. Scald 1 quart milk with 1 slice onion; then take out onion. Mix well 2 tablespoons flour in 2 tablespoons melted butter, and, while it is bubbling, add slowly the hot milk. Cook until somewhat thickened. Pour this mixture over the corn and season to taste with salt and pepper. Serve hot.

#### PURÉE OF LETTUCE

Wash carefully 4 heads of lettuce; pull off and cut up all the good outer leaves for the soup, setting hearts aside for salad. Cook together until smooth 2 or 3 tablespoons butter and the same quantity of flour, and stir it into 1 quart white stock or part milk and part stock, making a white sauce. Cook the lettuce leaves in a covered kettle until tender; then press them through a sieve and put them into the white sauce, seasoning to taste. Now add 2 teaspoons lemon-juice and beat with a beater before serving.



## SPINACH SOUP

After washing and picking over well 2 quarts spinach, cook it  $\frac{1}{2}$  hour in boiling water containing  $\frac{1}{4}$  teaspoon powdered sugar and  $\frac{1}{8}$  teaspoon soda. When it has been drained, chopped and rubbed through a sieve, add 4 cups white stock, let it heat to the boiling-point, bind with  $\frac{1}{3}$  cup flour mixed well with  $\frac{1}{4}$  cup melted butter. Then stir in 2 cups milk, and season with salt and pepper.

## OYSTER STEW

Take 1 quart oysters; drain off the liquor, and clean oysters by pouring over them in a colander 1 cup of cold water and picking out any pieces of shell. Take oyster liquor and let it heat to the boiling-point. After straining it through a double cheesecloth, put in the oysters and cook gently until they look plump and their edges begin to curl. Add 4 cups of scalded milk, season with salt and pepper, and stir in 4 tablespoons butter. Cook 1 minute, and serve at once with oyster crackers.

## CLAM STEW

Use clams instead of oysters, and follow directions for making Oyster Stew.

## CLAM BOUILLON

Wash in several waters  $\frac{1}{2}$  peck clams, scrubbing them clean with a brush. Pour over them 3 cups water in a kettle and cover tightly. Let them steam until the shells open well. Strain off the liquor, cool and clear it.

## CLAM SOUP

When shells have been opened, remove the clams at once and let them stand in a warm place while preparing the liquor. For each quart of the clam liquor use 1 cupful hot milk. Thicken with 1 tablespoon flour cooked in 1 tablespoon butter. Chop the clams fine and add them to the soup, seasoning to taste with salt and pepper. Let the whole heat

to the boiling-point, then serve. Garnish with 2 tablespoons whipped cream, if desired.

#### OYSTER BISQUE

Clean and chop 1 pint oysters. Put with them in a saucepan their own liquor; 2 cups water; 1 stalk celery, diced; 1 slice onion, chopped fine; 1 sprig parsley, chopped fine; 1 bay leaf. Let them simmer 20 or 30 minutes. Meanwhile, scald 2 cups milk. Put with it 1 cup stale bread-crumbs. Cook gently 20 minutes, then rub through a sieve and make into a white sauce by stirring in until smooth 1 tablespoon flour cooked in 1 tablespoon butter. Now rub the oyster mixture through a sieve and put it with the white sauce. If the bisque seems too thick, it may be thinned with milk or cream. Season before serving.

#### CLAM CHOWDER

Clean, pick over, and drain 1 quart clams, removing all pieces of shell. Cut into small pieces a 2-inch square of fat salt pork; try it out, and put with it 1 onion, sliced; fry for 5 minutes; then strain into a saucepan. Add 4 cups potatoes cut in  $\frac{3}{4}$ -inch dice, the clam liquor heated, and water enough to cover. Season with pepper, thyme, and salt if needed. Cook until potatoes are tender, then add 4 cups milk, the clams cut into pieces, 4 teaspoons butter, and, last, 8 crackers. The clams should not be cooked longer than 3 minutes.

#### FISH CHOWDER

Take  $\frac{1}{2}$  pound salt pork; cut into small pieces; try it out and fry in it 1 sliced onion until both are brown. Cut into slices 3 large potatoes and 3 pounds fresh fish. In a large saucepan place alternate layers of potatoes, fish, and pork and onion, sprinkling with salt and pepper. When all the materials are in, cover them with boiling water and let them simmer 20 minutes. Into 1 pint hot milk put 1 tablespoon butter and 3 large crackers, broken up. Pour this milk sauce over a mound of the fish on a serving-dish.

## FISH

To be sure the fish are fresh, notice whether the eyes are bulging and bright, the gills bright red, the flesh firm and elastic. Fresh fish sinks in fresh water.

Have fish thoroughly clean before putting away. Wipe it well inside and out, and keep it on the ice or on a platter in a cool place until ready for cooking. Head and tail should be left on if the fish is to be boiled or broiled. Large fish that can easily be boned are cut into pieces without skin or bones. These are known as filets.

If fish is to be boiled, the best results will be secured by using a fish-kettle with a strainer, or a large kettle with a wire frying-basket. In boiling the pieces cut from a large fish, tie them in a piece of cheesecloth kept for use as a fish-cloth. Boiled fish should always be served with a rich sauce.

### TO BOIL FISH

Remember not to put fish into boiling water, which would break the skin, nor into cold water, which would extract the flavor. Lower the fish, on a rack or on a plate tied in a piece of clean cheesecloth, into a kettle holding enough warm water to cover the fish. A tablespoon of vinegar or lemon-juice for every 2 quarts water will make the meat firmer and whiter. The water should be salted, allowing 1 teaspoon salt to every 2 quarts. Let the water come to the boiling-point, then simmer until the flesh separates from the bone. Serve on a platter, garnished with parsley and slices of lemon.

### SAUCES FOR BOILED FISH

#### DRAWN-BUTTER SAUCE

Take  $\frac{1}{3}$  cup butter, 4 tablespoons flour and  $\frac{1}{4}$  teaspoon salt. Mix the flour and salt with half of the butter. Add

gradually 1 pint boiling water, stirring continually over the fire until sauce begins to boil. Let it simmer until it thickens. Put in the remaining butter in bits, beating steadily until it is all worked in.

#### HOLLANDAISE SAUCE

Beat until creamy  $\frac{1}{2}$  cup butter; then add, one at a time, the yolks of 3 eggs. After beating thoroughly, add the juice of  $\frac{1}{2}$  lemon, 1 teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. When nearly ready to serve, put in gradually  $\frac{1}{2}$  cup boiling water. Placing the bowl in a saucepan of boiling water, stir sauce quickly until it becomes thick.

#### TARTAR SAUCE

Mix together in a bowl and beat over hot water 1 tablespoon vinegar, 1 teaspoon lemon juice,  $\frac{1}{4}$  teaspoon salt, and 1 tablespoon Worcestershire sauce. In a frying-pan brown  $\frac{1}{3}$  cup butter and strain it into the mixture in the bowl.

#### EGG SAUCE

Make a drawn-butter sauce, and add to it 2 hard-boiled eggs cut into slices.

#### BOILED BLACK BASS

In boiling the bass, allow 12 minutes for each pound of fish. Cook it in water with 1 onion, 8 peppercorns and 1 blade of mace. Serve it with a gravy made as follows: Blend 1 tablespoon flour with 1 tablespoon butter; then stir it into 1 cup of the water used for boiling the bass. Add seasoning of salt, pepper, and celery salt, and, last,  $\frac{1}{2}$  cup milk or cream in which you have dissolved a pinch of soda. Let it come to the boiling-point before serving.

#### BOILED SALMON

Clean the salmon and follow directions for boiling fish. When it is done, take off the skin, and garnish the salmon with parsley and slices of lemon. It may be served with Hollandaise sauce or egg sauce.

## BOILED HADDOCK

After the haddock is cleaned, boil or steam it 30 minutes. When on platter for serving, garnish with parsley and slices of hard-boiled eggs. Use with this fish an egg sauce.

## TO BROIL FISH

Fish like bluefish, mackerel, haddock, and small cod—not too large to be broiled whole—should be split down the back, dried, sprinkled with salt and pepper, and rubbed with butter. Placed on a broiler that has been greased, the fish should broil on the flesh side. When that is delicately brown, broil the skin side until the skin is crisp. Loosen carefully from broiler before removing, so as not to break the flesh. Larger fish, such as swordfish, chicken halibut and salmon are cut into steaks, 1 inch thick, for broiling. The slices should be turned often while cooking and browned evenly. Such small fish as smelts are to be broiled whole, without being split. Broiled fish, laid on a hot platter, should be spread with butter and garnished, if desired, with parsley and slices of lemon.

## BROILED SHAD

Take a 3-pound shad and split it. Before cooking let it lie for about an hour on a platter with a tablespoon of olive oil and a little salt and pepper, turning from time to time. Have the broiler well greased, and, after browning the fish lightly on both sides, let it cook slowly for 10 or 15 minutes, turning it often. When ready to serve, remove the bone, spread with butter, adding salt and pepper if needed, and reheat before placing on platter.

## BROILED SHAD OR MACKEREL ROE

After wiping and seasoning with salt and pepper, cook on a greased broiler, letting each side broil 5 minutes. Make a butter sauce by working with a wooden spoon until creamy  $\frac{1}{4}$  cup butter, rubbing into it  $\frac{1}{2}$  teaspoon salt, a little pepper and  $\frac{1}{2}$  tablespoon finely chopped parsley, then adding very slowly  $\frac{3}{4}$  tablespoon lemon juice.

## BROILED SALMON

Take 2 pounds salmon in slices 1 inch thick, dry, season with salt and pepper, and dredge with flour. Broil on a gridiron greased with suet.

## BROILED SMELTS

If smelts are large, cut along the belly and clean out entrails. In a dish on the back of the stove melt 3 tablespoons butter, and add 1 tablespoon lemon juice, 1 tablespoon salt and  $\frac{1}{2}$  tablespoon pepper. When the fish are cleaned and well wiped, roll them in the butter, then lightly in a plate of flour. Broil over a clear fire for 4 or 5 minutes.

## TO BAKE FISH

When the fish has been cleaned and washed, fill the opening with stuffing and sew up. Into 3 cuts made in each side put pieces of salt pork; then sprinkle the fish with salt, pepper and flour. Place on a fish sheet or on strips of cotton cloth in a pan. This will prevent breaking the flesh in lifting out when done. Bake in a hot oven, allowing about 15 minutes for each pound and basting fish every 10 minutes. When the flesh separates easily from the bones, serve on hot platter. Garnish with slices of lemon and parsley. Bluefish, shad, haddock and bass are suitable for baking. Fish that is rich in fat will not require larding with the pork, while if a dry fish is baked it will be well to add minced salt pork on top of the fish and in the bottom of the pan. Unless a dripping-pan is used, it will probably be necessary to pour in some hot water when basting.

## STUFFING FOR BAKED FISH

Melt 1 tablespoon butter and fry in it 1 tablespoon chopped onion. Soak in hot water  $1\frac{1}{2}$  cups cracker- or bread-crumbs, press them dry and add to the fried onion. Put in 1 tablespoon each of chopped suet, celery and parsley; add salt and pepper and a touch of thyme. Mix well, and, after taking from the fire, add 1 egg.

## BAKED TROUT

Take  $3\frac{1}{2}$  pounds trout, salt it and set it aside for several hours before putting it in the dripping-pan. Add 1 tablespoon butter, 1 onion cut fine, 1 piece celery root, and 1 can tomatoes, stirring into a little of the cold tomato juice 1 tablespoon flour. After all has baked  $\frac{1}{2}$  hour, strain off the sauce and immediately before serving thicken it with yolk of 1 egg.

## BAKED MACKEREL

Split and clean the mackerel, removing both head and tail. Butter a dripping-pan and lay the fish in, sprinkling it with salt and pepper and placing bits of butter upon it. Then over it pour  $\frac{2}{3}$  cup milk, and bake in a hot oven for 25 minutes.

## BAKED FILLET DE SOLE

Bone and skin 2 pounds flounder, then boil for a short time in water containing a little onion, celery, carrot, salt and cayenne. Lay the fish, after it has been drained, in two lines on a buttered platter, leaving a space between the two pieces. Fill the space with clams or oysters, strained tomatoes, mushrooms, some cracker dust and abundance of butter. Let this bake in a moderate oven for 20 minutes.

## TO FRY FISH

When the fish is cleaned and dried, it should be salted and peppered, then rolled in flour, corn-meal or fine bread-crumbs; after it has been dipped in egg and coated over with cracker- or bread-crumbs or corn-meal, it should be fried in deep fat. If the fish are small—like smelts, small herrings, small flounders or small perch—they may be fried whole. If the fish are of the larger sort, they may be cut into pieces about 4 inches long or made into fillets for frying. Serve fried fish with lemon or with Tartar sauce.

If deep fat is not used, put enough fat in the frying-pan to keep the fish from sticking. After one side is well browned turn and let the other side brown.

## FRIED CODFISH

Take 2 pounds codfish steaks, and after washing well sprinkle them with salt and pepper. Next, dip them in egg that has been well beaten and roll them in cracker- or bread-crumbs before frying in deep fat.

## FRIED ROE

Take the roe of shad, mackerel or flounder and parboil it in salted water to which has been added 1 tablespoon lemon-juice or vinegar for every quart of water. After draining and cooling, take out all pieces of membrane, roll in egg that has been beaten, then in cracker-crumbs, seasoning with salt and pepper before frying brown in deep fat.

## FISH BALLS

Take 1 cup salt codfish and, after picking out all bones, shred it into very small pieces. With it cook slowly, in enough boiling water to keep them well covered, 2 heaping cups sliced raw potatoes. When the potatoes are soft, drain off the water and mash together fish and potatoes until they are light and no lumps are left. Then stir in thoroughly  $\frac{1}{2}$  tablespoon butter,  $\frac{1}{8}$  tablespoon pepper and 1 egg which has been well beaten. Taking it up by spoonfuls, shape into balls and fry in frying-basket in deep fat. Drain the balls on brown paper.

## FISH CAKES

Salt codfish or cold boiled fish may be used. Shred the fish and mix with it an equal quantity of cold mashed potatoes. Season with pepper and, if necessary, salt; then stir in 1 egg well beaten. After shaping into small cakes, cook until brown in 2 tablespoons hot butter in a frying-pan.

## MISCELLANEOUS FISH

## CREAMED CODFISH

Take 1 cup salted codfish, shred it into small pieces and let it soak in cold water, changing the water several times. Heat 1 cup milk; drain the codfish and allow it to cook in



the milk for 10 minutes. Mix into a smooth paste 2 tablespoons butter and 2 tablespoons flour; stir this into the milk and cook for another 10 minutes. If desired, after the saucepan is taken from the heat, a well-beaten egg may be added to the sauce. Season with pepper and with salt, if needed.

### SCALLOPED FISH

Take 2 cups milk and heat all but  $\frac{1}{4}$  cup. In this cold milk dissolve 2 tablespoons cornstarch, add it to the hot milk and cook for 15 or 20 minutes, stirring often. Stir in 1 tablespoon butter, the yolks of 2 hard-boiled eggs rubbed smooth, then the whites rubbed through a sieve. Now take 2 cups cooked fish (canned fish may be used), separate into flakes and put with it  $\frac{1}{2}$  cup mashed potatoes, seasoning to taste with salt and pepper. In an oiled baking-dish place a layer of the fish and potato mixture and cover it with the sauce. Add alternate layers of fish mixture and sauce until none is left. Spread over the top 1 cup bread-crumbs with bits of butter. Bake in a quick oven for 15 minutes.

### SHELL-FISH

#### OYSTERS OR CLAMS, RAW

On a bed of finely chopped ice in a plate arrange the oysters or little neck clams around a thick slice of lemon and a teaspoon of horseradish.

Or serve in cocktail glasses small oysters or clams with a sauce made by mixing for each glass 1 tablespoon tomato catsup, 1 tablespoon lemon juice or vinegar, 2 drops Tabasco sauce, a little salt and  $\frac{1}{2}$  teaspoon Worcestershire sauce Chill.

#### CREAMED OYSTERS

Take 1 pint oysters and let them heat in their own liquor. When the edges curl, put with them a sauce made as follows: rub together until smooth 6 tablespoons flour and 4 tablespoons butter and add to 1 pint rich milk heated to

the boiling-point; let the milk cook for 10 or 15 minutes before combining with oysters. Season with salt and pepper.

#### FRIED OYSTERS

After selecting and cleaning 24 large oysters, drain them, roll in bread-crumbs with salt and pepper. When they have stood 15 minutes, dip them in a beaten egg. Again let them stand 15 minutes in a cool place before frying light brown in deep fat. Drain on paper.

#### PIGS IN BLANKETS

Take 24 large oysters, and, after seasoning with salt and pepper, roll around each oyster a thin slice of fat bacon, fastening it with a wooden toothpick. Have a saucepan heated and cook the "pigs" about 5 minutes, or until bacon is crisped.

#### STEAMED CLAMS

Use live Little Neck or hard-shell clams in their shells. When washed till thoroughly cleaned, they should be put into a large kettle with  $\frac{1}{2}$  cup boiling water, covered closely, and steamed until shells open part way. Serve with melted butter.

#### ROASTED CLAMS

Take the clams in the shell, scrub them with a brush and cold water, and let them bake in a pan in a hot oven till the shells open. Be careful not to spill the liquor in removing the top shells. Serve with butter, pepper and salt.

#### DEVILED LOBSTER

To 2 cups lobster meat cut into dice add  $\frac{1}{2}$  cup bread-crumbs, 1 hard-boiled egg chopped fine, 2 teaspoons lemon-juice. Season well with salt, cayenne pepper and nutmeg. Make white sauce, using 1 tablespoon flour, 1 tablespoon butter and 1 cup milk. Put the sauce with the lobster mixture. With the paste thus made fill scallop-shells, sprinkling the tops with bread-crumbs. Brown in very hot oven.

## MEATS, MEAT SAUCES, ETC.

### ROAST BEEF

Beef cuts from the loin or the back of the rump are suitable for roasting; but prime ribs, while more expensive, have better flavor and are more tender. If the ribs are not removed, the roast is a standing roast; if the bones are taken out and the meat tied into shape, it is a rolled roast.

Dredge the beef with a little salt, pepper and flour, and place it in a baking-pan on a rack, with 2 or 3 spoonfuls of dripping for basting. Have the oven very hot at first so as to sear the meat and keep the juice from running out; then moderate the heat so that the meat will cook slowly. Baste frequently. For rare beef cook from 10 to 12 minutes per pound. For beef well done allow more time. For thickening the drippings to make gravy, use a tablespoon flour for each tablespoon drippings, mix with 1 cup water until smooth and stir into gravy while it boils briskly. Add hot water if needed.

### YORKSHIRE PUDDING

Roast beef is particularly good when Yorkshire pudding is served with it. Take 1 cup flour,  $\frac{1}{2}$  teaspoon salt, 2 eggs and 1 cup milk. Beat the eggs, stir in the milk, and add the flour. Mix well till there are no lumps. Pour into a hot shallow baking-pan, well greased with drippings from the roast. Bake  $\frac{1}{2}$  hour, then transfer pudding under the rack where the meat is roasting to cook 15 minutes more. Cut into squares and serve with the beef.

### POT ROAST

Take about 3 pounds chuck, round or rump beef; season with salt and pepper, and sprinkle with flour. In 3 table-spoons hot fat brown the meat on all sides to keep in juices. Then in a deep kettle covered tightly let it simmer slowly 3 or 4 hours, adding a little hot water if more moisture is

needed. After cooking for about 3 hours, add 1 cup sliced carrots, 1 cup sliced onions, 1 cup sliced turnips and 1 cup chopped celery. When vegetables are cooked, remove them and the meat, and thicken gravy by stirring in 1 or 2 table-spoons flour mixed with cold water.

#### BOILED CORNED BEEF

Into the kettle with the corned beef put enough cold water to cover the meat. Let it heat slowly to the boiling point, then drain off the water. Cover meat with hot water and let it cook slowly until tender. Leave the meat in the water a little while to cool. If it is to be served cold, take it from the water when it has cooled slightly, put it on a dish and cover it with another dish upon which you can place a weight. When the meat is cooled under pressure, it can be sliced more evenly.

#### BOILED DINNER

For a boiled dinner serve the corned beef warm without pressing it. Serve with it vegetables cooked in the water from which you removed the meat. Have a cabbage cleaned and cut into several pieces, and add 3 white turnips and 4 carrots cut into pieces of about equal size. Skim the fat from the water, before putting in vegetables. Potatoes and beef may be cooked separately.

#### BEEF À LA MODE

Take 4 pounds of beef from the round, tie it in shape with strips of cloth, and into incisions made with a sharp knife press strips of salt pork; then dredge it with flour. In 2 teaspoons beef drippings in a hot saucepan brown the meat thoroughly on all sides and dredge with flour, salt and pepper before putting it in the kettle with 2 onions sliced and  $\frac{1}{2}$  cup each of diced carrots and turnips, and enough boiling water to half-cover the beef. Let it simmer in the closely covered kettle about 4 or 5 hours, until tender, adding more water if needed. When the meat and vegetables have been taken out, skim fat from the liquid, and make a gravy by thickening this liquid with 1 tablespoon flour browned in 1 tablespoon butter.

## BRAISED BEEF

Use 2 or 3 pounds of round of beef. If tender, cook whole; otherwise, cut into cubes. Put some drippings into a hot frying-pan and brown the meat in this; then place it in a tightly covered kettle or roaster, pouring over it the whole contents of the frying-pan. Let it cook slowly 2 hours. In 2 tablespoons melted butter brown 1 chopped onion and 1 chopped carrot, and put with them 1 tablespoon chopped parsley,  $\frac{1}{2}$  cup chopped celery and 1 cup canned tomatoes, heating them well, then seasoning with salt and paprika. Add this sauce to the meat, and let it cook 1 hour longer.

## BROILED STEAK

Your steak will be best if cut not less than an inch thick. Place it in a greased broiler and sear it quickly on each side. After that turn only occasionally. To cook rare a steak  $1\frac{1}{2}$  inches thick ought to take about 10 minutes, but if it is preferred well done, broil it 12 to 15 minutes. When it has been put upon a hot platter, place bits of butter all over it and season with salt and pepper.

## FILLET OF BEEF

The tenderloin, taken from under the sirloin of beef, is known as the fillet of beef. Cut away the skin and fat and all muscle and ligaments, then shape the fillet and fasten with a skewer. Lard the upper surface with strips of salt pork. After dredging with salt, pepper and flour, place the meat in a small pan with pieces of pork on the bottom and let it bake in a hot oven, 20 or 30 minutes. Serve with mushrooms or tomato sauce.

## HAMBURG STEAK

Have 2 pounds lean beef and  $\frac{1}{4}$  pound suet chopped fine together at the butcher's and press it flat until it is like a steak  $\frac{3}{4}$  of an inch thick. Season it well with salt, pepper and a little onion juice. (If preferred, small flat cakes may be made instead of the single steak.) Broil the steak, or sauté the cakes in a frying-pan. Add a little water to the juices in the pan and thicken, to make gravy.

## BEEF LOAF

To 1½ pounds round steak, well-chopped, add 2 eggs, 1½ cups bread-crumbs, 2 tablespoons chopped parsley, 2 teaspoons salt and ½ teaspoon pepper; mix all thoroughly together; then shape into a loaf. Bake, about 2 hours, in a roasting-pan in a moderate oven, basting several times with hot stock. Serve cold in thin slices.

## BEEF STEW

Take 2 pounds beef, and, after cutting into cubes, dredge it with flour, salt and pepper. Brown it well in a frying-pan in hot fat or butter, then transfer it to a saucepan with about 1 quart of boiling water and cover. After it has come to the boiling-point, allow it to simmer for about 2½ hours. When it has been cooking 1½ hours, put in ½ cup each of turnips and carrots cut small, and 1 onion chopped fine. Potatoes, boiled separately, should be added about 10 minutes before the stew is to be served. Use 3 tablespoons flour stirred smooth into cold water for thickening the gravy, allowing it time to boil well while still on the stove. Season more, if desired.

## CORNERED BEEF HASH

Chop and mix together equal parts of cold corned beef and boiled potatoes. Add seasoning of salt and pepper and, if desired, a bit of onion juice. Put the mixture in a frying-pan in which a tablespoon butter has been melted. Add a little water if more moisture is needed. Cover the pan and let the hash cook slowly, ½ hour. It may be served on buttered toast with poached eggs crowning the top.

## SHEPHERD PIE

Butter a baking-dish and spread over the bottom a layer of hot mashed potato. Over this place a thick layer of chopped roast beef which has been well seasoned with salt and pepper and, if desired, a little onion juice. Add gravy to moisten the meat. On the top spread another layer of mashed potato. Let it bake in a hot oven until thoroughly heated.

## CREAMED DRIED BEEF

Put in a frying-pan 2 tablespoons butter and  $1\frac{1}{2}$  cups milk; and, after it heats, add  $\frac{1}{2}$  pound dried beef picked into small pieces. When it has cooked about 4 minutes, thicken with 4 tablespoons flour rubbed until smooth in  $\frac{1}{2}$  cup cold milk. Season lightly with pepper. As soon as the gravy thickens, place it where it will only simmer and let it stand 5 minutes. If preferred, an egg beaten light may be added just as the creamed beef is taken from the heat to be served.

## ROAST VEAL

Spring is the best season for veal. When good, the flesh has a pinkish color. It is likely to be indigestible unless cooked very thoroughly. Veal for roasting may be cut from the shoulder, the breast or the leg. If the leg is to be used, have the butcher bone it.

When the meat has been wiped and seasoned with salt and pepper, dredge it with flour and put it in a pan with some strips of fat salt pork. Place it in a hot oven, reducing the heat after the first half-hour. Let it cook slowly until well done, allowing 20 minutes for every pound. Baste often, using a cup of hot water with butter melted in it, until you can use the fat in the pan. Serve with a brown gravy. A shoulder cut should be stuffed with bread-crumbs dressing.

## VEAL CUTLETS

When the cutlets have been wiped, season with pepper and salt, dip in an egg which has been beaten, then in bread or cracker-crumbs. Fry in drippings or lard until well browned on both sides. Serve plain or with tomato sauce or with cream sauce made as follows: To the meat gravy in the pan add a little cream and stir in thickening of 1 tablespoon flour rubbed smooth in a little cold water.

## VEAL LOAF

With 3 pounds lean veal, chopped fine, and  $\frac{1}{2}$  pound fat salt pork, chopped fine, mix 1 cup cracker-crumbs seasoned with 2 teaspoons salt and  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  cup water

or stock, 1 egg and  $\frac{1}{2}$  teaspoon sage. Press firmly into a small buttered bread-pan to form a loaf. Let it cook in a moderately hot oven for 2 or 3 hours, basting from time to time with stock or water in which butter has been melted. When cool, take from pan and cut into thin slices before serving.

#### VEAL POT PIE

After cutting the meat into small pieces, pour over it enough boiling water to cover it, skimming when it has begun to boil. For each pound of meat put in 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper and 1 onion. Let it simmer until the meat is tender. Thicken gravy with 1 tablespoon flour rubbed smooth in 1 tablespoon butter. Serve with dumplings. Chicken or beef may be used instead of veal.

#### HUNGARIAN GOULASH

Take 1 pound each of lean veal and lean beef, cut into small cubes and add to a large sliced onion browned lightly in 1 tablespoon hot drippings or butter. Season with 1 teaspoon salt and  $\frac{1}{2}$  teaspoon paprika; then add 1 cup strained potatoes. Cover and cook for 1 hour; put in 3 potatoes cut into small cubes; cover and cook about  $\frac{1}{2}$  hour longer, until potatoes are tender.

#### LEG OF MUTTON, BOILED

After wiping, put meat in kettle with enough boiling water to cover it. After boiling 5 minutes, skim; then let it simmer until meat is tender. Season with 1 tablespoon salt when the meat is about half done, allowing 15 minutes to the pound. Serve with a white sauce to which capers or chopped parsley have been added. The water in which the mutton is cooked should be used for soup. Soup vegetables may be cooked in it with the meat.

#### ROAST LAMB

To roast a leg of lamb, take off the caul if the butcher has left it around the leg; then, after wiping and dredging with salt, and pepper and flour, place meat in a dripping-pan in a hot oven. Baste frequently, adding butter or drippings if more fat is needed. About  $1\frac{3}{4}$  hours will be required.



Make gravy by thickening part of the fat and adding water, or serve with mint sauce. The leg may be boned before roasting and stuffed with bread stuffing. If breast is used, it should be stuffed.

#### CROWN OF LAMB OR MUTTON

Select 2 or 3 sections of loin containing rib chops. Have ends of ribs scraped as for French chops; fasten the sections together with ribs curving up and outward; have the ends of bones trimmed to even length; and on the end of each bone fit a cube of fat salt pork to prevent charring. Pour over the meat in the pan  $\frac{1}{2}$  cup of water in which is dissolved 1 teaspoon salt. The roast will require about  $1\frac{1}{4}$  hours. Before serving, remove the pork from the bones and put on frilled caps of paper. The centre may be filled with mashed potatoes, peas or purée of chestnuts.

#### BRAISED BREAST OF MUTTON

In the bottom of an earthenware baking-dish place several thin slices of bacon and upon them the breast of mutton. Peel and slice a lemon, laying the slices upon the mutton. Add a few more slices of bacon and 1 lemon; then moisten with  $\frac{1}{2}$  pint of stock. Keep covered while cooking slowly either in the oven or on the stove top. When meat is tender, salt more if necessary.

#### LAMB OR MUTTON CHOPS

French chops are cut from the breast; but chops from the loin or the shoulder may be used instead. To broil chops, scrape them clean and trim off some fat, then on a greased broiler cook from 8 to 10 minutes, turning often. Salt and pepper them and moisten with a little butter. Chops may be cooked in a very hot frying-pan which has been greased with a bit of fat. Sear both sides promptly, and turn frequently. Cook 8 minutes, or longer if you prefer them better done.

Or the chops may be breaded. Dredge with salt, pepper and flour; dip them in beaten egg, then in crumbs of bread or cracker; fry in hot fat and drain. They may be served with tomato sauce.

## MUTTON AND BARLEY

Brown 3 slices onions in fat cut from the mutton. Cut into small pieces 1 pound mutton and put it in the pan with the onions. When browned turn it into a saucepan with  $\frac{1}{2}$  cup pearl barley and 2 quarts water. Cover and let it simmer  $1\frac{1}{2}$  hours. Cut in quarters 4 potatoes and put them into the saucepan with the meat, adding 1 tablespoon salt and some celery tops. Another  $\frac{1}{2}$  hour of cooking should be sufficient.

## IRISH STEW

Take 2 or 3 pounds of lamb or mutton, from fore-quarter or neck, cut into pieces and put into enough boiling water to cover them. Cook slowly for 1 hour, then add  $\frac{1}{2}$  cup each of diced turnip and carrot, and 1 sliced onion. Cook 1 hour longer, putting in 4 cups of thick slices of potato, 15 or 20 minutes before the meat is done. Season with salt and pepper, and for thickening make a thin smooth paste of flour and water. Serve with dumplings, if desired.

## ROAST PORK

After the pork has been wiped and sprinkled with salt and pepper, dredge it with flour. Let it bake for 3 or 4 hours in a moderate oven, basting often. Make a gravy of the fat in the pan, pouring off part of it and adding hot water before thickening. The leg, the loin, or the shoulder may be used for roasting.

## PORK CHOPS WITH APPLES

Take pork chops and, after sprinkling with salt and pepper, cook slowly in a hot frying-pan until thoroughly browned on both sides. Serve with thick slices of apple which have been fried in the fat in the pan after the chops have been taken out.

Or, sprinkle thick pork chops with pepper and salt. Cut in half crosswise and core some apples; and lay a half, unpeeled, cut side down, on each chop, sugaring the apple. Bake in a medium hot oven, about 30 or 40 minutes, until thoroughly cooked. Baste frequently. Thicken the gravy a little with cornstarch.

## BOILED HAM

After washing the ham and soaking it over night, or at least several hours, in cold water, drain and put it on the stove in a kettle of cold water. When it has heated to the boiling-point let it simmer until tender, allowing it about 20 minutes to the pound. The ham, if it is to be eaten cold, should be left in the kettle until the water has cooled; then, when the skin has been removed, the meat will be ready to serve. If it is to be eaten hot, it should be taken out of the water when partly cooled, peeled, brushed with beaten egg, sprinkled with fine bread or cracker-crumbs and sugar, then stuck here and there with cloves. It will need an hour's slow baking before serving.

## BAKED STUFFED HAM

Take a 10 or 12 pound ham, wash it and let it soak all night. Then, after taking out the bone, fill the space with stuffing and sew up the opening, tying the ham firmly in a strip of strong cotton cloth. Put it in a kettle of cold water and let it heat slowly to the boiling-point, then cook over moderate heat for about 3 hours. Leave it in the kettle until the water becomes cold. After taking off the cloth, binding and removing the outer skin, brush the ham over with egg, dust it with sugar and fine crumbs and let it bake slowly for  $1\frac{1}{4}$  hours in the oven.

## BROILED OR FRIED HAM

Cut thin slices from a ham. If it is very salt, let them soak in lukewarm water for about 1 hour. After draining and wiping them, broil them 3 or 4 minutes, remembering to turn them often. Or they may be cooked in a hot frying-pan after a piece of salt pork or a little butter has been melted in it. Brown the ham first on one side, then on the other. Served with eggs fried in the same fat, or with poached eggs, the ham will make a very good dish.

## POTTED HAM

A good filling for sandwiches may be made by taking cold cooked ham, mincing it and pounding in a mortar. Then for seasoning add a little mustard, cayenne pepper and

mace. Let it heat in the oven in a baking-dish for  $\frac{1}{2}$  hour. Keep it in small stone jars sealed with paraffin.

#### BAKED PORK CHOPS

Cover the bottom of a baking-dish with a layer of sliced potato, sprinkling with salt and pepper and dropping bits of butter over the slices. Add further layers of potato in the same way until they fill about  $\frac{2}{3}$  of the dish. Then cover the potatoes with sweet milk, and over the top of them lay pork chops, seasoned with salt and pepper. Let them bake, covered, until the chops have cooked tender.

#### PORK TENDERLOIN, BAKED

Take the tenderloin and slit it almost through, to make it lie flat, then dust it with salt and pepper. Prepare a dressing of bread-crumbs by adding to the crumbs salt, pepper, sage, a little onion juice and enough melted butter to moisten them. Lay the dressing on the tenderloin, fold the meat over and sew up so as to keep the dressing enclosed. This should be baked in a hot oven 45 minutes. Baste often with a little boiling water in which 2 or 3 tablespoons of butter have been melted. The gravy, when thickened, should be poured over the meat.

#### SAUSAGES

If the sausages are in skins, prick them with a steel carving fork before cooking. Have the frying-pan hot and cook the sausages until they are brown. When they have been taken from the pan, pour out all but a little of the fat. Into what is left stir 1 tablespoon flour. After it has cooked 1 minute, pour in slowly 1 cup of milk, stirring steadily, and let it boil up until creamy, then add salt and pepper. When sausage meat is used, it must be shaped into balls before frying.

#### LIVER AND BACON

Take  $1\frac{1}{2}$  pounds of calf's liver, cut in pieces  $\frac{1}{4}$  inch thick; after it has been washed in cold water let it scald in boiling water about 5 minutes, then dry it with a cloth and let it lie aside until the bacon is cooked. Have the bacon sliced very thin and the frying-pan heated well, and turn the slices

continually while they cook crisp but not too dry. When they are done, take them out and put them where they will keep hot. Moderate the heat under the frying-pan or move it where the stove is less hot, and fry the liver about 10 minutes, turning it from one side to the other. Serve the bacon around the liver on the platter. Make a brown gravy by stirring 1 tablespoon flour into the fat in the pan and seasoning to taste with pepper and salt.

### BEEF TONGUE

Smoked tongue should be soaked over night in cold water. In the morning the water should be changed for enough fresh cold water to cover the meat. When it is heated to the boiling-point let it simmer for about 4 or 5 hours, until it is tender.

To cook fresh tongue, scrub and skewer it, then cover with salted water and let it boil slowly for  $1\frac{1}{2}$  hours. Remove the skin, and, if the tongue is to be eaten cold, replace it in the water and leave it until it has cooled. If it is to be eaten hot serve it with a tomato sauce or a white sauce.

### STUFFING AND DUMPLINGS

#### DUMPLINGS

With 2 cups flour mix 4 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt and sift through a flour sifter. Then work in  $\frac{1}{2}$  tablespoon butter or other fat. Add little by little about  $\frac{3}{4}$  cup milk, mixing it in with a knife and being careful not to get dough too wet. On a floured board roll it to  $\frac{3}{4}$  inch thickness and cut into shape with a biscuit-cutter dipped in the flour. Steam for about 15 minutes in a buttered steamer or a perforated tin plate over boiling water in a covered kettle.

If the dumplings are to be cooked with stew, put in more milk and drop the mixture by spoonfuls on top of the meat and potatoes after taking out part of the liquid, as the dumplings must not settle down into the liquid. Let them steam, covered, not less than 12 minutes.

## BREAD STUFFING

Brown in a frying-pan with 3 tablespoons melted fat, 1 tablespoon chopped onion, then stir in 1 cup bread-crumbs with 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper and  $\frac{1}{2}$  teaspoon each parsley, sage and chopped celery. Add for moistening 2 or more tablespoons milk or stock or hot water. If desired, a beaten egg may be added; and the seasoning may be varied by omitting the onion or the sage.

## CELERY STUFFING

Mix thoroughly together 1 quart stale bread-crumbs and 2 tablespoons melted butter. Put with it  $\frac{1}{2}$  bunch of celery chopped fine, 2 tablespoons salt and  $\frac{1}{2}$  teaspoon pepper. Beat slightly 2 eggs and stir them in.

## CHESTNUT STUFFING

Boil in enough salted water to cover them well 3 cupfuls of chestnuts which have been shelled and blanched. While hot, drain and rub through a colander or coarse sieve. Season with 1 teaspoon salt and  $\frac{1}{4}$  teaspoon pepper, and add  $\frac{1}{4}$  cup of cream or milk. Take  $\frac{1}{2}$  cup melted butter and stir into it 1 cup bread- or cracker-crumbs. Mix together the chestnuts and crumbs.

## OYSTER STUFFING

Take 1 pint oysters from which the tough muscles have been removed. Add 2 cups dry bread-crumbs and mix well, seasoning with 1 teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Then stir in  $\frac{1}{4}$  cup of butter.

## MUSHROOM STUFFING

Mix together 3 cups stale bread-crumbs and 6 tablespoons butter. Add  $\frac{1}{2}$  cup chopped mushrooms and season with 2 teaspoons salt,  $\frac{1}{2}$  teaspoon powdered thyme and 1 teaspoon minced parsley.

## SAUCES

## WHITE SAUCE

With 2 tablespoons butter, melted in a saucepan, mix 2 tablespoons flour. Put it over the heat and let it cook until

it begins to bubble, then pour in  $\frac{2}{3}$  cup of hot milk, adding gradually another  $\frac{1}{3}$  cup. Let it boil, stirring continually. When the sauce thickens, season with  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper, and serve hot. To make a thinner sauce, use less flour; for a thicker sauce use more. For a creamy sauce, pour the white sauce over the beaten yolks of 2 eggs.

#### BROWN SAUCE

To 2 tablespoons butter browned in a pan add 1 small onion chopped fine and let it brown. Then stir in 2 tablespoons flour and brown that. Moisten with  $\frac{2}{3}$  cup of hot water or hot stock, and add  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper. When it has cooked 5 minutes the sauce will be ready to serve. Omit onion, if preferred.

#### CELERY SAUCE

Cook until tender in salted boiling water  $\frac{1}{2}$  cup celery cut small. Put with it 1 cup hot milk and thicken with 1 tablespoon flour rubbed smooth in 1 tablespoon butter, adding seasoning of salt and pepper. Let it heat to the boiling-point before serving.

#### TOMATO SAUCE

Cook together for about 20 minutes 1 quart tomatoes, fresh or canned, 1 slice onion and a few cloves. Brown and cook until smooth 3 tablespoons flour in 3 tablespoons browned butter, stirring steadily. After putting the tomatoes with this, cook 3 minutes longer and add salt and pepper to taste. Strain, to remove tomato seeds. If a thicker sauce is preferred, use more flour.

#### MUSHROOM SAUCE

Take 2 cups stock and thicken with 4 tablespoons flour browned in 4 tablespoons butter. With this put 1 cup mushrooms. If fresh mushrooms are used, cook 5 or 6 minutes; if canned, 3 or 4 minutes.

#### MINT SAUCE

Take  $\frac{1}{2}$  cup vinegar and, if it is very strong, dilute with water. In it dissolve 1 tablespoon powdered sugar. Pour

this over  $\frac{1}{4}$  cup mint leaves chopped fine, and let it stand on the back of the stove for 30 minutes. Serve with spring lamb.

#### CURRANT JELLY SAUCE

In 1 tablespoon butter slice an onion. Let it cook until it begins to brown before stirring in 1 tablespoon flour, 1 stalk celery with a bay-leaf. Continue stirring until it browns. Next put in 2 tablespoons vinegar and 2 cups stock and let the whole mixture cook slowly for 20 minutes. After straining and skimming off fat, add  $\frac{1}{2}$  cup currant jelly, stirring while it is melting. Serve with game.

#### CURRY SAUCE

In 1 tablespoon butter brown lightly 2 teaspoons chopped onion, then stir in 1 tablespoon curry powder which has been mixed with 2 tablespoons flour and let it cook until smooth. If the sauce is to be used with chicken, eggs, fish, etc., add next 2 cups hot milk, stirring until it has boiled for 1 or 2 minutes. If the sauce is to be used for warming up cold meat, substitute stock or water for the milk. In either case, season with pepper and salt.

#### CRANBERRY SAUCE

Take 3 cups cranberries, and, after washing them in cold water, put them in a kettle with 2 cups water. Let them cook, covered, until soft. Rub through a coarse sieve or colander, stir in 2 cups sugar, and put over the fire again, continuing to stir until sugar is entirely melted. Let it cool before serving.

#### APPLE SAUCE

Take 12 cooking apples with a tart flavor, and, after peeling and coring, cut into quarters or eighths. Cook them in enough water to keep from burning, and, when they are soft all through, add 5 tablespoons of sugar and a pinch of salt. Press with a large spoon until smooth. To vary the flavor, stir in a little lemon juice or a bit of cinnamon, or grate nutmeg over the top. Serve with pork or goose, or as dessert.



# POULTRY AND GAME

## TO SELECT POULTRY

To judge the age and freshness of poultry and game, notice whether the legs are soft and smooth and whether the end of the breast-bone is flexible. The skin should be moist and the bird should look plump. A young bird will have a number of pinfeathers, while an old one can be recognized by having long hairs. A good goose will have numerous pinfeathers, and a good turkey will have smooth, dark legs. The eyes of a bird ought to be bright and the comb have a clear red color.

## TO CLEAN POULTRY

If the chicken has not been drawn, it should be attended to at once. After singeing off the hairs and down by holding the fowl over a flame and turning it so as to let the flame pass near every part of the surface, pull out the pinfeathers with a knife. Cut off the head, and, making an incision on the under part of the throat, take out the crop and the windpipe. To remove the legs, cut through the skin all the way around, a little below the leg joint, without cutting the tendons; then place the cut part against the edge of a table or board and by pressing down break the bones and with your right hand pull off the feet, pulling out the tendons at the same time. If the bird is old, the tendons will have to be drawn out one by one. To take out the entrails, make an incision below the breastbone; thrust in your hand and, loosening the membranes, draw out all the entrails together. Be very careful not to break the gall bladder. Carefully take out the lungs and the kidneys, which lie in the hollows of the backbone; and cut out the oil bag from the tail. Separate the heart, the liver and the gizzard from the rest of the entrails. They are the giblets and should be cleaned and cooked separately to be used for gravy or dressing. To prepare the gizzard cut half around through the outer coat without puncturing the inner one, pull off the outer coat and throw away the bag inside.

The heart should be separated from the veins and arteries at its top and should be squeezed to press out any clot of blood. The liver, after being separated from the gall-bladder, should have any greenish parts cut away.

For roasting the chicken should be stuffed and trussed; for stew or fricassee it should be cut up.

#### TO CUT UP A FOWL

After singeing, pulling out pinfeathers, removing the oil bag and tendons and cutting off the head, take off the legs, cutting the skin and flesh of each leg close to the body and breaking the ligaments by bending back the leg. Make the separation at the thigh joint. Now separate the second joint, or thigh, from the first joint, the drumstick. Each wing should be removed by cutting through skin and flesh close to the body and disjuncting at the upper wing-joint. The tips of the wings should be cut off. The breast must be separated from the back by cutting below the ribs down both sides. After taking out the giblets, all the entrails, the windpipe and the crop, see that the kindeys and lungs are cleanly removed from the backbone. The back and the breast should be cut into 2 pieces respectively, the breast lengthwise and the back crosswise through the middle.

#### TO STUFF AND TO TRUSS POULTRY

When the bird has been thoroughly cleaned and drawn, fill the body with stuffing and sew up the slit. Turn down the neck skin over the back, and tie it with middle of a piece of string. Fold the wings back close to the body and press the thighs down close. Draw the ends of the string around over the thighs, cross them in front and pass again to the back where they tie under the tail. Remove the string before serving.

#### ROAST CHICKEN

When the chicken has been cleaned, rubbed inside and out with salt and pepper, then stuffed and trussed, grease it and dredge it with flour. Place it on its back in a roasting-pan in a hot oven and let it cook 20 or 25 minutes before putting on the cover of the pan. Or cook in an open pan, basting often, first with water and melted butter

and then with drippings from the pan. The bird will be ready to serve when the breast is tender.

Stuffing may be made by working together 1 cup bread-crumbs,  $\frac{1}{3}$  cup boiling water,  $\frac{1}{3}$  cup melted butter, salt and pepper, thyme, sage and marjoram.  $\frac{1}{2}$  onion chopped fine may be added, if desired.

Giblet-gravy is made by first cooking the giblets slowly for 2 or 3 hours, until tender; then chopping them and replacing them in the liquor and seasoning with salt and pepper. When the chicken is removed from the roasting-pan stir into the drippings until well blended 4 tablespoons flour, then add the giblet-liquor and the chopped giblets, still stirring. Let it boil 5 minutes and serve either strained or with the chopped giblets retained.

#### CHICKEN À LA MARYLAND

Take a young chicken and, after cleaning and disjointing, leaving the breast whole, sprinkle well with salt and pepper, roll in flour, then dip in beaten egg and cover with soft bread- or cracker-crumbs, dotting over the surface with pieces of butter. Let it bake in a well-greased dripping-pan in a hot oven for about 30 minutes, basting after 5 minutes with  $\frac{1}{3}$  cup melted butter. Serve on a platter with 2 cups white sauce with a little chopped parsley added.

#### BROILED CHICKEN

Take a young spring chicken and, after cleaning and carefully removing all pinfeathers, split it down the back, break the joints and take out the breast bone. If you are not sure that the chicken is very tender, it is well to give it a vapor bath before broiling. To do this, nearly fill your dripping-pan with boiling water as it sets in a moderate oven, make a brace of 2 sticks or bars of some sort across the pan and place the chicken on them. Cover and let it steam for about 30 minutes in the oven. After this, broil the chicken until tender, turning the flesh side to the fire first and cooking most on that side. Be sure that the fire is not too hot. Not more than 20 minutes ought to be required for broiling. To serve, place on a hot platter, spread with butter and season with salt and pepper.

## FRIED CHICKEN

Take small chickens and, after cleaning, cut each into 4 or 6 pieces. When each piece has been quickly dipped in cold water and dredged with salt and pepper, roll it in flour. Place the pieces in a frying-pan in which some fat has already been heated until very hot. When each piece has been cooked brown on both sides, drain and transfer to a warm platter. From the pan pour off all the fat but about 2 tablespoons. Stir in 2 tablespoons flour, then 1 cup milk, add seasoning of salt and pepper and, if desired, chopped parsley. Serve the chicken with the gravy poured over it.

## CHICKEN FRICASSEE

Fowls will be made tender by cooking in this way. After cleaning and cutting into pieces, put the fowl into a kettle with enough water to cover it. When it has come to the boiling-point, skim; then let it boil slowly until the flesh is tender. When partly done, season with salt and pepper and  $\frac{1}{2}$  cup melted butter. If desired, a little washed rice and sprigs of celery top may be added. If the rice is omitted, make a thickening by stirring  $\frac{1}{2}$  cup flour into cold water or some of the gravy until smooth, then adding it to the liquor in the kettle, stirring carefully so as not to break the meat. This should be done just before serving.

A richer fricassee may be made by browning the joints of chicken in a pan with hot butter or drippings before placing them in the kettle. Dumplings may be served with the fricassee.

## BOILED CHICKEN

Take a 4-pound fowl and, when it has been dressed, cleaned and trussed (without stuffing), tie it up in a wet cloth that has been sprinkled with flour. Plunge it into a kettle partly filled with boiling water and let it simmer (without boiling) until the chicken is cooked tender, allowing 20 minutes to each pound. Salt should be added for the last hour of cooking. Serve with oyster, celery, egg or parsley sauce.

## CHICKEN À LA KING

Take a young chicken, about  $3\frac{1}{2}$  pounds, clean it, cut into

pieces, brown in chicken fat and stew in boiling water until tender. Then cut the meat into thick 2-inch strips. In a frying-pan heat  $\frac{1}{2}$  cup butter or chicken fat and stir into it until smooth  $\frac{1}{2}$  cup flour, adding 2 cups chicken soup and seasoning with salt, pepper and paprika. Into this pour the liquid from 1 can broken mushrooms, stirring steadily. Take  $\frac{1}{2}$  of this sauce and beat the strips of chicken meat in it, setting it aside where it will keep hot. Into the remainder of the sauce stir  $\frac{1}{2}$  cup cream and when it is smooth add 1 green pepper cut into thin strips, 1 can peas drained, the can of mushrooms drained, and 1 pimento cut into small pieces. Just before serving, take the yolks of 2 eggs, dissolve them in a little of the hot sauce and stir them into the sauce. Pour the chicken and its gravy out upon a large platter and over it pour the sauce, garnishing with asparagus tips.

#### ROAST TURKEY

The directions for roasting chicken, with only slight variations, may be followed for roasting turkey. Double the recipe for stuffing. Turn the turkey, from time to time, so that it will brown evenly; add water when needed to prevent burning; dredge again with flour about an hour before taking from the oven. For a turkey weighing 8 pounds allow 3 hours in a moderate oven.

#### WARMED-OVER TURKEY

Cut from the breast of the turkey any meat that has been left there, but do not take off what may still remain on the back, the drumsticks and the wings. Cut off the wings and the drumsticks, and cut the back into 4 pieces. With these sections in a kettle put whatever gravy may have been left and 3 tablespoons of the stuffing, and add enough water to half-cover them. Let it simmer gently, covered closely, for 45 minutes, adding water if needed, but not too much. Stir often, but be careful not to separate the meat from the bones. Season with salt and pepper. The bony framework of the turkey may be used for soup.

#### ROAST GOOSE WITH POTATO STUFFING

For roasting a young goose, allow 18 minutes to the

pound; for an old goose, 25 minutes; for goslings, 15 minutes.

Take a young goose weighing about 8 pounds. Before it is drawn, it should be singed, washed well in hot water and dried carefully. To flatten the breast-bone strike it with a rolling-pin. After the goose has been filled with potato stuffing, sewn up and trussed, lay across the breast thin slices of pork, if the bird is not fat. When it has baked 45 minutes in a hot oven, take it out, pouring off all the fat in the pan, sprinkling the goose with salt and pepper and dredging it with flour before putting it back in the oven. Let the flour brown, then add 1 cup hot water. After this, baste frequently, sifting in flour each time, enough to absorb the fat. When the goose has been taken from the pan, pour into the gravy a cup of hot water and add a thickening of browned flour. Serve with apple sauce

Potato Stuffing is made as follows:—

Mix together 2 cups hot mashed potato,  $1\frac{1}{4}$  cups soft stale bread-crumbs,  $\frac{1}{3}$  cup butter,  $1\frac{1}{2}$  teaspoons salt, 1 teaspoon sage and 1 egg. Put with this 1 onion chopped fine and  $\frac{1}{4}$  cup fat salt pork well chopped.

#### ROAST DUCK

If a full-grown domestic duck is roasted, cook it in a moderate oven 1 hour or more, basting every 10 minutes. 15 to 30 minutes in a very hot oven will be enough for a young duck cooked rare. To reduce the strong duck flavor, the body may be stuffed with apples cored and quartered or with chopped celery and onions. These stuffings are to be removed before serving the bird. If potato stuffing is to be used, it should be put in very hot.

#### BROILED QUAIL

Broil in the same way as chicken, but cook only 8 minutes. Serve on slices of toast or with lemon and currant jelly.

#### BROILED SQUAB

Take 6 squabs, split them down the back, and when they have been wiped inside and out, season with salt and pepper. Broil until well browned, and serve on toast with melted butter poured over them.

## VEGETABLES

### TIME-TABLE FOR BOILING VEGETABLES

Artichokes .....	30 to 40 minutes
Asparagus .....	20 to 30 minutes
Beans (string) .....	30 minutes to 2 hours
Beans (lima or other shell) .....	30 minutes to 1¼ hours
Beet greens .....	15 to 30 minutes
Beets (young) .....	30 to 50 minutes
Beets (old) .....	2 to 4 hours
Brussels sprouts .....	15 to 20 minutes
Cabbage .....	20 to 60 minutes
Carrots .....	15 to 60 minutes
Cauliflower .....	20 to 30 minutes
Celery .....	15 to 35 minutes
Corn (green) .....	8 to 20 minutes
Dandelion greens .....	15 minutes to 1½ hours
Eggplant (stuffed) .....	45 to 60 minutes
Lentils .....	1½ hours or more
Okra .....	20 to 30 minutes
Onions .....	30 to 60 minutes
Parsnips .....	30 to 50 minutes
Peas .....	15 to 45 minutes
Potatoes (sweet) .....	15 to 40 minutes
Potatoes (white) .....	20 to 45 minutes
Spinach .....	20 to 30 minutes
Squash (summer) .....	15 to 30 minutes
Squash (winter) .....	1 to 2 hours
Tomatoes (stewed) .....	15 to 20 minutes
Turnips .....	30 to 60 minutes
Barley .....	1 to 3 hours
Rice (boiled) .....	20 to 25 minutes
Rice (steamed) .....	40 to 50 minutes
Macaroni (see Cereals) .....	20 to 45 minutes

## CARE AND PREPARATION OF VEGETABLES

The summer vegetables will quickly lose their freshness and flavor if neglected. Unless they can be cooked at once, they should be kept in a refrigerator or some other place where they will be dry and cool. Corn and peas are never at their best unless cooked soon after gathering, as their sweetness does not last. Vegetables that have lost their crispness may be freshened by standing in cold water, especially stem or stalk vegetables that have had their ends freshly cut. To keep lettuce, sprinkle it and wrap it in a cloth before putting it in the refrigerator.

When winter vegetables are to be stored, they must be sound and not over-ripe and must be kept cool and dry in a place that has good ventilation. Most of them keep better if closely piled or packed in barrels, but squash should be spread apart, each by itself. Squash and sweet potatoes should not be kept in as cool a place as other vegetables.

After washing vegetables well, cook them in boiling water, but do not let them boil too hard. In salting the water, use a teaspoon of salt to a quart of water, putting it in when the vegetables are more than half cooked. Dried vegetables should be soaked for several hours before they are cooked, the same water being used for cooking them. They require slow cooking for a long time. Onions, cabbage, cauliflower and other vegetables of strong flavor will be better if cooked in an uncovered kettle with considerable water. But those of milder flavor ought to have a small quantity of water, so that not much will be left when the vegetables are cooked. They should be covered but not tightly. All surplus water must be drained off, when the vegetables are cooked sufficiently as it does not improve them to stand in water. The water in which vegetables have been cooked may be used for making cream soups or be added to soup stock.

It is well to open canned vegetables about an hour before heating them, pouring them immediately from the can and letting them stand in the air. They may be heated in their own juice or be drained and then heated in fresh water. It is best to boil canned vegetables five minutes before they are served.



## ARTICHOKES, FRENCH

The "choke" is the part in the center of the bud. It is not edible and must be drawn out after the base has been cut around with a sharp knife. The parts of the artichoke which can be eaten are the "bottom"—that is, the receptacle on which the scales are set—and the thickened part at the base of each scale. If the artichoke is eaten when it is very tender and young, it may be used uncooked as a salad. But if it is at all hard, it must be cooked. In eating it, pull the scales from the head and dip the base of each scale in the sauce served.

## BOILED ARTICHOKES

After cutting out the stem and removing the choke, trim off top of the artichoke by cutting across it, then wash it and let it soak in salted water (1 tablespoon salt to 2 quarts water) for  $\frac{1}{2}$  hour. Put the stem back into place before laying the artichoke, head downward, in a kettle, and covering it with boiling water. To every 2 quarts water allow 1 teaspoon salt and 2 teaspoons lemon juice. Let it boil gently until the leaves will pull out easily; then drain the artichoke before serving. If it is to be eaten hot, serve with Hollandaise sauce or Béchamel sauce; if cold, with French, Russian or mayonnaise dressing.

## ARTICHOKE BOTTOMS

After taking off all the leaves and removing the choke, trim the bottoms. Then let them cook in boiling water with salt and lemon juice (see above) until they are soft. Serve them with Béchamel or Hollandaise sauce.

## ARTICHOKES, JERUSALEM

Jerusalem Artichokes are like small potatoes in appearance and may be eaten in the place of potatoes. When they have been washed and scraped or pared, let them soak in cold water with a little vinegar for 2 hours. Drain them and let cook in boiling water to which salt should be added when they are nearly soft enough to serve. As soon as they are tender, remove quickly and drain. Serve with seasoning of salt and pepper and with melted butter poured

over them. A sprinkling of parsley finely chopped may be added. Or they may be used instead of potatoes in a salad.

#### FRESH ASPARAGUS

First the lower part of the asparagus stalks should be cut as far down as they will snap. Then, after they have been washed, scraped, and tied into bundles, place them in boiling water to cook 15 minutes or more, until tender, leaving the tips above the water for the first 10 minutes, and salting the water when the asparagus is partly cooked. If white asparagus is used, the bitter taste can be removed by first par-boiling and draining the stalks, then adding fresh boiling water for the final cooking. When the stalks are boiled tender, drain them, take off the string and serve them with melted butter (1½ tablespoons butter to a bunch) or with white sauce or cream sauce. Asparagus may be served on toast, if desired. The stalks are sometimes broken into one-inch pieces before cooking. In this case the tips should be put into the kettle after the stalks are partly cooked. Sometimes the tips alone are served in a white sauce. Then the stalks may be used for soup.

#### STRING BEANS

When the beans have been washed and the strings removed, cut or snap into pieces 1 inch long or less. Cook in boiling water until tender, adding salt to the water when they are partly cooked. When they are tender, drain and season with salt, pepper and butter, or serve in a white sauce.

#### BOILED LIMA BEANS

Take 1 quart green Lima beans, cover them with boiling water and let them cook slowly until tender, adding salt when they are partly cooked. Season with salt and pepper and butter. Or, if desired, let them simmer in a cup of cream or milk just before serving.

#### DRIED BEANS, BOILED

Take 1 quart dried beans and, after picking over and washing, let them soak in cold water all night. Then, when

they have been drained, pour over them enough salted cold water to cover them. Let them heat slowly and cook, without boiling, until tender. If necessary add hot water. Drain off the liquid, keeping 1 cupful to use in making brown sauce, as follows: Brown 2 tablespoons butter, adding a small chopped onion, if desired; stir in 2 tablespoons flour, then add the cup of hot liquid and season with pepper and salt; after cooking for 5 minutes, pour the sauce over the beans and serve them hot.

#### KIDNEY OR LIMA BEANS, MEXICAN STYLE

Melt 1 tablespoon fat and in it cook for a few minutes 1 slice each of green pepper and onion chopped. To this add 1 cup strained tomato and  $\frac{1}{2}$  teaspoon salt. When this sauce has begun to boil, put with it  $\frac{2}{3}$  cup of cooked dried beans. After simmering for 15 to 30 minutes it will be ready to serve. Then sprinkle with chopped parsley.

#### BOSTON BAKED BEANS

Take 1 pint pea beans; pick them over and wash well. Let them stand soaking in cold water overnight, and in the morning drain them, add fresh water and let them simmer until the skins will burst. (Do not allow them to cook long enough to break.) When soft, turn them into the bean-pot. Take  $\frac{1}{8}$  pound salt pork, part lean and part fat, and, after boiling water has been poured over it, scrape the rind and score it in  $\frac{1}{2}$ -inch strips. Settle it down among the beans, leaving only the rind above the surface. Now, in a cup mix together  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon dry mustard, and 2 tablespoons molasses, filling the cup with hot water and stirring. Pour the mixture over the pork and beans. Pour in enough water to cover the beans, and set them in the oven to bake 8 hours, keeping them covered with water until the last hour, when the surface of the pork and the beans should be allowed to brown.

#### BEEF GREENS

Take young beets and wash them very clean. Put them in a kettle and add very little boiling water. Salt the water when they are partly cooked. When they have cooked

tender, drain them well in a colander. Add butter, salt and pepper, and serve very hot. If preferred, they may be cooked like spinach and chopped fine.

#### BOILED BEETS

Wash the beets well and cut off leaves, but be careful not to break the skin. Put them in boiling water to cook until tender, keeping them well covered with water. If the beets are old they will take 3 to 4 hours of cooking, while young beets require only 1 hour. When cooked, drain and place in cold water before rubbing off the skin. To serve young beets, cut them in quarters and season with butter, salt and pepper and, if desired, a little vinegar. Slice old beets and pickle them in vinegar.

#### SUGARED BEETS

Take 4 hot boiled beets and cut in thick slices, adding 3 tablespoons butter,  $1\frac{1}{2}$  tablespoons sugar and  $\frac{1}{2}$  teaspoon salt, and heating before serving.

#### BEETS IN SOUR JELLY

Take hot cooked beets (cut in thin slices or chopped) and over them pour sauce made as follows: Mix together  $\frac{1}{2}$  cup vinegar,  $\frac{1}{3}$  cup sugar, and 3 teaspoons cornstarch; add  $\frac{1}{2}$  cup boiling water and cook until thick.

#### BRUSSELS SPROUTS

Brussels sprouts are like little cabbage heads. In picking them over, take off any wilted leaves; then let the sprouts soak in cold salted water for 15 to 30 minutes. Cover them well with boiling water and let them cook, uncovered, 20 minutes or more, until tender enough to be easily pierced. Add salt to the water when they are partly cooked. When tender, drain in a colander. Serve very hot, seasoned with melted butter, salt and pepper. If preferred, serve with White Sauce.

#### BOILED CABBAGE

After removing outside leaves, cut the cabbage into quarters, taking out the tough core, and place in cold water to soak about  $\frac{1}{2}$  hour. After draining, cover with plenty

of boiling water and let it boil 30 minutes or more until tender, adding salt when it is partly cooked; then drain again before serving. Or the cabbage may be chopped and seasoned with butter, salt and pepper. If desired, a little milk or cream may be added.

#### SCALLOPED CABBAGE

Take 1 pint cold boiled cabbage and chop it. Into 1 tablespoon melted butter stir 2 tablespoons flour, with salt and pepper to taste. Then add 2 cupfuls milk and let it cook 5 minutes. Pour this sauce over the chopped cabbage in a buttered baking-dish and cover the top with buttered bread-crumbs. Bake in the oven until brown.

#### SCALLOPED CABBAGE WITH CHEESE

Take cold boiled cabbage. In a buttered baking-dish place layers of cabbage, grated cheese and White Sauce, continuing until the dish is filled. Over the top spread a layer of bread-crumbs mixed with melted butter. Place in a moderate oven to bake about 20 minutes.

#### COLE SLAW

Take a small, heavy cabbage; wash it and remove outer leaves. After cutting the head into quarters, slice very thin with a sharp knife. Let cabbage soak until crisp in cold water, then drain and dry, serving with French or boiled dressing.

#### CARROTS

Wash the carrots and scrape them. If they are very young, they may be left whole or cut lengthwise. If not, slice them across in thin rings. Let them cook in boiling water until tender, adding salt when they are partly cooked. If desired, put 1 teaspoon sugar into the water before cooking. When carrots are tender, drain and serve hot, seasoned with butter, pepper and salt. Or serve them in a cream sauce, garnished with chopped parsley.

#### CARROTS AND PEAS

Take 2 cups carrots cut in cubes and let them boil until tender; then add 1 cup cooked peas (canned or fresh) and let them heat thoroughly. Either season with melted butter,

salt and pepper or serve in a sauce made as follows: Into 3 tablespoons melted butter stir 3 tablespoons flour,  $\frac{1}{2}$  teaspoon salt and a little pepper, then 2 teaspoons sugar and  $1\frac{1}{2}$  cups milk; let it come to the boiling point and put in the cooked carrots and peas to reheat.

#### CARROTS AND PEAS WITH GREEN MINT

Take 2 cups cooked carrots cut in cubes and 1 cup cooked peas, and let them boil with the leaves from a small bunch of fresh mint for 5 minutes. After draining them, season with salt and pepper and a sprinkling of sugar, and add plenty of butter. Let them stand in the oven until sugar has melted, then serve, adding a garnish of fresh mint leaves, if desired.

#### BOILED CAULIFLOWER

A good cauliflower will have a firm white head and fresh-looking green leaves. Cut away the leaves and the stalk; then let the head soak, top down, in cold salted water for a while. It may be cooked whole, stem side down, or broken into separate bunches of flowerets. Let it boil for 20 minutes or longer, until tender, adding salt to the water when cauliflower is partly cooked. When it is tender, lift out carefully and drain. Serve with white sauce or with melted butter. Grated cheese may be sprinkled over the boiled cauliflower, or fine browned bread-crumbs either with or without the grated cheese.

#### BAKED CAULIFLOWER

Take a cauliflower boiled whole, cover it with buttered crumbs and let it stand in the oven long enough to brown the crumbs. Serve with a thin white sauce poured around it on the serving-dish.

#### SCALLOPED CAULIFLOWER WITH EGG OR CHEESE

Take a medium-sized cauliflower and break it into separate bunches of flowerets before boiling. When tender, drain. Into a greased baking-dish put first a layer of cauliflower, then a layer of slices of hard-cooked eggs, then a layer of white sauce, crowning the dish with a layer of bread-

crumbs. Let it bake until crumbs are brown. If preferred, grated cheese may be substituted for the eggs.

#### STEWED CELERY

Take 1 bunch of stalk celery, and after washing and scraping the outer stalks, cut them into inch-long pieces. Put aside the heart for serving uncooked. Cook the cut-up stalks in boiling water until tender, salting the water when they are partly cooked. When the celery is tender drain it and serve with white sauce.

#### BOILED GREEN CORN

Do not take off the husks until just before cooking the corn, and have a kettle of boiling water ready for the ears as soon as husked. Do not salt the water. Let the corn cook for from 8 to 20 minutes, testing it with the sharp prongs of a steel fork. For serving lay the corn in a folded napkin on the serving-dish, bringing together the ends of the napkin to cover the corn.

#### SUCCOTASH

With 1 cup boiled corn cut from the ear put 1 cup boiled lima beans and heat them in  $\frac{1}{4}$  cup milk, adding butter, salt and pepper. If preferred, milk may be omitted.

#### CORN FRITTERS

Use 6 ears of raw corn, grated, or 1 can corn, strained. Beat the yolks of 2 eggs and add to them the corn,  $\frac{1}{2}$  teaspoon salt, and 2 tablespoons flour stirred well into 3 tablespoons milk, putting in last the beaten whites of the eggs. Teaspoonful by teaspoonful drop the mixture into deep hot fat or into a hot greased frying-pan. Drain on paper before serving with syrup.

#### CORN OYSTERS

Take 2 cups corn grated from the cob, or the same amount of canned corn, and add to it 2 eggs well beaten (whites and yolks separately), 2 tablespoons flour, 2 tablespoons butter, and sufficient seasoning of salt and pepper. Drop by spoonfuls, about the size of large oysters, into hot fat or fry on a griddle well greased.

## SCALLOPED CORN

Take 1 can corn or cut the corn from the cobs of 6 ears already cooked. Mix with it 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, 1 teaspoon sugar and 2 tablespoons flour; then stir in  $\frac{1}{2}$  cup corn liquid and 3 tablespoons cream. Prepare 1 cup bread-crumbs by mixing them with 1 tablespoon butter. Use half the buttered crumbs to make a layer in the bottom of a pudding dish well greased. Next make a deep layer of the corn mixture, and cover the top with the rest of the crumbs. In a moderate oven let it bake about 20 minutes.

## CORN PUDDING

Use 2 cups grated corn, either fresh or canned. Add to the corn 1 teaspoon salt, 1 teaspoon sugar, 3 beaten eggs, 2 cups milk, and 1 tablespoon melted butter, and stir them together thoroughly. Bake in a moderate oven about 40 minutes, or until firm. It is best to let the greased baking-dish containing the pudding stand in a pan of hot water while baking.

## CORN SOUFFLÉ

Into 1 tablespoon butter, melted, stir 2 tablespoons flour and when they are well mixed add slowly 1 cup milk, letting it heat to the boiling-point. Next stir in 1 can corn,  $1\frac{1}{4}$  teaspoons salt and a little pepper, then the yolks of 2 eggs well beaten, and finally the whites of the eggs beaten stiff and frothy. In a buttered baking-dish, set in a pan of hot water, the pudding should cook about 30 minutes in a moderate oven.

## CORN, SOUTHERN STYLE

Use 1 can corn, chopped. Beat 2 eggs slightly and stir them into the corn, with 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, 1 pint scalded milk and  $1\frac{1}{2}$  tablespoons melted butter. In a buttered baking-dish let it cook until firm in a slow oven.

## BOILED CUCUMBERS

Take cucumbers that are old, and, after paring them, cut them up in pieces. Let them cook in boiling water until soft, adding salt to the water when they are partly cooked.



When soft they should be drained, then mashed, with a seasoning of butter, pepper and salt added.

#### CUCUMBER SAUTÉ

After washing the cucumbers, pare them and cut them in quarters before letting them boil for 3 minutes. Then drain them and add seasoning of salt and pepper. When the pieces have been rolled in flour, sauté them in a saucepan until they are tender, sprinkling over them minced parsley or chives a few minutes before they are ready to be taken from the fire.

#### BAKED STUFFED CUCUMBERS

To prepare the cucumbers, when they have been wiped and pared, cut them crosswise in pieces about 2 inches long and take out the seeds. With 2 tablespoons ham chopped fine mix 4 tablespoons bread-crumbs, then 2 tablespoons grated Parmesan cheese, adding salt, pepper and cayenne to taste and enough tomato sauce to moisten the mixture. Fill the cucumber cups (set in a shallow pan) with the mixture and pour chicken stock around them. Allow 30 minutes for baking them; then cover the tops with buttered bread-crumbs and put in over again to brown the crumbs.

#### DANDELION GREENS

The time to use dandelions is in early spring before they have blossomed. They should have the roots cut off, be washed thoroughly and drained, before cooking. Place them in boiling water (not too much) to cook until tender, salting the water when they are partly cooked. As soon as they are cooked enough, drain them well in a colander and chop them, but not too fine. Season with butter, salt and pepper. If desired, serve with vinegar.

#### FRIED EGGPLANT

When the eggplant has been pared, cut it in thin slices and sprinkle salt over each slice. Then lay the slices one upon another in a pile with a plate on the top, to stand under a weight for 1½ to 2 hours. This will draw out some of the juice and reduce the bitterness of the flavor. Before cooking, dredge each slice with flour. Fry them

slowly in butter until they turn crisp and brown. Or the slices may be wiped, after being pressed, then dipped in a beaten egg and rolled in cracker- or bread-crumbs before being fried in hot fat. It is well to spread them on brown paper that will absorb part of the fat before serving.

#### STUFFED EGGPLANT

After cooking the eggplant in boiling salted water for about 15 minutes, cut it in half crosswise with a sharp knife. Then, scraping out the pulp without breaking the skin, set aside the 2 shells and chop up the pulp. If onion flavor is desired, brown  $\frac{1}{2}$  tablespoon onion chopped fine in 2 tablespoons butter (or tried-out bacon fat). Add to the melted butter (with or without the onion) the chopped pulp mixed with 1 cup bread-crumbs and seasoning of salt and pepper. It may be necessary to stir in a little water or stock for moistening. Cook for about 5 minutes. A beaten egg may be added after cooling the mixture somewhat. The shells of the eggplant, filled with the mixture, should be spread with a layer of buttered bread-crumbs and allowed to bake in a hot oven for about 25 minutes or until nicely browned. They should be basted frequently.

#### SCALLOPED EGGPLANT

When the eggplant has been pared and cut into cubes of about  $\frac{2}{3}$ -inch size, let it cook until soft in a little boiling water. Drain, then add this seasoning:  $\frac{1}{2}$  onion chopped fine and cooked slightly in 2 tablespoons butter with  $\frac{3}{4}$  tablespoon chopped parsley. In a buttered baking-dish cover the eggplant with buttered crumbs. Let it bake until the crumbs are nicely browned.

#### KOHL-RABI

Take 1 quart kohlrabi. Cut off the leaves, or tops, and cook them separately in boiling water, salting when partly cooked. But first wash and peel the kohlrabi root and cut it in slices. Let them cook until tender in boiling water to which salt is added when they are partly cooked. When the greens have cooked tender and been drained, chop them fine in a wooden bowl. Heat 2 tablespoons butter,

adding to it 2 tablespoons flour. To this add the chopped greens with 1 cup of the water in which the kohlrabi has been boiled. Then put in the rest of the kohlrabi and cook all together before serving.

#### CREAMED KOHL-RABI

After washing and paring 6 kohlrabi, cut them into cubes of  $\frac{1}{2}$ -inch size. In boiling water enough to cover them let them cook until tender, adding salt when they are partly cooked. When they are done, drain and slightly dry them before serving with white sauce made from 2 tablespoons flour, 2 tablespoons butter, 2 cups milk, seasoning of salt and paprika, and 1 yolk of egg stirred in after the other ingredients are well mixed.

#### SAUTÉD LENTILS

After washing 1 pint lentils, let them soak over night. Then, when they have been drained, cover them with warm water with  $\frac{1}{4}$  teaspoon soda dissolved in it. Let them heat to the boiling-point. After they have boiled gently for 1 hour, drain them again and pour on enough fresh boiling water to cover them. Now let them boil for  $1\frac{1}{2}$  to 2 hours longer, or until you can crush a lentil quickly in your fingers. Drain them again, in a colander. Into 2 tablespoons butter melted in a frying-pan stir the lentils, seasoning to taste with salt and pepper. Let them stand over the fire 15 minutes, stirring them all the time. If preferred, put with the lentils 2 minced onions.

#### MACEDOINE

Boil in unsalted water until tender 1 good-sized carrot, scraped and cut into cubes, with 2 white turnips, pared and cut into cubes. Drain them, when done, and add to them 1 can or 1 pint of peas and 1 can or 1 pint of string beans that have been already cooked. Reheat the whole in  $\frac{1}{2}$  cup water with 1 teaspoon beef extract or  $\frac{1}{2}$  cup stock, 2 tablespoons butter, 1 teaspoon sugar and salt and pepper to taste, and serve while hot.

#### TO PREPARE MUSHROOMS

If the stalks are both tender and solid, when they have

been cut off, scrape or peel them and cut them into pieces to be cooked with the caps. When the caps have been pared, put them with the cut-up stems into a dish of water with the juice of  $\frac{1}{2}$  lemon. If the stalks are not tender and solid, throw them away. Be careful not to cook mushrooms too much or they will be tough.

#### STEWED MUSHROOMS

Take  $\frac{1}{2}$  pound mushrooms, clean and prepare as directed above, breaking the caps in pieces. Cook the mushrooms for 2 minutes in 3 tablespoons butter. Then, after sprinkling them with salt, pepper and flour, cook them slowly for 5 minutes in  $\frac{1}{2}$  cup hot water or stock.

#### CREAMED MUSHROOMS

After cleaning 1 pound mushrooms, cut the caps and stems into thin slices. Then cook them for 3 minutes in 5 tablespoons melted butter. When they have been dredged with  $1\frac{1}{2}$  tablespoons flour and salted and peppered, pour over them  $\frac{1}{2}$  cup thin cream and let them cook 5 minutes, stirring them all the time.

#### BROILED MUSHROOMS

Take 12 large mushrooms and, after washing, remove stems. Broil the caps (placed cap side down at first) for 5 minutes in a buttered broiler. Then turn cap side up, add salt and pepper and drop a bit of butter in each cap. Serve them on buttered toast.

#### SAUTÉD MUSHROOMS

When mushrooms have been washed and prepared, drain until dry. Let them cook for 20 minutes in a covered frying-pan with 2 tablespoons melted butter and a little salt, shaking them as they cook. Serve hot on slices of toast.

#### ROASTED MUSHROOMS

Choose 3 plump mushroom caps, shaped like cups. After preparing them according to directions above, stand them upside down in a baking-dish. Salt and pepper them, putting into each cup a small piece of butter. In a moderate oven

let them cook for about 5 minutes. Serve very hot on toast.

#### BOILED OKRA

Wash 1 quart okra pods, being careful not to break them, and remove stems. Let them boil slowly until tender in just enough water to cover them, adding salt when they are partly cooked. After draining carefully in a colander serve with a sauce made by mixing thoroughly and heating some melted butter, a little vinegar, salt and pepper.

#### STEWED OKRA, SPANISH STYLE

When 50 good-sized okra pods have been washed and had both ends of each pod cut off, let them simmer until tender in a covered saucepan with  $\frac{1}{4}$  pound lean ham chopped fine, and enough stock and stewed tomato to cover the mixture. Add a little salt and pepper. When the okras are tender, rub together until smooth 1 tablespoon flour and 1 tablespoon butter and stir them into the above mixture until it thickens. Serve, garnished with chopped parsley.

#### BOILED ONIONS

Hold onions beneath surface in a pan of cold water while peeling them. After draining, boil them in boiling salted water for five minutes. Then, draining them again, cover with boiling salted water again and let them boil until they are tender but not soft enough to fall apart. Again drain; then let them heat a few minutes in a little milk, adding seasoning of butter, pepper and salt. Or they may be served in white sauce.

#### BAKED ONIONS

For this use, choose Spanish onions or others that are large and of even size. Wipe them and leave them unpeeled. Let them bake in a baking-dish until tender (about 1 hour), then take out the roots and remove the peel. Put them back into the dish, and, after adding melted butter, salt and pepper, place in the oven a few minutes before serving.

#### FRIED ONIONS

After slicing the onions let them cook until light brown

in butter or fat with salt and pepper. Or let the slices soak in milk for 10 minutes; then, after draining, cover with flour and let them cook about 4 minutes, or until crisp, in boiling hot fat. Season with pepper and salt before serving.

#### STUFFED ONIONS

After peeling 1 quart of medium-sized onions, parboil them by letting them cook in boiling salted water for 10 minutes. When they have cooled a little, take out part of centers without breaking the root end. Take the parts of onions which you removed and chop them fine, adding equal parts of soft bread-crumbs, bits of finely-chopped cooked meat or chicken and seasoning of salt and pepper. Mix all together, moistening with melted butter or cream. When the onions have been stuffed with the mixture, set them closely side by side in a baking-dish well buttered and sprinkle buttered crumbs over the top. Or the stuffed onions may have white sauce poured around them in the baking-dish with chopped carrot, parsley and hard-cooked egg forming a layer over all. In either case, they should be baked until soft and brown in a moderate oven.

#### ONIONS IN NESTS OF SWEET POTATO

Take small white onions, boiled tender and drained. Make for them nests of sweet potatoes mashed and seasoned with salt, pepper and butter. Serve them hot with sauce made as follows: Mix until smooth 1 tablespoon flour and  $1\frac{1}{2}$  tablespoons melted butter, adding 1 cup milk and stirring steadily until the sauce grows thick. Salt and pepper to taste and garnish with chopped parsley.

#### ONIONS AND APPLES

Peel and slice 2 pints onions. Pare, core and quarter 3 pints apples. Let them cook, covered, in  $\frac{1}{4}$  cup fat for 10 minutes, stirring from time to time. Season with salt and 1 tablespoon sugar. When the onions are cooked tender and the apples soft, serve hot.

#### CREAMED OYSTER PLANT (OR SALSIFY)

When the oyster plant has been washed and scraped, it

should be dropped immediately into cold water in which there is a little lemon juice or vinegar. Then cut it into thin slices and let it cook until soft in boiling water, adding salt when the oyster plant is partly cooked. When soft, drain and serve in white sauce. Or, after it is drained, pour over it 1 cup milk, heat, and add 1 teaspoon flour, 1 tablespoon butter, salt and pepper. After cooking for 5 minutes, serve on slices of buttered toast.

#### FRITTERS OF OYSTER PLANT

After cooking the oyster plant for creaming, as above directed, mash it, adding salt, pepper and butter. Make small, thin cakes. After dredging with flour, fry them in butter.

#### PARSNIPS

If the parsnips are not young, remove the woody center. Otherwise, simply wash and scrape them and cut them into slender finger-like pieces about 2 inches long before cooking in boiling salted water. When they are soft, drain them and serve with melted butter, drawn butter or cream sauce. The parsnips may be cut in dice-shaped pieces before cooking, if preferred.

#### FRIED PARSNIPS

After scraping the parsnips, boil until tender; then drain. When they have cooled, cut them in long thin slices, seasoning the slices with salt and pepper and dipping them in fine bread-crumbs or flour before frying in hot fat until well browned on both sides.

#### PARSNIP BOULETTES

After scraping, slicing and boiling parsnips until tender, drain and mash them, taking out all tough parts. Then for every cupful of parsnips take 2 tablespoons flour,  $\frac{1}{2}$  teaspoon salt and 1 egg well beaten. Mix all together and make of the mixture small balls before frying in very hot fat.

#### PARSNIP FRITTERS

After washing parsnips and boiling them for 45 minutes in salted water, let them drain. Then plunge them into

cold water and slip off the skins. After mashing them and seasoning with salt, pepper and butter, make small flat cakes, and, after rolling them in flour, fry in butter.

#### BOILED PEAS

Do not shell peas until just before time to cook them. After shelling, wash and drain. Let them cook until tender in a covered saucepan with enough water to keep them from scorching. Add salt when they are partly cooked. If the peas are young they will require little cooking, perhaps only 10 to 20 minutes. Drain them only if there is surplus water left in the pan when they have finished cooking. Add salt, pepper and butter before serving. Or, if preferred, they may be reheated in a little milk with salt, pepper and butter, or served in White Sauce.

#### BUTTERED PEAS

Shell 2 quarts peas and boil until tender; then, after draining and drying on a cloth, put them into a saucepan in which 2 tablespoons butter have been well heated but not browned. Stir the peas until they have become thoroughly mixed with the butter, and serve very hot.

#### STUFFED PEPPERS

Take 6 green peppers and, after cutting off the stem end and taking out the seeds, let them cook for 8 or 10 minutes in boiling salted water. For the stuffing, use  $1\frac{1}{4}$  cups of cooked chicken, veal or ham,  $1\frac{1}{4}$  cups moistened bread-crumbs (or boiled rice), 1 tablespoon grated onion, 1 cup strained tomatoes and a little salt and pepper. Mix well together. After draining the peppers, fill them with the mixture, set them in a baking-dish and sprinkle the tops with buttered crumbs. Put 1 cup water or stock in the pan and baste peppers with it often. Bake them 15 to 25 minutes.

#### STUFFED PEPPERS À L'ITALIENNE

Take one dozen sweet green peppers; cut off stem ends and take out seeds. Fill with the following mixture: To 1 tablespoon olive oil heated in a frying-pan add  $\frac{1}{2}$  pound, each, pork and beef, chopped and seasoned with salt and pepper.



When the meat has browned, take it from the heat and mix with it  $\frac{1}{4}$  pound rolled crackers,  $\frac{1}{8}$  pound grated Roman cheese, 1 hard-cooked egg chopped,  $\frac{1}{4}$  cup seedless raisins, and  $\frac{1}{4}$  cup pignon (Italian nuts). Fasten the tops in place again upon the stuffed peppers, using toothpicks to skewer them. After heating  $\frac{1}{4}$  cup olive oil in a frying-pan, put in the stuffed peppers and let them cook until a little brown. Serve with Italian tomato sauce, made as follows: In 1 tablespoon olive oil brown slightly 1 chopped onion and 1 clove garlic chopped fine; to this add 1 quart tomatoes strained, and let it cook for about 15 minutes.

#### BOILED POTATOES

If the potatoes are old it is well to let them soak in cold water for about an hour before boiling. Choose potatoes of uniform size. If they are new potatoes they may be boiled in their skins. In any case, wash them well first. In paring, remove a very thin layer with a very sharp knife and drop them at once into cold water. Old potatoes should be put on the stove in cold water; but new ones should be started in boiling water. Let them cook until tender when tested with a fork. Add salt when they are partly cooked. When tender, drain and set in a warm place to dry, but without covering. Sprinkle with salt, and, if desired, add a little butter. Serve uncovered.

#### MASHED POTATOES

When the boiled potatoes have been well drained, mash them until fluffy in a place where they will keep warm. Add salt, pepper, butter and a little cream or milk (heated milk is preferable). Beat until the potatoes are light, smooth and creamy. Serve hot but uncovered.

#### RICED POTATOES

Take hot boiled potatoes, press them through a coarse strainer and sprinkle salt over them. Have the serving-dish hot and pile them lightly upon it.

#### CREAMED NEW POTATOES

Take 12 small new potatoes and, instead of paring, scrape

all the skins off. In boiling, add salt when they are partly cooked. As soon as they are tender, drain them. In the serving-dish pour over them a white sauce sprinkled with chopped parsley or paprika.

#### CREAMED POTATOES

Take cold boiled potatoes and cut them into small pieces, cube-shaped. Add 1 cup milk and let them cook rather slowly, shaking or stirring often to prevent scorching, until the milk is thickened and creamy. Add salt, pepper and butter before serving.

#### MASHED-POTATO BALLS

Take 2 cups cold mashed potatoes and mix with it the beaten yolk of an egg. Form the mixture into balls and put them into a greased pan. Press down the top of each ball into a little hollow, putting a bit of butter into each hollow. Let them cook in the oven until brown.

#### POTATOES AU GRATIN

Take 2 cups boiled potatoes cut into small pieces, mix them with  $1\frac{1}{2}$  cups white sauce and cook until heated through. Add salt and pepper to taste and 1 teaspoon parsley chopped fine. Put this mixture into a buttered baking-dish, and, when the top has been sprinkled with 3 or 4 tablespoons grated cheese, then covered with a layer of buttered crumbs, bake it until the bread-crumbs turn brown.

#### SCALLOPED POTATOES

Take about 6 middle-sized potatoes and pare them. Then cut them up into thin slices. In the bottom of a baking-dish spread an inch-deep layer of potato, seasoned with salt and pepper, sprinkled lightly with flour and dotted with bits of butter. Build up one or two more layers, then add enough milk to reach nearly to the top. Let them bake, covered, for about an hour; then uncover the dish to allow the top to brown, and cook about 15 minutes longer, or until tender when pierced. Serve the potatoes in the baking-dish.

## POTATO PUFF

Take 2 cups hot mashed potatoes and stir into them 2 yolks of eggs very well beaten, 2 tablespoons butter and  $\frac{3}{4}$  cup milk, with salt and pepper to taste. When these are well mixed and beaten, fold in with them the whites of the eggs, which have been beaten until stiff. Pile the whole lightly in a buttered baking-dish, and bake until brown and puffy (about 10 minutes) in a moderate oven. Serve immediately, very hot.

## POTATO CAKES

Shape cold mashed potatoes into round cakes about  $\frac{3}{4}$  inch thick, and fry them in a hot buttered pan, browning well on both sides.

## POTATO CROQUETTES

Take 1 pint riced potatoes and mix lightly with them the yolk of 1 egg well beaten, 2 tablespoons butter, a little celery salt, with pepper and salt to taste. Sprinkle in 1 teaspoon chopped parsley, and, if desired, add a few drops onion juice. Shape the mixture into cylinders, rolling them in bread-crumbs, dipping them in beaten egg, then rolling again in crumbs, before frying in deep hot fat. Let them drain on absorbent paper before serving.

## BAKED POTATOES

For baking choose medium-sized potatoes with smooth skins. After scrubbing, and cutting out any dark portions, let them bake 45 minutes or more, until tender, on the rack in a hot oven (and be sure that the oven is hot when they go in). In testing the potatoes, protect the hand with a cloth and squeeze each potato. When they feel soft, burst open the skin a little to let out the steam, and serve immediately. Do not cover them.

To make the baked potatoes more attractive, 3 slits crossing each other in the middle may be cut in one side. Then, when the potato is pressed from below it will open flower-like. A little butter may be placed in the opening and a dash of paprika added.

## POTATOES ON THE HALF-SHELL

Take medium-sized baked potatoes and cut away the skin from one side of each, so that when the inside is carefully scooped out a boat-shaped shell will be left. Rice the inside of the potatoes or mash it thoroughly, beating in with it 2 tablespoons butter, salt and pepper to taste, and a little hot milk. Fill the shells lightly with the mixture, without pressing down or smoothing. Brush melted butter over the top, and, if desired, sprinkle with grated cheese. Brown quickly in the oven and serve at once. If the potatoes are very large, they may be cut in halves lengthwise for stuffing.

## FRANCONIA POTATOES

Take potatoes uniform in size (not too small); scrub and pare them before letting them boil 10 to 15 minutes. Then drain them and let them continue cooking in the dripping-pan with roasting meat, about 45 minutes. Baste them while basting the meat. Parboiling may be omitted, but then longer cooking in the oven will be required.

## FRIED POTATOES

Into a hot frying-pan well greased with butter or other fat turn cold boiled potatoes sliced or chopped. Let them cook until they are browned slightly.

## SARATOGA POTATOES

In cold salted water soak potatoes that have been sliced very fine. After draining between cloths until dry, put a few at a time in hot deep fat. When they have cooked crisp and delicately brown, they should be drained on absorbent paper, then sprinkled with salt before serving.

## LYONNAISE POTATOES

Take cold boiled potatoes, not cooked too soft, and cut them into dice. Into 2 tablespoons butter or drippings in a hot frying-pan stir 1 tablespoon chopped onion and cook until it is beginning to brown. Then stir in the potatoes and keep them well stirred until browned lightly on all sides. Season with salt and sprinkle with 1 tablespoon chopped parsley before serving.

## FRENCH FRIED POTATOES

Use potatoes that are long and slender, cutting them into eighths lengthwise, after scrubbing and paring them. When they have been soaked awhile in cold salted water, they should be drained and dried with cloths, then fried until crisp and tender in deep hot fat. Sprinkle salt over them before serving.

## O'BRIEN POTATOES

Scrub and pare potatoes and cut into balls or cubes. After they have soaked in cold water and been thoroughly drained, fry until tender and lightly browned in deep hot fat; then drain on absorbent paper and sprinkle over with salt. In 2 tablespoons butter cook until brown (about 3 minutes) 1 or 2 slices onion, then remove the onion and stir into the butter 3 canned pimentos which have been cut into small pieces. After they have become well heated through, add the fried potatoes. Before serving sprinkle with parsley finely chopped.

## AMERICAN FRIED POTATOES

After scrubbing and paring the potatoes cut them into quarter-inch slices and fry them in a frying-pan with a little fat until they are browned on both sides. Before serving, season with salt and pepper.

## HASHED BROWN POTATOES

Use boiled potatoes, chopping them and seasoning with salt and pepper. In 2 tablespoons hot fat in a frying-pan spread the potatoes packing them flat, and let them cook slowly. When they are browned on the bottom fold them over, as you would fold an omelet, and turn out on a hot platter.

## SWEET POTATOES

Sweet potatoes may be boiled or baked in the same way as white potatoes. They are usually boiled with the skins on and pared as soon as they are taken from the kettle.

## GLAZED SWEET POTATOES

Boil the potatoes in their skins. When they are tender,

drain them and pull off the skins. Then, cutting them lengthwise and putting them in a buttered pan, spread butter over them. Make a sirup by boiling together for 3 minutes 1 cup brown or maple sugar and  $\frac{1}{4}$  cup water. Pour this around the potatoes and baste them often with it while baking in a moderate oven until candied. More sirup should be added, if necessary, while baking.

#### SWEET-POTATO SOUFFLÉ

Boil the sweet-potatoes in their skins. When they are tender, peel and mash them. Then for every 2 cups of the mashed potato add 2 tablespoons melted butter, a little salt and pepper,  $\frac{1}{2}$  cup cream and  $\frac{1}{2}$  cup sugar with a dash of nutmeg grated over it. Beat separately the whites and yolks of 2 eggs, stirring in the yolks, then folding in the whites. Bake for about 20 minutes, in a single buttered baking-dish or in individual buttered dishes, with butter dotted over top of potato mixture.

#### SWEET POTATOES, SOUTHERN STYLE

Take 4 boiled sweet potatoes; peel and quarter them and put them in a buttered baking-dish, spreading butter generously over them, then covering with  $\frac{1}{4}$  cup brown or maple sugar. Add 1 tablespoon water and a little lemon juice, and place them in the oven to brown.

#### MASHED SWEET-POTATO CARAMEL

Take boiled or baked sweet potatoes (left-overs may be used), and mash them, seasoning with salt and pepper and adding enough milk to produce a smooth paste. Take  $\frac{1}{2}$  cup maple sirup and boil it with  $\frac{1}{4}$  cup butter. Pour this over the potatoes in a buttered casserole and let them bake in the oven until caramel begins to form over the top.

#### SCALLOPED SWEET POTATOES AND APPLES

Use 2 cups cold boiled sweet potatoes cut into quarter-inch slices and  $1\frac{1}{2}$  cups thin slices of sour apple. In a buttered baking-dish spread a layer of the sliced potato, then a layer of the sliced apple, sprinkling over them a little salt and  $\frac{1}{4}$  cup brown sugar and spreading about bits

of butter. Make a second layer of each in the same way. Let the whole bake for 1 hour in a moderate oven.

#### BOILED SPINACH

To prepare spinach for boiling, after picking over carefully and removing wilted leaves and roots, wash in several waters, making sure that no sand is left. A large kettle will be needed for boiling, which may be done two ways.

*Either* place the spinach (2 pounds) in the kettle with no more water than remains on the leaves after washing, and let it cook, *covered*, until tender, adding salt when spinach is partly cooked. *Or* plunge the spinach into a half-kettleful of boiling water, adding  $\frac{1}{4}$  teaspoon soda for every quart of water and salting to taste. In the latter case, boil, *uncovered*, until spinach is tender. Before serving, drain the spinach and chop it, adding salt, pepper and butter. If desired, a little lemon juice may be mixed in while spinach is being chopped. *Or*, the spinach may be pressed as dry as possible in a colander, then chopped with a knife before it is put back in the kettle. There the salt, pepper, and butter should be stirred in. When it is very hot, the spinach should be placed in a mound on the serving-dish and garnished with sliced hard-cooked eggs.

#### SPINACH, FRENCH STYLE

When spinach has been boiled and chopped fine, heat it over in a hot pan where 3 tablespoons flour have been cooked in 4 tablespoons butter and  $\frac{2}{3}$  cup of chicken stock has been added. For seasoning use salt, pepper, a little grated nutmeg and lemon rind, and 1 teaspoon powdered sugar.

#### CREAMED SPINACH

After spinach had been boiled, well drained and chopped fine, reheat it with salt, pepper, 1 tablespoon butter, and, when the butter is all melted, 2 tablespoons cream and 2 hard-cooked egg-yolks chopped fine. Serve as soon as all are mixed.

#### SUMMER SQUASH, STEWED

Young summer squash will be tender and have a thin skin.

After washing and peeling, cut it into quarters or smaller pieces, and scrape out the seeds and the mesh in which they lie. Then place the squash in boiling water to cook until tender (about 20 minutes). When it has been drained, mash it, adding salt, pepper and butter to taste. If the squash is very young and thin-skinned it need not be peeled before boiling, and if the seeds are very small and tender, they may be left.

#### SUMMER SQUASH, STEAMED

Prepare as for stewing; then cut squash into slices and steam until tender (about 30 to 40 minutes) in a steamer over a kettle of boiling water. After draining, add salt, pepper and butter and reheat in a saucepan, stirring occasionally.

#### WINTER SQUASH, STEAMED OR STEWED

When the squash has been washed and cut into quarters or into pieces 3 inches square, scrape out the seeds and their mesh and cut away the peel. Either steam, or cook in boiling salted water, until tender. After draining, mash the squash, adding butter, salt and pepper, and, if desired,  $\frac{1}{2}$  cup milk.

#### BAKED SQUASH

Take a winter squash and, after washing, cut it into squares of about 2 inches, scraping out seeds and mesh. Lay the squares in a dripping-pan, sprinkling them with salt and pepper and placing upon each square  $\frac{1}{2}$  teaspoon melted butter and  $\frac{1}{2}$  teaspoon molasses. Let them bake in a moderate oven until soft (about 50 minutes); then serve as they are—that is, without removing from the shell.

#### FRIED SQUASH

Use summer squash, preferably the white squash, for frying. After washing, cut into thin slices. Season them with salt and pepper, roll them in bread-crumbs, dip them into egg (beaten), and then in crumbs again before frying in deep fat until brown. Drain on absorbent paper before serving.

#### WINTER SQUASH IN THE SHELL

Take a small Hubbard squash, and, after having cut off



the top and scraped out the seeds and mesh, let it bake in a pan until tender. Without breaking the shell, take out the pulp, mash it and season it with butter, pepper and salt. Fill the shell with the mixture, smoothing the top and brushing it over with beaten egg and milk, and adding bits of butter. Let it brown in the oven before serving.

#### STEWED TOMATOES

To remove skins from the tomatoes, pour boiling water over them, let them drain, then dip them into cold water. The skins can then be easily slipped off. Cut the tomatoes into pieces before putting them into a kettle to stew until tender. Add little or no water, and use for stewing them a kettle of porcelain or granite ware. Before serving, season with salt, pepper and butter. A teaspoon of sugar may be added, if desired, and a little flour may be rubbed into the butter, if a bit of thickening is preferred.

#### BAKED TOMATOES, VIRGINIA STYLE

Take tomatoes of medium size that are ripe and firm; and when they have been well wiped, prick in several places with a fork before baking until tender in a moderate oven. Before serving, slip off the skins. Serve with sauce made by rubbing together until smooth 3 tablespoons flour and 2 tablespoons butter and cooking this thickening in 1 cup thin cream; salt to taste.

#### BAKED TOMATOES, STUFFED

Cut from the stem end of each of 6 large, well-shaped tomatoes that have been wiped, a slice large enough to allow room for removing the pulp and seeds without breaking the shells. With the inside of the tomatoes mix well an equal quantity of cold cooked macaroni or rice or of bread-crumbs, a few drops onion juice, a little salt, pepper and butter, and 1 tablespoon chopped parsley. Now refill the shells with the mixture, replacing the slices cut from the tops. Let the tomatoes bake  $\frac{1}{2}$  hour in a moderate oven.

#### STUFFED TOMATOES

When you have wiped 6 large, firm, well-shaped tomatoes

and cut from the top of each a small slice, carefully remove the seeds and pulp without breaking the shells. Make filling by mixing together 12 chopped mushrooms,  $\frac{1}{2}$  cup chicken meat chopped fine, 4 tablespoons bread-crumbs, 1 tablespoon melted butter and 1 tablespoon chopped parsley. When the shells have been refilled, bake the tomatoes in a moderate oven  $\frac{1}{2}$  hour. Serve hot with cream sauce.

#### FRIED TOMATOES

Wash 6 ripe, sound tomatoes but do not peel them. After slicing evenly, dip in bread-crumbs seasoned with salt and pepper, and fry the breaded slices in hot fat. They should be served very hot.

#### SCALLOPED TOMATOES

Use 1 quart cooked tomatoes or 6 large-sized fresh tomatoes. If fresh tomatoes are to be used, skin and slice them; if canned tomatoes, drain off the juice, retaining the pulp. In a baking-dish place alternate layers of tomato and buttered bread-crumbs, having the top layer of bread-crumbs. If desired, a layer of grated cheese may be added above each layer of crumbs. Let them bake in a moderate oven  $\frac{1}{2}$  hour, and serve from the baking-dish.

#### MASHED TURNIPS

It is in the fall and winter that turnips are at their best. There are several varieties, of which the large yellow turnip, the rutabaga, is perhaps the most desirable. After washing and paring the turnips, cut them into quarters, smaller pieces, or slices before cooking in boiling water until soft. Add salt when they are partly cooked. When tender, drain and mash them, letting them stand for a few minutes where slight heat will dry them, and stirring often while they dry. Add seasoning of salt, pepper and butter.

Mashed turnips are good combined with an equal quantity of hot mashed potatoes.

#### CREAMED TURNIPS

When the turnips have been washed, pared and cut into small pieces, cook 3 cupfuls in boiling water until tender. Then, after draining, add to them 1 cup white sauce.

## CEREALS AND CEREAL DISHES

CEREAL foods are grain foods, prepared from wheat, oats, corn, rice, rye, barley and buckwheat. They all contain starch in greater or less quantity. In their manufacture, they are variously treated. Sometimes they are "refined" so as to lose most of the outer coating of the seed, sometimes they are partly "refined," and sometimes left whole. The more "refined" the cereal, the lighter the color will be, the less the nutritive value, and the greater the quantity of water required in cooking.

It is better, under ordinary conditions, not to keep a large stock of cereals at one time. They should be stored in closely covered jars in a dry, cool place.

As cooking slowly and for a long time improves the flavor and the value of a cereal, a double boiler or a fireless cooker gives better results than more hasty preparation directly over the heat. The proportion of water and of salt used in cooking should be somewhat determined by the tastes of those for whom the cereal is being prepared. Boiling water and some salt are necessary for all cereals. In general 1 teaspoon salt is allowed to each cup of cereal.

In using the double boiler, let the cereal cook for the first 5 or 10 minutes directly over the heat; then set the upper saucepan, containing the cereal, over the lower saucepan containing water for steaming, and let the cooking go on steadily, but not too rapidly, until the cereal is ready to serve.

### OATMEAL

Have the water (1 quart or 4 cups) boiling in the upper pan of a double boiler. Add 1 teaspoon salt. Sprinkle into the water 1 cup oatmeal, and let it boil 10 minutes over direct heat, with occasional stirring to prevent sticking. Then place the saucepan in the lower part of the double boiler and let the oatmeal cook 2 or 3 hours, removing the cover for the last 10 minutes. Some oatmeal cereals are

partly cooked when bought and will require less cooking at home.

#### CORN-MEAL MUSH

Into 4 cups boiling water to which 1 teaspoon salt has been added, sprinkle gradually, so that boiling will not be interrupted, 1 cup corn-meal. Let it cook for 10 minutes over direct heat, stirring continually. Then, placing container in lower part of double boiler, let cooking continue 40 minutes to 3 hours (the flavor will improve with longer cooking).

When the mush is to be used for frying, it may be prepared by mixing 2 cups corn-meal and 2 teaspoons salt with 2 cups cold water before stirring into the 4 cups boiling water. Then proceed as above. When the mush is thoroughly cooked, pour it into a square mold to cool for future use.

#### FRIED CORN-MEAL MUSH

Cut left-over or molded mush into slices, and after dipping them in flour fry them in hot butter or other fat, browning each slice on both sides. Serve with sirup, as breakfast or luncheon dish.

#### CREAM OF WHEAT

Have 4 cups water actively boiling in saucepan with 1 teaspoon salt. Gradually add  $\frac{1}{2}$  cup cream of wheat and continue stirring until it thickens. Then let it cook over boiling water for  $\frac{1}{2}$  to  $\frac{3}{4}$  hour.

#### HOMINY

To 4 cups boiling water with 1 teaspoon salt add 1 cup finely ground hominy. After cooking 10 minutes over direct heat, let it steam over boiling water 1 hour or more. Cooking overnight in a fireless cooker is the best way.

#### CEREAL WITH DATES

Use one of the fine wheat breakfast cereals, taking  $\frac{3}{4}$  cup cereal with 1 teaspoon salt and mixing it with  $\frac{3}{4}$  cup cold water. To this add 2 cups boiling water, and after boiling 5 minutes over direct heat let it steam 30 minutes in

a double boiler. Have  $\frac{1}{2}$  pound dates stoned and cut into pieces. Stir them into the cereal and serve with cream.

#### STEAMED RICE

Rice should be washed thoroughly, rubbed well through the hands, with the water changed several times until it shows no cloudiness.

To about 3 cups boiling water and 1 teaspoon salt in the upper part of a double boiler add 1 cup rice (well washed), putting it in gradually and stirring with a fork. After boiling 5 minutes over direct heat, let it steam in the double boiler for 45 minutes or more, until kernels feel soft when pressed between the finger and thumb. If desired, use only half the quantity of water and when it has been absorbed put in scalded milk to fill up the quantity of liquid.

#### BOILED RICE

Take 1 cup rice, wash well, and add it slowly to 2 quarts boiling water without interrupting the boiling. The water should contain 1 tablespoon salt. (New rice will require less cooking than old and will take up less water.) Let the rice boil steadily for 30 minutes or more, until kernels are soft. Drain well in a colander, pouring boiling water through to set the grains separate. Dry for a few minutes in an open oven or on the back of the range.

#### BARLEY, SAGO, ETC.

If pearl barley, sago or tapioca is used instead of the larger-grained variety, less time will be required for cooking.

Over  $\frac{1}{2}$  cup barley (or other of these grains) pour gradually 1 quart boiling water with 1 teaspoon salt dissolved in it. Let it boil 1 or 2 hours or more, until it is tender, adding boiling water whenever needed. When it is done each kernel should be distinct and separate. These cereals may be served as vegetables.

#### BAKED HOMINY

To 1 cup boiling water with 1 teaspoon salt dissolved in it add by degrees  $\frac{3}{4}$  cup fine hominy. Stir continually

while it comes to the boiling-point After it has been boiling 2 minutes, let it continue cooking in a double boiler until the water has been soaked up. Stir in carefully 1 cup milk. When it has been cooking 1 hour, take it from the heat and put with it  $\frac{1}{4}$  cup butter, 1 tablespoon sugar, 1 egg (beaten slightly), and 1 cup milk. Let it bake in a slow oven for 1 hour, in a buttered baking-dish.

#### RICE À LA CREOLE

Take 1 slice of cooked ham and 1 onion, both chopped fine, and mix with them 1 cup boiled rice, 1 tablespoon butter, and 2 cups of cooked tomatoes which have been seasoned to taste with salt and paprika. In a buttered baking-dish place the mixture with bread-crumbs spread over the top. Bake for 15 minutes before serving.

#### CURRY OF RICE

In a saucepan cook 1 teaspoon chopped onion in 2 tablespoons butter until the onion turns yellow. Then add 1 cup of well-washed rice and continue cooking for 5 minutes, stirring steadily. Taking the saucepan from the fire, season the mixture with 2 teaspoons salt,  $\frac{1}{4}$  teaspoon pepper and 2 tablespoons curry powder, and stir in  $2\frac{1}{2}$  cups boiling water. After 10 minutes' rapid boiling in the covered pan, continue the cooking, but with slow heat, for about 40 minutes.

#### MACARONI

In 2 quarts boiling salted water cook until soft  $\frac{3}{4}$  cup macaroni broken into inch-long pieces. After draining it and pouring cold water over it, reheat in  $\frac{1}{2}$  cup cream or milk, seasoning to taste with salt. If preferred White Sauce may be substituted for the cream or milk.

Or the macaroni in the White Sauce may be placed in a buttered baking-dish and spread with a covering of buttered crumbs before baking until the crumbs are nicely browned.

Or in the buttered baking-dish arrange alternate layers of boiled macaroni and grated cheese (a sprinkling of cheese will suffice). Over them pour White Sauce, and cover the top with buttered crumbs, baking until the crumbs turn brown.

## EGGS

There are various ways of testing an egg to see whether it is fresh. One is to place the egg in water. A fresh egg will go to the bottom and lie on its side; one slightly stale will lie with the large end partly lifted from the bottom; one that is altogether stale will either float or stand on end. An egg whose contents rattle is far from fresh. A stale egg, too, is likely to be shiny, while the shell of a fresh egg has a soft bloom.

### BOILED EGGS

Eggs should not be cooked in water that is boiling, as that process produces a tough substance that gives trouble in digesting.

*Soft-boiled Eggs:* In a pan that can be closely covered heat water to the boiling-point (taking 1 pint to an egg for the first 6, and  $\frac{1}{2}$  pint for each egg added after that). Immediately put the eggs into the water, being careful not to crack the shells, and covering the vessel at once. Let it stand in a warm place for 4 to 6 minutes before serving the eggs, which will be evenly cooked through by this method.

*Hard-boiled Eggs:* Set the eggs in cold water and let it heat slowly to the boiling-point. Then let them stand for 20 to 30 minutes where the water will not boil again but will keep hot. If the eggs are to be cut up or used in the preparation of other dishes, plunge them into cold water when they are taken from the hot water.

### POACHED (OR DROPPED) EGGS

In a frying-pan or shallow saucepan heat salted water to the boiling-point. Into this slip the eggs one by one, each from a saucer into which it has first been broken. Have enough water to cover the eggs. Let the pan stand where the water will keep hot until the whites of the eggs have set as firmly as may be desired. Lift them from the water on a buttered skimmer, one by one, and slip each one upon a piece of buttered toast. An egg-poacher or buttered

muffin rings may be used to hold the eggs in shape while cooking.

#### SHIRRED (OR BAKED) EGGS

Into buttered ramekins or egg-shirrer sprinkle buttered crumbs, then carefully slip into each an egg from the cup into which it was first broken. Add seasoning of salt and pepper and a layer of buttered crumbs before baking in a moderate oven until the crumbs are browned and the white of the egg is set. The crumbs may be omitted and simply a little butter, with salt and pepper, placed on the top of the egg.

#### SCRAMBLED EGGS

Beat the eggs until the yolks and whites are thoroughly mixed, and, after seasoning them with pepper and salt, stir in milk, allowing 1 to 3 tablespoons for each egg. Have a frying-pan hot and put into it 1 tablespoon butter for each egg. When the butter is hot pour in the egg mixture, stirring steadily and lifting the egg from the bottom and sides of the pan. Do not leave it over the heat an instant too long. Serve immediately.

#### BUTTERED EGGS

In a small omelet pan melt 1 tablespoon butter and into it drop carefully an egg. When it has cooked on one side until the white is firm, turn it. If more butter is needed, add it, but not more than enough to prevent the egg's sticking.

#### FRIED EGGS

Follow directions for buttered eggs, but do not turn the egg, pouring the melted butter over the egg from time to time, instead.

#### CREAMED EGGS

From 6 eggs which have been hard-cooked, take the shells, cutting the eggs into 6 sections each. Then in a frying-pan cook  $\frac{1}{2}$  onion, chopped, in 2 tablespoons heated butter. Before the onion can brown take it out, stirring into the butter 2 tablespoons flour, then adding salt and pepper to taste and 2 cups milk. When the sauce has thickened put in the eggs to heat thoroughly before serving on slices



of buttered toast. The onion may be omitted, if preferred.

#### EGG SOUFFLÉ

With 2 tablespoons butter, creamed, mix until smooth 2 tablespoons flour, and add gradually 2 cups scalded milk (or 1 cup each, milk and cream). After cooking it in double boiler for 5 minutes, stir in the yolks of 4 eggs which have been beaten until thick. Then, taking the mixture from the heat, fold in the whites of the eggs, which have been beaten until stiff. Let the soufflé bake until firm in individual molds or one larger dish, well buttered, in a slow oven. With it may be served a white sauce well seasoned with paprika and celery salt.

#### SCALLOPED EGGS

Shell and cut into slices 6 hard-cooked eggs. In a buttered baking-dish cover the bottom with bread- or cracker-crumbs, then place upon them a layer of sliced egg, seasoning with salt and pepper and adding bits of butter. Fill up the dish with alternate layers of the crumbs and the egg, having a layer of crumbs on top. Pour in enough milk or cream to about half fill the dish before baking until brown in a moderate oven.

#### EGGS AU GRATIN

Take 6 hard-cooked eggs, shelled and sliced, and place them in layers in a buttered baking-dish with seasoning of salt and pepper. Over them pour a white sauce, not too thick, then sprinkle the top with grated cheese and cover with a layer of buttered crumbs. In a moderate oven bake the mixture until the crumbs have browned.

#### CURRIED EGGS

Cut into quarters lengthwise 6 hard-cooked eggs from which the shells have been removed. Mix together 2 teaspoons cornstarch and  $\frac{1}{4}$  teaspoon curry powder. In a saucepan whose bottom has been rubbed with a slice of onion heat 1 teaspoon butter and 1 cup each of milk and stock, thickening the sauce with the cornstarch and curry powder and seasoning with salt and pepper. Place the sections of egg on buttered toast and pour the sauce over them.

## STUFFED EGGS

Take 6 hard-cooked eggs, remove the shells, and cut the eggs in half crosswise, carefully taking out the yolks. To the yolks, mixed smooth with 1 tablespoon melted butter, add 1 cup cooked meat, chopped fine, with seasoning of salt, pepper and chopped parsley. Moisten with cream, which should be stirred in gradually. Stuff the whites of the eggs with the mixture, press the halves together, and, after rolling in flour, beaten egg and bread-crumbs crushed fine, fry the eggs in hot fat.

## DEILED EGGS

Cut in half hard-cooked eggs, which have been shelled. Remove the yolks and mash them, adding butter, salt, pepper, a little vinegar and mustard. Chopped parsley, minced ham or mayonnaise dressing may be mixed with the yolks, if desired. After filling the whites with the mixture, round the tops nicely, and serve the halves on lettuce leaves. Or, if the eggs are to be used for picnicking, press the halves together and wrap each egg in a piece of oiled paper, twisting the ends to hold the halves in place.

## OMELETS

Separate the whites and yolks of 4 eggs, and beat the whites until stiff. After beating the yolks until thick, beat in 4 tablespoons hot water and a little salt and pepper. Now fold together the beaten yolks and whites. Heat butter in an omelet-pan so that sides and bottom will be well greased. Let the eggs cook slowly in the pan until they are lightly browned underneath; then let them stand in the oven until the top has dried sufficiently so that the egg will not cling to the finger when touched. Be careful not to let the omelet cook too much. With a spatula or a knife separate the edges of the omelet from the pan and fold the side nearest the handle over the other half. Slip the omelet on to the serving-dish, to be eaten without delay.

Omelets may be easily varied by sprinkling chopped meat, grated cheese, or chopped parsley into the eggs while they are cooking; or by spreading over the top, before folding, vegetables, jelly, jam or other prepared foods.

## SALADS AND SALAD DRESSINGS

For an attractive and appetizing salad the lettuce leaves should be very crisp and fresh and all the ingredients cold. Lettuce, thoroughly washed, should be kept in the refrigerator until time for using it. Before making the salad have the lettuce leaves dry so that there will be no moisture to thin the dressing. Meat that is to be used for a salad is best cut into half-inch dice, while fish will be more attractive if flaked. It is well to let meat or fish stand in a marinade for an hour or more before using, to improve the flavor. For fish the marinade is made by mixing 3 tablespoons oil with 3 tablespoons each of vinegar and lemon juice, with 1 teaspoon salt and  $\frac{1}{2}$  teaspoon pepper.  $\frac{1}{2}$  teaspoon onion-juice may be added. For meat or vegetables, use 6 tablespoons vinegar with the other ingredients, omitting the lemon juice. If several vegetables are to be combined in the salad, it is well to marinate them separately. Not until just before serving ought the salad dressing to be folded into the salad. Ingredients that have been marinated should be drained before being mixed.

### FRENCH DRESSING

To 3 tablespoons olive oil use 1 tablespoon vinegar or lemon juice,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. First mix together the salt, pepper and oil, then, stirring continually, add the vinegar or lemon juice slowly. French dressing may be varied by stirring into it other seasoning ingredients, such as chopped green peppers or parsley, grated cheese or a bit of garlic.

### MAYONNAISE DRESSING

Sift and stir together  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon sugar,  $\frac{1}{2}$  teaspoon mustard and a bit of cayenne pepper. With them mix well 1 egg yolk. Now, while stirring steadily, put in 1 tablespoon vinegar and 1 tablespoon lemon juice. Take  $\frac{3}{4}$  cup olive oil and begin adding it drop by drop to the mixture,

continually stirring. After a while the oil may be put in a teaspoon at a time. All the ingredients and utensils should be very cold before being used for making salad dressing. A silver fork or an egg-beater may be used to whisk the materials together. The mayonnaise can be varied by substituting tarragon vinegar for the ordinary vinegar or by stirring in chopped celery, olives, pimento, etc. It may be tinted by adding the juices of green vegetables, such as parsley and watercress or spinach, or the pounded coral of lobster.

#### BOILED DRESSING

Take 2 tablespoons flour, 1 teaspoon mustard,  $1\frac{1}{2}$  tablespoons sugar,  $\frac{1}{4}$  teaspoon salt and a little pepper. When these have been well mixed, add 1 egg beaten slightly and  $\frac{3}{4}$  cup milk. Then gradually stir in  $\frac{1}{4}$  cup vinegar, and let the dressing cook over boiling water for a few minutes until it thickens to the right consistency, stirring without pause. Just before taking it from the heat stir in 1 tablespoon butter.

#### RUSSIAN DRESSING

To  $\frac{1}{2}$  cup mayonnaise add 2 tablespoons Chili sauce, 1 tablespoon Worcestershire sauce and  $1\frac{1}{2}$  tablespoons lemon juice which have been well mixed together.

#### DRESSING FOR FRUIT SALAD

Stir together  $\frac{1}{3}$  cup orange juice and  $1\frac{1}{4}$  tablespoons lemon juice; then add 1 egg beaten slightly and 1 cup sugar. After the mixture has cooked for 10 minutes over boiling water, let it cool before folding in  $\frac{1}{2}$  pint heavy cream beaten stiff and a little salt.

#### LEAF SALADS

Lettuce, endive, or watercress may be served alone as salad. They should be washed, dried and chilled before serving. Lettuce may be parted into its separate leaves or each head may be cut in quarters. Serve French or Russian dressing with these salads.

#### SIMPLE VEGETABLE SALADS

Many different vegetables can be used for salad and served on beds of lettuce leaves.

*Tomatoes* may be skinned and served whole with mayonnaise dressing, each tomato standing upon lettuce leaves. Or they may be cut in half lengthwise or sliced, and served either with mayonnaise or French dressing.

*Cucumbers* may be peeled and either sliced or cut in dice; they may be served alone upon lettuce with French dressing or mixed with slices of tomato.

*Asparagus stalks* may be served with lettuce alone, or may be thrust through rings of red pepper, 3 or 4 stalks to one ring of pepper. Dressing for the asparagus may be either mayonnaise or French.

*String beans*, cooked and cold, should be marinated before using. When they have been piled in a salad dish they may be garnished around the base with thin slices of radish and served with French dressing.

*Celery*, cut into strips about 1 inch long, may be served alone on lettuce, or used in combinations with other vegetables. Mayonnaise dressing may be used for moistening the celery, and the salad may be garnished with pimento or pepper.

#### STUFFED TOMATO SALADS

Take 6 good-sized sound tomatoes and, after slicing off the tops, scoop out pulp and seeds, leaving the shells to be stuffed with any of the following fillings: celery cut into small pieces and mixed with mayonnaise, or celery and nutmeats cut fine and mixed with mayonnaise, or chicken or veal chopped and well seasoned, or hard-cooked eggs cut into small pieces and mixed with mayonnaise. On the top drop 1 teaspoon of the dressing, and serve each tomato on a bed of several lettuce leaves.

#### FROZEN TOMATO SALAD

Take 2 cups cooked tomatoes and season them with salt, pepper and a little sugar. After straining, pour into a mold and let it stand packed in ice and salt. When it has been chilled for 3 hours, turn from mold. Serve in slices on lettuce leaves with any dressing preferred.

#### TOMATO JELLY SALAD

Boil 3 cups stewed tomatoes with 1 stalk celery, 1 slice

onion, 1 clove, 1 bayleaf,  $\frac{1}{4}$  green pepper-pod and 1 teaspoon sugar. After soaking  $\frac{1}{2}$  box gelatine in  $\frac{1}{2}$  cup cold water for a few minutes, pour it into the boiling tomatoes. When the mixture has been strained, pour it into small cups or molds and let it stand in a cool place overnight, or until it is firm. Each little mold should be served on lettuce leaves and have a tablespoon of mayonnaise on the top. Or the jelly may be molded in a single dish or pan, then cut into cubes and used to garnish cold meats, or other salads.

#### EGG SALADS

Eggs hard-cooked may be chopped or sliced or even left whole, and served on lettuce leaves with any dressing preferred. Sliced or chopped, they may be used as a garnish upon other salads.

#### SPINACH AND EGG SALAD

Carefully cut in half 8 hard-cooked eggs and take out the yolks. Rub the yolks until they have the consistency of a paste. Now, after draining and chopping 1 can spinach, work it into the egg yolks, moistening the whole with 2 tablespoons melted butter and 2 of mayonnaise and seasoning with salt and pepper. Now fill the whites of the eggs with the mixture, and serve on lettuce leaves with mayonnaise dressing.

#### POTATO SALAD

Take cold boiled potatoes and slice them or cut them into small pieces, sprinkling with salt and pepper to taste. Pour over them 4 tablespoons oil and mix it in thoroughly; next mix in 2 tablespoons vinegar. If desired, a little onion juice may be added, or 2 tablespoons grated onion, or  $\frac{1}{2}$  tablespoon chopped chives, or 2 tablespoons chopped parsley. Let the salad stand in a cool place for an hour or more; then serve, garnished with slices of hard-cooked egg, cold boiled red beets and parsley.

#### ANOTHER POTATO SALAD

Boil 1 quart new potatoes, letting them cook through but not so long as to become too soft. After they have

cooled, slice them and mix in with them 1 tablespoon oil and 2 tablespoons vinegar. Then add 2 stalks celery and 1 onion, chopped until fine, 1 tablespoon capers and 1 tablespoon chopped parsley, seasoning all to taste with salt and pepper. Take a thin mayonnaise dressing and fold it into the mixture. Serve, garnished with lettuce and lemon.

#### CHICKEN SALAD

Take 2 cups diced chicken, with more white meat than dark, if not all white. Marinate the meat and let it stand in a cold place for a while. Before serving, mix with the chicken 1 cup diced celery and stir in mayonnaise dressing. Serve on lettuce leaves or in tomato shells, pouring mayonnaise on the top and garnishing with diced beets, capers, celery tops, stuffed olives, or egg-yolks. Veal may be substituted for chicken, or half veal and half chicken used. Further variety may be secured by using 1 cup mushrooms and 1 cup sweetbreads cut small with 1 cup chicken.

#### LOBSTER SALAD

Cut the boiled lobster meat into pieces, but not too small, and marinate it with French dressing. Before serving, mix with the lobster  $\frac{1}{2}$  cup diced celery and stir in mayonnaise dressing. Serve on lettuce leaves and garnish with lobster claws. Crab meat may be use in the same way as lobster.

#### SHRIMP SALAD

Shrimps are used whole for salad and are served on lettuce leaves or beds of shredded celery. They should be marinated first, then covered with a mayonnaise dressing.

#### FISH SALADS

Fish that flakes well, like salmon, haddock, halibut or cod, will make the best salad. Marinate the flakes, cool them thoroughly, mix with celery and mayonnaise and serve on lettuce leaves.

#### WALDORF SALAD (APPLE, CELERY AND NUT)

Mix together 2 cups diced celery, 2 cups diced apples and 1 cup broken pecan and walnut meats. Marinate with

French dressing and serve cold on lettuce leaves with mayonnaise. This salad cannot be prepared until just about to be served as the apples discolor if they stand.

#### PINEAPPLE AND CREAM-CHEESE SALAD

Soften 1 cup cream cheese by working into it a little grape juice, then roll it into balls. For serving place a cheese ball on the center of a slice of canned pineapple lying on a lettuce leaf, and add grape juice and French dressing.

#### PRUNE AND CREAM-CHEESE SALAD

After soaking the prunes for a while in hot water, cut out the stones and fill the centers with cream cheese. They should be served on lettuce leaves with mayonnaise dressing.

#### FRUIT SALADS

Take 1 orange and 1 banana; peel the banana and cut into slices; peel the orange, making sure that none of the white membrane is left, and cut the sections into pieces. From  $\frac{1}{2}$  pound Malaga grapes cut the skins and the seeds. Break into pieces the meats of 12 English walnuts. After mixing these fruits well, let them stand on ice until thoroughly chilled. Serve on lettuce leaves with French dressing (made with lemon juice instead of vinegar) or the special dressing for fruit salads. Variations are easily made by combining different fruits—using grapefruit pulp instead of the orange or combining the two, adding pineapple or apple, etc. The salad may be served in cups of orange or grapefruit peel, instead of on lettuce.

#### SALAD OF CANNED PEARS

By scooping out a part of the top of each half-pear make a little bowl. Make a filling of cream cheese and broken nut-meats rolled into balls, or of cut-up apple and celery mixed with broken walnut meats. Serve with mayonnaise or with special dressing for fruit salads.

#### BANANA SALADS

Bananas alone or combined with other fruits or with nuts make admirable salads, served on lettuce with boiled dressing.



## DESSERTS

### APPLE SLUMP

AFTER paring, coring and quartering a dozen apples, let them cook in about 1 cup boiling water. When the apples are nearly soft enough, sweeten plentifully and add bits of butter and a little nutmeg; then drop in dumplings made as follows: Take 2 cups sifted flour, 2 teaspoons baking powder, 1 teaspoon sugar and  $\frac{1}{2}$  teaspoon salt. After mixing these ingredients, rub in thoroughly 1 tablespoon butter and stir in milk enough to make soft dough; shape into small dumplings, and let them cook in the apple sauce about 10 minutes. Serve hot.

### BAVARIAN CREAM

Take the yolks of 4 eggs and  $\frac{1}{2}$  teaspoon salt, and cream into them  $\frac{1}{2}$  cup sugar; then pour in slowly 1 pint hot scalded milk. Let this custard stand over the fire until eggs are set, but do not leave it long enough to boil. As soon as it has begun to thicken, stir in well 2 tablespoons granulated gelatine that has soaked in  $\frac{1}{2}$  cup cold water until softened. After adding 1 teaspoon vanilla, strain the mixture and let it cool. When it has begun to set, fold in 1 pint heavy cream whipped until stiff. Let it stand in a mold to harden.

### BREAD PUDDING

Take 2 cups stale bread broken into pieces and soak it in 1 quart milk. Let it heat until near the boiling-point. Then take 2 eggs beaten light and stir into them  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  teaspoon salt and 1 teaspoon vanilla. Mix them well before adding to the bread and milk. Let the pudding cook in an earthenware dish set in a pan of hot water in a moderate oven about 45 minutes.  $\frac{1}{2}$  cup seeded raisins may be added before baking, if desired. The pudding may be served with jelly or with a pudding sauce.

## BROWN BETTY

Take 1 pint soft bread-crumbs and mix them with  $\frac{1}{4}$  cup melted butter. In a pudding-dish place alternate layers of the buttered crumbs and thin slices of apples, sprinkling each layer with sugar and a little cinnamon and nutmeg. Over the whole pour 1 cup mixed molasses and water, and cover with crumbs before baking in a pan of hot water in a moderate oven for 45 minutes. Serve with pudding sauce or cream. Peaches or apricots may be used instead of apples.

## CHARLOTTE RUSSE

Into a mold lined with sponge cakes or lady fingers pour a filling made as follows: Beat until stiff 2 cups cream; to this add 3 tablespoons gelatine soaked several minutes in 3 tablespoons cold water, then dissolved with 4 tablespoons boiling water. Next, beat in 2 tablespoons powdered sugar and any desired flavoring. Set mold in a cool place until cream hardens.

## CORNSTARCH OR BLANC MANGE

In a double boiler scald  $1\frac{1}{2}$  cups milk, and stir gradually into it  $\frac{1}{2}$  cup cold milk with which have been mixed 3 tablespoons cornstarch and 3 tablespoons sugar. Let it all cook over direct heat until it becomes smooth and thick, stirring without pause. Cover and cook for 45 minutes in double boiler. Just before removing from the fire, stir in  $\frac{1}{2}$  teaspoon vanilla and a little salt. After pouring into molds which have been wet with cold water, let it stand in a cool place until firmly set. Before serving, turn out from mold. Serve with cream and sugar or fruit sauce.

Cornstarch blanc mange may be varied by stirring in 1 or 2 cups grated coconut before the blanc mange begins to set. Or fruit may be substituted, for instance, raspberries or chopped cherries or pineapple.

## CHOCOLATE CORNSTARCH

For chocolate cornstarch pudding add 4 ounces chocolate (grated) to the cornstarch and sugar in the recipe above, before stirring them into the cold milk. Then proceed as in cornstarch blanc mange.

## COTTAGE PUDDING

Cream  $\frac{1}{4}$  cup butter with  $\frac{2}{3}$  cup sugar added a little at a time; then 1 egg which has been thoroughly beaten. Take  $2\frac{1}{2}$  cups flour to which have been added 4 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt; mix these together and sift. Stir into the butter, sugar and egg, a little milk, then some of the sifted flour mixture, alternating the two until 1 cup milk and all the flour have been used. After baking in a moderate oven 30 to 35 minutes, in a shallow buttered pan, serve hot with hard sauce or a fruit sauce.

## SOFT CUSTARD

Take 2 cups milk and let it scald in the upper receptacle of a double boiler, stirring in 2 teaspoons cornstarch that have been well mixed with a little cold milk. Let this cook 20 to 30 minutes in the double boiler. Beat slightly 2 yolks of eggs, and beat in with them 4 tablespoons sugar and a pinch of salt. Add this to the milk, stirring steadily; and do not let it boil. As soon as the egg is well blended with the thickened milk, remove from the fire. Add  $\frac{1}{2}$  teaspoon vanilla or any desired flavoring. Serve with whipped cream or bits of jelly.

Variations may be made by substituting 1 cup of strong coffee for 1 cup of the milk, or by caramelizing  $\frac{1}{4}$  cup sugar and adding it to one of the cups of scalded milk, then proceeding as above.

## FLOATING ISLAND

After preparing a soft custard containing 2 yolks of eggs and 1 whole egg besides, take the 2 whites of eggs and beat them, adding gradually 3 tablespoons or more of sugar. Place spoonfuls of this meringue on the top of the custard before serving.

## BAKED CUSTARD

Beat 3 eggs slightly, adding to them 4 tablespoons sugar,  $\frac{1}{8}$  teaspoon salt and  $\frac{1}{2}$  teaspoon vanilla or other flavoring. Stir this into 2 cups milk, either scalded or cold. When all are well mixed, pour into a baking-dish or into individual cups, and let it bake, standing in a pan of hot water in a

moderate oven. Be careful, lest the custard should bake too long. Test with the flat handle of a silver tablespoon or a silver knife-blade. When this can be run into the center of the custard and come out without any of the custard's clinging to it, remove the dish from the oven.

#### CARAMEL CUSTARD

To caramelize the sugar: Melt slowly in a pan  $\frac{1}{4}$  cup sugar, and let it continue cooking until it turns a dark brown, but do not allow it to scorch. Then add  $\frac{1}{4}$  cup boiling water. Continue cooking slowly until the sugar forms a thick sirup. When the caramel flavor is ready, add it to 2 cups scalded milk; then proceed as in the recipe for baked custard, using the caramel and milk for the liquid.

#### DUMPLINGS (FRUIT)

Prepare a baking-powder biscuit dough with more shortening than would be used for biscuit; and when it has been rolled out into a sheet about  $\frac{1}{4}$  inch thick, cut it into squares large enough to cover an apple. Take your fruit and pare and core it, or slice it. After placing some of the fruit in the center of a square of dough, sprinkle over the top sugar and nutmeg or cinnamon. Then, when the edges of the square have been moistened with milk or with white of egg and water, bring the corners together at the top and press the edges together so that the juices cannot escape. Let it bake 35 minutes in a moderate oven, and serve hot with hard sauce or with sweetened cream.

#### ENGLISH PLUM-PUDDING

Take 1 pound chopped suet, 1 pound currants, 2 pounds raisins, and 1 pound mixed candied fruit-peel chopped, mixing all together and dredging with flour. Then take 2 cups flour (less what has been used for dredging), 2 cups crumbs, 2 cups brown sugar and 1 teaspoon mixed spices, and, after mixing these together add 8 eggs which have been thoroughly beaten. Stir well together the two mixtures. Either wrap in flour-spread squares of unbleached muslin or put into greased molds. Let them boil for from 5 to 7 hours. When served, use hard or liquid sauce.

## FRUIT FRITTERS

With 2 cups flour and 1 teaspoon baking powder (sifted together) mix 1 cup warm sweet milk, 2 eggs (whites and yolks beaten separately), 1 tablespoon sugar and a pinch of salt. Beat these ingredients until smooth. Into the batter dip slices of banana (or other kinds of fruit); then let them drop into hot fat and fry until golden in color. After draining on paper, serve hot with sugar and butter.

## FRUIT SNOW

Take  $\frac{3}{4}$  cup fruit pulp (made by grating fresh fruit, which should be at once covered with lemon juice). Sweeten with sugar and add lemon juice to taste. Beat until stiff the whites of 3 eggs, and fold into them the fruit mixture. This should be served very cold, with cream or custard sauce.

If apples are used, they should be pared, quartered and steamed, then pressed through a sieve.

## INDIAN PUDDING

Over  $\frac{1}{3}$  cup Indian meal pour gradually 5 cups scalded milk, stirring constantly, and let it cook 20 minutes in a double boiler. After stirring in  $\frac{1}{2}$  cup molasses (or brown sugar),  $\frac{1}{2}$  teaspoon ginger,  $\frac{1}{2}$  teaspoon cinnamon and  $\frac{1}{2}$  teaspoon salt, turn the mixture into a pudding-dish that has been buttered, and let it bake 2 hours in a slow oven, setting in a pan of hot water. If desired,  $\frac{1}{2}$  cup raisins, dates or figs may be added before baking. Serve with hard sauce or cream.

## PRUNE WHIP

Take 12 or 15 prunes, and, after washing well and soaking in cold water (enough to cover them) for a few hours, let them cook slowly in the same water until they are tender. Removing the stones, mash the prunes or rub through a strainer; then cook 5 minutes with  $\frac{1}{2}$  cup sugar. When it has cooled, add  $\frac{1}{2}$  tablespoon lemon juice, and fold in the whites of 5 eggs beaten stiff. Let it bake in a buttered baking-dish in a slow oven for 20 minutes. Serve cold, using a boiled custard as sauce.

## RICE PUDDING

Take  $\frac{1}{2}$  cup rice, wash thoroughly, and soak  $\frac{1}{2}$  hour.

Stir it into 1 quart milk, adding  $\frac{1}{2}$  cup sugar, a little salt and a sprinkling of grated nutmeg. Bake slowly for 2 or 3 hours, stirring occasionally during the first hour. Serve either hot or cold, with sugar and milk or jam.  $\frac{1}{2}$  cup raisins may be added before baking, if desired.

#### SNOW PUDDING

Soak 1 tablespoon gelatine in  $\frac{1}{4}$  cup cold water for 3 or 4 minutes, then pour over it 1 cup boiling water to dissolve it. Stir in  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  cup lemon juice (strained). Let it stand in a cool place until it begins to set; then beat into a froth with a strong egg-beater. Beat the whites of 2 eggs until stiff, and whip them lightly into the gelatine mixture. Place in a glass dish and serve with whipped cream or with a boiled custard made from the yolks of the eggs.

#### SOUFFLÉ (FRUIT)

A soufflé should be served immediately after cooking, before it has time to fall.

Take 1 cup fruit pulp, either fresh or canned, and rub it through a sieve. If sugar is needed, sweeten to taste, add a pinch of salt, and heat. Beat the whites of 3 eggs stiff and slowly fold in the hot fruit pulp. Turn lightly into a baking-dish or individual molds, buttered, leaving  $\frac{1}{4}$  of the depth at the top unfilled. Let it bake until firm, in a pan of hot water in a slow oven. Serve with a soft custard as a sauce or with whipped cream.

#### STEAMED FRUIT PUDDING

Mix together 2 cups flour, 4 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt, and sift them. With the fingers rub in 2 tablespoons butter, and slowly mix in  $\frac{3}{4}$  cup milk, using a knife. On a floured board pat the soft dough into shape. In the center place apples cut into eighths, sprinkling them with sugar mixed with a little salt and grated nutmeg; then draw the dough up, folding around apples, and place carefully in a buttered pudding mold. Steam, covered tightly, for 1 hour and 20 minutes.

Or, the apples may first be cooked with sugar in a kettle on top of stove, then covered with dough cut to fit top of kettle. In this case, 15 minutes' steaming in a closely covered

kettle will be enough. Turn on to serving-dish with apples on top. Serve with hard or liquid sauce.

Peaches, cherries or blueberries may be substituted for apples, with the nutmeg omitted.

#### SUET PUDDING

Mix together and sift 3 cups flour, 1 teaspoon salt, 1 teaspoon soda, 1 teaspoon cinnamon, and  $\frac{1}{2}$  teaspoon each cloves and grated nutmeg. Take 1 cup suet chopped fine and to it add 1 cup sour milk and 1 cup molasses. Put together the two mixtures and turn into a buttered mold, leaving  $\frac{1}{3}$  of the depth at the top unfilled. Steam for 3 hours, tightly covered. 1 cup floured raisins or raisins and currants may be stirred in before steaming. Serve with hard or liquid sauce.

#### CREAM TAPIOCA

Take  $\frac{1}{4}$  cup pearl tapioca (or  $1\frac{1}{2}$  tablespoons minute tapioca, which does not require soaking). After looking over and (if pearl tapioca) soaking 1 hour in enough cold water to cover, drain and cook in 2 cups scalded milk in double boiler until tapioca becomes transparent. Take  $\frac{1}{3}$  cup sugar and stir half of it into the milk. Beat 2 egg yolks slightly and add to them the remainder of the sugar and a little salt. On this egg mixture slowly pour the hot mixture, stirring them together. Let the whole cook in the double boiler until it thickens. Then, after taking the pudding from the heat fold in the whites of the eggs beaten stiff. Add any desired flavoring, and chill before serving.

#### APPLE TAPIOCA

Look over and soak for 1 hour, in enough water to cover, 1 cup pearl tapioca; or use  $\frac{3}{4}$  cup minute tapioca, which needs no soaking. Drain the tapioca and let it cook until transparent in a double boiler with 3 cups boiling water and  $\frac{1}{2}$  teaspoon salt. When you have pared and cored 6 apples, put them in a buttered baking-dish and sprinkle with sugar; then pour the tapioca over them and let them bake until soft, in a moderate oven. Serve with sugar and cream or with a cream sauce.

Other fresh fruits, or dried fruits which have been soaked, may be used in place of the apples.

### PUDDING SAUCES

#### CARAMEL SAUCE

Put 1 cup sugar in a pan mixed with 1 tablespoon cold water. Stir continually but gently while it cooks to a light brown sirup. To this add slowly 1 cup boiling water, blending until smooth, and allow it to simmer from 5 to 10 minutes. Cool before serving. If sirup is too thick add some hot water and repeat boiling.

#### CHERRY SAUCE

Take 1 cup sugar and  $\frac{1}{2}$  cup butter; cream them together. Add to this 1 tablespoon cornstarch stirred into  $\frac{1}{2}$  cup cherry juice and  $\frac{1}{2}$  cup water. Let the whole boil over hot water, stirring steadily for the first 5 minutes. Let it cook 25 minutes more.

#### CHOCOLATE SAUCE

Take  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup water and let them boil 5 minutes. Cool the sirup before slowly stirring in 4 squares melted chocolate (unsweetened) and flavor with  $\frac{1}{2}$  teaspoon vanilla. Let this sauce stand in a pan over hot water until time for serving, when  $\frac{1}{2}$  cup cream (or milk) should be added, unless the sauce is to be used with icecream. In this case substitute  $\frac{1}{2}$  cup water for the cream. Serve hot.

#### CREAMY SAUCE

Take 2 cups powdered sugar; cream until light with  $\frac{1}{4}$  cup butter. Add to this 1 egg well beaten, and  $\frac{1}{2}$  cup cream, and flavor with  $\frac{1}{2}$  teaspoon vanilla. Beat all thoroughly (stirring over hot water if the sauce separates after the cream is added). Chill before serving.

#### FRUIT-JUICE SAUCE

With  $\frac{1}{2}$  cup sugar mix 1 tablespoon cornstarch; then add 1 cup water and let it cook, stirring steadily, until clear and



smooth. After removing from the heat, stir in 1 cup fruit juice and sweeten further if necessary.

#### HARD SAUCE

Take  $\frac{1}{3}$  cup butter and cream it well, adding 1 cup powdered sugar and beating until very light. For flavoring add 1 teaspoon vanilla or any other desired extract, or grated nutmeg or lemon rind. If preferred, substitute maple sugar for powdered sugar.

#### LEMON SAUCE

Take  $\frac{1}{2}$  cup sugar and 1 tablespoon cornstarch and rub together, adding a pinch of salt. Let them boil in 1 cup boiling water until clear and thick, stirring steadily. Cook over hot water 20 minutes longer. Beat in 2 tablespoons butter and 2 tablespoons lemon juice with a little grated lemon rind. Nutmeg may be added; or crushed strawberries, raspberries or other fruit.

#### MAPLE SAUCES

1. Take  $\frac{1}{4}$  pound maple sugar and boil in  $\frac{1}{2}$  cup water until the sirup will drip in "threads." Then, slowly adding it to the whites of 2 eggs well beaten, whip it in thoroughly. To this add  $\frac{1}{2}$  cup thick cream, and a flavoring of lemon juice.

2. Boil together 1 pound maple sugar and  $\frac{1}{2}$  cup water until sirup "threads." Then stir in  $\frac{1}{2}$  cup walnut-meats broken small. Serve with vanilla icecream, etc.

#### STRAWBERRY SAUCE

Cream together until smooth and light 1 cup powdered sugar and  $\frac{1}{2}$  cup butter. To this add the white of 1 egg, well beaten, and 1 cup crushed strawberries. Other berries or crushed fruits may take the place of the strawberries.

#### PIES AND PASTRY

In making pastry it is better to keep the materials cold. The paste can be more easily rolled into shape if it stands in the ice box after mixing. Pastry for pies should be rolled to a thickness of  $\frac{1}{4}$  inch and should be a little larger than

the plate in which the pie is to be made. When there are two crusts, moisten with cold water the edge of the lower one and, after the filling is in, press the edge of the upper crust lightly together with the moistened portion.

#### PASTRIES FOR PIE CRUST

*Plain.*—Take  $1\frac{1}{4}$  cups flour (pastry flour is better for this kind),  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon baking powder, and sift all together. Into this rub very lightly (handling as little as possible)  $\frac{1}{3}$  to  $\frac{1}{2}$  cup shortening (lard or butter or both). Then slowly add  $\frac{1}{3}$  to  $\frac{1}{2}$  cup cold water, using only enough to keep the dough together, and stirring it in with a cold knife. Take  $\frac{1}{2}$  the dough and roll on a lightly floured board to use for lower crust. When the pie has been filled, roll the remainder of the dough into shape for top crust.

*Flaky.*—For the same quantities of flour (not pastry flour this time) salt and baking powder, sifted together, use  $\frac{1}{4}$  cup butter and  $\frac{1}{4}$  cup lard and enough ice water to just hold dough together. All ingredients should be ice cold. Chop the shortening into the flour with a cold knife (avoid handling directly), and toss lightly with knife while slowly adding ice water. After dough has stood in ice box for about  $\frac{1}{2}$  hour, pile on a cold board and flatten by pounding with rolling-pin before rolling out into oblong shape. Fold in thirds, then roll out again, repeating the process twice. After third rolling, roll out thin for crust.

#### APPLE PIE

Make pie-crust dough, following directions for plain pastry given above. Take half the dough, roll it out, and line a pie-plate. Fill with thin slices of apple (using 4 to 6 tart apples which have been washed and pared), sprinkle sugar over the apple and dot with small bits of butter, adding a sprinkling of cinnamon or grated nutmeg. After rolling out the remainder of the dough, moisten the edges of the lower crust, put on the covering pastry, press the edges closely together, trim off ragged edges, and prick several holes in top crust. Bake in moderate oven  $\frac{1}{2}$  hour or more, until apple is soft and crust is delicately browned.

For *deep-dish apple pie*, use a baking-dish with a strong cup inverted in the center. Fill the dish around the cup with sliced apples, sweetened and flavored with spice and bits of butter. Cover the dish with pastry (not too thin), cut here and there for escape of steam. Bake for  $\frac{3}{4}$  hour. When serving, slip knife under edge of cup to let out juice. Serve hot with hard sauce.

#### BERRY PIE

Heap with berries (blueberries, huckleberries, blackberries, etc.) a pie-plate lined with plain pastry dough. Sprinkle with sugar, flour and a little salt, and add bits of butter. The top may be covered with crust or with strips of pastry dough. Bake in a moderate oven about  $\frac{3}{4}$  hour.

#### CUSTARD PIE

Into a pie-plate lined with pastry dough pour the following mixture: 3 eggs, beaten, mixed with  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon salt, 2 cups scalded milk and  $\frac{1}{2}$  teaspoon cinnamon or grated nutmeg. Bake in moderate oven (not hot enough for custard to boil) until custard is firm so that a silver knife inserted in the center will be dry when drawn out. 1 cup grated coconut may be added, if 1 egg is omitted.

#### LEMON MERINGUE PIE

With the yolks of 3 eggs mix  $1\frac{1}{2}$  cups sugar and stir in  $1\frac{1}{2}$  cups water and  $1\frac{1}{2}$  cups milk, with 1 tablespoon melted butter. When ready to bake, add the juice and grated rind of 2 lemons. Then pour into a pie-plate lined with pastry dough. After baking  $\frac{3}{4}$  hour, cover the top with meringue made from the whites of the eggs beaten stiff with 3 to 6 tablespoons sugar. Brown lightly in a hot oven. Cool before serving.

#### MINCE PIE

Use two crusts in making mince pies. For mincemeat filling, take 2 pounds lean beef and stew it in a little water until tender, then let it cool and chop it fine; with it mix 1 pound chopped suet, 4 pounds tart apples (pared, cored and chopped), 2 pounds raisins, 3 pounds currants (washed), 3 pounds sugar, the juice of 2 oranges and 2 lemons, the

grated rind of the oranges and 1 lemon,  $\frac{1}{2}$  pound chopped citron,  $\frac{1}{2}$  teaspoon ground mace, 1 nutmeg (grated) and 1 tablespoon salt. When all are well mixed let them cook for 1 hour. The mince meat can be put into a stone jar and kept in a cool place. Stir well before taking out part to use, and moisten with cider the part to be used.

#### PUMPKIN PIE

Take a pumpkin, stew and strain it. With 2 cups of the strained pumpkin mix 2 cups milk,  $\frac{3}{4}$  cup sugar (brown or granulated), 2 eggs (beaten), 1 teaspoon cinnamon,  $\frac{1}{4}$  teaspoon ginger and  $\frac{1}{2}$  teaspoon salt. Beat all together for 2 minutes before pouring into a pie-plate lined with pastry. For the first 15 minutes bake in hot oven, then reduce heat until moderate and bake 45 minutes longer. Do not allow the pumpkin mixture to boil.

#### FROZEN DESSERTS

To freeze icecream, adjust the can in the freezer and have the dasher in place before pouring in the cold mixture to be frozen. When the cover is closely fitted on the can, fill in the space around the can with crushed ice and rock salt, using 1 part salt to 3 parts ice and arranging them in alternate layers of ice and salt. At first turn the crank slowly, increasing the speed after a while, and continue turning the crank about 20 to 25 minutes. As soon as the mixture is firm, uncover the can carefully and take out the dasher and pack down the frozen mixture. Put on the cover, filling the opening with a close-fitting cork. Let the freezer stand covered with blanket or carpet in a cool place for several hours. Pour off water and add ice and salt if necessary.

#### PLAIN VANILLA ICECREAM

Take 1 quart milk and scald it; then stir into it 3 eggs which have been beaten light and creamed with 1 cup sugar and a little salt. Let it cook in a double boiler until the custard begins to coat the spoon, stirring all the while. After taking it from the fire, stir in 1 tablespoon vanilla and 2 tablespoons cream. After the custard has been beaten for a few minutes let it cool for freezing. (2 tablespoons

cornstarch may be mixed with the sugar and cooked in the milk. In this case, use only 1 egg, adding it after the milk has been taken from the heat, and stirring in 1 pint cream with the flavoring, after the mixture has cooled).

#### CHOCOLATE ICECREAM

Follow directions for vanilla ice cream, adding to the cold milk before scalding 4 ounces grated chocolate. As the milk heats, the chocolate will melt.

#### CARAMEL ICECREAM

Caramelize  $\frac{1}{4}$  cup sugar, following directions on page 86. Beat 1 egg and stir it into 2 cups milk, adding  $\frac{1}{4}$  cup granulated sugar and the caramelized sugar. Let this mixture come to the boiling-point, then allow it to cool before stirring in 1 cup thin cream and  $\frac{1}{2}$  cup crushed macarons. It should be well beaten before freezing.

#### FROZEN PUDDING

To 3 cups milk scalded in a double boiler add 1 tablespoon cornstarch which has been mixed with a little cold milk. Beat 3 eggs and mix with them 1 cup sugar and a small pinch of salt. Stir this into the scalded milk and continue stirring as it heats until it thickens. (2 cups milk and 1 cup cream may be used instead of all milk). When the custard has cooled add 1 cup mixed fruit well chopped. 1 tablespoon each of cherries, citron, candied pineapple and blanched almonds, with 2 tablespoons raisins—or any preferred combination—may be used. In freezing do not make pudding too stiff. Transfer to a mold and let it stand packed in ice and salt for about 2 hours.

#### LEMON OR ORANGE ICE

Boil together for 5 minutes 1 quart water and 2 cups sugar. For *lemon ice* add to the sirup  $\frac{3}{4}$  cup lemon juice strained. For *orange ice* add  $\frac{1}{4}$  cup lemon juice, 2 cups orange juice and the grated rind of 2 oranges. Cool the mixture before freezing.

#### RASPBERRY AND CURRANT ICE

Take about 1 quart each of raspberries and currants,

sprinkle  $\frac{1}{2}$  cup sugar on them and stir. After they have been standing about 1 hour, strain through a cheesecloth or a sieve. This should give  $\frac{3}{4}$  cup raspberry juice and  $1\frac{1}{4}$  cups currant juice. Boil for 5 minutes  $1\frac{1}{2}$  cups sugar and 1 quart water and add the fruit juice to this sirup. When it has been strained, let it cool before freezing.

#### CRANBERRY ICE

Boil 1 quart cranberries in a little water until soft, and press them through a sieve. Make a sirup by boiling together for 5 minutes 1 quart water and 3 cups sugar. Put together the cranberries and the sirup, and when the mixture is cool, freeze.

#### MAPLE MOUSSE

To 1 cupful maple sirup in a double boiler add the yolks of 4 eggs well beaten. Let them cook 15 minutes, stirring steadily; then strain off into a shallow bowl and let it cool. Whip 1 pint cream, adding a small pinch of salt. Put together the cream and the maple mixture, and freeze. Turn into a mold and let it stand packed in ice and salt for 3 or 4 hours.

#### LEMON SHERBET

Boil together for 5 minutes 1 quart water and 3 cups sugar. With the sirup mix  $\frac{3}{4}$  cup lemon juice, and, after cooling, freeze to the consistency of a mush. Beat the whites of 2 eggs, add them to the frozen mixture and continue freezing.

#### LEMON MILK SHERBET

Take the juice of 3 lemons and mix with it  $1\frac{1}{2}$  cups sugar. To this add very slowly, stirring steadily, 4 cups milk. Freeze.

#### PINEAPPLE FRAPPÉ

Boil together for 15 minutes, 2 cups water and 1 cup sugar. To this add 1 shredded pineapple (or 1 can grated pineapple) and the juice of 3 lemons. After cooling and straining, add 2 cups ice water; then freeze to the consistency of a mush. In freezing use equal parts ice and salt.

## CAKES

### PLAIN CAKE

CREAM together  $\frac{1}{3}$  cup butter and 1 cup sugar and add to them 2 eggs beaten slightly, then beaten into the mixture. Use  $1\frac{1}{2}$  cups flour and 2 teaspoons baking powder, sifting them together; and add alternately with this  $\frac{1}{2}$  cup milk. Stir in  $\frac{1}{2}$  teaspoon vanilla or other flavoring. Bake in a moderate oven.

Variations may be made by adding to the batter raisins, nuts, coconut, or spices. Or an ounce of melted chocolate may be stirred in, or 1 or 2 tablespoons of cocoa. Instead of being baked in a loaf, the batter may be made into 3 layers, to be used for layer cake with any preferred filling and icing.

### EGGLESS CAKE

Take 1 cup sugar and  $\frac{1}{3}$  cup butter, and cream them well together. To 2 cups flour add 3 teaspoons baking powder and sift them together, stirring them and 1 cup milk alternately into the mixture. Use any preferred flavoring extract or a little grated nutmeg, and add citron cut into pieces, or raisins. After the batter has been well beaten, pour it into a greased cake-tin and let it bake in a moderate oven.

### CHOCOLATE CAKE

Cook together until smooth 3 squares unsweetened chocolate, 2 tablespoons sugar and  $1\frac{1}{2}$  tablespoons milk. Then cream together 4 tablespoons butter and 1 cup sugar, beating thoroughly. After the yolks of 2 eggs have been added, beat more. When the chocolate mixture has been stirred in, sift in  $1\frac{1}{3}$  cups flour with 2 teaspoons baking powder and a little salt, alternately with this pouring in  $\frac{3}{4}$  cup milk. Beat the whites of the eggs and fold them lightly into the batter; then pour it into a greased pan and let it bake 50 or 60 minutes in a moderate oven. Use chocolate or white icing, as preferred.

## SUNSHINE CAKE

Take  $\frac{3}{4}$  cup sugar and 3 tablespoons butter and cream well together, adding the sugar slowly; stir in the yolks of 3 eggs after they have been beaten until stiff and thick, and add 1 teaspoon flavoring extract. Now take  $1\frac{1}{2}$  cups flour with 3 teaspoons baking powder and stir in gradually, alternating with  $\frac{1}{2}$  cup milk. Pour into greased loaf-tin and bake 35 to 45 minutes in a moderate oven. Coat with white icing.

## SPONGE CAKE

Take 6 eggs, separating whites from yolks and first beating yolks until they are thick. To them add gradually 1 cup granulated sugar and 1 tablespoon lemon juice and the grated rind of half a lemon. Next, fold in half of the egg-whites which have been beaten stiff; cut and fold in 1 cup carefully sifted flour, then the remainder of the stiffly beaten egg-whites, mixing lightly. Pour into an ungreased pan and bake in a very moderate oven for 45 to 60 minutes.

## POUND CAKE

Take 1 pound butter and cream it, adding gradually 1 pound sugar and continuing to beat until very creamy. Then add the yolks of 9 eggs, beaten until thick and the grated rind of 1 lemon, the egg-whites beaten very stiff and finally 1 pound flour. Bake in a deep greased pan in a slow oven about  $1\frac{1}{4}$  hours. Wrapped in a waxed paper and tightly covered, this large loaf will keep well.

## ANGEL CAKE

Sift twice 1 cup of sugar. Sift 4 times  $\frac{7}{8}$  cup flour and  $\frac{1}{8}$  teaspoon salt. Take the whites of 8 or 9 eggs, beating them until frothy and adding 1 teaspoon cream of tartar, then continuing to beat until the egg-whites are stiff but not dry. To them add the sugar very gradually, still beating; then slowly fold in the sifted flour and add 1 teaspoon vanilla or almond extract. Turn the batter into an ungreased angel-food pan and let it bake in a very moderate oven without being jarred. When no dent is left after pressing the top with the finger, the cake is done.



Let the pan stand inverted until the cake cools and drops out. It may be covered with chocolate or white icing.

#### LADY BALTIMORE CAKE

Cream  $\frac{1}{2}$  cup butter, adding 1 cup sugar and the white of 1 egg, unbeaten. Beat while adding slowly  $\frac{1}{2}$  cup milk and 1 teaspoon vanilla or  $\frac{1}{2}$  teaspoon almond extract; then stir in  $1\frac{3}{4}$  cups flour sifted with 2 teaspoons baking powder, and fold in the beaten whites of 2 eggs. Pour into square layer-cake tins, greased, and let it bake for about 15 minutes in a hot oven. For *filling* between layers take  $1\frac{1}{2}$  cups sugar and let it boil in  $\frac{1}{2}$  cup water, unstirred, until a sirup forms which will thread. Pour this gradually over the beaten whites of 2 eggs, and stir in 1 cup chopped pecan nuts or blanched almonds,  $\frac{1}{2}$  cup chopped figs and  $\frac{1}{2}$  cup chopped seeded raisins, with  $\frac{1}{2}$  teaspoon vanilla extract. The cake may be covered with white icing.

#### FRUIT CAKE

Cream together 2 cups butter and 2 cups sugar, and add the beaten yolks of 6 eggs. Take 4 cups seeded raisins and 4 cups currants which have been washed and dried, sift over them  $1\frac{1}{2}$  cups flour and stir them into the first mixture. Take 1 cup blanched and chopped almonds, 2 tablespoons each of lemon and orange peel, and add them, with 2 cups citron sliced fine. Next stir into the mixture 1 cup grape juice. Beat the whites of the eggs until stiff and fold in half of them. With  $2\frac{1}{2}$  cups flour mix 2 teaspoons cinnamon,  $\frac{1}{2}$  teaspoon each of grated nutmeg and ground mace,  $\frac{1}{4}$  teaspoon each of allspice and cloves,  $\frac{1}{2}$  teaspoon salt and 4 teaspoons baking powder. Sift these together into the batter and stir thoroughly before folding in the remaining egg-whites. Have ready 2 deep cake-pans greased and lined with greased paper. Turn the batter into the pans and let it bake for 3 or 4 hours in a slow oven.

#### APPLE-SAUCE CAKE

Cream together  $\frac{1}{3}$  cup butter and 1 cup sugar and stir in with them  $1\frac{1}{2}$  cups sweetened apple sauce. Take 2 cups flour, 1 teaspoon soda, a little salt, 1 teaspoon cinnamon and

$\frac{1}{2}$  teaspoon each of grated nutmeg and ground cloves; sift these together into the first mixture; then add 1 cup seeded raisins dusted with flour. After mixing thoroughly, turn into a well-greased loaf pan and bake about 45 minutes.

#### LAYER CAKES

Cream together  $\frac{1}{2}$  cup butter and  $1\frac{1}{2}$  cups sugar, adding the beaten yolks of 4 eggs. With 2 cups flour mix 2 teaspoons baking powder and sift together. Stir into the first mixture alternately the flour and  $\frac{3}{4}$  cup milk; flavor with 1 teaspoon vanilla extract, and fold in the egg-whites beaten until stiff. Pour into 3 well-greased layer-cake pans and bake in a moderate oven. When the cakes are cold, put them together with any desired filling and cover the top with icing.

#### FILLINGS FOR LAYER CAKES

*Cream.*—Take 1 cup milk, using 2 tablespoons of it to mix with 1 tablespoon cornstarch, and heating the remainder in a double boiler. When the milk is hot, slowly add the cornstarch paste, stirring steadily until the milk thickens smoothly. After cooking the mixture 15 minutes put in the beaten yolk of 1 egg, and let it cook 2 minutes longer. When the filling has been taken from the heat, beat in thoroughly  $\frac{1}{8}$  teaspoon salt, 2 tablespoons confectioners' sugar and  $\frac{1}{2}$  teaspoon butter, and flavor with 1 teaspoon vanilla extract. Before putting between layers of cake, let filling cool.

*Lemon.*—With 1 cup sugar mix the juice and grated rind of a large lemon; add 2 eggs slightly beaten and 1 tablespoon butter. Let the mixture cook in a double boiler until thick. Cool before using to fill the cake.

*Orange.*—Stir together until smooth  $\frac{1}{2}$  tablespoon cornstarch and 1 tablespoon water. Take  $\frac{1}{2}$  cup sugar, 1 tablespoon water, the juice of 2 oranges and the grated rind of one, and let them heat in a double boiler. Stir the cornstarch paste into the hot mixture, adding it slowly and stirring until thick and smooth. After it has cooked 15 minutes add 1 egg slightly beaten, and let it cook 2 minutes longer. Let the filling cool before spreading.

*Chocolate.*—Take  $2\frac{1}{2}$  squares unsweetened chocolate and melt it over hot water; then stir in  $\frac{1}{2}$  cup powdered sugar and 3 tablespoons milk. Beat lightly the yolk of 1 egg, adding  $\frac{1}{2}$  cup of the sugar. Combine the two mixtures and let them cook in a double boiler, stirring steadily until the filling thickens and is smooth. When it is partly cooled, add  $\frac{1}{2}$  teaspoon vanilla.

*Cocoanut.*—Beat stiff the whites of 2 eggs, adding powdered sugar until it is thick enough to spread. As each cake layer is spread with this paste, sprinkle grated cocoanut thickly over it.

## ICING FOR CAKES

*Plain.*—Beat stiff the white of 1 egg, adding 2 teaspoons cold water and  $\frac{3}{4}$  cup confectioners' sugar and beating well together. Flavor with  $\frac{1}{2}$  teaspoon vanilla or  $\frac{1}{2}$  tablespoon lemon or the combined vanilla and lemon flavors. Use a broad blade for spreading.

*Boiled.*—Beat until stiff the whites of 2 eggs. In a saucepan heat to the boiling-point  $1\frac{1}{2}$  cups sugar and  $\frac{1}{2}$  cup water, stirring steadily until sugar is dissolved. Add to the beaten egg-whites 5 tablespoons of the sirup, one by one, beating steadily. When the rest of the sirup has boiled until it will spin a long thread let it drop into the mixture in a thin line, continuing to beat. As soon as the icing is thick enough to spread well, beat in  $\frac{1}{2}$  teaspoon vanilla and spread on the cake.

*Chocolate.*—Over hot water melt 2 ounces chocolate, then thin with 4 tablespoons milk. Into this stir 4 tablespoons sugar and  $\frac{1}{2}$  teaspoon butter, continuing to stir until the icing is smooth and ready to spread.

*Maple Caramel*—Melt in a saucepan  $\frac{1}{4}$  pound of maple sugar which has been grated, and let it cook until it just begins to smoke. Then put in 4 tablespoons milk and stir now and then while it boils. When the mixture has become a thick sirup, strain it and beat it as it cools so as to make a smooth icing. Chopped nuts may be added before beating.

*Marshmallow.*—Take  $1\frac{3}{4}$  cups sugar,  $\frac{1}{8}$  teaspoon salt and  $\frac{1}{2}$  cup water; when they are well mixed, put in  $\frac{1}{2}$  cup

marshmallows and let all boil until the sirup will spin a fine thread. Gradually add this to the whites of 3 eggs which have been beaten stiff. Continue to beat until the icing is of a consistency to spread well.

#### GINGERBREAD

Melt  $\frac{1}{2}$  cup butter and stir it into  $\frac{1}{2}$  cup molasses and  $\frac{1}{2}$  cup sugar mixed together. Add  $\frac{1}{2}$  cup sour milk and 1 beaten egg; then sift together 1 cup flour,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon ginger, 1 teaspoon cinnamon and a little salt, adding them to the mixture and mixing well. Pour into shallow greased pan and bake in a moderate oven about 30 minutes. If desired, add 2 squares chocolate, grated.

#### COOKIES

Take  $\frac{3}{4}$  cup shortening and 2 cups sugar, and cream them together; beat 2 eggs, adding  $\frac{1}{4}$  cup milk and continuing to beat; slowly stir the second mixture into the first and flavor with grated rind of a lemon or with 1 teaspoon vanilla. With 2 cups flour mix 3 teaspoons baking powder and  $\frac{1}{4}$  teaspoon grated nutmeg, and sift them together into the mixture above. When enough flour has been mixed in to make a dough that will roll easily, roll it out on a floured board to the desired thinness; cut into shapes with cookie cutter, and after sprinkling sugar over them, bake in a hot oven for about 12 minutes.

#### CRULLERS

Beat 2 eggs, adding 1 cup sugar; put this with 4 tablespoons shortening that has been creamed, working the two together gradually. Mix 3 cups flour, 1 teaspoon cinnamon, a little salt and 3 teaspoons baking powder, sift and add half the amount to the first mixture. Stir in  $\frac{5}{8}$  cup milk and the remainder of the dry ingredients, producing a soft dough. When it has been rolled on a floured board until about  $\frac{1}{2}$  inch thick, cut into 4 inch strips about  $\frac{1}{2}$  inch wide. After rolling in the hands twist the ends together and fry in deep fat. Drain on absorbent paper and sprinkle with powdered sugar.

## BREADS, BISCUITS, MUFFINS, ETC.

The quality and texture of yeast breads depend upon the kind of flour used and the handling of the dough. A good white flour for bread feels granular to the touch when rubbed in the fingers, and after being pressed together in one's hand, does not keep the shape. Only good flour and fresh yeast should be used. The dough must not be made too stiff nor allowed to rise until too porous. Proper kneading can be learned only by experience; all lumps should be worked out, leaving the dough even and smooth. When sufficiently kneaded, it will not stick to the board. Care must be taken in shaping the loaves to have them of uniform thickness throughout and smoothly rounded on top. Do not make the loaves too large. If the oven is too cool for baking, it will produce bread that is too porous in center of loaf and above. Too hot an oven will bake the outside of the loaf too soon, leaving the center too little cooked.

### WHITE WHEAT BREAD

In 2 cups scalded milk dissolve 1 to 2 tablespoons sugar,  $1\frac{1}{2}$  teaspoons salt and 2 tablespoons shortening (butter or lard). When it has cooled until lukewarm stir in 1 compressed yeast cake mixed thoroughly with about  $\frac{1}{2}$  cup tepid water. Add the flour (about 6 to 8 cups after it is sifted); first, enough to produce a stiff batter, stirring thoroughly; then enough to make dough firm without being stiff. Mix with a knife. Then, placing the dough on a floured board, knead it until it has an elastic feeling under the hands and does not stick to them or to the board. Grease the large mixing-bowl; in this place the dough and let it set, covered, in a warm place to rise until it is nearly three times its original bulk. Then take it from the bowl, fold the edges together and let it rise again. Next, cut off enough dough for a loaf and shape it carefully without over-much handling. Let the loaves rise until each one is about three

times its original size. Bake 50 to 60 minutes in a moderate oven, reducing the heat a little after the first 20 minutes. When done, a loaf should be evenly brown and should give a hollow sound when tapped. Remove from pan at once and cool quickly.

#### WHOLE-WHEAT BREAD

For whole-wheat bread use 5 cups whole-wheat flour with 2 to 3 cups white flour and double the quantity of sugar in instructions for white wheat bread. Otherwise follow directions above.

#### RYE BREAD

Follow general directions for white wheat bread, using 5 cups rye flour with 2 to 3 cups white flour and doubling the quantity of sugar. Caraway seeds may be added.

#### GLUTEN BREAD

When 2 cups scalded milk have cooled until lukewarm stir in 1 cake compressed yeast softened in  $\frac{1}{2}$  cup tepid water. To this add  $1\frac{1}{2}$  teaspoons salt and about 4 cups gluten flour, putting flour in slowly until it makes a thick batter. Next stir in the whites of 2 eggs beaten slightly, and, if necessary, more flour, to produce a soft dough. Knead, but do not add more flour and do not knead long. Place in bowl and let it rise until light; then, after placing in greased bread pans let it stand and rise again. Bake loaves in moderate oven for  $\frac{3}{4}$  hour.

#### NUT BREAD

Mix together  $\frac{3}{4}$  cup wheat flour,  $1\frac{1}{2}$  cups graham flour and  $\frac{1}{2}$  teaspoon salt. Next stir in well  $1\frac{1}{2}$  cups sour milk, followed by  $\frac{1}{3}$  cup molasses with which has been mixed  $1\frac{1}{2}$  teaspoons soda. When the batter is smooth, add  $\frac{1}{4}$  cup broken nut-meats. Turn into small greased loaf pans and bake about 45 minutes in moderate oven.

#### BOSTON BROWN BREAD

Mix well together 1 cup each of sifted corn meal, graham flour and rye flour with 1 teaspoon salt and  $\frac{3}{4}$  tablespoon soda. To these ingredients add  $\frac{3}{4}$  cup molasses mixed

with 2 cups sour milk (or  $1\frac{3}{4}$  cups sweet milk). When all have been thoroughly beaten together, turn into mold which has been well greased inside, cover and all. Leave upper third of mold empty. Fasten cover on securely, and steam the loaf for 3 hours, keeping hot water in steamer about half-way up the outside of the mold. The loaf may be dried in the oven before serving.

#### CORN CAKE (NEW ENGLAND)

Sift together 1 cup corn-meal, 1 cup white wheat flour, 3 teaspoons baking powder and 1 teaspoon salt, and mix well. To 1 egg beaten light add 1 cup milk, 2 tablespoons melted shortening and 2 tablespoons sugar (or sirup). Stir the two mixtures together, and when thoroughly beaten pour into well-greased shallow pan or muffin tins. Bake 25 to 30 minutes in hot oven.

#### SOUTHERN SPOON CORN BREAD

In 2 cups boiling water scald 1 cup corn meal, stirring well. After it has stood long enough to be cool, stir in 1 tablespoon melted fat, 2 eggs well beaten, 1 teaspoon salt and 2 cups milk, making a thin batter. Turn into a greased baking-dish and let it bake in a slow oven 30 to 40 minutes, serving with spoon from dish in which it is cooked.

#### PARKER HOUSE ROLLS

With 2 cups scalded milk mix 3 tablespoons butter, 2 tablespoons sugar and 1 teaspoon salt. Let it cool until lukewarm before adding 1 cake compressed yeast stirred into  $\frac{1}{4}$  cup lukewarm water, then 3 cups flour. After beating thoroughly, let the mixture stand, covered, until it has risen light. Then cut it down and add to it about  $2\frac{1}{2}$  cups flour (enough to make a dough that can be kneaded). After it has stood in a warm place long enough to rise again, toss it upon a board slightly floured, and after kneading and patting roll it to  $\frac{1}{3}$ -inch thickness, and cut into shape with flour-dipped biscuit cutter. When each piece has been creased a little above the middle with the handle of a knife (dipped in flour), brush half the top surface of each with melted butter, fold over at the crease and press

the edges together. In a greased pan arrange them an inch apart, and, covering, let them rise again. When light, let them bake 12 to 15 minutes in a hot oven.

#### CINNAMON BUNS

Take  $4\frac{1}{2}$  cups flour, 4 tablespoons sugar, 8 tablespoons baking powder, 2 teaspoons salt; mix together and sift these ingredients before rubbing in lightly with the finger tips 4 tablespoons shortening. Beat 2 eggs and mix them with 1 cup water; then add this moisture gradually to dry mixture to produce a soft dough. On floured board roll dough to about  $\frac{1}{4}$ -inch thickness; then, after brushing melted butter over it sprinkle it with a mixture of cinnamon and sugar (4 teaspoons cinnamon to nearly a cup of sugar) and with 8 tablespoons seeded raisins. Roll dough up like a jelly roll, and cut into sections about 2 inches long. Either place in buttered tins, standing the rolls on end, to let them bake in a hot oven 10 to 15 minutes; or use an iron frying-pan spread with 4 tablespoons brown sugar creamed with 4 tablespoons butter, placing the rolls on end and letting them bake 25 minutes in a hot oven. Take from pan as soon as done, and serve, sugared side up.

#### BAKING POWDER BISCUITS

To 2 cups flour add 4 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt; sift together. Take 2 tablespoons butter or lard, and rub lightly into the dry ingredients with the tips of the fingers. Take 1 cup of milk and water (mixed in equal parts) and add this liquid, or part of it, gradually until the dough is right for rolling. Then on a floured board pat and roll it to 1-inch thickness or less (handling lightly and as little as possible). After cutting into shape with a biscuit cutter, bake in a buttered pan in a hot oven 12 to 15 minutes.

#### SHORT CAKE

Mix together 2 cups flour, 4 teaspoons baking powder, 2 teaspoons sugar and  $\frac{1}{2}$  teaspoon salt; sift twice; then with tips of fingers work in  $\frac{1}{4}$  cup butter. Stir in slowly  $\frac{3}{4}$  cup milk. On a floured board divide dough in halves, patting and rolling each into shape before placing in



buttered round tins to bake in hot oven for 12 minutes. When done, split, spread with butter and fill with sweetened crushed strawberries or other fruit.

#### CORN-MEAL MUFFINS

Mix together  $1\frac{1}{4}$  cups white wheat flour,  $\frac{3}{4}$  cup corn meal, 4 teaspoons baking powder, 2 tablespoons sugar and  $\frac{1}{2}$  teaspoon salt; sift. To these ingredients add 1 cup milk, 2 tablespoons melted shortening, and 1 egg well beaten. After mixing thoroughly, pour into greased muffin tins, half filling each section; bake in a hot oven about 35 minutes.

#### BRAN BISCUITS

Mix well together  $1\frac{1}{2}$  cups white wheat flour,  $\frac{1}{2}$  cup bran, 5 teaspoons baking powder, 3 tablespoons sugar and  $\frac{3}{4}$  teaspoon salt. Add to these ingredients water enough to produce a soft dough, and after stirring in 2 tablespoons melted shortening, toss on floured board to roll to about  $\frac{1}{4}$ -inch thickness; cut into shape with biscuit cutter and bake 12 to 15 minutes in a hot oven.

#### GRAHAM GEMS

Mix well together 1 cup white wheat flour, 1 cup graham flour, 4 teaspoons baking powder and  $\frac{3}{4}$  teaspoon salt. Into these ingredients stir 1 cup milk, 1 egg well beaten, 2 tablespoons molasses and 3 tablespoons melted shortening. When thoroughly mixed, bake in greased gem tins about 25 minutes in a hot oven.

#### POPOVERS

Mix well together  $1\frac{1}{4}$  cups flour, 1 teaspoon sugar and  $\frac{1}{4}$  teaspoon salt; to these ingredients add slowly 1 cup milk and 2 eggs well beaten, then beat the mixture until smooth. Have waiting hot greased gem pans; half fill each section with batter and bake in a moderate oven for 25 minutes. The popovers, swelling, will be hollow.

#### SALLY LUNN

After creaming together  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup butter, add to the mixture alternately milk (1 cup) and flour (2 cups) sifted together with 2 teaspoons baking powder.

Last, stir in a well-beaten egg. Turn into greased shallow pan or muffin tins and bake about 25 minutes in a moderate oven. In season, 1 cup fresh huckleberries may be added just before baking. Serve hot with butter.

#### GRIDDLE CAKES

Mix well together 3 cups flour, 1 tablespoon sugar,  $1\frac{1}{2}$  tablespoons baking powder and 2 teaspoons salt; sift, before adding slowly 2 cups milk, beating steadily. Beat 1 egg before adding it to the batter; then stir in 1 tablespoon melted butter and beat again. Bake on a hot griddle slightly greased. More milk may be added to make thinner batter. Sour milk may be substituted for the sweet milk if 1 teaspoon soda is used in place of the baking powder. In this case the batter may be thinned with water.

#### BUCKWHEAT CAKES

With  $\frac{1}{2}$  cup white wheat flour and  $1\frac{1}{2}$  cups buckwheat flour mix 5 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt; sift all together. With  $1\frac{1}{2}$  cups milk mix 1 tablespoon melted shortening and 1 tablespoon molasses; then stir this moisture slowly into the dry ingredients. After beating until smooth, bake on a hot griddle slightly greased.

#### WAFFLES

Mix and sift together 2 cups flour, 4 teaspoons baking powder and  $\frac{3}{4}$  teaspoon salt. To these ingredients add gradually  $1\frac{3}{4}$  cups milk, then 2 eggs beaten until very light. Last put in 1 tablespoon melted shortening. Have waffle-iron hot and well greased. Turn each waffle once, and heat iron a minute before putting in batter each time. Serve waffles with butter and maple sirup.

#### FRITTERS

Foundation batter for fritters may be made by sifting together 1 cup flour,  $1\frac{1}{2}$  teaspoons baking powder and  $\frac{1}{4}$  teaspoon salt, then adding 1 beaten egg and  $\frac{2}{3}$  cup milk. Beat until smooth. To this batter any of a variety of flavoring ingredients may be added. Fritters should be fried in hot deep fat.

## BEVERAGES

### TEA

The quantity of dry tea in proportion to water depends on the strength desired and the kind of tea used. Into a china or earthen teapot, which has just been scalded, put 1 to 3 teaspoons tea. Pour over it 2 cups freshly boiling water and stand in a warm place not longer than 3 minutes. Strain off liquor into another warm teapot. Serve with sugar, cream, lemon or mint.

### BOILED COFFEE

Take 1 cup ground coffee, and, after mixing with a little cold water and shell of an egg, pour over it 5 cups boiling hot water. Let it boil ten to twelve minutes, then, after taking it from the stove, pour in  $\frac{1}{4}$  cup cold water to settle the grounds. Strain off into serving pot.

### PERCOLATED COFFEE

Into the strainer of the percolating coffee-pot put 1 cup coffee, finely ground; into lower compartment, 6 cups boiling water. Allow it to boil 5 minutes from the time that the water begins to spout and trickle down through the grounds. Then place it where it will not boil but will keep hot. Serve after 5 minutes.

### COCOA

Mix 2 tablespoons sugar with  $1\frac{1}{2}$  tablespoons cocoa; then stir in  $\frac{1}{2}$  cup boiling water, making a smooth paste. Add  $1\frac{1}{2}$  cups boiling water, and boil 5 minutes. Pour mixture into 2 cups scalded milk. Serve hot.

### CHOCOLATE

Mix 2 squares unsweetened chocolate, grated fine, with 3 tablespoons water. Heat over hot water until chocolate is melted. Heat to boiling point 4 cups milk in double

boiler. Stir in the chocolate and 3 tablespoons sugar until fully dissolved. Beat liquid until frothy.

#### ICED TEA

1. Into tall glass one-third full of cracked ice strain tea that has been freshly made. Add sugar to taste, and crown each glass with a slice of lemon and a sprig of mint. Or

2. Strain off freshly made tea; add 4 cups cold water. Cool, then chill in ice-box. Add ice before serving with sugar and lemon to taste.

#### ICED COFFEE

Strain off boiled coffee, sweeten to taste and chill in ice-box. Before serving add cream,  $\frac{1}{2}$  cup to 1 quart coffee. Serve in tall glasses, and, if desired, place 2 tablespoons vanilla icecream in each glass.

#### EGG MALTED MILK

Beat an egg until creamy; then stir in 1 teaspoon sugar, 2 teaspoons malted milk, a pinch of salt, and, if desired, 1 teaspoon cocoa. Mix thoroughly in glass or shaker with 1 glass milk or cream. Strained and served cold, this makes a refreshing and nourishing drink.

#### LEMON PUNCH

Into 1 quart water stir the juice of 6 lemons and 3 oranges,  $\frac{1}{2}$  cup shredded pineapple,  $\frac{1}{2}$  cup mashed strawberries and  $\frac{3}{4}$  cup sirup made by boiling equal parts sugar and water. Chill, and serve with thin slices of orange.

#### GRAPE FRAPPÉ

Boil  $3\frac{1}{2}$  cups sugar in 7 cups water for 20 minutes. Put in  $\frac{1}{2}$  cup lemon juice, 1 cup orange juice, and  $5\frac{1}{2}$  cups grape juice. Chill with 2 cups cracked ice and serve.

#### PINEAPPLE LEMONADE

Boil 1 cup sugar in 1 pint water for 10 minutes. Add

juice of 3 lemons and 1 can grated pineapple. After cooling and straining, add ice water.

#### FRUIT PUNCH

To serve 25 persons use following quantities: 2 cups sugar boiled 10 minutes in 2 cups water, juice of 6 oranges and 6 lemons, 1 cup strawberries, 1 cup raspberries, 1 cup bananas, 1 cup pineapple, 1 cup white grapes, 1 cup maraschino cherries. Add juices and crushed fruits to cooled sirup; then chill and dilute with 2 quarts charged water.

#### TEA PUNCH

Make infusion of tea by using  $1\frac{1}{4}$  cups boiling water to 2 teaspoons tea. Strain, and pour it over 1 cup sugar, stirring to dissolve. Add  $\frac{1}{3}$  cup lemon juice. Strain into punch-bowl and chill, adding 1 pint ginger ale, 1 pint Apollinaris and a few slices of orange.

#### CURRENT AND RASPBERRY PUNCH

Take  $\frac{1}{2}$  glass currant jelly and dissolve in 1 cup boiling water. To this add 1 cup raspberry sirup and 1 pint fresh water. Pour over ice in punch-bowl, then add 1 quart charged water.

#### GINGER PUNCH

1. Boil for 20 minutes 1 quart water, 1 cup sugar,  $\frac{3}{4}$  cup chopped Canton ginger and  $\frac{1}{4}$  cup ginger sirup. Then cool and add gradually  $\frac{1}{4}$  cup lemon juice, 1 cup orange juice and 1 quart Apollinaris water. Or

2. Chop  $\frac{1}{2}$  pound Canton ginger and boil 15 minutes with 1 quart water and 1 cup sugar. To the sirup add 1 cup each of orange and lemon juice. Cool, strain, and serve with crushed ice.

#### GINGER-ALE PUNCH

Stir together 1 pint grape juice and juice of 4 lemons. Sweeten to taste. When ready to serve, add ginger ale.

## INVALID COOKERY AND BABY'S FOOD

In illness it is often better to have nourishment given in smaller quantities and with shorter intervals between than during normal health. As an invalid's appetite is likely to need tempting, it is wiser not to serve much at once and to present food in as attractive form and setting as possible. Never leave food standing about a sick room.

Following are directions for the preparation of a few simple liquid and solid foods which are nutritious and not difficult to digest.

### ORANGE JUICE WITH EGG

Take the juice from a large orange, adding sugar if needed, and whip into it the well-beaten white of an egg. The whole egg will furnish more nourishment, but the drink will not be quite so light and attractive. In the same way a white of egg may be beaten into lemonade.

### PINEAPPLE JUICE

After peeling a fine, thoroughly ripe pineapple and cutting it into small pieces, squeeze it through a fruit press. The juice extracted should be strained and may be served with cracked ice.

### WHEY

Take  $\frac{3}{4}$  cup fresh milk and heat till lukewarm only, then add  $\frac{1}{2}$  teaspoon essence of pepsin (or  $\frac{1}{8}$  junket tablet dissolved in 2 teaspoons cold water). When it has stood in a warm place until it is firm, turn it out into a strainer lined with 2 layers of cheesecloth, with a cold bowl underneath. Take a silver knife and cut through the curd, letting the whey drain down into the bowl. Keep cool in ice-box until ready to serve, when a little sugar may be added or the slightly beaten white of an egg. In the latter case, add the whey to the egg-white. It may be served on crushed ice.

## LEMON OR ORANGE WHEY

Take 1 cup milk and, after heating it, add to it 2 table-  
spoons lemon juice, letting it stand over hot water until  
the milk separates. Strain, as in directions for whey, add-  
ing 2 teaspoons sugar before serving. Or, if desired, orange  
juice may be used instead of lemon juice, in which case  
1 teaspoon sugar will be sufficient.

## HOT LEMONADE

To  $\frac{3}{4}$  cup boiling water add the juice of 1 lemon and  
sugar to taste, serving as hot as possible. In case of a  
cold, the hot lemonade taken immediately before retiring  
is often efficacious; but one must run no risk of exposure  
after taking it.

## HOT MILK

Hot milk has a restoring effect when one is extremely  
weary. Taken before retiring it is useful in inducing quiet  
sleep. It is better to heat the milk very rapidly, using a  
broad shallow pan over direct heat and stirring steadily  
to prevent scorching. As soon as the milk begins to boil  
take it from the heat.

## BARLEY GRUEL

Take 1 tablespoon barley flour and, after mixing it with  
 $1\frac{1}{2}$  tablespoons cold water, add slowly  $1\frac{1}{2}$  cups boiling  
water, stirring all the while. After letting it boil hard for  
 $\frac{1}{2}$  hour, season with salt to taste. Or, if desired, only 1  
cup boiling water may be used for cooking and  $\frac{1}{2}$  cup  
hot milk may be added when about to be served. The gruel  
should be strained through a fine sieve.

## BARLEY WATER

After washing 2 tablespoons pearl barley, soak it in 1  
quart cold water for 5 hours or more. Then let it boil  
until reduced to only 1 pint. Before serving strain it twice.

## LIME WATER

Take a piece of fresh unslacked lime about the size of  
a walnut and pour over it 2 quarts hot water, stirring until  
it is slacked. After it has stood until it is cool and clear,

it may be put into bottles for keeping. Added to milk it will help to neutralize an acid condition of the stomach.

#### LEMON JELLY

Soak 2 tablespoons granulated gelatine in  $\frac{1}{2}$  cup cold water a few minutes, until soft. Then add  $\frac{1}{2}$  cup boiling water and let it stand over hot water, stirring until gelatine is entirely dissolved. Next add 1 cup sugar, continuing to stir until this is all dissolved. After taking from the heat, add  $\frac{3}{4}$  cup lemon juice and  $2\frac{1}{4}$  cups ice water. Mix all well and pour into wet molds to stand in a cool place until the jelly congeals.

Simple lemon jelly is very easily digested and may be given when strength is to be maintained with little strain on the digestive organs. In cases of convalescence, variations may be made by introducing fruit pulp of different sorts before the jelly sets.

#### BEEF TEA

Take 1 pound lean beef, cut into small pieces, and put it into a fruit jar with 1 cup cold water. After it has been standing about 15 or 20 minutes, place it on a rack in a pan of cold water. Let this heat slowly, without boiling, about 2 hours. Strain off the beef juice and let it cool. Then take off all fat. The beef tea may be served either hot or cold. Season to taste with salt.

#### EGG NOG

Take 1 egg, separating yolk and white. Beat the white until stiff. Beat the yolk until light, beating in 1 tablespoon sugar. Add the white to the yolk and sugar. Over this pour hot milk enough to fill the glass. Serve with a little grated nutmeg on top.

#### JUNKET

In 1 cup milk, heated until just lukewarm, dissolve 1 to 2 tablespoons sugar. Add 1 teaspoon or less of vanilla, and stir in  $\frac{1}{4}$  junket tablet dissolved in 1 teaspoon cold water. Pour at once into small molds and let it stand undisturbed, until it becomes firm, in the temperature of the room. Place in a cool spot until ready to serve.



## TOAST

Use slices of bread cut rather thick, with crusts trimmed off. Toast to a light even brown on both sides. If to be eaten plain, butter immediately and serve while hot.

For *milk toast* take 2 cups milk and let it heat to the boiling-point, adding a little salt and pepper and 1 tablespoon or less of butter. Pour it over the toast and serve hot. Or, when the milk has reached the boiling-point stir in about 1 tablespoon flour well mixed with a little cold water and continue stirring until the milk thickens. Let it boil about 15 minutes; then season with salt and pepper and add a little butter before pouring over toast.

For *egg-on-toast*, follow directions given under Eggs for soft-cooked, poached or scrambled eggs. Have the toast fresh, soft and hot, and place the egg on it just before serving.

## TOAST WATER

Use stale bread toasted dark brown (but not burnt). Over 3 slices of this toast pour 1 quart boiling water, leaving it covered and standing on ice until it is cold. Before serving strain and, if desired, add sugar.

## METHOD OF PASTEURIZING MILK

Cover the tops of bottles holding milk with stoppers of cotton batting; then set the bottles in cold water in a double boiler and let it heat to a temperature of 150 degrees. (It is best to have a thermometer). Either reduce the heat or move the double boiler where it will get less heat, so that the temperature will be kept between 140 and 150 degrees for 30 minutes. In case you have no thermometer for testing, let the water in the kettle heat to the boiling-point, then reduce the heat or change the position of the kettle so that the temperature will remain about the same for 30 minutes. Cool the milk immediately and keep it on ice.

## DILUTING MILK

Barley water or oatmeal water are used for diluting milk for a bottle-fed baby. Sometimes a baby too sick to take milk can digest whey.

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## "French Dressing."

1 slice onion      6 T.B. wesson oil  
1/2 T. salt      2 T.B. vinegar or lemon juice  
1 T. pepper      1 T. B. Chili sauce  
1/4 T. paprika      1 T. sugar  
1/4 T. celery salt      1/8 T. mustard

Rub salad bowl with slice of onion, mix <sup>2</sup>/<sub>3</sub> blend salt, pepper, paprika, celery salt, sugar & mustard; add oil very slowly, when 4 T. B. have been added, alternate with vinegar or <sup>lemon</sup> juice. Add at least 1 T. B. Chili sauce. Beat until an emulsion is formed.

---

## "Quick Mayonnaise Dressing."

1/4 T. salt      1 T. B. lemon juice or  
cayenne pepper to taste      vinegar  
1 egg      1/2 T. mustard,  
1 c. wesson oil.

Put whole egg & dry ingredients in slightly warm bowl. Add a little oil & beat with egg beater until thoroughly mixed. Add remainder of oil in 3 equal parts, beating after each addition. It's not necessary to add oil drop by drop. Mayonnaise can be made in this way in about 3 min.

## WEIGHTS AND MEASURES

3 teaspoons....I tablespoon	4 cups.....I quart
4 tablespoons..... $\frac{1}{4}$ cup	2 pints.....I quart
16 tablespoons.....I cup	4 quarts.....I gallon
$\frac{1}{2}$ cup.....I gill	8 quarts.....I peck
4 gills.....I pint	4 pecks.....I bushel
2 cups.....I pint	16 ounces.....I pound

## PROPORTIONS

- One teaspoon baking powder equals  $\frac{1}{2}$  teaspoon soda plus 1 teaspoon cream of tartar.
- Use 1 teaspoon soda to 2 cups sour milk.
- Use 1 teaspoon soda to 1 cup molasses.
- Use 1 teaspoon baking powder to 1 cup of flour.
- Use 4 to 6 eggs to 1 quart of milk for custards.
- Use  $\frac{1}{4}$  teaspoon of salt to 1 quart of milk for custards.
- Use 6 tablespoons of cornstarch to 1 quart of milk.
- Use 6 tablespoons of gelatine to 7 cups of liquid.
- Use 1 measure of liquid to 3 measures of flour for bread.

## DAILY FOOD DEMANDS

<i>Average Adult</i>		<i>Total Calories</i>
Slight activity .....		2200
Light work .....		2600
Moderately hard work .....		3000
Very hard work .....		3500-4500
 <i>Average Child</i>		 <i>Total Calories</i>
Age 0-6 months .....	7-15 lbs. ....	400-800
6-12 months .....	15-20 " .....	800
2 years .....	25 " .....	900
4 years .....	35 " .....	1200
8 years .....	50 " .....	1400
12 years .....	75 " .....	1600

## CALORIES TABLE—FOOD VALUES

<i>Foods</i>	<i>Amount</i>	<i>Calories</i>
<b>DAIRY PRODUCTS</b>		
Milk .....	one glass .....	160
Skimmed milk and buttermilk .....	one glass .....	80
Cream—thick (40 per cent) .....	a tablespoon .....	60
Condensed milk	{ sweetened .....	70
	{ unsweetened .....	35
Butter .....	a pat or ball .....	80
Cheese, Cream or American .....	one-inch cube .....	65
EGG, whole .....	one .....	75
<b>MEAT AND FISH (cooked)</b>		
Beef tea, clear soups .....	one teacup .....	5-20
Fish	{ lean (cod, flounder) .....	200
	{ fat (shad, salmon) .....	275
Meat	{ lean .....	168
	{ medium fat .....	312
	{ fat .....	480
Lamb chop .....	one medium .....	150
Oysters, medium size (raw) .....	each .....	8
<b>CEREALS AND VEGETABLES (cooked)</b>		
Bread, white or graham .....	one slice, 4 x 4 x ½ inch .....	70
Vienna roll .....	one .....	115
Crackers (Uneeda) .....	one .....	30
Cereals, cooked, moist .....	a medium saucerful .....	210
Cereals, eaten dry .....	a medium saucerful .....	120
Shredded wheat .....	one .....	110
Gruels (cereal) .....	a soup plate .....	75
Thickened or cream soups .....	a soup plate .....	160
Macaroni .....	a medium saucerful .....	250
Potato, boiled or baked .....	one medium .....	100
Potato, mashed .....	6 oz. .....	200
Rice, boiled .....	6 oz. .....	150
Corn, canned .....	a medium saucerful .....	210
Peas, fresh .....	a medium saucerful .....	240
Lima beans .....	a medium saucerful .....	120
Squash .....	a medium saucerful .....	120
<b>FRUITS</b>		
Apple, pear .....	one medium size .....	75
Apple sauce .....	a medium saucerful .....	350
Banana .....	one medium size .....	100
Orange .....	one medium size .....	70
Grape fruit .....	one-half small .....	35
Strawberries .....	a medium saucerful .....	40
Dried figs, dates, raisins .....	a medium saucerful .....	300
Fruit jelly, sweetened .....	a medium saucerful .....	200
<b>DESSERTS</b>		
Custard .....	a medium saucerful .....	150
Ice cream .....	a medium saucerful .....	275
Sponge cake .....	2 oz. .....	225
Pudding (rice, tapioca, bread) .....	a medium saucerful .....	320
<b>MISCELLANEOUS.</b>		
Sugar .....	one teaspoonful .....	33
Honey, marmalade .....	one teaspoonful .....	33
Olive Oil .....	one teaspoonful .....	37
Olives .....	one medium size .....	15
Almonds, shelled .....	a tablespoonful .....	165
Cocoa .....	a teaspoonful .....	50

