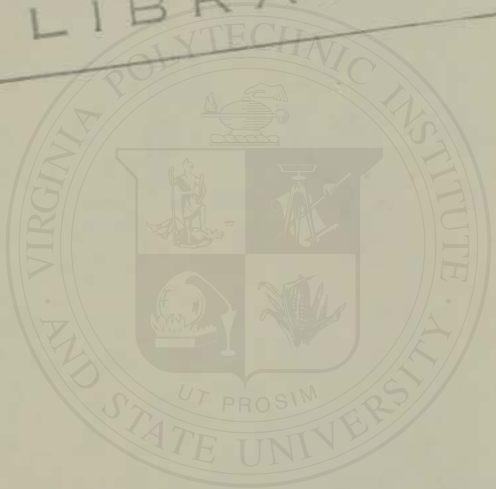


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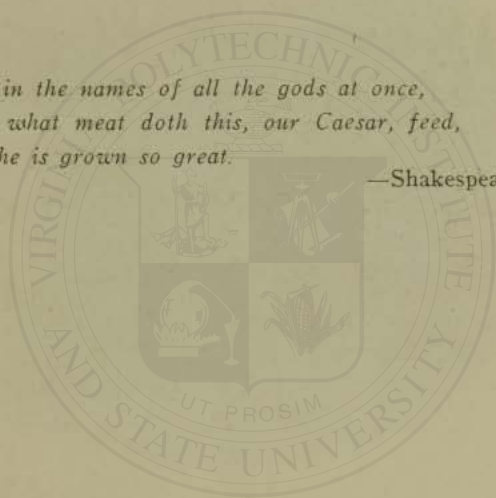






*Now, in the names of all the gods at once,  
Upon what meat doth this, our Caesar, feed,  
That he is grown so great.*

—Shakespeare.





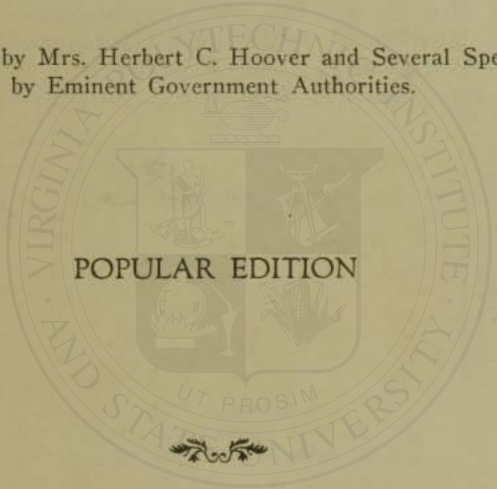
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# THE CONGRESSIONAL CLUB COOK BOOK

FAVORITE NATIONAL AND INTERNATIONAL  
RECIPES

With a Foreword by Mrs. Herbert C. Hoover and Several Special Articles  
by Eminent Government Authorities.

The seal of Virginia Polytechnic Institute and State University is a large, faint watermark in the center of the page. It features a shield with a plow, a sheaf of wheat, and a scale of justice. The text "VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY" is written around the perimeter of the seal, and "UT PROSIM" is written at the bottom. A decorative flourish is at the very bottom of the seal.

POPULAR EDITION

*"The discovery of a new dish does more for the happiness of man than the discovery of a star."*—Brillat-Savarin.

Compiled and Published by  
THE CONGRESSIONAL CLUB,  
Washington, D. C., 1927.

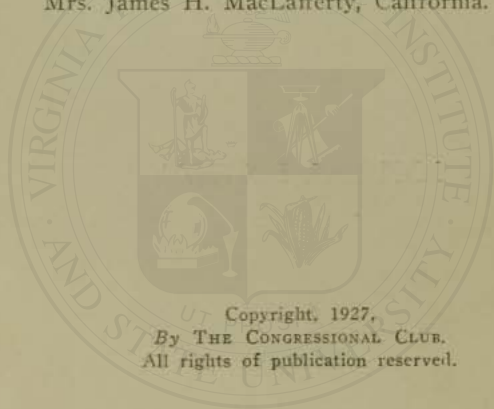
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FLEET-McGINLEY INC., BALTIMORE.

*To Those Who Serve  
and  
Those Who Are Served  
This Compilation  
of the  
Practice of Cookery  
Is Dedicated*

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## FOREWORD

By MRS. HERBERT C. HOOVER

As truly as food is, first and last, our most important concern in life—so perhaps governing, in one of its forms or another, is the second in importance.

And so it seems peculiarly appropriate that the other half (on the general average) of our great governing body should be concerning itself with food—not only with the food of its own individual lawmaker, but with the cooked food for the nation. For our cooking, like our governing, is done *for the people by the people*. It is astonishing how closely each of the great majority of us keeps to the food and cooking habits of her own line of ancestors, and how little given to experimenting to see if her neighbors and compatriots near and far have better ways. Perhaps that is because we have not before this had such a far-reaching attempt to make known the best that we are all doing, nor one made by a group so able to reach every community of our land. Certain it is that no group has been or could be better qualified to pass upon the cooking customs of our whole country and to select most wisely from it than this actually representative body of housewives of every type from its every corner.

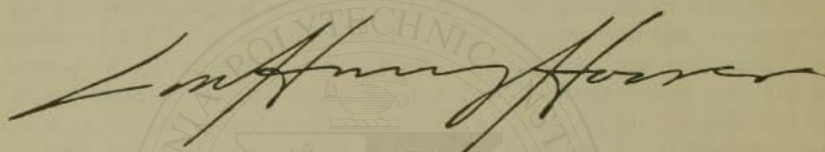
The housewife everywhere may through this effort of the Congressional Club have pleasant and helpful contact with this whole cross-section of American homes. For her own table, for her own family, she may prepare, knowingly, the very dishes which are the favorites in these representative homes, which she would have served her if she visited them in Washington, in Florida or in Oregon. Or she may even fancy that she is going to dine in an embassy or legation in the Capital or abroad, or in some representative home in a foreign country, and prepare some of the dishes described by members of the diplomatic corps.

And all this, also, to the purpose that more ample funds may be available for furthering the usefulness of that unique institution, the Congressional Club in Washington, which is composed of the wives and daughters of members of the Senate and House of Representatives, the Cabinet and the Supreme Court.

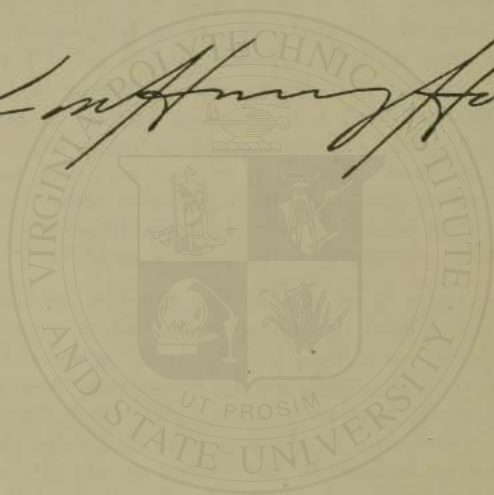
It occupies a charming, but all too small, house midway on Sixteenth street, that residential thoroughfare of Washington officials and diplomats. This Club is not only the center of social life for the nation's lawmakers and their families while sojourning in Washington, but from it radiates the spirit of national social consciousness to every Congressional district. Here in fact in time a member will meet not only all the dishes in this book

which are appropriate to its various functions, but every celebrity who comes to Washington. And reports of both will spread back through the various constituencies. Here too, the wife or daughter of your Congressman will bring you to tea or a lecture or some music when you come to Washington—provided there are any available invitations! And that is just one of the things each of these books does—it will provide room for one more guest at the Club's delightful gatherings. For the first profits from its sale are to go to the building fund for providing a much larger reception room than the present one—which seems so spacious and adequate until the guests begin to pour in!

So each of us who hereby shares the hospitality of this charming Club, or benefits by its good deeds of service, whether actually in Washington or in the most far-flung community on our borders, will feel a personal interest in its activities henceforth.



Woodbury Hoover



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## PREFACE

*"The many Books already published on the Subject of COOKERY may seem, in the Opinions of some People, to render useless the Present Undertaking: And, indeed, were the Number of Books which treat of this Noble Art and Mystery, the Consideration, rather than the Worth and Excellency of the Matter, sufficient reason would not be wanting to countenance that Opinion.*

*"But when 'tis considered that Variety and Novelty are no small parts of the Cook's Art, and that no Occupation in the World is more obliged to Invention: \* \* \* \* \* and, of Consequence, that none can, with more Justice, challenge a Right to a kind Reception than Treatises of this Nature, which shall be found to be drawn up with Art and Judgment, and the Rules whereof shall be reduceable to the true standard of Practice and Experience."*—From the Preface to *The Complete Practical Cook, Or, A New System of the Whole Art and Mystery of Cookery.* (London, 1730.)

So wrote an experienced but garrulous cook nearly two centuries ago when presenting to the world the secrets of his art and the lessons of his experience. Since then the publication of Cook Books has gone on, and their number is well-nigh innumerable. But the need of Variety and Novelty presses always upon every cook and the fruits of Practice and Experience are always welcome.

While *The Congressional Club Cook Book* is inspired primarily by the desire for extension and improvement of club house facilities, it will perform a real service to the Art of Cookery, we feel sure, and be of real service in many kitchens.

This Cook Book deals with the Practice, rather than the Theory, of Cooking. It is a compilation of proven and tried Favorite Recipes. In its pages Experience speaks.

It pictures the present day of American Cookery more accurately and more completely than has ever been attempted before. Its contributed recipes come from every part of the Country, from representative sources in every section of each of the states, as well as from Alaska, Hawaii and Porto Rico. The favorites of North and South, of East and West, mingle here, contributed by the wives of those in the highest office in the Nation. In number of recipes, in variety, in practical value to the cook, experienced or amateur, this may truthfully be called the Great American Cook Book.

Invitations to contribute recipes were extended by the Club to the wives of the President, the Vice President, the members of the Supreme Court, the members of the Cabinet, and the members of the Senate and House of Representatives, as well as the wives of the Governors of the various states. How generously they have responded the following pages bear witness.

The International Section of the book, "Favorite Dishes of All Nations," constitutes a most interesting and entirely unprecedented collection of recipes, gathered, through official sources, from over three score countries, including every nation with which the United States has diplomatic relations, as well as certain others. These recipes are arranged by countries, with suitable cross references under the proper subject headings. They are so largely typical of the several countries, while using ingredients available in the United States, that the publication of this collection will, we hope, do much to increase our knowledge of the foods

of other peoples and gives, for the first time, to every American cook the opportunity to prepare in her own kitchen the most interesting and desirable dishes of every nation, guided by recipes furnished from most authentic sources.

No recipes have been included in any portion of the book except with express authority from the source named.

The special articles which appear from eminent officials of the United States Government were prepared especially for this book, are from experts best qualified to speak with authority upon the various important and practical food topics discussed, and are so concise and direct in form as to be most easily availed of.

The buyer of our book may like to know something of the organization which is publishing it. The Congressional Club was incorporated by Act of Congress May 30, 1908, its membership being limited to the wives and daughters of members of the Senate and House of Representatives, the Cabinet and the Supreme Court. The present membership is about five hundred, including many who have retained their membership after termination of their connection with those official positions. The wives of the President and the Vice President, Mrs. Coolidge and Mrs. Dawes, are Honorary Members, as are also Mrs. Theodore Roosevelt, Sr., Mrs. William H. Taft, Mrs. Woodrow Wilson, Mrs. Nicholas Longworth, Mrs. James S. Sherman and Mrs. Thomas R. Marshall.

Our constitution states the object of the Club to be, "to promote acquaintance among its members and to facilitate their social intercourse and to provide a place of meeting which may help to secure for them the advantages of life in the national capital." The Club now owns its own home in Washington at 2001 New Hampshire avenue, but the continued increase in the activities of the Club has made imperative more commodious quarters with suitable furnishings. The Club has come to be, in the less than a score of years of its life, a really national institution. On its programs are frequently presented important national problems, on its musical programs appear the best talent from every section of the country, and the attendance at its social functions, by its members and their guests, is no doubt more fully representative of American social life than is to be found in any other organization.

Through the compilation and publication of this book we hope we may be considered to have performed a real service to the cooks of America, and we hope that through that service the usefulness of The Congressional Club in our national life may be widened.

To the many who have by their courtesy and helpful cooperation made this book possible, the Committee acknowledge their great obligations and express their appreciation.

The Committee in charge of the compiling, editing and publication of this book realize how human it is to err, and we are very human. In such a work there are a most surprising number of ways of making mistakes. If the tremendous amount of detail which our work has involved is considered, we hope that contributors and readers, alike, will treat with leniency and forbearance any errors that may come to view too late for correction.

FAME KAY CRAMTON,  
Chairman.

## FOOD FROM A HEALTH STANDPOINT

By DR. HUGH S. CUMMING, *Surgeon General, United States Public Health Service*

The ends for which we strive in the preparation of a meal are to stimulate and satisfy that mental and physical desire and relish for food and drink which is called "appetite," to furnish such foods and drink as may be needed by our bodies, prepared so that they can be digested and ultimately assimilated and used, together with such "condiments" and "appetisers" as may be needed to render necessary but "tasteless" foods appetizing.

We know the importance of a pleasant stimulation of all of the senses in arousing the appetite, hence the attractive china, linen and flowers, appropriate attire, and the care used in arrangement of dishes, all as an appeal to our sight; the avoidance of disagreeable noises and the stimulation of music and agreeable conversation for our hearing; we know the stimulation of pleasant odors and "tasty" foods.

But more important than all of these appeals to bodily senses is the condition of the mind, the Psyche.

We have enjoyed and digested ill prepared, poor food under the pleasant influence of happy company and have suffered through a physically perfect dinner with an over anxious housewife so aptly described by a witty Englishman as "Roast Hostess." Ages before the importance of internal glandular secretions, their close interrelationship and the interdependence of "mind" and "body" had been explained, the human race had learned by experience to appreciate Lady Macbeth's warning to Macbeth:

"You do not give the cheer;  
The feast is sold  
That is not often vouched, while 'tis a making,  
'Tis given with welcome. To feed is best at home;  
From thence the sauce to meat is ceremony;  
Meeting were bare without it."

and Macbeth's reply:

"Sweet remembrancer; now good digestion wait on appetite and health on both."

We appreciate, too, the truth of the Proverbs of Solomon:

"But he of the merry heart hath a continual feast;  
Better is a dinner of herbs where love is than a stalled ox and hatred therewith."

With regard to food itself, the selection of food, and its preparation for the table, I assume that there will be discussed elsewhere the importance of such selection as will insure a proper proportion of all those components of what is known as a balanced ration, that is, inclusion in each meal or at least in each day's food, of fats such as we find in various proportions in all

meats and fishes, and it is to be remembered that in the light of our present knowledge it is not well to attempt to substitute vegetable fat entirely for those of animal origin; carbohydrates such as starches, which are found in fruits, potatoes and other vegetables; proteids such as are found in lean meats, and, together with fats and carbohydrates, in cereals, as well as those intangible substances which we call vitamins, the exact character of which we do not yet know any more than we know exactly what is electricity, but which are as important to our well-being as is the spark to the engine.

The objects to be attained in cooking food should be remembered. Many foods are best eaten in their raw state. Some that would otherwise best be eaten raw should as a protection be cooked to avoid the danger of infection from bacteria or other sources.

In cooking, heat is applied in any one of several ways, in varying degrees, and for longer or shorter periods. But heat, although the most conspicuous, is not the only element of importance in the process of cooking; the oxygen of the air and other obscure factors may take part so that cooking may be a very complex physical and chemical process.

In this process the food may be affected in a number of highly desirable ways. In the first place cooking may free food of certain poisons or germs of disease that may chance to be present. Pasteurization is essentially a method of cooking at a relatively low temperature and is now applied by our more advanced communities to ensure a milk supply that is practically free of the danger of conveying such diseases as typhoid, tuberculosis, etc. The flesh of pork is liable to infestation with the immature stage of a dangerous round worm—the *trichina*. Thorough cooking destroys this worm and thus converts a dangerous into a safe article of food.

In the second place, cooking may serve to enhance the attractiveness of a food by giving it an appetizing flavor as, for example, in the roasting of pork or in the broiling of fish. The attractiveness of a food, whether the result of pleasing appearance, odor or taste, is well known to have an important influence in promoting digestion. In this indirect way we have therefore another important connection between cooking and health. In this connection it may be noted that the skillful use of seasoning, sauces, and, at times, of left-overs, will enable the intelligent cook to utilize wholesome and nutritious but, to the palate, less attractive and thus cheaper foods or cuts of meat to the great advantage of the household purse.

Cooking frequently serves also to improve the texture of a food so that a tough cut of meat or a more or less indigestible cereal or legume seed or a coarse fibered vegetable is made tender, more digestible, and thus more nutritious.

Valuable as are the foregoing effects in promoting appetite, digestion and health, there are some that are objectionable and should be avoided or, so far as possible, minimized. In the process of cooking, certain of the nutritive principles may be more or less damaged or, unless care be taken, wasted. The antiscorbutic principle present in most fresh vegetables and fruit is very easily damaged in cooking and the longer the cooking the greater is likely to be the damage. This emphasizes the importance of using fruits and vegetables so far as possible in the raw state. Those that for hygienic or other reasons must be cooked should be cooked as rapidly as possible and with as little exposure to the air as practicable. In cooking, particularly by boiling, various food principles tend to become dissolved in

the liquid. If this liquor is then thrown away, as is frequently done by ignorant or careless cooks, some of the nutritive elements of the food are wasted, to the possible serious detriment of the health and of the purse of the household.

Finally, it may be said that through improper cooking good food may be made unattractive and more or less indigestible and thus be largely wasted.

Cooking is an art that requires for its highest development intelligence, knowledge and skill, and, by reason of its importance in promoting the well-being of the household, merits the most careful cultivation.

*Hugh & Cunningham*

#### TO PRESERVE A HUSBAND

Be careful of your selection, do not choose too young, and take only such varieties as have been reared in a good moral atmosphere. When once decided upon and selected, let that part remain forever settled and give your entire thought to preparations for domestic use. Some insist on keeping them in pickle, while others keep them in hot water. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles and flavored with kisses to taste. Then wrap well in a mantle of charity, keep warm with a steady fire of domestic devotion and serve with peaches and cream. When thus prepared they will keep for years.

*Mrs. Fred Purnell, Wife of Representative Purnell (Ind.).*

#### THANKSGIVING DINNER

Our national birds—the American Eagle, the Thanksgiving turkey. May one give us peace in all our states, the other a piece for all our plates.

*Mrs. John Morrow, Wife of Representative Morrow (N. M.).*

“We may live without poetry, music and art;  
 We may live without conscience and live without heart;  
 We may live without friends; we may live without books;  
 But civilized man cannot live without cooks.  
 He may live without books—what is knowledge but grieving?  
 He may live without hope—what is hope but deceiving?  
 He may live without love—what is passion but pining?  
 But where is the man that can live without dining?”

*Mrs. Anderson H. Walters, Wife of Representative Walters (Pa.).*

## FOOD VALUES

By DR. D. BREESE JONES,

*Chemist in Charge, Protein Investigation Laboratory, Bureau of Chemistry,  
United States Department of Agriculture*

Our health, happiness and efficiency depend largely on the food we eat. Are you, am I, is my family getting the right kind of food? What constitutes a satisfactory diet? It is the purpose of this article to point out briefly a few guideposts which may be of help in answering these questions.

The food value of any given article depends upon the extent to which it can supply certain essential dietary factors in forms available to meet the nutritional needs of an animal. In the light of our present knowledge these factors include *proteins, fats, carbohydrates* (sugars and starches), *mineral elements and vitamins*. Fats and carbohydrates are primarily the fuel material which supply our bodies with energy. Proteins also supply energy, but their chief function lies in furnishing material for the construction of nitrogenous tissues such as muscle, skin and hair. They enter into the composition of practically every tissue of the body. Mineral elements, such as lime, phosphorus, sulfur and iron, are required for the formation of bones and are essential constituents of all body tissues. The recently discovered vitamins are necessary for growth and the maintenance of life and health.

No one single foodstuff contains all of these food factors in sufficient quantities to meet all of the body's nutritional requirements. These requirements must be met by a suitable combination of different foodstuffs. The common error of overemphasizing one food factor over the others should be avoided. For example, the fuel value of a food, which is expressed in terms of *calories* should never be used as the sole or even the determining criterion in judging the food value of an article. The ideal diet is the one that is properly balanced with respect to all of the essential dietary factors.

*Proteins*—Not all proteins are of equal nutritional value. Some are lacking in certain constituents that are necessary for the satisfactory nutrition of animals. Some are also less digestible than others. Among foods that are high in proteins of good quality may be mentioned eggs, meat, cheese and nuts. The cereals as a class contain proteins of lower nutritive value. Among their important proteins both wheat and corn contain each a deficient protein. The proteins of white flour are inferior to those of the whole-wheat kernel, while the proteins of bran are of exceptionally high nutritive quality. The legume seeds as a class, including the various beans and lentils, contain proteins of unsatisfactory nutritive value. They are deficient in a certain nutritionally essential constituent and in the raw state are indigestible. Two outstanding exceptions however, are peanuts and soy beans. The proteins of these two legume seeds have excellent nutritive values. The quantity of proteins in tubers, fleshy roots and green leaves is generally small, but as far as investigated their proteins have a high nutritive value. Fruits, on account of the high content of water and sugar, are low in protein. Gelatin is a deficient protein. Proteins that are deficient or

incomplete should never be used as the sole or major portion of the whole diet. They do, however, have a value when used in combination with proteins which can supply the deficient constituents.

*Fats and Carbohydrates*—The different fats have practically the same fuel value, which is about twice that of the starches and sugars. Fats are also of value, especially the animal fats, as carriers of the fat-soluble vitamins. Most fats, starches and sugars are readily digestible.

*Mineral Constituents*—The chief mineral constituents of the bones are lime (calcium) and phosphorus. The human body also contains a large number of other mineral constituents, among which are sulfur, iron, sodium, potassium, iodine and chlorine. To have satisfactory proportions of these elements in the diet is a matter of great importance. The diet of most people is more likely to be deficient in calcium than in any one of the other mineral constituents. Weakness, poor bone development, rickets, poor teeth and retardation of growth are associated with a deficiency of calcium. The calcium requirements of the body are greatest during growth, pregnancy and lactation. In the choice of foods and in the planning of dietaries particular attention should be given to assure a sufficient supply of this element. Among staple articles of food one of the best sources of calcium is milk. Other foods in which it is relatively rich are cheese, egg yolk and nuts, particularly almonds. Molasses, wheat bran, fruits and vegetables are good sources of calcium, and some of the green vegetables are particularly so. It is low in meats and seeds, particularly the cereals.

*Phosphorus* ranks next to calcium in the proportion of inorganic elements found in the body. Deficiency of phosphorus in the diet is also associated with poor bone development, rickets and retarded growth. The utilization of both calcium and phosphorus in the body is largely controlled by vitamin D and sunlight or ultra-violet light. Foods rich in phosphorus are cheese, egg yolk, beans, peas, nuts, wheat bran and entire grains.

*Iron* is a constituent of blood and it controls vital activities within the cells. Foods rich in iron are egg yolks, dried beans and peas, entire wheat grain, lean beef, oatmeal, spinach and almonds.

Lack of *iodine* in the diet is associated with goiter. This disease can be largely prevented, but not necessarily cured, by small quantities of this element. Dietary sources of iodine are milk fat, codliver oil, green vegetables and seafood, such as oysters and clams. Drinking water in most localities contains iodine.

*Vitamines*—Without vitamins animals cannot grow, be healthy, reproduce or live long. Mere traces only are required to meet the needs of the body. Little is known regarding their general properties. No one has yet succeeded in obtaining a pure vitamin. We do not know what they look like—whether they have color or taste. At present five vitamins are generally recognized and are known as vitamins A, B, C, D and E. There are evidences that still others may exist. All, with the possible exception of vitamin E, are necessary for the satisfactory growth of young animals. *Vitamin A*—Without this vitamin in the diet young animals will soon stop growing and lose weight. Their vitality becomes lowered and they become less able to resist disease and infections, particularly those of the respiratory tract. A characteristic disease of the eyes usually results. Administration of vitamin A prevents and promptly cures this affliction. Codliver oil is the richest known source of this vitamin. Other good sources are butter, egg

yolks, oysters, clams and the liver, heart and kidneys of animals. Many vegetable oils, as cottonseed, olive oil, cocoanut oil and peanut oil contain little if any. Fresh green vegetables, especially the leafy parts, as spinach and lettuce, are excellent sources of vitamin A. It is also found in carrots, sweet potatoes and parsnips. Tomatoes and green peas contain it in abundance. Oats, rice, wheat, barley and white corn contain but little if any. Yellow corn, on the other hand, contains it in considerable amount. It is sparingly present in most fruits, although bananas are a fair source of it. The vitamin A content of milk varies according to the vitamin content of the ration of the cow. Milk richest in this vitamin is obtained from cows feeding on pasturage. Stall-fed cows in winter living largely on dry feeds, produce milk that is relatively low in vitamin A. *Vitamin B*—Absence of vitamin B in the diet causes beriberi. It is also necessary for the maintenance of life and health at all ages. A lack of it promptly results in loss of appetite, arrest of growth and various disorders. Cereals, seeds, roots and tubers as a class are good sources of this vitamin. It is especially abundant in yeast, wheat germ and tomatoes. Most fruits and nuts are well supplied with it. Meat, particularly the heart, liver and kidneys, also contains some. Nearly all of the vitamins of cereals are located in the germ and seed coats. Consequently, polished rice and patent white flour are practically devoid of vitamin. *Vitamin C*—This vitamin is also known as the antiscorbutic vitamin because a lack of it in the diet causes scurvy. Formerly scurvy was common among sailors, soldiers, explorers and others compelled to live for long periods on dried and preserved foods. Deficiencies in bone development and tooth defects are closely connected with a lack of sufficient vitamin C. Among the richest sources of this vitamin are lemons, oranges, tomatoes, cabbage, lettuce, spinach, green beans, peas and turnips. Most green vegetables, fruits, roots and tubers contain vitamin C in varying proportions. Potatoes, on account of their extensive use, deserve mention. Grains and cereals as a class contain little or none, except when sprouted. Oysters are reported to contain it in goodly amounts. Milk is an uncertain source of this vitamin. Milk of cows on pasture is reported to be more than twice as rich in vitamin C as that of stall-fed animals even when getting silage. *Vitamin D*—Rickets, a disease widely prevalent among children, is caused chiefly by improperly balanced proportions of lime and phosphorus in the diet. The utilization of these mineral constituents seems to be controlled largely by vitamin D. This vitamin has been found in greatest concentration in codliver oil. It is also abundant in egg yolk and present to some extent in milk. Many vegetable oils, such as cottonseed oil and olive oil, are free from it. Spinach and lettuce, excellent sources of vitamin A, show no anti-rachitic properties. Sunlight, or ultra-violet light, is also effective in preventing and curing rickets. It is in effect a substitute for vitamin D. It is important to note that the anti-rachitic rays of light will not pass through ordinary window glass. Direct exposure is essential for the beneficial effects. *Vitamin E*—This vitamin is required for the process of reproduction in animals. The richest known source of vitamin E is wheat germ. It is also found in oats, corn, peas and green leaves, particularly lettuce. Milk contains it in small quantities.

*The Effect of Cooking Upon Food Values*—Extremists at one end of the line advocate that all food should be eaten in the raw state. Those at the other end argue that all food should be cooked. Again pure vegetarianism is urged. What light do the results of recent investigations in the field of



nutrition shed on these questions? As far as nutritive values are concerned, it can be seen from the foregoing paragraphs that all of the essential elements of a complete diet can be obtained from either animal or vegetable sources. The effect of cooking upon the nutritive value of foods varies with different foods. In general, it can be said that fats and carbo-hydrates, considered from the standpoint of their fuel value and digestibility, suffer little change, if any, on ordinary cooking. Cooking has probably but little effect also on the food value of the mineral constituents. It should be kept in mind, however, that many of the mineral components of foods are soluble in water. Consequently, a large part of these food elements, particularly in vegetables, may be lost by discarding the water in which the vegetables were cooked. The effect of cooking on proteins has to do primarily with their digestibility. The proteins of many leguminous seeds, such as common white beans, lima beans and lentils, become more digestible on cooking. Contrary to the prevailing idea, the white of an egg is more digestible after it has been cooked than it is when raw. In general, the food value of proteins is enhanced by cooking, provided, of course, that the protein be not subjected to a temperature high enough to actually decompose it or render it hard and tough.

The extent of the injury done to vitamins by the various processes used in preparing foods varies with the different vitamins. Vitamins A, B and D are not so readily affected as Vitamin C. The injurious effect of ordinary cooking upon vitamins is caused not so much by the action of heat alone as by the effect of atmospheric oxygen at higher temperature. The more the air can be excluded during cooking the less will be the destruction of vitamins. Another advantage to be gained by cooking most foods in closed vessels is the conservation of certain volatile substances, which frequently add much to the palatability of our foods. Some of the vitamins are easily affected by alkalis. The more or less prevalent custom of adding soda when cooking vegetables should be avoided, as it increases the destruction of the vitamins. Acid products, such as tomatoes and fruits, are less susceptible to injury of their vitamins than are products which contain less acid.

D Breese Jones

## MEAL PLANNING

By DR. LOUISE STANLEY, *Chief of Bureau of Home Economics,  
U. S. Department of Agriculture*

Meal planning is both an art and a science—a science when we serve the family with food which supplies their body needs, and an art when this food is selected so that it combines flavor, colors and textures in ways that are pleasing to the palate and the eye. The successful housewife aims for both. In planning meals to meet body needs, so-called balanced meals, it is useful to think of foods as belonging to one of five groups, as follows:

Group I—Vegetables and Fruits.—Vegetables and fruits are rich in mineral matter, which we need for bones and teeth and other tissues and to keep the body in good working order. They contain vitamins, necessary for normal growth; and bulky material, which helps prevent constipation.

Group II—Efficient Protein Foods.—In this group we have milk, eggs, cheese, meats, poultry, fish and certain legumes, such as peanuts and soy beans. All these foods contain protein—called “efficient” protein—because it is used to build new tissues and repair old ones. The fat they contain as well as the protein may be used as a source of energy.

Group III—Cereal Foods.—Rice, barley, wheat and corn, breakfast foods, hominy, flour, meal, bread, crackers, macaroni, even biscuits and toast. The starch in these foods is used as fuel and keeps the body warm and supplied with energy. Some of the cereals, as corn, contain fat. Whole-grain cereals also supply roughage, minerals and vitamins.

Group IV—Sweets, which the body uses for fuel. Sugar, honey, molasses, syrups, jellies, rich preserves, candy, and so on, belong in this group. We need to guard against eating too much sweet food especially *before* meals, or our appetites will be so dulled that we can't eat our proper share of the other groups. Some dried foods, such as figs, raisins, prunes and dates, might also be included in this group. They can often be used instead of other sweets, and they are valuable for the minerals they contain.

Group V—Fats and Fat Foods.—Butter, cream, lard, suet, table oils, salt pork, bacon, chocolate and nuts are used by the body as fuel. Fats are the most concentrated of all foods.

These five groups should be represented in food each day. There are so many different kinds of foods in each group that meals need not be monotonous. Thinking of meals in terms of vitamins, minerals, proteins and calories is not enough, but the skillful housewife combines flavors, textures and sometimes colors, so that the appetite is whetted and satisfied.

Louise Stanley

## THE VALUE OF FOOD STANDARDS

By DR. W. W. SKINNER,

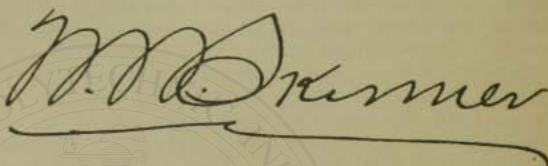
*Assistant Chief, Bureau of Chemistry, Department of Agriculture*

The average housewife, when making her daily purchases of food, little appreciates the safeguards that have been created by Federal and State laws to permit her not only to exercise an intelligent selection in the quality of the food purchased, but also to assure her, if she will use a modicum of care by reading the label attached to the container of the product, of getting just what she asks for—of getting a product free from any added harmful ingredient and which has been prepared in a reasonably sanitary manner. The activities under the Federal food and drugs act and similar supplementary laws and ordinances enacted by States and municipalities since the passage of the Federal law thoroughly cover the production and sale of food through numerous agencies about which the general public hears or knows very little, but which are important factors in the efficient control of our food supplies. One of these agencies is the Federal Food Standards Committee, a scientific board of nine members appointed by the Secretary of Agriculture, three members being selected from the Department of Agriculture, three from the Association of State Food Officials and three from the Association of Official Agricultural Chemists. The functions of this board are to fix the identity of foods, name the constituents which normally enter their composition and set standards to insure their purity without distinction as to grade. All definitions are based upon common understanding in accordance with American usage. For example, "vinegar," which originally referred to sour wine, is defined as applying only to apple cider vinegar that has at least 4 per cent acid strength. Pure cider vinegars will differ in quality, depending upon the kind and character of the apples used and upon the care used in the fermentation of the cider. Some also will have more than the required minimum of acid strength. Hence the housewife may discriminate as to quality and price with confidence that in any event the product will comply with the requirements of the food standards for purity and strength. Vinegars from other sources may be obtained under appropriate labels. Similarly, flour is defined as wheat flour, with the result that rye flour, corn flour and buckwheat flour require proper labeling. This applies as well to butter, cheese, jams, jellies, spices and other products. Flavoring extracts, for instance, conform to the standards fixed by the Food Standards Committee. Any vanilla extract upon the market that does not contain the required amount of soluble matter extracted from a definite quantity of vanilla beans is adulterated under the law. Few such products are found on the market now. However, as with vinegar, the housewife in selecting her flavoring extracts should remember that vanilla beans differ greatly in quality and price. As some are cured better than others, the flavor and aroma of one extract may be much better than that of another, although each may contain the required amount of soluble extractive matter from a given weight of beans.

If careful attention is given by the purchaser to the statements on the

label, which are most rigidly censored by Federal and State food officials, there will be no opportunity for the substitution of an imitation or sub-standard product for the genuine article.

All these safeguards of the identity and character of our foods have been established by our several governmental agencies, but the question often arises, "Does the purchaser take full advantage of these helps to make the most intelligent selection of his foods?" It seems to me that every housewife and every purchaser of foods for organizations and institutions, such as restaurants, hotels and hospitals, should want all the available information on food standards. Although it is not possible to publish this information in this volume, it may be had by obtaining from the United States Department of Agriculture a free copy of Circular No. 136, Standards of Purity for Food Products.



### ARE YOU GIVING CHILDREN DAILY THE FOLLOWING FOODS WHICH CONTAIN THE ESSENTIAL ELEMENTS?

Food selection is especially important for children. The following list of foods simplifies the problem and safeguards the growing child.

- |               |  |   |
|---------------|--|---|
| At 2 meals    | MILK (at least 1 pint in all)  |   |
| At 1 meal     | AN EGG or MEAT   |   |
| At every meal | { A WHOLE-GRAIN CEREAL BREAKFAST<br>FOOD or<br>WHOLE GRAIN BREAD<br>or<br>BAKED OR BOILED POTATO |   |
|               |  |   |
|               |  |   |
| At 1 meal     | A COOKED VEGETABLE, other than potato  |   |
| At 2 meals    | FRUIT  | { At 1 meal fresh<br>{ Or raw green vegetable such as lettuce or a little canned tomato |
|               |  | { At 1 meal fresh canned or dried   |
| At every meal | BUTTER (3 half-inch pats in all)   |   |

If regularly chosen and prepared, foods in the above variety are suitable for children of one and one-half years and older.

*Bureau of Home Economics, U. S. Department of Agriculture*

## FEEDING THE SCHOOL CHILD

By DR. JAMES F. ROGERS,

*Chief of Health Division, U. S. Bureau of Education*

The feeding of the school child is of the greatest importance. What he puts into his mouth is of vastly more moment than what he wears on his back or than any other item of his care. Unfortunately, many children are badly constructed and in poor repair from an early period of their careers (as evidenced with sad frequency by bow legs, rotting teeth and other signs) because of lack of proper materials for the making of the marvelous human body.

While the child is relatively old and comparatively finished by the time he has reached school age, and while it may be too late to mend some of his faults of construction, it is not too late to prevent further mischief in his make-up, and his bodily machinery can at least be kept well oiled and fueled. Moreover, although a child who is well fed may not do very good school work, we cannot expect him to do his best if he is ill fed.

Of course, a child will not thrive well or work well if he is ill or if he is unrested, lives too much indoors, is over-clothed or badly kept otherwise, but nevertheless his feeding is of first importance.

The ordinary books on foods and feeding are full of technical terms such as "carbohydrates," "calories," "vitamins" and the like, but what the child needs is foods and those foods which contain the essentials for his many bodily needs. These are: milk, eggs, meat, fish, whole cereals, fresh and cooked fruits, vegetables, bread and butter. If we feed children on these things we need not bother our heads over the big names which science invents from time to time.

The school child's preparation for the day's development and use of body and mind should be substantial—not coffee and crackers and a rush for school—but early rising after a long, refreshing sleep, with plenty of time for fruit, bacon and eggs, whole cereals or dry or toasted bread, with plenty of butter and a glass of milk, and with ample time still remaining for a visit to the toilet and for reaching school deliberately.

With such preparation the school will not need to furnish the child with a mid-morning lunch unless he starts at a very early hour, though if needed, an orange, an apple or a sandwich, such as described below, should suffice.

*The School Lunch*—Where the child does not have plenty of time for returning home for his noon lunch and where this is not furnished and ably supervised at school, pains should be taken to see that the food he carries with him is ample, appetizing and such as is most needed for child building and repair. Furnish him with sandwiches of whole wheat, brown, nut or raisin bread, spread with plenty of butter or salad dressing and filled with egg, cheese, chopped meat or peanut butter, with a tomato, lettuce or beet sandwich or two for variety and good nutritional measure. There should be fresh fruit or a screw-top jar of stewed fruit, and for dessert cake,

cookies or a piece of chocolate. A bottle of milk (or sometimes of custard) will complete the bill of fare unless soup or milk or cocoa are supplied to supplement the lunch by the school.

*How Much?*—The child is active and growing and needs twice as much for his size as an adult. If he weighs seventy-five pounds he may be expected to need as much as a parent who weighs twice that amount.

*Third Meal*—His evening meal should be substantial, especially if he must lunch at school, with meat, fowl or fish or eggs, potatoes, peas, beans, carrots, spinach, onions, lettuce and the like, stewed or fresh fruit and good desserts made of milk and fruits.

*Pieces*—Appetite for regular meals should not be spoiled by eating between meals, but if it is really needed a glass of milk, fruit or such a sandwich as has been mentioned should suffice.

*Candy*—Candy is well enough in its place, but it is of no use for growth or repair and worse than useless when it spoils the appetite for more needed foods. The candy question is solved by buying it in quantity and furnishing it frequently as dessert. The child who has confidence that his parent knows his business as a raiser of healthy children will gladly take to this arrangement, and in receiving candy as a food regularly and openly will cease to clamor for it as a luxury or eat it clandestinely at the wrong time.

James Frederick Rogers

#### TO PRESERVE CHILDREN

Take 1 large grassy field,  $\frac{1}{2}$  dozen children, all sizes; 3 small dogs, 1 long, narrow strip of brook, pebbly if possible. Mix the children with the dogs and empty them into the field, stirring continually, sprinkle with field flowers, pour brook gently over pebbles, cover all with a deep blue sky and bake in a hot sun. When the children are well browned, they may be removed. Will be found right and ready for setting away to cool in the bath tub.

*Mrs. Fred Purnell, Wife of Representative Purnell (Ind.).*

#### A RECIPE FOR HAPPINESS

"Patience, justice, mercy, truth;  
All the pleasures found in youth;  
Joy and hope and courage strong,  
Mixed with love your whole life long;  
Stir 'til smooth—in large mold cast;  
From this mixture comes, at last—  
Charming in its power to bless,  
Lovely, star-crowned, happiness."

*Mrs. John F. Shafroth, Widow of the late Senator Shafroth (Col.).*

## SUBSTITUTES FOR INTOXICATING LIQUORS IN FOOD PRODUCTS

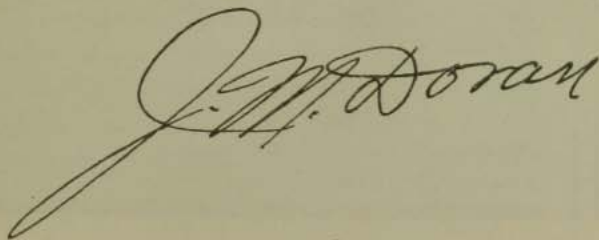
By DR. J. M. DORAN, *U. S. Commissioner of Prohibition*

Bearing in mind that the housewife and the chef cannot obtain intoxicating liquors and wines for culinary purposes under the Prohibition Law and regulations, the Bureau of Prohibition has authorized the manufacture of certain alcoholic imitation flavors and wine sauces which may be used as substitutes for the intoxicating liquors which were commonly employed for culinary purposes prior to Prohibition. These flavors and sauces are unfit for beverage purposes and may, therefore, be obtained in the open market by the public without a prohibition permit. They are on sale in most of the high-class grocery houses throughout the United States.

The Imitation Rum and Imitation Brandy extracts are highly concentrated alcoholic solutions of aromatic ethers, esters and essential oils, and are intended for use similar to the more common extracts, such as vanilla, lemon, orange, etc. The wine sauces are nothing more than pure wines to which either salt or sugar has been added to render them unfit for beverage purposes. This addition of salt or sugar does not, however, render the wine unfit for culinary use. All the usual types of wines which were commonly employed in the culinary art are used in preparing these sauces, including sherry, port, malaga and sauterne.

The salted wine sauces are suitable for flavoring soups, chicken a la King, lobster a la Newburg or any similar recipe in which salt is called for in its preparation. The salt content in this type of wine sauce varies from six to ten grains to the fluid ounce of wine, hence due allowance should be made for the salt contained in the wine when adding salt to the recipe. The sweetened wine sauces are suitable for flavoring ices, custards, sherbets, cakes, puddings and similar food products in which sugar is used as a major ingredient. The sugar in the sweetened wines represents about one-half ounce to each ounce of wine; therefore, an allowance should be made for the sugar contained in the wine when adding sugar to the recipe.

Very satisfactory results are being obtained through the use of the imitation flavors and wine sauces, and when proper care is exercised it is quite difficult to detect from the taste of the product in which used whether the flavor is imparted by the true liquor or the imitation flavor. Since full directions for use are distributed with these products, it is not necessary to give detailed instructions as to the quantity of the flavors or sauces which should be employed in the various types of recipes.



### To Dress potatoes

Wash your potatoes well & peel them, let them lay 10 minutes in cold water. Take them out and throw them in to as much boiling water & salt as will broil them tender soft. When done take them out of the water & mash them with a spoon add cream and butter equal quantities enough to make them liquid ( $\frac{1}{4}$  lb of butter to 2 qts of potatoes) with a little nut may. stir them till perfectly light and white if too stiff they may be liquified with good milk.

### Porridge made of boiling rice

wash it well in cold water Drain it in a sieve and throw it in to boiling water, when pulpy, take it with a ladle put it in a clean vessel let it remain (near the fire) till it becomes white and dry — in this form it is used for bread —

### cabbage stuffing

Shred  $\frac{1}{2}$  lb of lean beef or a pound of small very fine the yolks of 3 eggs 1 spoonful of grated bread some sweet herbs pepper salt and onion it will fill a cabbage which must be parboiled and opened at the top sewn it out till you think it will receive the meat. fill it close it an tie it hard & close in a cloth when it has boiled a little tie it close, it must boil 2  $\frac{1}{2}$  hours —

### Dried beans

boil them till done but not mashed, take a bit of butter the size of a walnut  $\frac{1}{2}$  an onion chopped fine Do them to gether in a frying pan till the onion is done Just in a little flour and soap enough to make a gravy put in your beans let them boil up & season with pepper & salt



## THE JEFFERSON COOK BOOK

By MRS. LOUIS C. CRAMTON.

Having so intimate a connection with one of our earliest and greatest Presidents as to give it a prominent place of display among the treasures of the White House, is the so-called Jefferson Cook Book. A small volume, the work of M. Randolph, it has numerous pages of added recipes in the close but clear handwriting in which had been penned, half a century before, the Declaration of Independence.

This interesting old volume was published in Washington in 1824, its yellowed title page bearing this:

The Virginia House-Wife  
Method is the Soul of Management  
Washington  
Printed by Davis and Force  
(Franklin's Head)  
Pennsylvania Avenue  
1824

The fly-leaf carries this inscription:

For Mrs. Randolph, Monticello,  
From her affectionate friend and sister.

The "Mrs. Randolph, Monticello" was the daughter of Jefferson, who for brief periods in his Administration was the hostess of the White House and who was with him at the old home at Monticello in his later days. The book, published by a close friend of the family, the sister-in-law of his daughter, and presented to the latter by its author, attracted the interest of Jefferson, whose mind had so many phases of activity, and, as his years were closing at his beautiful Virginia manor, now and always to be preserved as an American shrine, he wrote down on the numerous blank pages left for such a purpose, his favorite recipes.

Four score years later the volume came back to Washington and to the White House, the generous gift of one who, in tendering the book to Mrs. Theodore Roosevelt, then the mistress of the White House, wrote her as follows:

Honored Madam: Understand you are collecting a cabinet of ceramics, souvenirs of the different administrations. I beg leave to offer you a volume. While not "crockery," is adjunct and pertaining thereto and may not be out of place in your collection. It is probably a copy of the first cook book published in America and valuable for that reason, but more valuable from the fact of containing about 45 recipes in Mr. Thomas Jefferson's handwriting. It has been handed down to me through a gifted kinsman long since

deceased, to whom it was given by a granddaughter of Mr. Jefferson. The volume was published by his daughter, Mrs. Randolph, in 1824, two years before his death, and was undoubtedly his personal copy. It has been in my possession for 30 years. By accepting you will confer a great honor.

With unbounded regard for yourself and distinguished husband, I am

Your obedient servant,  
George A. Satterlee,  
Soldiers' Home,  
Los Angeles County, Calif.

April 8, 1904.

Through the generous courtesy of Mrs. Coolidge, the present mistress of the White House, the Congressional Club has been permitted access to the book, to photograph a page of recipes in Jefferson's handwriting and to publish some of the recipes included by the author or inserted by the former President.

In this Cook Book, composed of favorite recipes of those so intimately associated with the Government of the United States today, it is especially interesting and peculiarly appropriate that these favorite recipes of the author of our Declaration of Independence and one of our greatest statesmen should be included.

The Preface by the author comparing the management of the home with the government of the nation and stressing the need of a budget and good management, is well worth quoting in full:

#### PREFACE

The difficulties I encountered when I first entered on the duties of a housekeeping life from the want of books sufficiently clear and concise, to impart knowledge to a Tyro, compelled me to study the subject, and by actual experiment to reduce everything, in the culinary line, to proper weights and measurements. This method I found not only to diminish the necessary attention and labor but to be also economical; for when the ingredients employed were given in just proportions, the article made was always equally good. The government of a family bears a Lilliputian resemblance to the government of a nation. The contents of the treasury must be known, and great care taken to keep the expenditures from being equal to the receipts. A regular system must be introduced into each department, which may be modified until matured, and should then pass into inviolable law. The grand arcanum of management lies in three simple rules:—"Let everything be done at the proper time, keep everything in its proper place and put everything to its proper use." If the mistress of the family will every morning examine minutely the different departments of her household, she must detect errors in their infant state, when these can be corrected with ease. But a few days' growth gives them gigantic strength, and Disorder, with all her attendant evils are introduced. Early rising is also essential to the good government of a family. A late breakfast deranges the whole business of the day and throws a portion of it on the next, which opens the door for confusion to enter. The greater part of the following recipes

have been written from memory, where they were impressed by long continued practice. Should they prove serviceable to the young, inexperienced housekeeper, it will add greatly to that gratification which an extended circulation of the work will be likely to confer.

M. Randolph,

Washington, January, 1824.

The following recipes are taken from those inserted in the book by Jefferson in his own handwriting, including transcription of those that appear on the accompanying fac-simile page:

#### To Dress Potatoes

Wash your potatoes well and peel them. Let them lay 15 minutes in cold water. Take them out and throw them into as much boiling water and salt as will boil them tender, soft. When done take them out of the water and mash them with a spoon, add cream and butter equal quantities, enough to make them liquid ( $\frac{1}{4}$  pound of butter to 2 quarts of potatoes) with a little nutmeg. Stir them until perfectly light and white. If too stiff they may be liquified with good milk.

#### Chines Mode of Boiling Rice

Wash it well in cold water. Drain it in a sieve and throw it into boiling water. When pulpy take it with a ladle, put it in a clean vessel. Let it remain (near the fire) till it becomes white and dry. In this form it is used for bread.

#### Cabbage Pudding

Shred  $\frac{1}{2}$  pound of lean beef and a pound of suet very fine, the yolks of 3 eggs, 1 spoonful grated bread, some sweet herbs, pepper, salt and onion. It will fill a cabbage which must be parboiled and opened at the top. Scoop it out till you think it will receive the meat. Fill it, close it up, tie it hard and close in a cloth. When it has boiled a little, tie it closer. It must boil  $2\frac{1}{2}$  hours.

#### Dried Beans

Boil them till done but not mashed. Take a bit of butter the size of a walnut,  $\frac{1}{2}$  an onion chopped fine. Do them together in a frying pan till the onion is done. Dash in a little flour and soup enough to make a gravy. Put in your beans, let them boil and season with pepper and salt.

#### Observations on Soups

Always observe to lay your meat in the bottom of the pan with a lump of fresh butter. Cut the herbs and roots small and lay them over the meat. Cover it close and put it over a slow fire. This will draw forth the flavors of the herbs and in a much greater degree than to put on the water at first. When the gravy produced from the meat is beginning to dry put in the water and when the soup is done take it off. Let it cool and skim off the fat clear. Heat it again and dish it up. When you make white soups never put in the cream until you take it off of the fire.

#### Beef a la Daribe le Maire

Take a round of beef, lard it well and put it in a dutch oven. Take the meat from a shin of beef, cut it in pieces with small slices of any

other fresh meat and a little bacon. Season them with salt, pepper, thyme, carrots and a little onion. Put it round and over the beef, cover the whole with water, let it stew very slowly until perfectly done. Take out the round and set it by to cool. The jelly is now to be made. Begin by taking out all the meat and leave in the oven all the juices or broth which must be strained through a sieve and the grease skimmed from the top. Put it back on the fire with a few grains of pepper and let it simmer slowly. Beat up 4 eggs in a cup of water and mix them in, stirring all together for about 5 minutes. Then let it remain a little while longer until the side next the fire begins to look clear. You may try whether it is sufficiently clear by taking a little in a silver spoon. Take the oven off and sitting it near the fire put a few coals on the top and let it stand for about a quarter of an hour. Your jelly is now ready for straining and after it cools garnishes the beef. This dish should be prepared a day before it is wanting. The oven should not be too large.

The following recipes are taken from the text of the book and were, no doubt, in use at Monticello:

#### To Make an Onion Sauce

Boil 8 or 10 large onions. Change the water two or three times while they are boiling. When enough chop them on a board to keep them a good colour. Put them in a saucepan with a quarter pound butter and 2 spoonfuls thick cream. Boil it a little and pour it over the ducks.

#### To Make Hunters' Beef

Select a fine fat round weighing about 25 pounds. Take 3 ounces saltpeter, 3 of brown sugar, 1 ounce cloves,  $\frac{1}{2}$  ounce allspice, a large nutmeg and a quart of salt. Put them altogether very fine. Take the bone out. Rub it well with this mixture on both sides. Put some of it in the bottom of a tub just large enough to hold the beef. Lay it in and strew the remainder on the top. Rub it well every day for 2 weeks and spread the mixture over it; at the end of this time wash the beef, bind it with tape to keep it round and compact, filling the hole where the bone was with a piece of fat. Lay it in a pan of convenient size, strew a little suet over the top and pour in a pint of water. Cover the pan with a coarse crust and a thick paper over that. It will take five hours baking; when cold take off the tape. It is a delicious relish at twelve o'clock or for supper eaten with vinegar, mustard, oil or salad. Skim the grease from the gravy and bottle it; it makes an excellent seasoning for any made dish.

#### Gooseberry Fool

Pick the stems and blossoms from 2 quarts of green gooseberries. Put them in a stewpan with their weight in loaf sugar and a very little water; when sufficiently stewed pass the pulp through a sieve and when cold add rich boiled custard till it is like thick cream; put it in a glass bowl and lay the brothed cream on the top.

#### Citron Cream

Cut the finest citron melons when perfectly ripe. Take out the seeds and slice the nicest part into a china bowl in small pieces that

will lay conveniently. Cover them with powdered sugar and let them stand several hours. Then drain off the syrup they have made and add as much cream as it will give a strong flavor to and freeze it. Pine-apples may be used in the same way.

#### Vinegar of the Four Thieves

Take lavender, rosemary, sage, wormwood, rue and mint of each a large handful; put them in a pot of earthenware, pour on them 4 quarts of very strong vinegar. Cover pot closely and put a board on the top; keep it in the hottest sun 2 weeks. Then strain and bottle, putting in each bottle a clove of garlic. When it has settled in the bottle and become clear pour it off gently; do this until you get it all free from sediment. The proper time to make it is when the herbs are in full vigour, in June. This vinegar is very refreshing in crowded rooms, in the apartments of the sick and is peculiarly grateful when sprinkled about the house in damp weather.

*Faura Kay Gramton*

#### INTERESTING COOK BOOKS

Among the hundreds of cook books available in the Congressional Library, the following have especial interest:

The Art of Cookery Made Plain and Easy, Mrs. Glasse, Alexandria, 1805.

The Frugal Housewife, or Complete Woman Cook, Susannah Carter of Clerkenwell, London and Boston, 1772.

The Universal Cookery Book, Practical Recipes for Household Use, Gertrude Strohm, New York, 1887.

The Pleasures of the Table, An Account of Gastronomy from Ancient Days to Present Times, George H. Ellwanger, 1902.

Favorite Food of Famous Folk, Ladies Guild of St. James Church, Pewee Valley, Louisville, Ky., 1900.

The English Art of Cookery, Richard Briggs, 2d Ed., London, 1791.

The Closet of the Eminently Learned Sir Kenelme Digby Kt. Opened, Etc. 3d Ed., London, 1677.

The Complete Practical Cook, or, A New System of the Whole Art and Mystery of Cookery, Charles Carter, London, 1730.

Housekeeping in Old Virginia, Marion Cabell Tyree, New York and London, 1877.



## DINNER AT SEA ON THE LEVIATHAN

*E. Hunziker, S.S. Leviathan,  
United States Lines*

### DINNER

Celery  
Hors d'Oeuvres a la Russe  
Consomme Imperiale  
Fillet of Sole, Americaine  
Breast of Chicken, Meurice  
Saddle of Lamb, Romanoff  
Waldorf Salade  
Pears Suzette  
Petit Fours  
Demi Tasse.

### Hors d'Oeuvres

Russian Caviar on Ice Block  
Sardines  
Stuffed Tomatoes with Chicken Salad  
Sliced Smoked Salmon  
Sliced Sturgeon  
Russian Meat Salad

### Consomme Imperiale

Double Beef Consomme garnished with dice of Truffles and dice of Royale.

### Fillet of Sole, Americaine

Take 1 Sole and divide into 4 fillets. Cook in Fish Bouillon. Place on a plate, put a slice of Lobster on each Fillet, and cover with Sauce Americaine.

### Sauce Americaine

Take a live Lobster and divide into 4 pieces. Place these in a casserole with butter, chopped shallots, chopped leeks and chopped carrots, then cook until brown. Add half puree of tomato and half brown sauce, then cook the whole for 20 minutes and strain.

### Breast of Chicken, Meurice

Cook a breast of chicken in chicken bouillon. Take the breast away, and with the remainder make a Supreme Sauce. Place shredded fresh spinach in the sauce and cook for 15 minutes. Place the breast of chicken on toast and cover with the sauce, garnished with asparagus tips.

### Saddle of Lamb, Romanoff

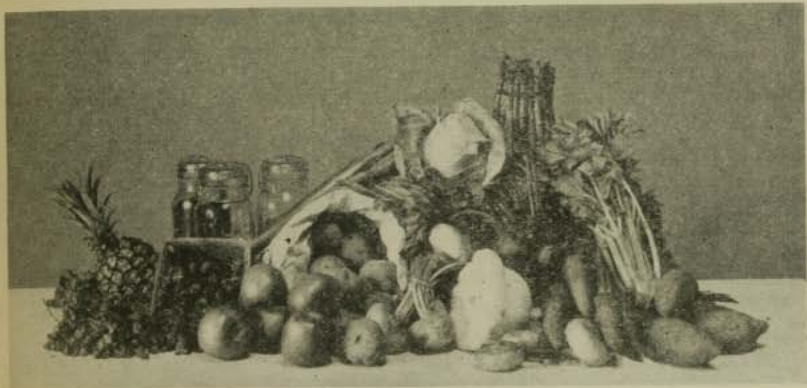
Cut out the fillets of a saddle of lamb when roasted. Replace the fillets on the saddle, and place a slice of goose liver on each, garnished with patties of creamed potatoes, creamed fresh mushrooms, creamed cucumbers, and parisienne potatoes. Serve brown sauce separate.

### Salade Waldorf

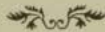
Half celery and half apple cut in dice and mixed with mayonnaise sauce, garnished with chopped walnuts.

### Pears Suzette

Cook a fresh peeled pear and when cold, glaze it with chocolate sauce. On this, place vanilla ice cream, garnished with whipped cream and candied violets.



## *Favorite Dishes of All Nations*



Through the courtesy of the diplomatic representatives of America abroad, and of foreign governments in the United States, and of the Pan-American Union, the following collection of recipes, so largely typical of the various nations, has been compiled. The Committee is indebted to the contributors, hereinafter named, and to the Pan-American Union, for their generous and effective co-operation, as well as to the Library of Congress, for their services in translation of many of the recipes.

### **ARGENTINA**

*From Señora Maria M. de Zuloaga, Wife of Major Angel M. Zuloaga, Military Attaché of the Argentine Embassy*

#### **CARBONADA A LA CRIOLLA (A Créole Stew)**

Prepare fresh or cooked beef for stew, by cutting into half-inch cubes, browning slightly in butter, with a dusting of flour. Chop very fine two big onions, three green peppers, and six tomatoes peeled. Fry in oil, beginning first with the onion and one pepper and adding the rest. Add the chopped beef (veal can be used) and an equal quantity of white potatoes cut into squares. Cook on hot fire until the juice is consumed.

At this stage cut-up sweet potatoes may be added if desired, as well as peas and corn. Add tomato extract until the mixture has rich color. When the vegetables are half cooked and chopped, half-ripe peaches,

enough to make about one-quarter the quantity of meat. Add salt and pepper to taste, and cook on a slow fire.

#### DULCE DE LECHE (Milk Spread, Sweetened)

To every quart of milk add half a pound of sugar and boil in a granite pan. The amount will boil away to less than half the original quantity before it is through cooking. Sour milk may also be used, and the flavor will then be a little stronger.

Bring the milk and sugar to a boil and then lower the fire so that it will not burn when left to boil. It must be stirred occasionally during about three hours of boiling. The mixture will gradually turn much darker in color and will thicken until a drop of it in cold water will form a soft ball. Towards the end of the boiling add some grated lemon rind, or a few slices of the rind, and a few cinnamon sticks may also be added.

Remove from the fire when thick enough and stir for a few minutes vigorously to prevent it from curdling. Allow it to cool and eat with soda crackers or bread.

*From Hon. Philander L. Cable, Charge d'Affaires, United States Embassy, Argentine:*

#### PASTELITOS DE CHOCLO (Green Corn Pie)

Fry two onions, three peppers and three tomatoes in butter. When well fried add chopped meat. Cook for quarter of an hour and add dried currants and mix. Then add two large tablespoons of flour, and sugar to taste, a pinch of salt and pepper.

When cooked add chopped hard-boiled egg.

(The same filling is used for "Empanadas Criollas," adding plenty of pimiento and tomato sauce and keeping it very juicy.)

Pass through a fine chopping machine three tins of corn (for ten persons).

Place in a casserole with half a pat of butter. Add to the corn a cup of milk, one cup of flour, one cup of sugar and a little salt. Stir and cook with the butter. When it is cooked to a good consistency take off the fire and add eight eggs well beaten. Fill a pan half full and cover the filling with the paste. The same can be made in small pots or crocks, powdering the top with sugar and placing in a double-boiler in the oven to be browned.

*The Jockey Club, Buenos Aires*

#### EMPANADAS (Meat Pasties)

Put two kilos (4.4 pounds) of flour on the table (marble top). Make a hollow and add four eggs (whites and yolks) and begin to knead with warm water which has been salted. The dough must be rather hard. Knead well until it is quite smooth. Add half a loaf of butter (12 grams, 4.4 ounces), the same amount of lard and knead again until the dough is very smooth, continually powdering the table with flour. Make little cakes the size of a small orange and allow them to set for a good while. Next roll them out to the thickness of a dinner plate, fill with the mixture used for "pastelitos de choclo," turn over one side of the pastry and press together the edges and bake.

*The Jockey Club, Buenos Aires*



## PUCHERO (Chowder)

Fill a pot half full of water. When the water is scalding (not boiling) put in a chicken and a loin of beef or ribs of beef. Add salt and boil. When well skimmed add one good stalk each of celery, leeks and parsley. When boiled for an hour add a few pieces of squash or vegetable marrow, with rind, peeled sweet-potatoes and white potatoes, carrots, a good young cabbage, one onion, one pepper and one tomato (whole). A few sausages (whole). Twenty minutes before serving add some rice and marrow-bone.

*The Jockey Club, Buenos Aires.*

## CORN IN THE HUSK

Always use fresh green corn and save the husk. Scrape the corn off the cob and pass it through a fine chopping machine. Make a rich sauce, with plenty of onion, tomato and green peppers, fried in one-half part of oil and one-half part butter, enough to make it quite juicy. To the chopped corn add a large cupful of flour and one of sugar and mix well. When well mixed add to the sauce two large tablespoonfuls of beef stock and tomato paste (extract of tomato), salt and pepper to taste. After cooking for an hour, stirring continually to avoid sticking, let the mixture get thoroughly cooled. Then take two whole, smooth leaves of the husk, overlap the two broad ends, fill with a large spoonful of the mixture (bind with a strand of raffia and reheat).

*The Jockey Club, Buenos Aires.*

## AUSTRIA

*From Mme. Edgar Prochnik, Wife of the Minister from Austria:*

## VIENNESE RISOTTO

$\frac{1}{3}$  cup rice.  $\frac{1}{2}$  cup cold cooked chicken in  
3 tablespoons of butter. diced pieces.

$\frac{1}{2}$  cup canned tomatoes.

Chicken livers, cooked (2 or 3), white stock, salt and cayenne.

Cook rice in boiling, salted water, drain and pour hot water over to rinse. Heat omelet pan, add butter and when melted add rice. Cook three minutes then add tomatoes, chicken, livers chopped, and enough stock to moisten. Cook five minutes and season and serve.

## SACHER TORTE (Sacher. Cake)

Cream half a pound of butter with a quarter of a pound of sugar. Add yolks of 4 eggs and a quarter of a pound of melted chocolate, quarter of a pound of flour and the beaten whites of the 4 eggs. Bake slowly in buttered and floured layer cake tins. Put preserves between the layers and ice with the following icing:

$\frac{1}{4}$  pound of chocolate, cooked in small amount of water for 10 minutes. Add  $\frac{1}{4}$  pound of sugar and 4 teaspoons water and cook till chocolate strings; remove from fire and beat and frost cake.

*From Hon. Albert Henry Washburn, United States Minister to Austria:*

**LIGHTS (Lungs) WITH DUMPLINGS (for 10 persons)**

Wash and boil a whole lung and heart of a calf in water (taking enough to always cover the lungs) about one hour and a half, to which add a little vinegar, salt, carrots, parsley, celery, a few grains of pepper and a piece of onion, then remove the lights and allow to cool thoroughly. Meanwhile prepare an "Einbrenn," or browned flour. Heat separately 10 dkg. (3.5 ounces) of lard, then add 8 dkg. (2.8 ounces) of flour until this gets brownish, then the soup in which the lung was boiled into the so-called "Einbrenn." Let it boil well with two tablespoons of sour cream. Cut the cooled lung in narrow strips and put into the sauce. (Add salt and vinegar according to taste.)

**Bread Dumplings**

Cut 10 rolls (or the same quantity of other white bread) into small dice. Let 20 dkg. (7 ounces) of lard become very hot in a saucepan, and throw the dice of bread into the hot lard and let them become slowly stiff and yellow; before they are entirely toasted, add some finely chopped parsley and onions. Then remove the saucepan from the fire and let the dice of bread become cold. Then mix  $\frac{1}{2}$  a liter (1 pint) of milk with two eggs and pour this over the roll. Add  $\frac{1}{4}$  of a liter ( $\frac{1}{4}$  quart) of flour and some salt and first form with the hand a dumpling about the size of a round potato. Boil some in a saucepan, put in a trial dumpling and let it boil fully ten minutes; if the consistency is too soft, add a little flour, if it is too hard, add some milk. Then cook the other dumplings and sprinkle with bread crumbs toasted in butter.

*Palace of President Hainisch of Austria*

**WIENER SCHNITZEL WITH POTATO SALAD**

Schnitzel are the meat of the leg of veal; cut into slices about one cm. ( $\frac{3}{8}$  inch), beat and salt them on both sides, dip in flour, then in an egg (an egg is to be broken into a deep plate and the yolk and the white of the egg well mixed with a fork), finally in bread crumbs, and fry them in hot lard on both sides. The lard should, when melted, be finger's depth in the saucepan. One should reckon per person 15 dkg. (5.3 ounces) of veal, if quite without bones.

**Potato Salad for 10 Persons**

1 $\frac{1}{2}$  kg. (3.3 pounds) of "Kipfler" (longish, small) potatoes (i. e. greasy ones) are cooked, peeled and cut into slices; then salt, add 3 tablespoonfuls of fine oil, while the potatoes are still warm, then vinegar according to taste and strength of the vinegar and mix the whole thoroughly

*Palace of the President*

**PLUM DUMPLINGS FOR 10 PERSONS**

Cook, peel and sieve 1 kg. (2.2 pounds) of potatoes (or press through the potato press) then work on the board (with your hands) work 35 dkg. (12.3 ounces) of flour, 5 dkg. (1.8 ounce) butter, 2 eggs and a little salt to an even dough. This dough is then rolled out to a thickness of about 2 mm. with a floured rolling pin, cut into little squares (of about 5-6 cm. or

2 inches). Cover a plum with its stone with each one of these squares, being careful not to tear the dough. The dumplings thus formed are put into simmering, slightly salted water, cooked for 5 minutes and strained. Toast 15 dkg. (5.3 ounces) of bread crumbs in 20 dkg. (7 ounces) of butter, roll the dumplings in this and sprinkle with powdered sugar.

*Palace of the President.*

### APFELSTRUDEL

Put 35 dkg. (12.3 ounces) of flour on the board, make a hole in the middle of the heap, in which put a little lukewarm water and 3 dkg. (1 ounce) of butter and a little salt. Mix the whole thoroughly and work the dough with your hands, until it does not stick to your hands and the board (the dough must remain quite soft). Put it then on the floured board, cover it with a warmed dish and let it remain half an hour.

Meanwhile peel  $1\frac{1}{2}$  kg. (3.3 pounds) of apples and cut them in very thin slices, also toast 10 dkg. (3.5 ounces) of bread crumbs in 10 dkg. (3.5 ounces) of butter and prepare 5 dkg. (1 $\frac{1}{4}$  ounces) of raisins and 10 dkg. (3.5 ounces) of sugar (more or less according as to whether the apples are sour or sweet). When the dough has been allowed to stand for half an hour, prepare on a rather large table a napkin, flour it, put the dough thereon, roll it a little with the rolling-pin, stretch the dough, pulling from beneath with both hands, until it becomes quite transparent and so large that it hangs over the edge of the table. It is advisable to grease the edges beforehand with melted butter by means of a paint brush. Cut away the edges remaining thick, sprinkle apples, bread crumbs, raisins and sugar, but only half of the dough (the dough which remains uncovered, sprinkle with melted butter), roll it together, put the whole on a greased baking-tin, greased the Strudel with melted butter and bake it in the oven about 3 quarters of an hour. Then cut it into pieces on the baking-tin, put it on the dish and powder it with sugar.

*Palace of the President.*

### INDIANER-KRAFFEN (Chocolate Cream Buns)

Stir 60 grams (2.1 ounces) of sugar with 5 yolks of eggs till they are foamy, then add  $1\frac{1}{2}$  tablespoonfuls of water and stir in 50 grams (1 $\frac{3}{4}$  ounces) of flour. Meanwhile the 5 whites of eggs are beaten and mixed slowly with the other ingredients. Now make the "Krapfen" (round cake) and bake them at a moderate heat. Then hollow them out, put them together and cover with chocolate. Fill with sugared whipped cream.

*Hotel Imperial, Vienna.*

### CALF GULYAS

Chop 1 kg. (2.2 pounds) of onion finely with 10 dkg. (3.2 ounces) of bacon, then roast to a light yellow in 300 gr. (10.5 ounces) of lard, stir with a good teaspoon of red pepper and add quickly  $\frac{1}{4}$  of a liter ( $\frac{1}{2}$  pint) of cold water. Then put in 3 kg. (6.6 pounds) of veal, cut into small pieces, salt and stew it until the grease is visible. Then stir in two teaspoons of flour,  $\frac{1}{2}$  a liter (1 pint) of sour cream,  $\frac{1}{2}$  a liter (1 pint) of soup, boil and serve.

*Hotel Imperial, Vienna.*

## TOPFENSTRUDEL (Strudel with Dutch Cheese)

Work 25 dkg. ( $8\frac{3}{4}$  ounces) of flour with an egg, 5 dkg. ( $1\frac{3}{4}$  ounces) of butter, a little salt and lukewarm water until the dough does not stick, and let it rest covered for one hour.

Filling: Stir 14 dkg. (5 ounces) of butter with 12 dkg. (4.2 ounces) of sugar, the skin of a lemon and 4 yolks of eggs until it gets foamy. Add 25 dkg. ( $8\frac{3}{4}$  ounces) of Dutch cheese,  $\frac{1}{4}$  of a liter of cream, and lastly the whites of the 4 eggs beaten up.

Pull out the dough on a napkin, put on the filling with a flat spoon and then roll, lifting the two ends of the napkin.

The Strudel is put on the baking-tin, greased with butter and baked at a moderate heat.

*Grand Hotel, Vienna.*

## PEASANTS' GULYAS

Cut 1.20 kg. ( $2\frac{3}{4}$  pounds) ribs of beef or fillet into dice of 6 to 7 dkg. (2 to  $2\frac{1}{2}$  ounces), roast 50 dkg. (17.5 ounces) of onions cut into big pieces, with 25 dkg. ( $8\frac{3}{4}$  ounces) of finely cut bacon, in a saucepan until they become a golden yellow. Add 20 grams ( $7/10$  ounce) of red pepper and 15 grams ( $\frac{1}{2}$  ounce) of salt, stew until the lard becomes clear, powder with 25 grams ( $7/8$  ounce) of flour, finish with  $\frac{1}{2}$  kg. (1.1 pound) peeled tomatoes with the seeds removed, and stock, and stew until the ingredients are completely dissolved.

*Grand Hotel, Vienna.*

## SZEGEDIN COTELETES

Cut 1.50 kg. (3.3 pounds) of pork chops into 10 cutlets, powder with flour and fry, placing it in a sauté dish in alternate layers with parboiled Sauerkraut.

Make a red pepper sauce of 25 dkg. ( $8\frac{3}{4}$  ounces) of bacon cut into dice,  $\frac{1}{2}$  kg. (1.1 pound) of finely cut onions, 20 grams ( $7/10$  ounces) of red pepper, 5 grams ( $1/6$  ounce) of salt, 1 litre (1 quart) of cream, pour this over the cutlets and cabbage. Stew the whole for a good hour and a half. Remove the fat before serving, season again and serve in a tureen.

*Grand Hotel, Vienna.*

## CREME A LA SACHER

In a  $\frac{1}{4}$  litre of dissolved sugar standing on boiling water, whip up 12 yolks of egg until they form a consistent mass, then whip on ice. Mix 14 dkg. of hazel-nut nougat with 3 dkg. of chocolate and 2 glasses Curaçao, stir up with the above cream, mix with 1 litre of whipped cream and stir in with the cream. Make with paper at the edge of the soufflé cup, an edge about 2 cm. higher, fill in the cream and let it freeze from 3 to 4 hours. Before serving, powder with cocoa powder, remove the paper from the soufflé cup and serve strawberry purée with the cream.

*Hotel Sacher, Vienna*

## BELGIUM

*From the Belgian Embassy, Washington:*

## WATERZOE DE VOLAILLE

Without doubt the most popular national dish of Belgium is Waterzoie de Volaille—a most delectable and satisfying soup of chicken. In Brussels the dish reaches perfection under the magic of the chef of the famous restaurant the "Filet de Sole," known to amateurs of good cooking in almost every country of Europe.

I am going to tell you how they do it at the "Filet de Sole." First of course you will secure a fine young fowl-chicken—and after it has been perfectly cleaned and dressed, you will rub it well with a piece of lemon. Now cut it up as you would for frying.

Next prepare the casserole or vessel in which the soup will be made by generously buttering the sides and bottom. Over the bottom of the vessel place a bed of fine julienne, composed one-third of fine white celery (remove all fibers or strings), one-third of the white part of leek, and one-third of white onion. To this add a bouquet composed of a half a leaf of laurel, a soupçon of thyme enclosed in a few roots of parsley, the roots having been well scraped and washed.

Upon this bed place the pieces of chicken and over the whole pour a quart of veal broth. Water may be used instead of the broth but the latter is preferable. Season with kitchen salt, freshly ground white pepper and a pinch of clove.

Bring the mixture to a boiling point and allow it to simmer and steam under a tight cover for at least thirty-five minutes.

Take out the bouquet and pass the roots through a metal strainer. The extract is to be added to the soup. Now add a large pinch of bread crumbs.

At this point you turn the soup into a large tureen and quickly add the rapidly beaten yolks of four eggs, two wine glasses of extra thick cream and a few thimblefuls of fine butter. Complete the liaison by adding the pieces of chicken and, with a final sprinkle of chopped parsley, the Waterzoie is ready for the table and for your delectation.

*From Hon. Hugh Gibson, United States Ambassador to Belgium:*

Dinner prepared by Bernard Merlini, Chef de Cuisine of the Ambassador of the United States and Mrs. Phillips, in Brussels, given in honor of Their Majesties, the King and Queen of the Belgians, and His Eminence Cardinal Mercier.

36 covers—4 services

## Menu

Crème de Champignons  
 Truites de Rivière à la  
 Norvégienne  
 Sauce Hongroise  
 Selles d'Agneau Clamard  
 Sauce Menthe

Poussins de Bresse Rotis  
 Salade Brabançonne  
 Asperges d'Argenteuil  
 Sauce Hollandaise  
 Mousses Marie-Louise  
 Gateaux.

**River Trout**

Cook with Sauterne wine in water well flavored with usual vegetables. Make a clear jelly. Place the trout on a crystal dish and decorate them with a fine "julienne" of vegetables, white of egg and truffles. Cover with jelly and insert the dish in a block of ice cut according to taste.

For the sauce, make a good mayonnaise and stir into it the yolks of hard-boiled eggs finely chopped and season well with paprika.

Luncheon given at the American Embassy, Brussels, in honor of Mr. Vander velde, Minister for Foreign Affairs.

18 covers—2 services

**Menu**

Hors d'Oeuvres Varsoivienne

Oeufs Mollet en Soufflé

Soles à la Zélandaise

Quartiers d'Agneau Bouquetière

Asperges sauce Vénitienne

Mousse au Chocolat en Surprise

Gateaux

**Salade Brabançonne**

Cut some endive very fine, also cooked beetroot and truffles. Line the salad bowl with lettuce leaves and place the various colors in carefully.

**Mousses Marie-Louise**

Make the mousses flavored with vanilla. Fill the centers with strawberries and a raspberry sauce. Flavor all with liqueur.

The Hors d'Oeuvres are served on small pieces of toast.

**Oeufs Mollets en Soufflé**

Take the material for a Parmesan soufflé and put a layer of it in a shallow soufflé dish—lay in the eggs boiled for 5 minutes, and cover with the rest of the liquid. Place over it a slice of Gruyère cheese and powder with grated parmesan. Leave only a short while in the oven so as not to harden the eggs.

**Soles à la Zélandaise**

Roll the fillet of sole and place them in a large oyster shell with a poached oyster on top and a mushroom; cover with a white wine sauce and put in the oven.

**Asperges Sauce Vénitienne**

Make a good Hollandaise sauce to which add some finely chopped herbs passed through a hair sieve (spinach, parsley, chervil and small piece of shallot.)

**Mousse au Chocolat**

Cover a sponge cake soaked with liqueur the material for a soufflé omelette and put in the oven to color slightly.

## Dinner in honor of His Royal Highness the Duke of Brabant.

36 covers—4 services

## Menu

Consommé à la Verdi

Tronçons de Saumon

Sauce Riche

Pièce de Boeuf à la Sarde

Bécasses roties au Fine Champagne

Pâte de Foie Gras à la gelée

Coeurs de laitue en salade

Timbales à la Florentine

## Salmon

Cook in a broth made from white wine, cognac, vegetables and peelings from mushrooms. Thicken the sauce with yolks of egg and add to it some cooked and strained truffles.

## Beef

Braise a piece of beef until well done, in a good tomato sauce. To the sauce add some grated horse-radish. Slice the beef and between each slice put one of tongue and some sauce. Cover all with sauce, bread crumbs and butter and put in the oven to brown. Serve with a separate dish of spaghetti.

## Timbales à la Florentine

Make a sponge cake in a charlotte russe mold, flavored with maraschino. Fill the center with pistachio ice cream, and cover with a hot raspberry sauce.

A few informal luncheons given by the Ambassador of the United States and Mrs. Gibson, in Brussels.

## Luncheon

Gnocchi à la Romaine

Rable de Lièvre à la Crème

Pommes de terre Fondente

Endives au Jus

Soufflé au Citron, Sauce Cerises

As Their Excellencies are very fond of Italian dishes, a light but very good cooking, a few of their favorite dishes are given herewith:

## Gnocchi a la Romaine

To 1 liter (1 quart) of milk add 200 grams (7 ounces) wheat semolina, a piece of butter, salt and nutmeg. When well cooked add yolks of eggs and 150 grams (5.3 ounces) grated parmesan cheese. Put on marble slab to cool and when cold cut in pieces and dispose them in the shape of a wreath in a shallow baking-dish. Powder well with grated cheese, pour melted butter over it and put in oven to brown.

**Luncheon**

Croquettes de Risotto  
 Tournedos Grillé Bordelaise  
 Pommes de terre Liard  
 Fonds d'Artichauts à la Moelle  
 Pêches Duchesse

**Croquettes de Risotto**

Make a good risotto with veal broth; add a little saffron and grated parmesan cheese; pour it hot into individual molds. When cold dip in egg and bread crumbs and fry in clarified butter.

**Pommes de Terre Liard**

Cut the raw potatoes into round pieces, dip them in batter and fry until a golden brown.

**Pêches Duchesse**

Cut the peaches in half and cook with flavoring. Place on small piece of sponge cake soaked in liqueur. On each half of peach put a small baked custard and serve with chocolate sauce.

**Macaroni Soufflé**

Break the macaroni in small pieces and cook; mix with a good white sauce, veal broth and cream. Add a liberal quantity of grated parmesan cheese and several yolks of eggs. When only slightly warm mix in the whites of the eggs, previously well beaten, pour into soufflé mold and put in oven.

**Luncheon**

Soufflé au Macaroni  
 Côtelettes de Mouton Florentine  
 Asperges Sauce Aurore  
 Savarin Chatelaine

**Ravioli à la Florentine**

Make a good noodle paste and spread out into a thin sheet. Cut into the shapes wanted. Place a small pile of dressing on the pieces of paste, wet with beaten eggs and cover with more paste. Cook for 15 minutes in salt water, sprinkle with grated parmesan cheese and cover with a good tomato sauce made from braised beef, or with melted butter.

To make the dressing, take a veal or sheep's brain and cook slightly with butter. (Cooked chicken, veal or pork may also be used.) Chop finely and add some spinach which has been passed



**Luncheon**

- Ravioli Sauce Tomates  
 Poulets Frits à l'Américaine  
 Jets de Houblon à la Crème  
 Turban de Pruneaux Chantilly.

through a sieve, a finely chopped shallot, a tablespoonful of grated parmesan cheese and an egg. Mix all thoroughly and cook in butter.

**Turban of Prunes Chantilly**

Cook the prunes in half red wine, half water; add a piece of cinnamon and squeeze of lemon. When well cooked pass through a sieve and add a little melted gelatine (6 to 7 sheets to half a liter (a pint) of prune sauce.) Pour in a mold and put on ice. When feady to serve take out of mold and fill center with whipped cream flavored with sugar and vanilla.

Dinner prepared by Bernard Merlini for Prince Ruspoli, Ambassador of Italy in Brussels, in honor of Their Majesties, The King and Queen of the Belgians.

50 covers—5 services

**Menu**

- Noirs de Carmes frappés  
 au Porto  
 Consommé à la Vénitienne  
 Truites Saumonées  
 Sauce Bourguignonne  
 Poulardes Soufflés Favorite  
 Filet de Boeuf en gelée  
 Coeurs de laitue en salade  
 Fonds d'Artichaut à la Romaine  
 Glace Tutti Frutti  
 Gateaux

**Noirs de Carmes**

Make a small hole in small sized melons. Pour in some Porto wine and put on ice for 2 hours. Cut in half and serve on cracked ice.

**Consommée**

Make a chicken broth and add to it small meat balls colored with various vegetables.

**Trout**

Stuff the fish and serve on a bed of rice. Garnish with crayfish. Serve with sauce made with Burgundy wine.

**Chicken**

Braise slightly and cut off the white meat. Trim with a good mousse made from poultry and some beaten white of egg, foie gras and truffles cut into squares. Slice the white meat and put back into place, holding all together with the mousse. Put some buttered paper around it all and place in braising pot on fire for half an hour and let

it simmer slowly. Place on dish and garnish with sweetbreads, mushrooms and truffles.

#### Hearts of Artichoke

Place the hearts of artichokes on toast and garnish with a tomato and finesherbes jelly.

#### Glace Tutti Frutti

Vanilla ice cream served with a hot sauce made with all kinds of fruit.

Dinner served by Bernard Merlini, Chef de Cuisine of the American Ambassador and Mrs. Gibson, at the French Embassy in Brussels.

#### Lobsters

23 covers—3 services

#### Menu

Consommé à la Vénitienne  
Mousseline de Homards Newburg  
Jambons de Prague, Purée Riche  
Sauce Marsala  
Médallions de Volaille Parisienne  
Fenouils à la Polonaise  
Bombes Surprises Napolitaines  
Gateaux  
Talmousses au Roquefort

Make a mousse with half the lobsters and cut the other half into small squares and mix with a sauce with crayfish, mushrooms and truffles. Put the mousse into cutlet molds and cook in double boiler, serve around rice and cover with Newburg sauce.

#### Jambon de Prague

Cook the ham in Marsala, garnish with little molds of peas, carrots and cauliflower. Take a lot of cooked vegetables and pass them all through a sieve, stir in enough egg and cream to hold it all well together and cook in double boiler—serve with ham.

#### Médallion de Volaille

Cut some rounds of cooked white of chicken—glaze them with cold white sauce and garnish with truffles. The chicken must have been left whole; take away the breast bone and fill with a salad made from vegetables and cream—glaze the chicken and on it put the rounds previously prepared. Cover all with jelly and garnish the dish with a clear tarragon jelly.

**Fenouils**

Cook some fennel in salt water—drain it well and pour over it some butter, bread crumbs, hard-boiled eggs passed through a sieve and chopped parsley.

**Bombe Napolitaine**

Make ice cream with various fruits—take out of the mold and place on biscuits soaked in liqueur—powder with fine sugar and color according to taste.

**Talmousse**

Take some thin sheets of paste and between them put some roquefort cheese mixed with cream and yolk of egg.

Luncheon served by Bernard Merlini at the French Embassy in Brussels.

22 covers—2 services

**Menu**

Oeufs froids Grimaldi  
Homards à l'Indienne  
Quartiers d'Agneau Niçoise  
Petits Pois à la Française  
Coupes Printanières  
Gateaux  
Galette au Camembert

**Oeufs Grimaldi**

Poach the eggs and place on half a tomato and cover with mayonnaise. Around the tomato put a salad of asparagus tips.

**Homard à l'Indienne**

Cook the lobster à l'Américaine, thicken the sauce with cream and add to it a good teaspoonful of curry powder; serve around a mound of rice.

**Quarter of Lamb**

Roast the lamb and garnish the dish with pieces of stuffed cucumber, mushrooms and stuffed lettuce.

**Coupe Printanière**

Fill a champagne glass with ice-cream, half vanilla, half raspberry, cover with a macédoine of fruit and liqueur and decorate with whipped cream.

## Gallettes au Camembert

Spread out some wafer paste—on each piece place a slice of Camembert cheese—cover with a piece of paste with a few holes in it. Brush over with yolk of egg, make lines on it with a fork and put in a hot oven. Serve warm only.

## BOLIVIA

*From Señora Rosa Salinas de la Barra, Wife of Señor D. George de la Barra, Chargé d'Affaires of Bolivia to Washington:*

## COLOMBIAN CORN PUDDING

Cut the corn off of 5 ears of sweet corn into a shallow dish; add 3 eggs,  $\frac{3}{4}$  of a cup of sweet milk, and salt and pepper to taste, also add 4 table-spoonfuls of melted butter and 1 spoonful of paprika. Mash the corn and stir well. Turn half of the mixture into a mold, cover the mixture with thin slices of Swiss cheese, and then pour in the rest of the corn mixture. Bake in a slow oven for 40 minutes until the top is brown. Serve on a platter and slice like pie.

## BOLIVIAN BLANC MANGE

Mix 2 quarts of whole milk with 2 pounds of granulated sugar and add a piece of stick cinnamon; cook slowly until it begins to boil. Be careful to stir constantly with a wooden spoon while boiling. Also be careful not to boil too much or it will not harden when cold.

## BRAZIL

*From Señora de Oliveira Lima, Wife of Dr. Manoel de Oliveira Lima, former Minister of Brazil to Belgium, Japan and other countries:*

## ESCABECHE (Fish Dish)

Boil a little vinegar, diluted with water, some olive oil, and salt, bay leaves, lemon, and lime juice, and powdered ginger and other spices. Add it to the previously fried fish, according to its quantity.

## CHOURICOS MOUROS (Moorish Sausage)

Put some finely hashed fresh pork, lean and fat, in some wine, with garlic, cummin-sees, and chopped onion, washed in several waters, and allow it to remain one or two days. When the sausages are to be filled in pork intestines, change the meat to another bowl, and mix some lard, more onions, and enough blood of the pork to give color. After they are filled, let them be smoked, and then cook them.

## PATÉS OF SHRIMP

3 cups flour.  
1 full cup butter.  
1 tablespoon lard.

4 yolks of eggs.  
Little salt.

Make a hole in the center of the heap of flour, and put the butter, lard, egg yolks and salt in it. Mix well. Put layers of this dough in muffin tins, place the boiled and well-seasoned shrimps in, and then put another layer of dough on top. Bake in a moderate oven.

## SOPA DOURADA (Golden Soup, a Dessert)

Dice the inside of a loaf of bread, fry it in butter, let it drip, then put for a moment in clarified sugar, which is on the point of boiling. When the sugar comes down, put it to boil in that sugar, and when the sugar becomes thick, add one dozen and a half egg yolks, always stirring with a spoon, over a low fire. After it is mixed, and thoroughly blended, put some cinnamon on top.

## LIMA BEANS

Boil the beans with some lettuce, sieve it, put in a pan, with olive oil, salt, spring onions, hashed coriander seeds, and slowly stew. Add then a little hot water, and boil slowly. When they are boiled, put in a dish with some sugar, and serve it with poached eggs on top.

*From Hon. Edward V. Morgan, United States Ambassador to Brazil:*

## SPECIAL CHEESE PUDDING

8 yolks.  
4 whites.  
21-6 cups (500 grams) sugar.  
1 cup milk.

1 large saucer grated cheese  
1 tablespoon butter, mixed with flour.  
1 tablespoon flour.

Mix the eggs and cheese to the syrup, the butter and the flour; pass all ingredients through a wire sieve. Pour in angel cake pan (which has been lined with burned syrup) and steam for an hour.

*Baroness de Bomfim, of Rio de Janeiro.*

## BLESSED MOTHER

6 yolks.  
Scant  $\frac{1}{2}$  cup (150 grams) sifted sugar.  
1 cocoanut, grated fine.

Scant  $\frac{1}{2}$  cup (150 grams) butter.  
 $1\frac{3}{4}$  cups (200 grams) rice flour (cream) fuba of rice.

Divide grated cocoanut in two parts. One part to extract the milk (putting on the fire, that is, the heat of the oven in closed vessel). When the cocoanut is hot, drain in a strong napkin. Put milk thus obtained with other part of grated cocoanut. Beat, in the first place, the yolks. Add sugar, continue beating for 15 minutes. Add butter, keep beating and then add cocoanut, beat still more. Add the fuba, beat for 10 minutes. Place in hot oven, in paper forms, on a flat tin. After 6 minutes, open oven for 1 minute. Again repeat this twice. Let brown and remove from oven.

*Baroness de Bomfim*

## PEANUT CAKES

- 1 1-10 pounds (500 grams) toasted and ground peanuts.      2 1-6 cups (250 grams) flour.  
 1 1/3 cups (250 grams) sugar.      4 well beaten eggs.

Mix all ingredients and knead well, form in cookies, and bake in hot oven in butter greased tin.

*Baroness de Bomfim.*

## COCOANUT AND ALMOND CANDY

- 1 small cocoanut grated, mixed with 6 egg yolks.      200 grams (1 cup) almonds, chopped in food chopper.  
 1 1/2 cups (300 grams) sugar.      1/2 bottle (garrafa) milk.

Bring milk to boiling point, add almonds, stirring constantly. After mixture is dried, add sugar. When boiling a little, mix the cocoanut with the egg yolks, stirring constantly with a wooden spoon until it can be formed in candy. Let stand one day. Form the candy, and roll in dry, sifted sugar.

*Baroness de Bomfim.*

## MARIA PIA PUDDING

- 100 grams (1/2 cup) crushed peanuts.      1 tablespoon butter.  
 2 1-6 cups (500 grams) sugar (syrup in paste form).      1 tablespoon flour.  
 Milk from 1 cocoanut.      Raisins, cidroo or crystallized fruit and orange.  
 8 eggs—4 whites.

The milk of cocoanut is extracted dry, that is, from the cocoanut grated, heated on a mild fire and strained in napkin. Mix the milk with eggs to the flour with sugar, passing this mixture through a sieve. Add the butter and crystallized fruit. Bake in a mild oven, pan greased with butter, or steam in angel cake pan, lined with burned syrup.

*Baroness de Bomfim.*

## GRANDMOTHER'S PUDDING

- 3 heaping tablespoons butter.      Peeling of 1/2 green lemon.  
 Large loaf bread, removing crust.      1 saucer cidroo, chopped in small pieces.  
 1 bottle boiled milk. Sugar, salt, cloves and cinnamon in stick, at will.      8 eggs—beat whites and yolks separately, then join.  
 Seedless raisins in 1/2 cup port wine.

Soak bread in milk for an hour and strain in sieve, placing on fire with 3 spoons of sugar and 1 of butter. As soon as it comes to a boil, add skin of lemon, clove, cinnamon and salt, stirring constantly until it gets firm. Remove from fire and let cool; knead with butter, previously removing the peelings and the cinnamon; add eggs and sugar necessary, kneading little by little. As soon as the dough is well kneaded, add raisins



This pan should be prepared before removing the sweet from fire, i. e., now it is advisable to put the dough in tin, spreading well and covering with sifted cinnamon. Place in hot oven to brown. Take from fire and in the same tin cover with glaze—made while this is in oven.

#### Glaze

2 demi-tasse of sifted sugar.

1 demi-tasse of water.

Mix well sugar and water, spread on peanut slices as soon as it is taken out of oven. When it is dry, cut in square slices.

*Baroness de Bomfim.*

#### COCOANUT COMPOTE

2-2-10 pounds (1 kilo) sugar.

$\frac{1}{2}$  dessertspoon salted butter.

1 large cocoanut, grated.

$\frac{1}{2}$  glass water.

8 egg yolks.

Cloves and cinnamon in stick.

Mix water, sugar, cloves and cinnamon, make a syrup, removing the foam which arises. Strain when it forms a paste, remove from fire. Add cocoanut, which has previously been mixed with the egg yolks. Return to fire, stirring constantly, for 5 minutes. As soon as cocoanut is cooked, remove the butter. Place the sweet cold in compoteira.

*Baroness de Bomfim.*

#### VATAPÁ (A stew)

A little over  $\frac{1}{2}$  pound (250 grams) fresh garopa or other good fish; 1-1-10 pounds (500 grams) fresh shrimps; little over  $\frac{1}{2}$  pound (250 grams) dried shrimps; peel, toast, powder, sift. 2 tablespoons sweet oil, high grade; milk from 1 cocoanut; 100 grams almonds, shelled, toasted and ground; cornmeal, very fine, and mandioca flour, sifted; 2 tablespoons of dende oil; pepper to taste.

Place on fire a saucepan with salted water, garlic, bay leaves and onions. When the water boils, put the fish in saucepan until cooked. Remove fish and in the same water place the shrimps to cook. Remove the bones from fish, stripping carefully. After the shrimps are cooked, remove from saucepan. Strain the water which remains through a cloth, replacing the water and fish in saucepan to fire. Thicken the broth with a little cornmeal and equal amount of mandioca flour, until a thick mingoo. Mix the oil of dende and the sweet, the peanuts, the dried shrimps reduced to powder, the fresh shrimps and half the cocoanut milk. Make separately a paste of rice flour, which will use the other part of cocoanut milk.

*Baroness de Bomfim.*

### BULGARIA

*From Hon. Charles S. Wilson, Minister to Bulgaria:*

#### MOUSSAKA AUX AUBERGINES

Pare 2 or 3 eggplants and cut them lengthwise in slices about three-tenths to five-tenths centimeters (1-10 to 2-10 inch) thick. Season with salt, roll in flour and fry in oil.

Chop 1- $\frac{1}{2}$  kilograms (2.2 to 3.3 pounds) of mutton in a machine. Put in a casserole 2 or 3 onions, finely chopped, add the chopped meat seasoned with salt and pepper and a tablespoonful of tomato purée and a



few crushed tomatoes. Let cook in a moderate oven for 1 or 1½ hours. Test the cooking and seasoning and thicken with 3 or 4 eggs. Arrange in the bottom of a dish a layer of eggplant slices previously fried and some slices of fresh tomatoes. Cover with a layer of the chopped mutton, another layer of eggplant and tomatoes and continue until the dish is almost full. Cover with eggs beaten with a little milk and put in the oven to brown for 20 minutes.

### GUIVEDCHE NATIONAL

Cut up 1½ or 2 kilograms (3.3 to 4.4 pounds) of shoulder of fat mutton (or breast of mutton) as for a ragout. Cook these pieces, well seasoned with salt and pepper, in pork fat in the oven, with 3 or 4 chopped onions. As soon as this is well cooked add a spoonful of tomato purée.

In the meantime prepare and mix in a pan the following vegetables:

A handful of each: Green beans, peas, small carrots, 1 or 2 eggplants, cut in large dice, some potatoes, and 3 or 4 pimientos, cut in quarters. Add these vegetables to the meat. Moisten with water or bouillon until covered. Put on top some quarters of fresh tomatoes and chopped parsley. Put in the oven and cook gently for two hours. When cooked, put some beaten eggs seasoned with salt and lemon juice on top and brown in the oven.

### RAGOUT D'AGNEAU AUX EPINARD

Cut 2 shoulders of lamb into pieces, fry in butter in a frying pan with 2 or 3 chopped onions, season with salt and pepper. Add a spoonful of tomato purée, moisten with a glass of white wine sauce and reduce. Then moisten with water or bouillon until covered and let boil. Then add 1 or 1½ kilograms (2.2 to 3.3 pounds) of cleaned spinach and a little chopped tarragon. Cover the casserole and put in the oven for 45 minutes.

## CANADA

*From Mrs. William Phillips, Wife of the United States Minister to Canada:*

### AMBER MARMALADE

1 large orange.  
1 grapefruit.

1 lemon.

All sliced thin, rejecting seeds and cores.

Measure and add water (3 times the quantity of water). Stand over night; boil 5 minutes; add 1 part of sugar to each part of fruit and water. Let it stand over night again, then boil gently until it jellies. Put in glasses and cover with paraffine.

### MARY'S OATMEAL COOKIES

1½ cups corn flakes or Quaker  
oats.  
2 eggs.  
1 tablespoon sugar.  
1 tablespoon molasses.

½ teaspoon baking powder.  
1 teaspoon vanilla.  
1 tablespoon melted butter.  
1 pinch salt.

**CAPE OF GOOD HOPE**

*From Hon. Ralph J. Totten, American Consul General at Cape Town:*

**MOST BOLLETJES**

Sixteen lbs. flour, 4 lbs. of sugar, 2 lbs. of butter, 1 bottle milk, 1 cup of anise seeds, 2 nutmegs ground, 2 lbs. raisins bruised for most, 3 cups of warm water poured over to make them ferment. When the most is well worked, make up the flour, etc., into bolletjes (scones) and brush over with white of egg; bake a nice brown.

**RAISIN YEAST FOR MAKING MOST BOLLETJES**

Crush in a mortar  $\frac{1}{2}$  cup of raisins. Put them in a 2 lb. fruit jar with 1 tablespoonful of brown sugar. Fill the jar nearly to the top with warm, not boiling, water, and set aside. It will be ready for use when the raisins float on the surface. Strain off for use. This quantity is for 4 lbs. flour. Mix and knead the dough overnight, using all the strained liquid, pouring it on the flour and adding warm water to bring it to the proper consistency. The directions for making the most bolletjes are as above.

**TOMATO BREDIE**

Two lbs. of fat mutton from the forequarter, 1 large onion, 2 chillies, pepper and salt, tomatoes and a little fat. Scald the tomatoes to remove the skin; cut the meat into neat pieces, slice the onion, and put it with the cut up chillies and fat into a saucepan, over a brisk fire for a few minutes, stirring it. When the onion begins to brown, put in the meat, cover the saucepan and let the meat brown nicely. Drain off some of the juice from the tomatoes and add them to the meat and let all stew gently till the whole is one mass. If the tomatoes are very juicy, take out some of the gravy; it makes a nice flavoring for soups. All bredies must be served with boiled rice.

**TO COOK A LEG OF MUTTON LIKE VENISON**

Take a good leg of mutton, cut off the fat and lard it with strips of bacon; put into a basin with some salt and vinegar till next day, or for 2 days in cold weather, turning it occasionally. Roast and baste it well and serve with apple or other jelly.

**EARLY COFFEE CAKES**

Three lbs. flour,  $1\frac{1}{2}$  lbs. butter;  $1\frac{1}{2}$  lbs. sugar, a little powdered cinnamon, 1 ground nutmeg, 3 or 4 eggs, as much water as you have egg. Melt the butter and work it and all the the ingredients into a mass, knead well, roll out and cut into shapes; bake in a quick oven.

**CAPE CURRY**

Cut the meat from a leg of mutton, about 3 lbs. will be sufficient) into small pieces. Brown a large sliced onion, and put on the meat to brown; have ready a small teacupful of tamarind water, a teaspoonful of moist sugar and some saree of lemon leaves, a tablespoonful of curry powder mixed with milk. When the meat is brown, put in the curry powder, etc. and stew gently till the meat is tender; if saree is not to be had, some

orange or lemon leaves may be used. Serve with boiled rice and chutney; a very small piece of garlic may be added to the onion if the flavor is liked.

### BITTER ORANGE KONFYT

Pare the oranges and cut slits in each, press them gently to squeeze out the pips and juice, strain the juice and put aside to mix with the syrup; soak the oranges, changing the water every day for three days; boil them up and drain well. Make the syrup, adding the juice from the oranges and a smaller quantity of water, weight for weight, sugar and fruit; when the syrup is thick, put in the oranges and boil gently till quite clear.

### CHILE

*From Señora Mercedes Vallareal de Garfias, Wife of Lieutenant Colonel Carlos Garfias, Military Attaché of the Chilean Embassy in Washington:*

#### CAZUELA DE AVE (Stewed Chicken with Vegetables)

Pluck, singe and draw a chicken, then wash and separate into the usual joints. Parboil until tender in enough water to provide sufficient broth for 6 to 8 persons, skimming to keep clear. Remove chicken when tender and fry, adding 2 or 3 potatoes cut fairly small, a handful of green beans, small cubes of squash or sweet pumpkin, some peas, an onion, salt, and a dash of red pepper. Add a tablespoonful of rice, later, so that it will not be overcooked. Over this mixture pour the liquor in which the chicken was boiled, and allow to simmer slowly until the potatoes and other vegetables are tender. Sprinkle chopped parsley and crumbled yolk of egg over the tureen before serving.

#### PESCADO EN FUENTE (Fish in Casserole)

Take the desired amount of conger eel (or any other fleshy fish), cut in pieces and season, placing it in the casserole in layers alternating with slices of boiled potatoes, slices of tomato, croutons of bread, and some thin slices of fried onion. Pour a little stock over the mixture and place in the oven to cook slowly. Serve with decoration of slices of hard boiled egg. Note: If a fish less rich than conger eel is used, a little butter should be added to layers.

#### EMPANADAS DE HORNO (Baked Meat Turnovers)

Chop or grind  $\frac{1}{2}$  pound fresh pork or beef; slice thin two onions. Place in the stewing pan or casserole several tablespoonfuls of "color," that is, dripping or lard in which a red pepper has been fried (and removed), giving color and piquancy. Add the sliced onion and fry until tender; add the meat and cook until done. Then stir in a tablespoonful of flour and water mixed smoothly, seasoning with salt, red pepper and ground cumin seed (plant of the parsley family which may be omitted) to taste. When ready to take off the fire, add about a half cup of raisins, previously soaked in cold water, and a few olives, either whole or stuffed. Set aside to cool.

The dough for the turnovers is made by mixing 300 grams (about 10 ounces) of flour with 50 grams (about  $1\frac{1}{2}$  ounces) of lard or melted lard and sufficient boiling water, seasoned with salt, to make a stiff dough.

Knead well, and roll fairly thin, cutting in as many squares as required. Place on each of the latter a portion of the filling mixture, folding  $\frac{1}{2}$  of each square (or circle) over the other and pinching the edges together, firmly, in order to prevent the filling from running out. Bake in hot oven until golden brown.

Note: Squares of about  $3\frac{1}{2}$  inches or circles about 6 inches in diameter are convenient sizes for individual "empanadas" or turnovers. An ounce equals 28.7 grams, metric system.

#### CHARQUICAN (Dry Smoked Beef with Vegetables)

Boil at least one potato for each person to be served, some cubes of squash or sweet pumpkin, adding when they have begun to boil some sliced green beans, peas, and a few green asparagus tips. Fry a red pepper in dripping or lard and remove. Fry a good sized onion, chopped, some grated or cut fresh corn and slices of tomato, in dripping or lard colored and flavored with red pepper. To this add sufficient smoked beef previously passed through the chopper and, lastly, the cooked potatoes and other vegetables. If smoked beef cannot be procured, fresh or cold roast beef may be substituted, if ground.

#### HUMITAS (Pâtes of Fresh Corn)

Take several ears of fresh corn and remove the husk, reserving the most perfect and tender leaves to be used as "wrappers." Grate the corn from the cobs; place dripping or lard in the frying pan and a finely chopped onion, salt to taste, a few sweet basil or bay leaves, and the grated corn, and fry. Of the husk leaves reserved, allow 2 (one overlapping the other to gain sufficient width) to each "humita," and on each pair lay a portion of the fried corn mixture. Fold the leaves so as to form an oblong package about  $2\frac{1}{2}$  by 5 inches and tie with a strip of the husk. Then cover with water and boil for 45 minutes, serving without removing the wrapping. These "humitas" may also be made with sugar, in which case very little salt should be used.

#### SOPAIPILLAS (Fritters)

Bake until tender a piece of sweet ripe pumpkin or squash, remove from rind and mash with a little milk to make a smooth paste. Add melted butter or lard, salt to taste, and sufficient flour to make a rather soft dough. Cut into rounds, squares or other shape desired, prick, and fry in deep fat. Serve with brown sugar syrup.

#### PICARONES (Squash Fritters)

Cook a pound of sweet pumpkin or squash in salted water, and when soft, pass through a strainer. To one pound of flour add a tablespoonful of baking powder and sift together into the strained mixture, stirring in one cup of milk. Beat this batter with a wooden spoon and set in a warm place until ready to fry. Heat 1 pound of lard. Cut the dough in strips, twisting into cruller or pretzel shape. Fry in deep fat, dipping immediately in brown sugar syrup. Serve at once.

*From the Pan American Union:*

## ORANGE TEA (Te de Naranjo) CHILEAN STYLE

Gather a handful or so of tender young orange tree leaves; macerate slightly with a spoon or fork, and place 5 or 6 in each of as many cups as there are persons to be served, adding caramelized lumps of sugar, to taste. Fill each cup with freshly boiling water, and serve. This is a delicious bed-time "tea" during the winter months, and is recommended for its nerve-quieting, soporific, and other beneficial qualities. Lump sugar is easily "caramelized" by placing the number of lumps to be used on a level board or plate and then passing a red hot iron (ice pick or other instrument) slowly above them, as near the surface of the sugar as possible without touching. Turn the lumps and repeat the operation on the other side.

*From Hon. William Miller Collier, United States Ambassador to Chile:*

## CAZUELA DE AVE (Chicken Chowder)

A good sized fowl, dripping, half a cupful of rice, a few potatoes, green corn, beans, peas, piece of pumpkin and seasoning.

Dissect the fowl and place in a saucepan of tepid water. Boil till done. Put the meat in a separate saucepan, with a little dripping, and fry for a few minutes. Then add the rice and potatoes, and pour over all the stock. Boil for a few minutes, then add some pieces of corn, pumpkin, peas and beans, which have been previously cooked. Season to taste, and simmer gently for 30 or 40 minutes. Serve all together in a tureen.

*La Moneda, The President's House, Santiago.*

## EMPANADAS (Meat Pasties)

1 pound of flour. 3 tablespoons of cold salt water  
3 tablespoons of boiling lard.

To the flour, add the hot lard and salt water. Mix well and roll out thin. Cut into rounds, the size of a small bread plate.

## Mince

1 pound of raw meat. 2 hard boiled eggs.  
1 onion. A few raisins.  
Cup of stock.

Chop the meat finely, fry with a little paprika. Add 2 tablespoons of minced onion, a little mixed herbs, 1 tablespoon of flour and cup of stock. Simmer till cooked, then leave till cold. On  $\frac{1}{2}$  of the pastry rounds, put a tablespoon of the mince, together with a slice of hard boiled egg and a couple of raisins. Wet edges of pastry, and fold over. Fry in hot fat, or bake in oven. Sufficient for 8 or 10 empanadas.

*Lo Aguila, Estate of Don Santiago Toro.*

## HUMITAS DE CHOCLO (Green Corn)

Corn on the cob, lard, 1 onion, salt, parsley and half a tomato.

Grate the corn of six or eight cobs, fry the minced onion, tomato, chopped parsley and seasoning, with plenty of lard till done. Then mix well together with the grated corn. Have ready the husks of the corn, into which put two tablespoons of the mixture. Fold over and tie securely.

into neat parcels. Then put in saucepan of boiling water, for 15 or 20 minutes. Take out and serve very hot. Sufficient for 8 or 10 humitas.

*Club de la Union, Santiago.*

### PASTEL DE CHOCLO (Green Corn Pie)

The mince the same as for empanadas, the green corn, the same as for humitas.

Half fill a buttered pie dish with the mince, then fill with the green corn mixture. Place in the oven for 10 or 15 minutes.

*American Embassy at Santiago, Chile.*

## CHINA

*From Madame Sze, wife of the Minister from China:*

### MINCED CHICKEN CAULIFLOWER

1 cauliflower.  
1 egg.

Raw breast meat of one chicken.  
4 cups of chicken broth.

Separate and wash cauliflower and put in salted boiling water and cook until tender. Drain and allow to cool. Mince the chicken and add it to the egg white, which has been beaten in one cup of cold water. When this has been done, stir the whole into the chicken broth, which should be boiling, and continue to stir until it is well mixed. Add the cauliflower and allow to cook a few minutes longer.

Serve and garnish with 1 tablespoon of minced ham.

*Madame Emma C. Chao, Wife of Director of Chinese Education Mission.*

### SHRIMP CAKES

1 pound of green shrimps.  
 $\frac{2}{3}$  teaspoonful of salt.  
1 egg.

$\frac{1}{2}$  onion.  
Small amount of white pepper

Shell the shrimps, cut open back and wash. Then put through meat grinder. Season with salt and pepper, add the onion, which has been put through the meat grinder and after this has been mixed well, beat the egg into the whole. Fry in hot grease, by dropping about a tablespoonful at a time in the pan. Brown thoroughly and serve with green peas.

*Madame Chao.*

### IMPERIAL DUCK

1 duck (about 6 or 7 pounds).  
1 small onion.  
 $\frac{1}{2}$  cup of lotus seeds.  
Small amount of white pepper.

$\frac{1}{2}$  cup of rice.  
 $\frac{1}{2}$  cup of barley,  
4 ounces of raw ham.  
 $\frac{1}{2}$  teaspoonful of salt.

Clean duck and split back from neck to end. Remove all insides but save giblets. Then remove all bones with a very sharp knife but be very careful when removing breast bone; cut only the neck of the duck and push skin back to accomplish this. Leave legs and wings on duck but remove the tips of the wings.

Next make the stuffing of the rice, barley, and lotus seeds, which have been well washed; add the giblets, which have been cleaned and diced, and the ham which has also been diced. Season the mixture with the salt and a few dashes of pepper. Put this in the duck and sew up all the open parts and tie the neck. Tie the legs and wings to the duck and put in kettle with just enough water to cover the duck. Add an onion and bring to the boiling point and allow to boil for 15 minutes; then cook slowly for two hours. Continue to add water as it boils away.

Serve duck on hot platter either as it is or browned if desired. For gravy, skim the grease from the top of the broth and then thicken and season broth as desired.

*Madame Chao.*

### IMPERIAL DUCK GELATIN

Prepare duck as above. Soak two tablespoonfuls of granulated gelatin in cold water until soft. Skim all grease from duck broth and allow broth to boil down a little before adding gelatin. Add gelatin and season broth with salt and pepper. When beginning to set, pour about one-third into a wet mold which has been lined with slices of stuffed olives and slices of fancy cut carrots and a little parsley. Put duck and balance of gelatin in the mold. Chill thoroughly and garnish with watercress or lettuce.

*Madame Chao.*

### MANDARIN RICE PUDDING

3 cups of rice.	6 cups of boiling water.
2 tablespoonfuls of pure lard.	1 cup of sugar.
$\frac{1}{2}$ cup of lotus seeds (cooked).	$\frac{1}{2}$ cup of walnut meats.
$\frac{1}{2}$ cup of candied fruits.	

Cook rice in the boiling water to which the lard has been added. Allow to boil a few minutes then simmer for 40 minutes. Mix with the sugar and put about  $\frac{1}{4}$  in well greased mold which has been lined with the lotus seeds, walnut meats, and candied fruit. Put a second layer of chestnut paste and then another layer of the rice. Continue this until the mold is filled. Steam 20 minutes and turn out on hot platter and serve with almond sauce.

### Chestnut Paste

Cook 1 pound of chestnuts, mash, and sweeten to suit taste.

*Madame Chao.*

*From Mrs. John A. MacMurray, wife of the United States Minister to China:*

### NUT BREAD

1 cup chopped walnuts.	4 heaping teaspoons baking powder.
1 cup chopped raisins.	$\frac{1}{2}$ cup sugar.
1 teaspoon salt.	2 cups milk.
4 cups flour.	2 eggs.

Sift flour, baking powder, sugar and salt. Add nuts, eggs (well beaten) and milk. Mix well. Put in buttered pans and let stand for 20 minutes. Then bake in slow oven nearly an hour.

**FUDGE CAKE**

1 cup sugar.	2½ cups flour.
¾ cup butter.	2 heaping teaspoons baking powder.
3 eggs.	1 cup broken walnuts.
¼ cup chocolate.	
1 cup milk.	

Cream butter and sugar, add milk, then flour and baking powder, chocolate (dissolved), eggs (whites and yolks beaten separately) and lastly nuts.

**Frosting**

1½ tablespoons butter.	¼ cup milk.
½ cup unsweetened cocoa.	½ teaspoon vanilla.
1½ cups sugar.	A little salt.

Melt butter; add cocoa, sugar, salt and milk. Boil to soft ball stage; beat until creamy; pour over cake.

**COLUMBIA**

*From the Pan American Union:*

**STUFFED ROLLS (Colombian "Good Housewife" Style)**

Take as many crisp dinner rolls as portions to be served; cut off and reserve the tip at one end of each, removing as much of the crumb as possible. Mix part of the crumb with two cupfuls of minced leftovers of roast beef, lamb, lean pork or chicken to which a scant half cup of capers, chopped hard boiled eggs—allowing one-half egg to each roll—a handful of chopped raisins previously soaked in water, about a dozen chopped olives and one cup of asparagus tips should be added. Mix well, season to taste with salt, paprika, and a pinch of mustard; fill the rolls with the mixture, utilizing the tips removed as caps, and place in a saucepan, barely covering with milk, to which 4 tablespoons of butter have been added. Simmer on a slow fire until all the milk has been absorbed. Garnish with slices of hard boiled egg, capers, and sprigs of parsley.

**COSTA RICA**

*From the Pan American Union:*

**TAMALES**

To 1 pound of well-ground cornmeal add ½ pound of fresh lard, add salt and mix well. Chop some boiled pork and chicken, well seasoned, and fry lightly for the filling. Mix with the cornmeal mixture and place enough for one tamal in a plantain leaf, folding the ends and sides of the leaf over and tying well with a thread or cord. (Corn husks may be used if the plantain leaves are not available.) Cook for 1 hour in boiling water. To serve, remove the thread or cord and open the leaves, leaving the tamal on the leaf open, serving each tamal as an individual portion.

**BLACK BEANS (National Dish)**

A good quality of black beans is necessary for this plate. Remove any beans that have defects and any other impurities. Wash well and



leave in water over night. Then change the water and boil until soft. Add salt to taste. Place in a frying pan with lard, onion and pepper, and enough milk to cover, and let come to a boil.

### POTATO CAKE

Boil the potatoes, peel, mash and season. To  $\frac{1}{2}$  pound of potatoes add 3 yolks of eggs. Shape into a large flat cake. Prepare a little meat chopped very fine, 2 hard-boiled eggs, 2 onions, 1 carrot and a bit of boiled rice; mix well and place on 1 cake and place another on top of equal size. In making the cakes be careful to spread them over a cloth well powdered with flour to prevent the sticking which marks this batter of cooked potato. Place on the stove in a frying pan the size of the cake with plenty of lard and fry. When cooked on one side, turn and fry the other side with new lard.

### FRIED CHICKEN (Costa Rican Style)

Clean, season with salt, quarter, and parboil as many spring chickens as required. Place in deep frying pan, together with several strips of ham or lean bacon (1 for each quarter), 2 or 3 hearts of lettuce cut in quarters, half a dozen small white onions, 4 to 6 small, tender carrots cut in half lengthwise, a small clove of garlic (if desired) and 3 or 4 spice cloves. Turn constantly in the pan until tender and the chicken golden brown. Beat yolks of eggs, allowing 2 for each chicken, adding a few drops of lemon juice and enough of the broth in which chickens were parboiled to make the amount of sauce desired. Cook in double boiler, stirring gently until it begins to thicken and removing before the boiling point is reached. When ready to serve, pour sauce over the chicken, which has been neatly arranged in a large platter, each portion topped by its quota of the vegetables fried with the chicken.

From Hon. Roy T. Davis, United States Minister to Costa Rica:

### PALMITO (Heart of Palm) CROQUETS

1 Palmito (Heart of Palm).	$\frac{1}{2}$ cup fine bread crumbs.
3 tablespoons of flour.	1 cup milk.
1 tablespoon of butter.	2 ounces patagras cheese.
2 eggs.	

After baking palmito, chop it very fine. Make thick white sauce with the butter, flour and milk. Add the finely chopped palmito and the cheese (well grated) to the sauce, mix well and let stand until it is cold. Mold croquettes and roll through eggs, well beaten; then through bread crumbs. Fry in hot lard and garnish with parsley.

*Senora Peregrina de Alfaro,*

*Director of the National School of Domestic Science, San Jose, Costa Rica.*

### BANANA GELATINE WITH CHOCOLATE SAUCE

4 medium-sized or 3 large bananas.	1 cup milk.
2 tablespoons lemon juice.	1 tablespoon grated chocolate.
2 $\frac{1}{2}$ tablespoons gelatine.	1 tablespoon vanilla.
1 cup sugar.	Grated lemon rind.

Soak gelatine for 10 minutes in cold water; then mix with 2 cups of boiling water; add  $\frac{1}{2}$  cup of sugar, lemon juice, lemon rind. Cream the bananas and add to above. Pour into mold and let cool; then put on ice.

For Chocolate Sauce: Boil milk with sugar to taste. Add grated chocolate and pinch of salt. Dissolve cornstarch in a little cold milk and add to above and boil until it thickens. Serve cold with gelatine.

*Senora Peregrina de Alfaro.*

### CHEESE ROLLS

2 pounds of Dutch cheese.  $\frac{1}{2}$  pint milk.  
2 loaves of home-made bread—  
fresh. Few drops of tabasco sauce.

Grate cheese; slice bread very thin; milk scalding hot. Mix cheese, milk and tabasco sauce. Spread this mixture on the bread and make roll of each slice. Bake rolls in medium oven until they have light brown color. May be served for tea or with buffet supper.

*Mrs. Roy T. Davis, Wife of the American Minister to Costa Rica.*

## CUBA

*From Señor Don Orestes Ferrara, Ambassador from Cuba:*

### ARROZ CON POLLO (Chicken with Rice)

A broth is made from 1 pound of shin bones. Disjoint 3 chickens. Fry together 6 onions, 4 cloves of garlic, 3 tomatoes, 1 green pepper and sufficient lard to fry these together well; when this is thoroughly cooked, add the chicken and broth, well strained, until the frying pan is full. Allow this to cook a short time and add a cup of dry sherry or champagne. When the chicken is tender add  $1\frac{1}{2}$  pounds of Valencia rice (Arroz de Valencia); a little pepper, salt and toasted saffron. While this is cooking dry, add the juice of 1 lime and leave over a very low fire, taking care that it does not burn. Serve in the same casserole and cover with sweet red peppers.

### AJIACO (Pea Soup)

The real Cuban Ajiaico, which is so much enjoyed in that country, contains no more than the following ingredients: good cut of roast pork with no bones, spine and pork bones, Argentine jerked beef and all kinds of vegetables. One must have an olla or casserole of considerable size. First put in the pork bones, the spine, the pork and the jerked beef (which should be first freshened), and when this soup has boiled sufficiently and it is steaming, add the vegetables finely diced, and break the cobs of green corn in two or three pieces. The vegetables should be added in the following sequence; first the yucca, the corn and the arum, which take the longest time to become tender; then the green plantains, the squash (only a small quantity); potatoes and lastly the sweet potatoes and ripe plantains and plantains almost ripe, which should be cooked separately and with the garlic added to the whole at the moment of serving. While cooking this should be kept well covered with water. Fry together a good amount of onion, garlic, tomato, green pepper, parsley and sweet chilli in lard and add to the

ajiacó. Season with salt and pepper. Mash the squash in a mortar and add it slowly to the stew. If desired, the juice of a lime may be added.

*From the Pan American Union:*

#### CREAM OF COCO (Cuban Style)

Grate 2 fresh cocoanuts *against the grain* and place in a porcelain cooking pot with a full cup or more of the cocoanut milk; stir, let stand for  $\frac{1}{2}$  hour, and squeeze through a clean jelly bag until all the cocoanut milk is extracted. Make a clear sugar syrup, and when it threads, add the cocoanut milk in the proportion of 1 cup of the latter to 1 of the former. To this mixture add one-half as much fresh dairy milk, and measure the resulting mixture, adding 3 yolks of egg to each cupful, the yolks being stirred—not beaten—and, after straining the whole, place in a clean copper preserving kettle with a vanilla bean cut in strips to simmer over a brisk fire, stirring continuously with a wooden spoon or paddle, *always in the same direction*, until the mixture has the consistency of custard. Remove from fire, chill, and serve in parfait glasses as a dessert, or as a rich "sundae" for plain vanilla ice cream.

#### PAN AMERICAN SUNDAE

Make a clear sugar syrup to which has been added a vanilla bean or a cinnamon stick, as for "cream of coco." Grate as many cupfuls of fresh cocoanut as there are of syrup, and put with syrup in a porcelain pot over a slow fire, stirring frequently to prevent scorching. When the cocoanut and the syrup have thoroughly coalesced and while the syrup is still in liquid form, remove from fire, chill, and serve as sundae with any plain, little-sweetened ice-cream, flavored with vanilla, almond, cinnamon or lemon.

*From Hon. J. Lanier Winslow, Chargé d'Affaires of United States Embassy in Habana, Cuba:*

#### RED SNAPPER AU GRATIN

Cut snapper (or any other fat fish) in filette and lay on buttered gratin dish. Salt and pepper it well. Pour tomato sauce and grated cheese over snapper and bake in oven until brown.

#### CZECHOSLOVAKIA

*From the Legation of Czechoslovakia in Washington:*

#### TENDERLOIN OF BEEF IN CREAM

Remove superfluous fat and any tendonous portions; season with salt and pepper. Lard over one side with thin strips of bacon in parallel rows. Put into a roasting pan a piece of butter, lard, left-over strips of bacon, onion chopped fine, celery and carrot and parsley, and let brown. Add a bit of lemon rind, a bay leaf and a few grains of pepper. Place the meat in the pan, larded side down, and bake in the oven, basting often. Turn to brown. When tender put it into another pan. Take  $\frac{1}{2}$  pint of cream and 1 tablespoon of flour and stir until smooth. Pour into the liquid in which

the meat has been baked and cook a few minutes. Strain. Cut the meat in uniform slices and pour over the gravy before serving.

*Madame Lida Lipa, Wife of the Counsellor of Legation.*

### APPLE ROLL

2 cups flour.  
1 yolk.  
Salt.

Lukewarm water.  
3 tablespoonsful melted butter.

Work together flour, yolk, salt and butter, adding enough water to make a soft dough. Knead well and set aside, covered with a plate, for 1 hour. In the meantime prepare filling ingredients:

Apples, pared and sliced thin.	Cinnamon.
Melted butter	Chopped almonds.
Bread crumbs.	Sultana raisins.
Sugar.	

Spread a clean cloth on the table, flour it. Turn out the dough in the center of it. Roll out slightly and brush over with melted butter. With slightly floured hands stretch out the dough until it becomes transparently thin. Sprinkle with melted butter, bread crumbs, almonds, apples, raisins, sugar and cinnamon and butter again. Cut off the edges and roll it up, being careful not to roll it too tight. Brush over with butter and put in buttered pan. Bake in a moderate oven about  $\frac{1}{2}$  hour. Cut in slices and sprinkle with confectioner's sugar before serving.

*Madame Betty Papánek, Wife of the Attaché.*

### CZECH "KOLACE"

$\frac{1}{2}$  pint of lukewarm milk.  
 $\frac{1}{4}$  pound of melted butter.  
2 yolks.  
1 white.  
2 cups flour.  
 $\frac{1}{3}$  cup of sugar.

1 cake of yeast dissolved in  $\frac{1}{4}$  cup of lukewarm milk.  
Pinch of salt.  
Grated lemon rind.  
Marmalade.

Beat together milk, butter, eggs and flour; add yeast, sugar, salt and lemon rind and work it well. (The dough should not be too stiff.) Put aside to rise. Toss on floured board, cut into small pieces, shape in small balls and place on buttered pan 4 inches apart. Press each ball flat and brush edges with egg. Fill center with marmalade or fresh cherries. Let rise again and bake in moderate oven. When done, brush over with melted butter and sprinkle with confectioner's sugar.

*Mme. Lida Fisa, Wife of the Secretary of Legation of Czechoslovakia.*

*From Mrs. Lewis Einstein, Wife of the United States Minister to Czechoslovakia:*

### GREEK MEAT CAKES

Take a pound of beef—*mince* it very fine, carefully withdrawing any skin or muscle. Chop up 1 or 2 moderately sized onions together with a little parsley and celery, and soak a nice slice of bread in a little warm broth—salt and pepper. Mix all these ingredients thoroughly, adding a whole raw egg after having pressed away the broth from the bread. Then make little cakes the size of a soup spoon, roll them in a little flour and

fry them in very hot, fresh butter. When these have taken on a nice brown color, add a teacupful of broth and 2 spoonfuls of tomato purée. Cook for about 10 minutes more and serve hot.

### PILAFF OF LOBSTER

Make a broth composed of water, onion, celery, carrots and parsley. Take a moderate sized lobster—boil in this broth—and slice it. Take the head and all the legs and pound them until they become like a paste. Then add a little of the broth in which the lobster was cooked, and pass this thick sauce through a sieve, so that it will be rid of all bits of bone. Take thick cream—warm it without boiling—add some cooked fresh mushrooms. Then the thick sauce of the lobster and pour this over the sliced meat. Serve with rice.

## DENMARK

*From Mr. Constantine Brun, Minister from Denmark:*

### DANISH BEEFSTEAK

5 to 6 pounds inner thigh.

Cut the meat in the direction of the fibers in pieces 1 inch thick. Cut these pieces transversely into 2 or 3 pieces, according to the size desired. Brown in the frying pan a quantity of onion sliced, either in butter or in dripping and, while browning give each piece of meat a blow with the meat-mallet and sprinkle salt and pepper over it. Scrape the browned and crisp onions from the pan and put the pan back on the fire. Place the meat on the dry, hot pan and turn it quickly over on the other side and then take it from the pan. Brown a good-sized lump of butter on the pan. Place the meat in this and brown it on both sides quickly (if left too long on the pan the meat becomes dry and crusty). Place the pieces of meat in a row on a hot dish and distribute the browned onions on it. Now boil a little water, stock or soup on the pan so as to dissolve the meat juice on the pan. Stir into this some color, salt and cold butter, let it boil and pour it into the dish with the meat.

*From Hon. H. Percival Dodge, United States Minister to Denmark:*

### KING CHRISTIAN IX'S COURT DISH

"This is a well-known dish here and was actually served by this King, the grandfather of the present King of Denmark, at his principal Court dinners and is often used now at the Palace."—H. Percival Dodge.

½ pound of chocolate.

½ liter (1 pint) whipped cream.

25 large meringues.

Boil down the chocolate with a little water until it becomes a thick gruel. Place a layer of crushed meringues in a glass dish, sprinkle with chopped almonds, cover with chocolate, place another layer of meringues, etc. Decorate with whipped cream on top.

### APPLE CAKE

Peel apples, cut in pieces and remove cores. Boil in a little water with a stick of cinnamon and add a little sugar.

Bake some scrunched rusks in a pan, with a little sugar and butter, until they are crisp. These are put into a dish in alternate layers with the apples. When cold decorate with whipped cream and jelly. One may also put a layer of jelly in between apples and rusks.

#### FRUIT DESSERT

Use red currants, black currants, raspberries and cherries in equal amounts, perhaps a few less black currants. With 2 liters (2 quarts) of water to every 3 pounds of fruit, boil slowly till the berries have lost their color, then strain the juice which is sweetened and thickened; for every liter (quart) of juice use 60 grams (2.1 ounces) of flour; 2 parts sago and 1 part potato flour. Cook this mixture till it boils. One may add a little vanilla or cinnamon if no raspberries are used. Pour into a glass dish. Serve cold with cream. This dessert may also be made with rhubarb.

#### CRAW SOUP (Kraasesuppe)

The head, neck, legs, crop and heart of duck or goose are cleaned and soaked in cold ice water for 6 hours so as to permit the blood to draw out. They are then placed over the fire with salt and skimmed carefully, adding carrots, celery, chives, onions and some thyme. This is boiled until the crows are quite tender. Sour apples are cut in pieces and boiled in a little water. Prunes are also boiled in water. The soup from the crows, apples and prunes are baked in butter and flour and boiled down well until it has a strong flavor, sugar and vinegar then being added. Crows, apples, prunes and baked dumplings are then placed in a tureen, the soup being poured over them upon serving. This is an old Danish dish which may be found in the oldest cook books as far back as a book written by Jomfru Christiane Rosen in the year 1795.

*Nimb's Restaurant, Copenhagen.*

#### SANDWICHES A LA TIVOLI

Thick toasted bread is buttered and covered with very red cold roast-beef on which is placed a layer of fresh caviar, garnished with Russian salted cucumbers and lemons.

*Nimb's Restaurant, Copenhagen.*

#### SOLES A LA RESTAURANT NIMB

The fillets of large soles are loosened with a cut down through the middle and are then dipped in egg and bread crumbs with a little salt and boiled slowly in lard. When done they are taken up on a napkin so that the lard may run off. The bone is removed and the resultant cavity is filled with a ragout of lobster, crab, shrimps, fresh mushrooms, oysters and truffles which are mixed in a pink lobster sauce. The fish is served on a napkin garnished with lemon, crab and lobster heads. A real sauce of Vin blanc with sifted truffle puree is poured upon it.

*Nimb's Restaurant, Copenhagen.*

#### TART MAISON NIMB

A large, round tart with a border of macaroons made of a sweet batter is filled with a light cream of vanilla. Upon this are placed thin

slices of fresh pineapple, upon these again are placed skinned halves of fresh peaches and cut up strawberries. The whole is then masked with apple jelly with maraschino flavoring.

This and the two preceding recipes were composed by the former chef de cuisine, Jules D. Nimb, now President of Restaurant Nimb, Ltd.

*Nimb's Restaurant, Copenhagen.*

### A DANISH BREAKFAST AND A DANISH DINNER

As a proper Danish dinner I would propose one for the winter, for that is the time when Danish people eat really Danish dishes. In the summer time people prefer light and not heavy food, while the winter climate heavy and fat meals. A dinner that will suit any Dane is as follows:

Yellow pea soup with chives and sausage; boiled cod with mustard sauce and melted butter; roast leg of deer with cream sauce, red currant jelly and salad; pancakes or custard pudding.

Our "breakfast," as we call it, is another matter. It is, however, almost the same thing as the Americans call lunch. One example of a Danish lunch specialty is "Bankekod" with mashed potatoes, i. e.:

Thin slices of beef are fried in a frying pan together with some chopped onions, ground pepper and a few leaves of laurel. When fried some gravy and a little tomato mash are added, this being allowed to boil for a couple of hours. With this dish a dish of mashed potatoes is served separately.

*A. Larsen, Chef de Cuisine, Hotel d'Angleterre, Copenhagen.*

### CHERVIL SOUP

2 pounds of veal knuckles.	250 grams (8¾ ounces) of chervil,
2 liters (2 quarts) of water.	cut very fine.
	125 grams (4½ ounces) of flour.
	125 grams (4½ ounces) of butter.

Boil the veal knuckles in water for two hours with one spoonful of salt, then strain the bouillon and add to it the butter and flour after beating them up together. Next add the chervil, cook for a few minutes and serve with poached eggs.

### SWEET SAGO SOUP

125 grams (4½ ounces) of sago.	2 yolks of eggs.
2 liters (2 quarts) of water.	3 spoonfuls of sugar.
Peel of 1 lemon.	1 white wine glassful of rum.

Allow the sago to cook during 15 minutes with the lemon peel, beat the yolks with the 3 spoonfuls of sugar and the rum, add to the sago and serve hot.

### ROAST PORK

2 pounds of pork.	1 soup-spoon of flour.
Butter about the size of an egg.	2 pounds of potatoes.
	1 coffee-spoon of sugar.

Allow the pork to roast in the stove, boil the potatoes and then saute them with the sugar. Beat up the butter and flour, adding a little water, and serve with the pork and potatoes.

**THICK RICE**

250 grams (8¾ ounces) of rice. 1 spoonful of sugar.  
 2 liters (2 quarts) of milk. A pinch of cinnamon.

Allow the rice and milk to cook for 2 minutes, then powder it with the cinnamon and sugar; pour over it some sweetened beer and serve hot. The beer may be "near beer."

**DANISH BREAD SOUP**

500 grams (17½ ounces) of rye bread. 1 liter (1 quart) of cold water.  
 2 liters of near beer.

Soak the bread in about 1 liter (1 quart) of water, then squeeze it so as to remove a little of the water, then strain it, adding 2 liters (2 quarts) of near beer. Mix well and boil with a stick of cinnamon and some lemon. Allow to boil for 10 minutes, sugar to taste and serve hot with whipped cream.

**SOME DANISH SANDWICHES**

Sandwiches are a favorite dish in Denmark.

Take a loaf of white bread and cut in as thin slices as possible. Butter the same thickness as the bread and then lay upon the butter in successive layers, cut as thin as possible, slices of roast beef, ham, garlic sausages, cheese, eggs, foie-gras. Place no slice of bread on the top, as Danish sandwiches ("Smørbrod") only have bread underneath.

Fish sandwiches are made in the same way as the above, using herrings dipped in vinegar, sardines, etc.

Take a loaf of black bread, cut in as thin slices as possible, cover with an equal thickness of butter and powder thickly with sugar.

Take loaves of black and of white bread, cut in as thin slices as possible, cover with equal thicknesses of butter and place one above the other, alternating black and white.

**RODGROD (Red Currant Shape)**

Boil 3½ pints of the juice of red currants and raspberries—⅔ of currants and ⅓ of raspberries. While it boils, put in ¼ pound each of potato and sago flour, first mixed with a tumblerful of water. Then add ¾ of a pound of sugar, and boil all together for 15 or 20 minutes, being careful to stir all the time. Then pour it into a wetted form, and when cold, turn out and serve with cream and sugar.

**KLIPFISKEBUDDING (Fish Pudding)**

Soak, skin uppermost, a ½ pound of salt fish in milk for 10 or 12 hours. Boil till tender, then remove the skin and all the bones, and pound fairly smooth; put this in a mixture of 6 ounces of butter, 3 ounces of flour and ¾ pint of milk. Bake this in the oven slightly. When the great heat is off, add the yolks, beaten, of 5 eggs; some minced raisins, salt and mace, and then the whites of the eggs beaten as stiff as possible. Mix all lightly together. Pour it into a form, and steam for 2 to 3 hours. See that the water does not boil in the form. Serve with Hollandaise sauce.

**FINKER (Stewed Roast Beef)**

Melt a couple of ounces of butter, and stir in it an ounce of wheat flour; when the flour is cooked, pour in a pint of good brown sauce and a



spoonful of good vinegar (not white); when amalgamated, add the slices of 6 apples, and boil till tender. Remove the pan from the fire, add 2 pounds of cold roast beef, cut in small squares; a little salt and pepper, and a pinch of sugar. See that the meat is just heated through and no more. **Serve with** mashed potatoes and stewed carrots.

## DOMINICAN REPUBLIC

*From Hon. Evan E. Young, United States Minister to the Dominican Republic:*

### CORN BREAD

Mix 2 quarts of fresh milk and 1 pound of cornmeal. Add 2 table-spoons of butter, the beaten yolks of 2 eggs, and salt to season. Pour into the molds and bake in oven.

*Señora Trina Moya de Vasquez,  
Wife of the President of the Dominican Republic.*

### PINEAPPLE CUSTARD

To 2 cups of juice (fresh pineapple) add  $1\frac{1}{2}$  cups of granulated sugar and boil for about 15 minutes. When cool put 2 spoonfuls of the syrup into a double boiler shaking it so that the syrup adheres to the sides and bottom of the boiler, add 12 eggs to the cool syrup, boil together, place in double boiler and cook until thick—testing with a straw. Cool and turn out on a platter. Is sufficient to serve 8 portions.

*Señora Matilde E. de Pastoriza,  
Wife of the Secretary of State for Promotion and Communications of the Dominican Republic.*

### FROZEN BANANAS

Slice thinly 6 large, firm bananas, add  $\frac{1}{2}$  pound of powdered sugar and let stand for half an hour. Add a quart of water and grated lemon peel. When sugar is dissolved pour into a freezer and freeze as one would ice cream.

*Mrs. Dawn W. Young, Wife of the Minister to the Dominican Republic.*

### CHICKEN AND RICE

Cut in pieces a 3-pound chicken, brown in butter, season with salt, pepper and a clove of garlic. Add a cup of hot water and simmer for 45 minutes, adding more hot water when necessary. Wash thoroughly a cup of rice, add to the chicken, cover and let steam over a slow fire for 25 minutes. A few minutes before serving put in 6 olives, teaspoonful of powdered saffron and a Spanish sweet pepper cut in small pieces. Serve altogether on hot platter.

*Mrs. Muriel C. Pulliam,  
Wife of the American Receiver General of Dominican Customs.*

## ECUADOR

*From Señor Don G. R. de Ycaza, Consul General of Ecuador in New York:*

## LOCRO (A Beef or Fish Chowder)

- |  |                   |
|--|-------------------|
| 1 hashed onion.                                | 6 large potatoes. |
| 1 cup of preserved tomatoes.                   | 4 eggs.           |
| 2 tablespoons of hashed white American cheese. |                   |

Fry the onion and tomatoes in butter for 2 or 3 minutes, then add potatoes chopped in small pieces and enough water to cover them; set to boil until potatoes are tender. To finish add milk, eggs and cheese and let boil for 5 minutes. This thick soup or chowder may be served with boiled shrimps and fried fish.

## CARIUCHO (Beef Stew)

- |                          |                                 |
|--------------------------|---------------------------------|
| 2 pounds of flank steak. | 1 teaspoon of paprika.          |
| 4 large potatoes.        | 2 tablespoons of lard.          |
| 2 onions.                | 3 tablespoons of peanut butter. |
| 1 green pepper.          | 2 cups of milk.                 |
| 2 tomatoes.              | Salt and pepper to taste.       |

Boil potatoes and set them aside.

Sauce: Chop down onions, pepper and tomatoes and fry them in lard adding paprika and salt and pepper to taste. Then add peanut butter and add the milk slowly, stirring constantly while doing so, until a somewhat thick sauce forms.

Steak: Season the steak with salt and pepper, bake in oven until well done. Serve in a dish and cover with slices of boiled potatoes; spread the sauce over it, sprinkle with parsley and hashed eggs and serve.

## MANJAR BLANCO (A Dessert Cream)

- |                     |                              |
|---------------------|------------------------------|
| 2½ quarts of milk.  | 1 tablespoon cornstarch.     |
| 1½ pounds of sugar. | 2 teaspoons vanilla extract. |

Mix milk, sugar and cornstarch together; shake well until sugar dissolves. Boil mixture at a low flame, stirring constantly, to prevent burning, until thick enough to spread; add vanilla and serve with crackers.

*From Mrs. Gerhard A. Bading, wife of the United States Minister to Ecuador:*

## LLAPINGACHOS (Potato Luncheon Dish)

Peel and boil four large potatoes; mash well and season well with salt and pepper; add a tablespoonful of soft, white cheese. Shape into flat, round cakes and fry brown in butter. Pour over these cakes a sauce made of boiled tomatoes and small amount of fried onions, and on top of each cake place a fried or poached egg.

## TAMALES DE POLLO, ECUADORIAN STYLE (Chicken Tamales)

Take ½ pound of cornmeal, a little salt, ½ teaspoonful of sugar, and melted butter the size of an egg; throw into 2 cups of boiling water and boil for about 5 minutes or a little longer, until a thick paste is formed.

Prepare a sauce of 2 tablespoonfuls of ground peanuts, 1 tablespoonful of melted butter, 2 tablespoonfuls of white flour, a cup of cooked chicken

cut in pieces of an inch or more; add the meat of 2 large olives, 1 sliced hard boiled egg, and half an ounce of raisins.

Take 3 large corn husks, wash clean and drain off water. Fill these with the thick paste over which has been spread the sauce. Be careful that the edges of the leaves are well tucked in and tied so that nothing is lost in the cooking. These tamales are then steamed in a steamer for an hour; they are eaten very hot and are delicious. The above recipe will make 3 good sized tamales of perhaps 7 inches in length and  $2\frac{1}{2}$  inches wide and 2 inches thick. They are excellent for luncheon.

#### ECUADORIAN EMPANADAS DE QUESO (Cheese Turnovers)

For  $\frac{1}{2}$  pound of white flour use 1 egg, 3 spoonfuls of butter, salt and a little cold water. This paste is rolled out thin; add 1 ounce of raisins, 2 hard boiled eggs, salt, a teaspoon of sugar and fresh, white cheese about the size of an egg; chop fine and mix well together.

Spread the above mixture over the thin dough or paste and then cut into squares of 4 or 5 inches. The corner of each square is doubled over to form a small triangle and the edges are carefully fluted like the crust of a pie. These triangles are then dropped into boiling lard, the same as a fritter and are boiled until done. They are then removed from the lard with a strainer and sugar is sprinkled over them; they are served hot.

#### LOCRO (A meat stew)

Take 1 pound of potatoes, peel and break into small pieces, throw into boiling water; add 1 onion sliced and fried in butter and 1 button of garlic, the half of a pod of red pepper, but not the seeds. Add salt to taste and boil until the potatoes are thoroughly cooked; remove the soup from the stove and add 2 well beaten eggs. Soup must not boil after the eggs are added.

#### ECUADORIAN PANCAKES WITH LEMON

Take  $\frac{1}{2}$  a cup of white flour, 1 egg and a pinch of salt; add  $\frac{1}{2}$  a teaspoon of sugar and enough cold water to make a thin batter; fry slowly in butter and when done pour over each pancake sugar which has been well melted and browned. These pancakes are made the size of a dinner plate and one is a portion for each person. A quarter of a lemon is served with each pancake, which is very thin when finished.

#### ECUADORIAN HUMITAS DE CHOCLO (Corn Pates)

Mix with 3 cups of fine cornmeal a little salt, a teaspoonful of sugar and melted butter the size of an egg; add the yolks of 3 eggs well beaten, then the beaten whites and white, fresh cheese the size of an egg. Fill fresh corn husks with the above mixture, place in steamer and steam for 1 hour. Serve hot.

### EGYPT

*From Hon. J. Morton Howell, United States Minister to Egypt:*

#### LEMON PIE

Crust—1 cup flour,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  cup of shortening,  $\frac{1}{4}$  cup of ice water; this is sufficient for 1 pie, of 1 crust.

Filling.—Mix together 1 cup of sugar, 1 tablespoon of butter, 2 tablespoons of cornstarch, 1 cup of boiling water, juice of 1 lemon; cook and when smooth and thick add yolks of 2 eggs. Cook until the egg is mixed with other ingredients. Place in a pie shell which has been previously baked. The whites may be used for the top after being well beaten, after adding a little sugar.

*Mrs. J. Morton Howell.*

#### COOKED MAYONNAISE DRESSING

2 tablespoons sugar, 1 teaspoon salt, a generous lump of butter, 2 tablespoons flour, 1 whole egg. Mix these thoroughly, then add 1 cup of vinegar. Cook until mixture thickens. To serve add cream until the desired consistency is reached.

*Mrs. J. Morton Howell.*

#### MOUSSAKA EGYPTIENNE

Split some good eggplants lengthwise, cut out the pulp and fry them. Pare some more eggplants, cut them in little discs about 8 millimeters ( $\frac{3}{8}$  inch) thick, season, roll in flour and fry in oil. Chop the pulp removed from the eggplants, put it in a pan with half as much very lean lamb, chopped and cooked; a chopped onion sauted in butter, a base of veal with tomato sauce well reduced; mix all this, butter the mold, alternate layers of fried eggplant and the dressing mentioned above, cover and let cook in the oven in a water bath for 1 hour. Let stand for a few minutes, then slide onto a plate and sprinkle the surface with chopped parsley.

*Shepherd's Hotel.*

#### BROCHETTE D'AGNEAU ORIENTALE

Cut the fillets of lamb marinated with parsley, oil, pepper, salt, for 2 hours. Put them in brochettes and boil briskly. Serve on a layer of rice pilaw, mix with crushed tomato and raw courgettes (small gourds.)

*Shepherd's Hotel.*

#### FEUILLE DE VIGNE A L'EGYPTIENNE

Wash the grape leaves, spread on a table, and stuff with rice pilaw. Mix with chopped onions and small fresh mint leaves in julienne, salt, pepper, and powdered cinnamon. Roll them into collops, arrange in a buttered saute pan, add a glass of good white wine and poultry bouillon, enough to cover. Put a piece of paper on top, cover and cook slowly in the oven for 2 hours. May be served hot or cold.

*Shepherd's Hotel.*

#### TIMBALE DE BAMIA AU GOMBOS

Clean the bamias (a kind of fish), arrange them in the bottom and around a mold à charlotte, leaving the center empty, which should then be filled with the following dressing:

Chop some lamb and pare some tomatoes; saute some onions in butter, add the lamb, the tomatoes, salt, pepper and 2 glasses of sherry. Let cook for a quarter of an hour and fill the timbale of bamia. Cook in the oven with a slow fire for 2 hours.

*Shepherd's Hotel.*

## ESTHONIA

*From Madame Mutt, wife of Chargé d'Affaires, Esthonian Legation:*

## KAMA

A favorite dish for hot weather.

- |                     |                   |
|---------------------|-------------------|
| 5 pounds of rye.    | 5 pounds of peas  |
| 5 pounds of barley. | 5 pounds of beans |
| 5 pounds of wheat   | 10 pounds of oats |

Each kind of cereal must be separately boiled in salt water until the seeds begin to burst. Then strain on a sieve and dry, first in the sun and later in the stove. Dry cereal must be mixed and ground. Used: 1 quart of good sour milk, a small glass of flour, a little salt and 1 glass of sweet cream are mixed and served.

## BLOODSAUSAGE (A National Christmas dish)

- |   |  |
|---|--|
| 3 quarts of water.                                | 6 medium sized onions, finely chopped. |
| 1½ quarts of fine barley.                         | Fine pepper.                           |
| 2 quarts of blood.                                | Caraway seeds.                         |
| 2 pounds of fresh pork fat, cut in square pieces. | Majoran (spices according to taste).   |
|   | 35 feet of pork entrails.              |

Barley has to be boiled with 3 quarts of water until half done; add fat, fried with onion and spices. Let be cooled. When lukewarm add blood and mix all thoroughly.

Entrails are cut in pieces of desired lengths, filled with mixture, both ends of each piece are gathered and bound with wooden sticks (the size of toothpick) so that each piece is made into a round ring. Then those sausages are boiled for 15 minutes in salted water and cooled. They can be preserved for a week or two. Before used fry with fresh pork in a hot stove.

## SAFFRON BREAD

- |                        |                          |
|------------------------|--------------------------|
| 1 quart of milk.       | ½ pound of butter.       |
| 3 cakes of yeast.      | 20 cents saffron.        |
| Salt.                  | 15 to 20 cardamom seeds. |
| 1½ glasses of sugar.   | 4 eggs.                  |
| 1½ glasses of raisins. | Flour.                   |

Stir into the milk, which should be made lukewarm, a pint and a half of flour, salt, lastly the yeast (dissolved in milk). Beat all together and let rise. Then melt the butter and add with other ingredients. Saffron has to be soaked in milk for about 2 hours. Cardamom seeds dried in shells in a hot place, then cleaned and ground. Work in flour enough to make a dough of medium stiffness. Let this rise again and then make into medium size loaves; smear with beaten egg and sprinkle with sugar and finely chopped almonds. Bake in moderate stove until nice brown.

## RADISH WITH SOUR CREAM

Well washed radish must be sliced, sprinkled with a little salt, mixed with good, heavy sour cream. Eat with bread and butter.

**BOILED FISH WITH EGG SAUCE**

Fresh shad or sea bass or some other kind of fish is cleaned, washed. Put the fish into a fish kettle, with salted water enough to cover it. Boil from half an hour to three-quarters, in proportion to the size. When done drain and serve in a hot dish. Garnish with slices of hard boiled eggs minced parsley. Serve with boiled potatoes and with egg sauce.

Egg sauce is made in following proportion: 3 hard boiled eggs, a teacupful of melted butter, a little salt. Chop the eggs very fine and beat into the hot batter, salting to taste.

**MILK SOUP WITH BARLEY**

½ pound of barley. 1 quart of milk.  
1 quart of water. ⅛ pound butter and some salt.  
Barley is boiled in the water until soft. Add milk, butter and salt.

**SOIR (A kind of homemade cheese)**

5 pounds cottage cheese. 5 quarts milk.  
10 eggs. Salt.  
1 pound sweet butter. Caraway seeds.

Cheese is well mixed with the eggs. Milk must be boiled and then are added caraway seeds, salt and cheese, mixed with eggs. Stir carefully to prevent from burning. A linen cloth is moistened in cold water and put on a sieve. When the mixture begins to shunt pour on the sieve and let strain. When most of the water is run out add the butter. Gather the ends of the cloth and bind up, trying to give possibly a round shape. Now put it under a heavy pressure and cover with salt, and so it must stay for a whole night.

Used: As cheese, cut in thin pieces or fried.

**CHEESE ROLLS (Korbid)**

Rather large size home made rolls are baked until crust is light brown. When cooled cut the rolls in halves and cover with following mixture:

4 pounds of cottage cheese is rubbed through a sieve; add 2 to 4 eggs, ¼ pound melted butter, salt, a little sugar, caraway seeds, 1 glass of sour cream. Thickly cover with this mixture the halves of the rolls and bake in the stove until brown.

On the frying pan may be put some straw previously moistened in water so that the crust of the rolls would not be hard.

**THICK SOURKROUT**

4 pounds fresh pork. 1½ glasses coarse barley.  
3 pounds sourkrouit. Salt.

Put the pork on the bottom of a soup pot, cover it with sourkrouit, add as much of water as to cover the pork and sourkrouit, then put in the barley, but do not mix. Boil about 3 hours on a low fire. When done, mix well the sourkrouit with the barley. Serve with boiled potatoes.

**OAT KISELL**

2½ pounds oat flour and 1 quart water are put to sour. On the next day strain through a sieve, add salt and boil until it will come off the

spoon and bubbles appear on the surface. Eat with melted butter, or milk, or cream and sugar.

## FINLAND

*From Mr. Axel Leonard Astrom, Minister from Finland:*

### FINNISH COOKIES

200 grams (7 ounces) butter. 2 tablespoons sugar.  
300 grams (10½ ounces) flour. A few bitter almonds.

Add flour to butter, then sugar and bitter almonds, chopped fine. Mold into a few small rolls. Cut thin slices and dip each slice in granulated sugar and chopped almonds.

### BAKED LOBSTER

2 cooked breasts of chicken. 6 egg yolks.  
2 cooked large lobsters. Lobster butter.  
French bread crumbs. Salt and pepper.  
½ pt. whipping cream.

Grind together chicken and lobster. Add a little French bread, which has been chopped and soaked in cream. Add egg yolks and a lot of lobster butter so that mixture will be a nice yellow color. Add to mixture whipped cream. Season to taste. Place in baking dish and garnish with pieces of lobster. Place dish in pan of water and bake.

### KINKKUKOHOKAS (Ham Souffle)

500 grams (17½ ounces) raw ham (or it may be cooked a little). ½ cup boiling Bechamel sauce.  
6 egg whites.  
3 tablespoonfuls cold Be- 4 egg yolks.  
chamel sauce. 100 grams (3½ ounces) grated cheese.  
A little white pepper.

The ham, which should not be too fat, is ground 2 or 3 times in a meat chopper, and besides this is chopped on a stone board, if in possession of such, and little by little is mixed with the cold sauce. The mixture is put through a very fine sieve and the liquid from this is placed in a dish and ½ cup Bechamel sauce is added. This is mixed with the egg yolks and well beaten egg whites, and the mixture, after the grated cheese is added, is placed in a mold (or baking dish) and put in oven for a little while. Then it is permitted to cool and served with or without sauce. It is more desirable, however, to serve it warm without a sauce and with a vegetable.

#### Sauce

2 yolks hard boiled eggs. ¼ teaspoon salt.  
1 cup whipping cream. 1 teaspoon mustard.  
1½ tablespoons vinegar. ¼ teaspoon white pepper.  
¾ tablespoons sugar.

The yolks are chopped very fine and mixed with dry ingredients until almost the consistency of paste. This is added to vinegar. Finally add cream whipped very light. More mustard may be added if not sufficiently bitter.

## PAISTETTU TEERI (Roasted Grouse)

Young grouse (preferably female).	Salt.
Butter.	Cream.

Clean the grouse and tie the legs and wings so that they will be next to the body. Melt some butter in a pot and place the grouse within and cook. Turn it until brown on all sides, after which it is slightly salted. Pour cream over it and place in oven to roast for 25 or 30 minutes. The sauce is thickened with sweet cream and strained, and served with the grouse which is cut at the table.

The above may be served with potato croquettes and a vegetable salad, which salad may be served with dressing made of: 2 tablespoons oil, 1 tablespoon vinegar,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon white pepper.

## KREIVITÄR MANNERHEIMIN PIIRAS (Countess Mannerheim's Pie)

This is made from grouse, but may be prepared from other fowl.	
Grouse.	Pepper—Hungarian paprika would be best.
Pastry.	Salt.
Ground mushrooms.	1 Beaten egg.
$\frac{1}{4}$ kg. ( $\frac{1}{2}$ pound) sweet-breads.	Cream for the sauce.
200 grams (7 ounces) boned veal.	1 carrot.
2 mild Holland onions.	1 parsnip.
	$\frac{1}{2}$ doz. parsley.

The fowl is prepared and roasted in the usual manner and all useful parts, such as heart, lungs, neck, etc., are saved. After it is roasted, the grouse is taken from the pot. The butter from roasting is saved or left in the pot. The sweetbread, which has been in water for a few hours, is placed again in fresh, cold water, which is permitted to boil, then the water drained from it and the sweetbread cooled. The grouse is cut into slices; all the meat being "scraped" from the bones; the larger pieces are then put aside and the smaller pieces, together with the veal, are ground in a chopper, from which ground meat, toast crumbs, and beaten egg, salt and pepper, some balls are made, which are fried in butter together with the chopped mushrooms, and then placed on a platter. The butter left from frying is saved or placed with the butter left from roasting the grouse. The pastry (preferably a butter pastry) is rolled out very thin, and the inside of the roasting mold lined with it; the mold to be large enough to contain the above mentioned ingredients. The pastry must also be sufficient to cover the mold. Now the large pieces of grouse and the meatballs are placed separately, in layers, into the mold, and same covered with very thinly rolled pastry, the edges of pastry lining and cover pressed together. This is placed in moderately hot oven to bake. When the pastry is golden brown in color the pie is done. During this time, from the rest of the parts saved from the bird, and the meat which was scraped from the bones of the grouse, onion and parsnip, a broth is made, which is strained and poured into pot containing the above mentioned baking butter. This makes the sauce, which contains strong flavor of the bird, and which is thickened with sweet cream, butter and flour as desired. When the pie is done, it is placed on warm platter and served with the sauce and a salad.



**VISPATTUA MARIAPUUROA (Whipped Berry Pudding)**

Serves 6 persons

Scant quart cranberries or lingonberries. 1 cup sugar.  
2 quarts water.  $\frac{1}{2}$  cup farina.  
2 tablespoons cornstarch.

The berries are washed, crushed and placed in cold water and boiled. When the flavor of the berries has sufficiently boiled into the water, the juice is strained from the berries and sweetened with the sugar. The farina is stirred into this and pudding is boiled about 20 minutes (stirring constantly). Thicken with cornstarch. Whip with Dover egg beater until very light and fluffy. Serve with cream.

**KAHVIKISSELI (Coffee Delight)**

1 cup strong coffee. 15 gr. ( $\frac{1}{2}$  oz.) gelatine.  
1 cup sweet cream. 25 gr. (1 oz.) whipping cream  
50 gr. ( $1\frac{3}{4}$  oz.) fine sugar.  $\frac{1}{3}$  cup water.  
3 egg yolks.

Mix coffee, cream, egg yolks and sugar and place in pot, to boil. The mixture is immediately beaten, first slowly, then faster, until it begins to boil, then placed in bowl and beaten until cool. Now add gelatin, soaked in  $\frac{1}{3}$  cup water, and permit to become cold, after which add whipped cream. Place in mold, and let stand in icebox for several hours before serving.

**CHEESE BALLS**

$\frac{1}{4}$  lb. Roquefort Cheese. Grated Black Rye Bread.  
 $\frac{1}{14}$  lb. Butter.

Cream the cheese, also the butter, separately. Then cream both ingredients, together. Add a little grated black rye bread. Mold into little balls and roll in grated black rye bread. Place each little ball in paper candy cup and put in icebox to harden, until proper consistency to serve as cheese course.

*From Hon. Barton Hall, Secretary of American Legation, Helsingfors, Finland:*

**KALAKUKKO (Fish Bird, Fish Cock)****Dough**

$\frac{1}{2}$  liter (1 pint) water. 9 dcl. (9/10 quart) rye flour.  
1 tablespoonful of salt. 9 dcl. (9/10 quart) wheat flour.  
2 tablespoonfuls drawn butter.  
700-800 grams ( $1\frac{1}{2}$  to  $1\frac{3}{4}$  pounds) 200 grams (7 ounces) pork.  
of white fish or perch. Salt.

**Filling**

Mix the water, salt and butter and both kinds of flour; knead the dough until it appears hard and even and give it the form of an oval layer 1 cm. thick. Spread a little flour on the layer. Place the fish (well cleaned and dried) in layers with thin strips of pork and a little salt between. Moisten the edges of the dough with water, lift and carefully unite above the filling (giving to the whole the form of a hen, particularly if a sort of head is made of the dough.) After this preparation bake the "Kalakukko" in a hot oven about 4 or 5 hours and baste the surface with pork

grease occasionally. When removed from the oven wrap for a while in towels so that the crust may be soft.

Mrs. Barton Hall.

### FISH PUDDING

1 kilogram (2 5/8 pounds) pike (or 1/2 kilogram 1.1 pounds) fish meat.	4 deciliters (2/5 quart) cream
200 grams (7 ounces) butter, worked into foam.	4 eggs.
50 grams (1 3/4 ounces) white bread.	1 teaspoon sugar.
	2 teaspoons salt.
	1/4 teaspoon powdered white pepper

Run the scratched fish twice through the meat grinder and then mix with the worked butter. Cut off the crust from the bread and soak in cream. Mix the thoroughly soaked bread with the fish and the yolks of the eggs one at a time, and with the sugar, salt and pepper. Work the pudding thoroughly and pass through a sifter. Add the whites of eggs, beaten into foam; mix with the whole and pour it into a carefully buttered pudding form, strewn with bread crumbs. Then cook it for 1-1/2 hours in a steamer. When the pudding is done turn it upon a plate and serve with sauce of caper crawfish or lemon.

Mrs. Barton Hall.

### CHOCOLATE CAKE

240 grams (8 1/2 ounces) flour.	60 grams (2 1/10 ounces) sugar.
180 grams (6 3/10 ounces) butter.	40 grams (1 4/10 ounces) sweet chocolate.

Heat all ingredients in the oven; knead into a dough. Then divide in 4 layers and bake underneath.

#### Filling

20 grams (7/10 ounces) flour.	olate.
60 grams (2 1/10 ounces) sugar.	3 yolks.
60 grams (2 1/10 ounces) chocolate.	1/4 liter (1/2 pint) milk.

Boil until it becomes thick. When cool spread it between all layers.

#### Icing

Boil 85 grams (3 ounces) sugar with 1/4 cup of water. Mix 60 grams (2 1/10 ounces) chocolate with a bit of butter. Mix with the chocolate paste and cover the surface of the cake with it.

Mrs. Barton Hall.

## FRANCE

*From the Embassy of France in Washington:*

### CULOTTE DE BOEUF À LA MODE (Rump of Beef à la mode)

The tip end of the rump, called the "pointe de culotte" which is of good flavor, is used for this recipe. It will serve 10 to 12 persons. The method is simple but demands great care. Preparations for 12 persons:

1 tip end of rump, weighing about 4 kilos (8.8 pounds).	scalded fresh bacon rind.
2 calf's feet, boned and scalded.	6 carrots, 2 onions, 1 sprig of parsley, 1/2 head of garlic.
500 grams (17 1/2 ounces) of lean	2 cloves, 1 deciliter (1/10

beef cut in large dice.

1 kilogram (2.2 pounds) of  
veal knuckle cut in pieces.

500 grams (17½ ounces) of

quart) of cognac.

5 deciliters of white wine, 2  
deciliters of tomato sauce.

Pepper and salt.

Five or 6 hours before cooking, lard the rump in the direction of the grain of the meat. Place the piece in a large pan and cover with slices of onions and carrots. Add thyme and bay-leaf moistened with white wine, and let the meat cook. Take out the beef and truss it, shaping it into a long piece. Place it on a long stew-pan, let it partly cook, add the garnish, moisten with a base of veal and let stew for 30 minutes. Add the rest of the gravy and put over a hot fire. Add salt and pepper and cook in the oven for about 4 hours. Drain the meat, untie it and let it glaze at the mouth of the oven, then keep it warm.

Sauce: Put the dressing in the sieve, skim it completely and boil down.

Garnish: Small new carrots, glazed onions. The calf's feet cut in small bits. To all this garnish which has already simmered, one may add, according to circumstances, other braised vegetables, such as lettuce, celery and endive. This piece of beef is generally served immediately after the soup. It may figure also in the menu as the grand entrée.

### LE CIVET DE LIEVRE (Civet of Hare)

For this recipe a large hare is used.

Skin and draw the hare, saving the blood and liver from which the gall is removed. Cut it in pieces of equal size and let it cure for several hours in a slightly liquid marinade (2 carrots and 1 onion chopped, 1 grain of crushed garlic, thyme, bayleaf, parsley and pepper grains, 1 clove, ½ deciliter of oil, 1 deciliter of white wine).

Turn the meat several times in the marinade so as to be sure that it is well impregnated with the flavor of the aromatics.

Drain the pieces of hare and sauté them in a shallow pan in clarified butter, with 250 grams of salt pork cut in large dice. Add a carrot and an onion cut as for mirepoix and a grain of crushed garlic.

Season with salt, pepper and a small pinch of spices and let the hare brown thoroughly, stirring it often. Sprinkle with two large spoonfuls of flour.

Let the flour cook a moment and moisten with two bottles of red wine.

Add a glass of cognac and let it burn. (The purpose of this burning is to remove the tartness of the wine.) Add a large sprig of parsley and let cook for 45 minutes in the oven.

While this is cooking, prepare a garnish composed of small onions, lean bacon and heads of mushrooms.

Let the garnish brown.

Put the pieces of hare one by one into a casserole and add the garnish.

Strain the sauce and let it cook in the oven for 1 hour. Strain the blood and liver of the hare in a sieve, dilute the blood with a few spoonfuls of civet sauce and add it to the latter at the last moment.

After the mixture is added, the civet must not boil any more.

Put in a timbale and garnish with croutons fried in butter.

Note.—The word "civet" must come from "civette" (chives), an ingredient much used in cooking.

*From Mrs. Parmely Herrick, Daughter-in-law of Hon. Myron T. Herrick, Ambassador to France:*

#### TUTTI-FRUTTI ICE

- |   |   |
|---|---|
| 200 grams (7 ounces) orange juice.              | 300 grams (10½ ounces) lemon juice.         |
| 500 grams (1 pounds 1½ ounces) pineapple juice. | 500 grams (1 pound 1½ ounces) apricot mash. |

Flavor with lemons, oranges and stick vanilla. Cook the flavors into a syrup, and when cold mix everything in taking out the oranges, lemons and vanilla; bring the syrup to 22 degrees thickness on the syrup meter (probably a specific gravity instrument), put in freezer and freeze. When it commences to freeze, add preserved fruits cut in cubes and soaked in Kirsch and maraschino.

#### ST. GEORGES PUFF

- |   |   |
|---|---|
| 75 grams (⅓ pound or 2⅔ ounces) of butter.      | 5 yolks of eggs.                          |
| 75 grams (⅓ pound or 2⅔ ounces) powdered sugar. | 4 whites of eggs whipped until very firm. |
| Flavor with orange or vanilla.                  | 2 teaspoonfuls potato starch.             |

Heat butter until soft in a lukewarm earthen vessel, working in little by little the yolks of eggs and the sugar; add the whipped whites at the same time as the starch and 2/10 liters (about 1¾ gills) of whipped cream.

Place in pan, smooth over, and cook for 25 minutes in oven over slow fire. Ice with sugar before removing.

#### ALEXANDRA PARFAIT ICE

- |   |   |
|---|---|
| 8 yolks of eggs.                                      | ⅓ liter (⅔ gill) cream of cacao liquor.                     |
| ⅔ liters (2½ gills) syrup, 25 degrees on syrup meter. | Vanilla.  |
| 1 liter whipped cream (1 quart ⅔ gills).              | Preserved fruits cut in small cubes and softened in Kirsch. |

Crush the yolks, mix with the lukewarm syrup and strain. Mix over the fire, whip to cool, then beat on ice. Add the cream of cacao at the same time as the whipped cream; place the cream in the mold in layers, alternating with the preserved fruits. Freeze for two hours.

#### SLICES OF BRAIZED BEEF

Interlard a piece of beef, preferably a rump steak, with bacon fat prepared as follows: Cut the inserts the size of the larding pin, then chop together very fine a clove of garlic, a shallot, ½ of a clove, and season with a generous pinch of white pepper recently ground, and a dash of grated nutmeg; roll the lardons in this mixture and add a liquor glass of good cognac; let the whole soak for an hour. Then interlard the piece of beef and brown in a pan. When browned on all sides, add a Bordeaux wine glass of good cognac brandy and then set fire to it. Then add ½ liter (4¼ gills) of old Madeira wine. Garnish with a few carrots, onions and a bouquet of parsley, celery, thyme and bay. Add a boneless blanched calf's foot. Salt lightly and let it cook over a slow fire for about 4 hours. When it is well done, take out the piece of beef,

strain the juice and skim off the grease. Beef thus prepared may be garnished with different sorts of vegetables.

### FILLETS OF SOLE

Fry the fillets, doubled up, in fresh butter. Take them from the frying pan and keep them warm. Wash in  $\frac{1}{2}$  liter (1 pint and  $\frac{1}{4}$  gill) of Port wine. Stew the bones and remnants of the fillets in butter with a few onions and carrots, a handful of mushroom peelings and shrimps. Add  $\frac{1}{10}$  liter ( $\frac{1}{5}$  gill) of Port wine. After a few minutes cooking, strain this flavoring under pressure, and add to the Port wash for the fillets, as well as 6 yolks of eggs and 200 grams (7 ounces) of good butter. Heat this sauce in the range reservoir like a **Sabayon**. Garnish the fillets with poached mussels and oysters and shrimp tails, slices of truffles and mushroom heads. Cover the fillets with sauce and place remainder of sauce in sauce dish.

### STUFFED BRILL CARDINAL

Poach the brill garnished with mushrooms, 250 grams ( $8\frac{3}{4}$  ounces) of gray shrimps, 500 grams (1 pound,  $1\frac{1}{2}$  ounces) peeled and seeded tomatoes, 3 minced shallots,  $\frac{3}{10}$  liters ( $2\frac{1}{2}$  gills) extra dry white wine and a little mussel juice, 50 grams ( $1\frac{3}{4}$  ounces) of butter. After cooking skin the brill, take out bones, and replace them by a stew of shrimp tails and truffles. Replace the head and tail, stuck on with this mixture. Sauce is made with the juice of the brill, with the addition of butter, shrimps, and a liquor glass of fine champagne (old brandy).

### SADDLE OF SALT-MEADOW MUTTON, POLIGNAC

After hanging the saddle to give it flavor, tie it carefully together and braise it in the same manner as that indicated for braised beef. Add to the usual dressing 15 large white onions and let the whole cook until the meat of the saddle gives under the finger. Remove the saddle from the fire and cut into strips. Drain the onions and strain through cheesecloth. Mix this mash with 2 to 3 tenths of a liter ( $1\frac{3}{4}$  to  $2\frac{1}{2}$  gills) of Richamelle sauce (white flour and milk sauce, with butter), adding several spoonfuls of thick cream. Cover the slices with this mixture and replace them on the bone in their original position. Cover the surface with the sauce mixture. Sprinkle with grated Parma cheese and grated bread crust mixed, and brown in oven.

#### Sauce

Skim grease from gravy left after cooking, remove solid particles and strain. Place the whole on a long dish, surrounding with braised vegetables such as lettuce, celery and artichokes cut in quarters.

### VEAL STEAK

Same preparation as above, except that instead of onions a mash of mushrooms, with cream added, should be used.

## GERMANY

*From Baroness Maltzan, Wife of the Ambassador from Germany:*

**HAMBURGER AALSUPPE (Hamburger Eel Soup)**

Two pounds eel, skinned and cleaned; cut into pieces 2 inches long. One pint water, 1 glass Rhinewine, 2 tablespoons vinegar, salt, 2 sprigs parsley, 1 onion sliced; 1 carrot sliced; 1 bay-leaf and 6 pepper corns; boil for 5 minutes. Add eel and cook until tender. Two tablespoons butter and  $1\frac{1}{2}$  tablespoon flour; cook in a kettle until light yellow. Add 2 quarts beef stock and boil slowly 1 hour. Tarragon, basilicum, thyme, majoran, parsley, cheroil, in equal parts, and a little mint chopped fine. Cut 1 carrot,  $\frac{1}{2}$  a celery root and 1 parsley root in small dices. Half a cauliflower cut in roses; add  $\frac{1}{2}$  pint green peas and boil the vegetables in salt water until tender. Six pears; pare, cut in half and boil in water and sugar;  $\frac{1}{2}$  pint milk and 1 tablespoon butter; bring to a boil. Add 2 tablespoons flour, stirring until a fast dough is made. Add 2 eggs and 1 yolk, form little dumplings with a teaspoon and boil in salt water. Drain the eel, add half of the liquid into soup, strain, add the chopped herbs and the vegetables and bring to a boil. Put eel, pears and dumplings in a soup tureen, pour the soup and season to taste.

**ZWIEBELSPATZ (Onion Pancake)**

Two eggs, 1 cup of milk,  $2\frac{1}{2}$  tablespoons of flour, salt. Mix flour, milk and salt; add the eggs and beat the whole very well. Three onions, slice very fine. Melt 1 teaspoon of butter in a small frying-pan, turn part of the mixture in, put some of the sliced onions on top and cook slowly until brown underneath. Turn over and cook until done. Serve in a stack.

**SAUERBRATEN**

The best piece to use is the culotte or bouillon. Pound and lard it, put into 2 quarts vinegar with 1 onion cut in slices, 12 pepper corns, 2 bay-leaves, 4 cloves and a little salt. Leave there for 3 to 5 days, depending on the time of year. Cover the bottom of a braising-pan with  $\frac{1}{2}$  pound marrow cut in pieces. Add 2 carrots, 1 celery root, 2 onions and 2 leek cut in small slices. Put the meat in the pan, season with allspice, cover and cook on moderate fire until the marrow is clear and vegetables brown. This requires lots of attention. Then add 1 glass red wine, stock, and some of the marinade. When the roast is tender put on platter, take all grease off the gravy, strain and thicken with cornstarch.

**SCHLESISCHES HIMMELREICH (Silesian Dish)**

Dried fruits, as pears, apples, cherries, dates, prunes and peaches; soak in water and boil with sugar until done. Ten large boiled potatoes; grate when cold; season with salt, pepper, lemon and nutmeg. Add 2 eggs and enough flour to make a dough; not too fast. Shape into balls the size of eggs and boil in salt water 8 to 10 minutes. Pour the fruits on a platter, surround with the dumplings and serve with boiled ham or bacon.

**DRESDNER STOLLE (Dresdner Cake)**

2 pounds flour.	4 yeast cakes.
6 eggs.	$\frac{1}{4}$ pound chopped almonds.
2 cups of milk.	1 pinch cinnamon.
$\frac{1}{2}$ teaspoon of salt.	$\frac{1}{4}$ citron.
1 pound butter.	$\frac{1}{2}$ pound seedless raisins.
$\frac{1}{2}$ pound sugar.	$\frac{1}{2}$ pound currants.
6 tablespoons rose water.	

Dissolve yeast and 1 tablespoonful of sugar in lukewarm milk. Add some flour and beat until smooth. Cover and set aside to rise in a warm place. Cream butter, sugar and eggs; add the flour, the well-risen yeast, rest of milk and rose water and knead quickly and lightly until the dough is smooth and elastic and does not stick to the board. Cover and set aside to rise. When well risen, add raisins, currants, almonds, diced citron, salt and cinnamon. Roll 2 inches thick, place on pan and turn over  $\frac{1}{8}$  to form a long loaf. Let rise about 20 minutes, brush with melted butter and bake 50 minutes in moderately hot oven. While hot, ice with plain frosting.

## GREAT BRITAIN

*From the British Embassy:*

### RICE À LA PIÉMONTAISE

Mix an onion in some melted butter in a frying pan and add 300 grams (10½ ounces) of rice. Keep it on the corner of the fire and stir until it is well mixed and soaked in the butter and add little by little small quantities of good bouillon and stir with a wooden spoon. After 17 minutes take off the fire and add to it a good piece of butter and some grated cheese.

*Lady Isabella Howard, Wife of the Ambassador.*

### FONDUE AU PARMESAN

Prepare in a casserole 100 grams (3½ ounces) of butter and 100 grams (3½ ounces) of flour. Cook five minutes in a quart of milk, season with salt, pepper, and mustard, let it come to a boil and cook on the fire 15 minutes; take off the scum which forms and add 10 yolks of eggs and 200 grams (7 ounces) of Parmesan cheese scraped. Place on a buttered baking tin and leave to get cold. Empty on the table floured, and divide into rounds of three centimeters in diameter; sprinkle with bread crumbs and fry them. Arrange on a serviette with parsley.

*Lady Isabella Howard.*

### CRÈME À LA PALESTINE

Mix one kilogram (2.2 pounds) of Jerusalem artichokes and place in butter. Add 30 grams (1 ounce) of nuts shelled and put in a half gallon of bouillon. Cook slowly. Pass it through a sieve and add 1 pint of cream and 5 yolks of eggs.

*Lady Isabella Howard.*

### SCOTCH PUDDING

300 grams (10½ ounces) of bread crumbs soaked in milk, 150 grams (5.3 ounces) of sugar, 200 grams (7 ounces) of raisins, the juice of 4 oranges, 1 glass rum, yolks of 6 eggs, whole of 2 eggs. Mix this well together and place in a mold buttered and floured and steam the pudding.

*Lady Isabella Howard.*

### SULTANA PUDDING

$\frac{1}{4}$ pound flour.	$\frac{1}{4}$ pound brown sugar.
$\frac{1}{4}$ pound suet, chopped very fine.	$\frac{1}{4}$ pound currants or sultanas.
$\frac{1}{4}$ pound bread crumbs.	Rind of 1 lemon, grated.
	1 pinch of salt.

Mix all together with  $\frac{1}{2}$  teaspoonful of baking soda dissolved in 1 cup of milk. Tie up securely in a pudding cloth and boil for 3 hours. Serve with hard sauce.

*Mrs. Henry Chilton, Wife of the Counsellor of the Embassy.*

### ROLY POLY PUDDING

Twelve ounces chopped suet. Mix with 1 pound flour and a teaspoonful of salt made into paste with a little cold water. Roll the paste out about 10 inches wide and 8 inches long. Spread with any firm jam to within 4 inches of the end. Dampen the edge a trifle and roll up quickly. Place on floured pudding cloth. Roll tightly. Tie both ends very securely with twine. Boil 1 hour.

*Mrs. Henry Chilton.*

### MUTTON BROTH OR SCOTCH BROTH

2 pounds lean mutton.	1 head celery.
1 ounce pearl barley.	1 onion.
1 carrot.	2 quarts water.
2 leeks.	Chopped parsley and cabbage.

Cut the mutton in small squares, season, cover with the water, allow it to boil up, strain well, then add the barley, boil up again and add the vegetables which have been cut into very small squares or dice. Simmer 3 hours; add cabbage cut fine  $\frac{1}{4}$  hour before serving and parsley when served.

*Mrs. Henry Chilton.*

### BEEFSTEAK AND KIDNEY PIE

Cut 2 pounds beefsteak and 1 kidney into thin slices, mix 1 tablespoonful flour with 1 teaspoonful salt and half teaspoonful pepper on a plate. Dip the slices of meat in this mixture and roll up with the kidney; put the rolls on end into a pie dish, sprinkle with chopped mushrooms and parsley and the smallest quantity of onion; pour enough water to fill the dish three-fourths full. Line the edges of dish with a strip of puff paste  $\frac{3}{4}$  inch wide; moisten with egg, cover with paste, ease the cover well in, press edges together, notch them at regular intervals. Make a hole in the center and decorate with leaves of the paste; brush over with yolk of an egg. The pie must be baked in a hot oven until the paste has risen and set; after it must be cooked slowly to insure the contents being tender. Before serving pour a little beef gray through the hole in the top.

*Mrs. Henry Chilton.*

### YORKSHIRE PUDDING

To 1 pound of flour add teaspoonful salt, 3 whole eggs; mix with a wooden spoon, adding a small quantity of milk until perfectly smooth. Beat well; add remainder of a quart of milk and pour instantly into a roasting tin, previously made very hot, with 2 ounces of good dripping in it. Bake in moderately hot oven for about half an hour. Let it rise well to the top of the tin.

*Mrs. Henry Chilton.*



## MARMALADE PUDDING

$\frac{1}{4}$ pound flour.	$\frac{1}{2}$ teaspoonful baking soda.
$\frac{1}{4}$ pound bread crumbs	2 ounces granulated sugar.
$\frac{1}{4}$ pound chopped suet (very fine).	2 tablespoonfuls marmalade.

Mix altogether with  $\frac{1}{2}$  teaspoonful baking soda dissolved in  $\frac{1}{2}$  cup tepid milk. Steam for 3 hours. Butter and sugar mold. Serve with a little marmalade.

*Mrs. Henry Chilton.*

## BEEFSTEAK AND KIDNEY PUDDING

12 ounces suet chopped very fine, mixed with 1 pound flour and  $\frac{1}{4}$  teaspoonful salt. Make into a dough with cold water. Grease and line a basin with the suet paste rolled out about  $\frac{1}{4}$  inch thick; reserve about  $\frac{1}{4}$  the paste to cover the top. Cut 1 pound beefsteak lean, and 1 beef kidney into cubes about  $\frac{1}{2}$  inch square, season with salt, pepper, chopped parsley and very fine onion; sprinkle well with flour, place in the basin, add cold water about  $\frac{3}{4}$  full; cover with the remainder of suet paste and seal well by pinching the edges together. Tie a pudding cloth over the top and boil well for 4 hours. Do not put the pudding in until the water boils.

*Mrs. Henry Chilton.*

## COLCHESTER CARPET-BAG

Take a good thick rump steak, split it lengthwise to form a pocket; in this place 1 dozen good sized oysters. Sew up the edges and grill or boil for 15 minutes before good fire. Serve with Maitre D'Hotel butter.

*Mrs. Henry Chilton.*

*From Mrs. Alanson B. Houghton, Wife of the U. S. Ambassador to Great Britain:*

## CREME BRULEE

6 yolks.	1 tablespoonful flour.
1 pint cream.	$\frac{1}{2}$ cup castor sugar.

Mix yolks, sugar, flour well in a basin. Bring cream to boiling point, add yolk mixture and stir over slow heat until thick, but do not allow to boil. Line a souffle case with caramel, pour in the above mixture, allow to get perfectly cold, then sprinkle top fairly thick with castor and icing sugar mixed. Stand under grill or salamander until candy has formed on top.

## FLAN A LA VIENNOISE

Make a short crust with 8 ounces flour, 6 ounces butter, 3 ounces ground almonds, 2 ounces sugar, 2 yolks. Bake in pan ring rather thick, allow to cool, then fill with the following mixture: Work  $\frac{1}{4}$  pound castor sugar with 4 egg yolks in a saucepan; dilute with  $\frac{1}{2}$  pint boiled milk; add  $\frac{1}{4}$  ounce gelatine and stir over slow fire until it thickens; allow to get nearly cold; add  $\frac{1}{2}$  teaspoon vanilla essence and  $\frac{1}{2}$  pint whipped cream and pour into pan. When quite set pour over a little caramel sauce made as follows:

Two ounces loaf sugar, 1 tablespoonful cold water, pinch of cream of tartar; boil until it turns a golden brown then add  $\frac{1}{4}$  cup of cream.

### OEUF À LA NORFOLK

Fry some rounds of bread in clarified butter. Spread thickly with purée of foie gras. Place a poached egg on each round and a thin slice of truffle on each egg. Coat over with morney sauce and set to glaze quickly in a fierce oven. Arrange in a circle on dish, put a garnish of macedoine of vegetables in center.

### OEUF À LA BÉNÉDICTINE

Make some muffins as follows: One-half pound flour mixed to fairly thick batter with lukewarm milk; add  $\frac{1}{2}$  teaspoonful salt and  $\frac{1}{2}$  ounce of yeast dissolved in a little of the milk first. Allow to stand for 2 hours in warm place then drop on hot griddle and bake. Toast and well-butter the muffins; place a slice of tongue on each; allow to get thoroughly hot, then a poached egg on top of each slice of tongue and coat over at the last moment with Hollandaise sauce.

### SCONES

1 pound flour.	$\frac{1}{2}$ ounce cream of tartar.
2 ounces butter.	$\frac{1}{4}$ ounce carbonate of soda.
1 ounce sugar.	Pinch of salt.

Rub butter into flour; add other ingredients; make into a soft dough with milk; roll out  $\frac{1}{2}$  inch thick; cut into desired shapes and bake in a quick oven 10 minutes.

### VANILLA SCONES

$\frac{1}{2}$ pound flour.	1 teaspoonful baking powder.
2 ounces lard.	1 egg.
1 ounce butter.	1 teaspoon vanilla essence.
2 ounces sugar.	Milk.

Rub lard and butter into flour; add other dry ingredients; beat egg; add milk and make into soft dough. Drop on greased baking-sheet without rolling out and bake quickly.

### SCOTCH DROP SCONES

Mix 3 tablespoonfuls flour with  $\frac{1}{2}$  teaspoonful carbonate of soda, 1 teaspoonful cream of tartar, pinch of salt, 1 tablespoonful sugar; add 1 egg and enough milk to make 1 gill. Bake on greased griddle.

## GREECE

*From Madame Simopoulos, Wife of the Minister from Greece:*

### LAMB CAPAMA

Chop 1 pound lamb in small portions; add salt and lemon juice; leave standing for 15 minutes. Then place in a frying pan with a small lump of butter. When the meat has become a little brown, put it in a casserole

with onions and various spices, with a puree of tomatoes (tomatoes may be either fresh or canned.) Let this boil until meat is tender. To the butter, which has been left in the frying pan after frying the meat, add some flour and let brown. Then add this browned flour to the meat which is almost tender. Add some fresh butter and some more tomatoes. After letting all this boil for a short time it is ready to serve. The above makes a portion for 2.

### STUFFED TOMATOES, SQUASH OR EGGPLANT

To hamburger steak, lamb, or veal, add  $1/6$  the quantity of rice; stir together well, leaving to stand 15 minutes. Then place in a frying pan, adding some parsley, onions, mint and different spices; salt to taste. While this is boiling add broth. When the whole is about cooked, remove from fire and have the tomatoes, squash (cymlin), or eggplant, ready in a baking pan, with butter; next stuff tomatoes with the stuffing of meat and rice; place in the oven. To the boiling mixture, add flour and stir, so no lumps form; mix in eggs (the number of eggs used varies with the quantity of stuffing and vegetables to be baked). When this mixture is ready, pour over the tomatoes which are in a baking pan in the oven. Leave in the oven until a brown crust is formed.

*From Hon. Robert P. Skinner, United States Minister to Greece:*

### SAUCE AU CAVIAR (Chaviarosolata) Constantinople

Mash together 50 grams ( $1\frac{3}{4}$  ounces) of caviar and 20 grams ( $7/10$  ounce) of soft bread, thoroughly soaked in water, until a uniform paste is obtained. Add little by little about  $1/10$  liter ( $1/10$  quart) olive oil, of the best quality, mixing thoroughly meanwhile. Then pour in the juice of 2 lemons diluted in an equal amount of water, and stir thoroughly. This sauce may either be used alone, along with other hors d'oeuvre or may be poured over oysters and mussels cooked in pure sweet butter.

*Madame Michalakopoulos, Wife of the Greek Minister for Foreign Affairs.*

### HERRING SAUCE (Rengosalata) (Constantinople)

Remove the bones from 2 smoked herrings, and pass the herrings through the mincing machine. Pass a small onion through the mincing machine and also 100 grams ( $3\frac{1}{2}$  ounces) of bread which has been soaked in water. Crush the whole for some time and when a uniform paste is obtained, add  $1/10$  liter ( $1/10$  quart) of olive oil of the best quality and some ground chervil. Mix thoroughly. Add then the juice of 2 lemons and finish with a sauce well mixed.

This sauce may be used alone or as a dressing for olives in oil.

*Madame Michalakopoulos*

### ANCHOVY AND EGG PLANT SALAD (Melitzano Salata) (Constantinople)

Crush 2 small onions, 3 pickled cucumbers, 5 anchovies without bones. Cook separately in the oven 2 egg plants, well ripened; remove the centers and add these to the mixture which is being crushed. Add also the yellow of a hard-boiled egg and work the whole. Pour in  $1/10$  liter ( $1/10$  quart) of oil of the best quality and mix together thoroughly, adding little by

little 2 soupspoons of good vinegar. To thicken add the yolk of a raw egg and then add drop by drop the juice of half a lemon. This sauce may be served alone or as a dressing for the hearts of artichokes in oil.

*Madame Michalakopoulos.*

### SALADE DE POMMES (Constantinople)

Ripe apples, beets, asparagus tips—all cut in cubes. Season with salt, pepper, oil, vinegar, adding more than the customary amount of mustard. Serve with smoked tongue as a hors d'oeuvre.

*Madame Michalakopoulos.*

### MAGIERITSA

After the forty days of Lent which, in accordance with Orthodox rites precede the Easter festivals, it is customary to prepare a soup made in the following manner and served after the midnight mass.

The feet and stomach of a lamb are washed in boiling water and then placed in a kettle of boiling water in which a dessert spoon of flour has been previously dissolved. Boil for an hour over a covered fire. Half fry in a little butter some finely chopped bits of the liver, the intestines and the lungs of a lamb—together with a hash of onions, chervil and anise, adding 2 cloves. Strain the broth in the kettle and empty into the broth so strained the contents of the casserole in which the vegetables and lungs have been half-fried. Then add to the broth a little rice. Then beat up 2 eggs with the juice of half a lemon and work together, adding a little of the warm broth. Add the beaten eggs to the broth containing the sauté. Add finally half a glass of milk and serve hot.

*Madame Michalakopoulos.*

### STUFFED MUSSELS (Constantinople)

Select the largest and best mussels and clean them externally. Once they have been well cleaned, wash them and open them carefully, removing the sea-weed. Then wash them internally and place them in a large frying pan. Then prepare the following stuffing:

Fry slightly some chopped onions in olive oil; add some rice and a little water. When the rice has cooked, add some mint, anise, and the peel of half a lemon, as well as some chervil. Add to the mixture some currants, together with some pine nuts and some pistachio nuts. Incorporate this stuffing in the mussels, closing them gently. Cover the mussels with a plate to prevent their opening and add some water from the casserole together with a little English sauce, the juice of 2 lemons, some salt and pepper. Boil slowly and remove from the fire as soon as the water boils dry. Serve moderately warm.

*Madame Michalakopoulos.*

### BOYAUX D'AGNEAU À LA BROCHE (Cocoretsi)

Take the liver, spleen, heart, kidneys and intestines of a young lamb. Wash and clean thoroughly without cutting the intestines. When all are thoroughly cleansed, place in boiling water, then put in cold water acidulated with the juice of 3 or 4 lemons and allow them to remain in this water

from 5 to 6 hours. Then dry on the colander. Then cut into small bits the liver, spleen, heart and kidneys, keeping the intestines intact. The diameter of the slices which are to be cut will be about that of a silver dollar. Impale on the spit and attach by means of crossed spiral bindings, using the intestines for that purpose. Rub the whole with a lemon in such a way that it will be saturated with the juice of the lemon. Salt and pepper more than ordinarily and rub with thyme leaves. Cover with butter and place before a slow, open fire, cooking slowly at first. Moisten constantly with butter and with thyme by means of a dripping-pan. When roasted, cut in slices of two centimeters ( $\frac{4}{5}$  inch) each.

*Madame Michalakopoulos.*

### SOUPE DE POISSONS (Psarossoupa Cacavia) Iles de l'Archipel

Cook over a slow fire selected portions of fish moistened with  $\frac{1}{2}$  glass of wine. Strain the broth, place in it fresh portions of uncooked fish as well as a lobster and allow to cook over a slow fire. Add vegetables such as carrots, celery, onions, potatoes, a large portion of tomatoes and olive oil.

When the fish and the lobster are cooked, cut slices of bread and place these in the soup. Finally add the juice of a lemon.

This soup, which has long been traditional in the islands, is very probably the grandmother of the famous "bouillabaise" of the Marseillais "Greek colony." (See the lines by Thackeray, page 159.)

*Madame Michalakopoulos.*

### SOUPE DE PERDRIX (Island of Chios)

Cut up a partridge, mince it and prepare a first broth, in which should be placed 2 onions studded with cloves. Add to the broth a glass of white wine, salt and pepper and various herbs (Bouquet garni). Place in the broth, which has cooked over a slow fire and which has been strained, 4 more partridges properly cleaned. Allow a bouquet of thyme to remain in the soup for a quarter of an hour before serving hot, taking care to add at the end a small glass of cognac.

*Madame Michalakopoulos.*

### BOULETTES AUX FEUILLES DE VIGNE (Dolmadakia Klimatophylla) (Constantinople)

Small fresh leaves of the grape vine are washed in boiling water and allowed to dry in a natural manner. Pass through the machine some veal, some chervil and some mint. Work the paste with an egg and add a little rice. Fashion into small balls and wrap these in the leaves. Place the small balls thus prepared in a casserole containing some broth and allow to cook slowly. Beat then an egg with the juice of  $\frac{1}{2}$  lemon and add a little of the broth from the casserole. In this way an egg sauce is obtained. Serve the meat balls, pouring the sauce over them when they have been arranged in a pyramid on the plate.

*Madame Michalakopoulos.*

### AGNEAU À LA BROCHE (Old Greece)

The Greek lamb (*pré salé*) is difficult to obtain, especially the small-tailed lamb of Akarnania, the flesh of which has the scent of thyme. It should not be cut up but the entrails should be removed from the front,

slitting the stomach. By means of two narrow openings at the rear the kidneys are removed. It is fixed on a spit of two meters (6½ feet) which passes along the spinal column, the point piercing the center of the head. It is laced up in such a way as to close the opening that has been made in the stomach and the spit is attached firmly to the spinal column. The interior is salted. By means of a larding knife introduce at various places a good mixture of salt and pepper in equal quantities. The entire lamb is rubbed with lemon juice (at least 3 lemons are required) and placed at a sufficient distance from a fire well prepared. The dripping pan must contain a sufficient quantity of butter to which considerable portions of thyme and lemon juice have been added. The spit is turned for about 3 hours while the butter is poured over it. The spit is gradually brought nearer and nearer to the fire, care being taken to brown all portions equally. The juice of the lamb is caught in the dripping pan. At the end the roast is carved up.

The lamb cooked at Easter in the manner just described is a dish of great delicacy. The roasting requires an experienced hand. The shepherds have maintained the tradition and it is above all on the celebrated mountains of Greece that one can enjoy the delicate flavor of this dish.

*Madame Michalakopoulos.*

#### RIZ AU LAIT CAILLE (Pilaf au Giaourti) (Constantinople)

Half fry small bits of lamb not larger than a large bean, and keep these warm. A broth, rather strong, should already have been prepared. Clean some rice with a great deal of care and fry lightly in unsalted butter. As soon as browned, pour in the broth—2 measures of broth for 1 of rice. Then add the small bits of meat which have been half-fried as well as a sauce of preserved tomatoes. Allow to cook for a quarter of an hour. Serve with curdled milk.

*Madame Michalakopoulos.*

#### BOULETTES À LA SAUCE TOMATE (Archipel)

Prepare a tomato sauce with a good broth, an onion pierced with 2 cloves, 3 laurel leaves and a liqueur glass of cognac. Pass through the mincing machine twice some veal, soft bread, a little chervil and a chopped onion. Then knead with 1 egg and a little white wine. Allow the paste to stand for 11 minutes. Fry the small balls in butter and place them in the tomato sauce described above. Boil the whole for 5 minutes. Serve with various purées.

*Madame Michalakopoulos.*

#### CHEESE AND HAM

Butter, ¼ pound, is stirred until it becomes a creamy paste. To this add ¼ pound of grated cheese, ¼ pound of flour, a small cup of sour cream, yolks of 7 eggs, whites of 7 eggs whipped to a fluffy cream, a little salt and some finely chopped boiled ham. Cook for 1 hour in a form in a steam boiler (bain Marie.) Serve hot with mushrooms, oyster or tomato sauce.

*Mrs. Robert P. Skinner, Wife of the United States Minister to Greece.*

## QUENELLES LYONNAISES

The quenelle is composed of three distinct features:

- 1—Cream patiniere.
- 2—Flesh of the brochet (fish.)
- 3—Grease of beef kidneys.

The cream patiniere is composed as follows: Take 5 eggs and 300 grammes (10½ ounces) of flour; mix well, and add ½ liter (1 pint) of milk; cook and stir while cooking. When cooked allow to cool. For this quantity of cream 500 grammes (17½ ounces) of brochet flesh and 300 grammes (10½ ounces) of kidney grease are necessary. Pound the brochet flesh and kidney grease separately in a mortar and when each is thoroughly pounded mix well together in the same mortar. Now add the cream patiniere and mix the whole in the mortar. This done the whites of 8 eggs are poured in, in 3 equal divisions. Each time the eggs are poured in the mass must be thoroughly stirred. Now roll the quenelles in cylindrical forms and poach them, that is, put them into boiling salt water and there leave them until they are firm (about 10 minutes). Remove them with a skimmer and allow them to cool in a vessel filled with cold water. Remove them from this and hold to be used as desired. When ready to serve prepare a brown sauce or even a bechamelle sauce (very clear) and when the sauce has been cooked a certain time place the quenelles in a vegetable dish or other vessel with a cover and pour over them the boiling sauce and permit them to thus cook for 15 minutes without being uncovered, in order that the quenelle may develop. Serve upon the table in the same dish with cover. They should be seasoned with fine salt, pepper and nutmeg. The quantity above provided for is sufficient for 15 persons (30 quenelles.) If desired the brochet can be replaced by veal, in which case they are called "Godiveaux."

*Mrs. Robert P. Skinner.*

## SOUP AU FROMAGE

Cover the bottom of a soup dish with squares of toasted bread and thin slices of Gruyere cheese. Place in a saucepan 50 grammes (1¾ ounces) of butter and 1 onion cut in small slices. Allow this to roussir. Add 1 tablespoonful of flour, 1 laurel leaf and a few pepper corns and ½ a glass of water per person. Boil 30 minutes and pour over the slices of bread in the soup dish and place this in the oven for 10 minutes.

*Mrs. Robert P. Skinner.*

## COLD LOBSTER A LA BELLE VUE

Boil a good whole live lobster in water and vinegar with different vegetables and condiments for ½ or ¾ of an hour. Allow it to cool in its juice, then take out and open carefully so as not to break the shell and cut in fine pieces. Prepare a sauce with the lobster's juice, cream and a little flour. When the sauce is boiled, withdraw from fire and add a few leaves of gelatine and the yolks of 2 eggs well beaten; then strain through a fine sieve and let it cool. Dip the pieces of the lobster in the sauce, place in a tray and then on the ice to cool. Garnish with truffle. Prepare a little meat-jelly with a little gelatine and after cooling dip in it the pieces of the lobster, thus giving them a clear appearance. On a piece of bread as large

as the lobster, buttered according to one's taste, place the shell of the lobster and in it the pieces of the lobster which have been placed to cool. Garnish the entire dish with the remaining jelly which must be cold.

*American Legation, Athens, A. Melissos, Chef.*

### ZEPHYR OF CHICKEN

After taking the bones out of a chicken, crush it in a mortar with "bechamel" sauce and put through a fine sieve. Place this mass in a ball and mix with it the whites of 2 or 3 eggs, stirring it with a wooden spoon; add 150 drams (about 1 pound) of fresh cream, a little salt and pepper. Take a proper form and after smearing with butter and garnishing salt and pepper. When boiled add a little rice to broth. Then beat 3 or 4 eggs, using a little lemon juice, and pour mixture into the casserole, stirring the while. Serve hot.

*American Legation.*

### HONEY PIE OF SIPHNOS

2¾ pounds of "mitzithra" (sweet Greek white cheese).	10 ounces of sugar.
10 eggs.	4 spoonfuls of cinnamon.
1 pound of honey.	8 to 10 ounces of flour.

The flour is mixed with water and 2 spoonfuls of butter until it becomes a mass which is then rolled out into a crust half a centimeter thick. This crust is then spread in a pan smeared with butter. The rest is prepared as follows:

The white cheese is mixed with the honey until it becomes like a salve, and then the eggs, sugar and 1 spoonful of cinnamon are added. This mixture is put through a sieve, and then spread over the mass in the pan with a knife. It is then baked in an oven, not very warm, for 20 to 25 minutes and 3 spoonfuls of cinnamon sprinkled over it. The depth of the pan should not exceed that of the pie by more than 1½ finger.

*American Legation.*

### STUFFED TURKEY

Stuff turkey with rice mixed with foie gras and truffles. Roast in casserole, but do not allow to become very brown. With its juice prepare sauce, using a little flour, cream and a little meat jelly. Serve hot with sauce, serving sauce also, separately.

*American Legation.*

### VEAL WITH KEFISSIA ASPARAGUS

Take a piece of veal and roast until it begins to get brown, then add a little white wine and a little meat juice. Clean some Kefissia asparagus and let them boil together with the meat. Remove meat and run the juice and the asparagus through a sieve. With this prepare a sauce using a little cream. Serve meat with this sauce and garniture of asparagus.

*American Legation.*





THE WHITE HOUSE  
WASHINGTON

Corn Meal Muffins

2 cups corn meal  
1 cup flour  
1 cup sweet milk  
2 eggs, well beaten  
1/2 cup sugar  
2 tablespoonsful baking powder  
This quantity will make 14 muffins

Oatmeal Pie

3/4 cup sugar  
1 tablespoonful flour  
Mix sugar and flour, add  
2 eggs, beaten  
2 1/2 cups milk  
Bake in single crust  
Put a little nutmeg

MRS. THEODORE ROOSEVELT, SENIOR  
SAGHORE HILL  
OSTEEN BAY, NEW YORK

May 23, 1927.

MY GRANDMOTHER'S INDIAN PUDDING

-----  
3 pints of scalded milk  
7 tablespoonfuls of Indian Meal  
stirred well together while hot.  
When it is cool, add 5 eggs  
1/2 lb. Raisins  
4 oz. Butter  
Spice and sugar to your taste.

1620 BELMONT STREET  
WASHINGTON, D. C.

Cream Cheese Salad.

3 cakes cream cheese dissolved in 1/2 pint  
lukewarm cream. Add tablespoon chopped  
almonds, pimento and salt to taste.  
Add 1/2 pint whipped cream and 1/2 envelope  
Knox Gelatine which has been dissolved  
in little of warm cream. Mold in ring  
mold. Serve on lettuce leaves with may-  
onaise dressing in center of mold.

*Caro D. B. James*

ALICE LONGWORTH  
200 MASSACHUSETTS AVENUE  
WASHINGTON, D. C.

Eggplant with Spaghetti or Rice

Feel the eggplant and cut in thin slices.  
Add a little salt to each slice and press  
under a heavy weight for one half hour.  
Fry in butter until tender.

Cook the spaghetti or rice.  
Make tomato sauce.

When ready to serve put first in the center  
of the dish a layer of spaghetti or rice, then  
a slice of eggplant, then another layer of spaghetti  
or rice, another slice of eggplant, and so on.  
Pour the tomato sauce around the layers,  
and serve.

*Alice Longworth*

MISS. FROM DISTINGUISHED AMERICAN CONTRIBUTORS.  
See pages 205, 541, 570, 428 and 447.

**MAYERITSA (Greek Easter Soup)**

Boil 3 pounds of beef and a lamb's head and with the broth make the following soup: Take the entrails of a lamb, boil them until they come to a boiling point, drain, wash and cut into small pieces. Also cut into very fine pieces a few fresh onions and a little parsley and with a little butter brown them in a casserole; then add entrails and broth and let them boil together, using salt with truffles; place the mass in it, then place the form in a casserole of boiling water and leave it there until it comes to a boiling point; take out and place next to fire to poach, paying attention that no water gets inside the form. Prepare broth by boiling the bones of the chicken and with the broth make a sauce, using a little flour, butter, and whites of 2 eggs and a little cream. Serve with the sauce and send the rest of the sauce to the table in a sauce dish.

*American Legation.***GUATEMALA**

*From Señor Don Francisco Sánchez Latour, Minister of Guatemala to Washington:*

**FRIJOLES NEGROS (Black Beans Fried)**

Soak the beans overnight. Next morning boil them with 1 or 2 onions and a piece of lard until they are done. Not too much water must be used. Then mash them and strain them very fine. Put in a piece of garlic chopped into very small pieces and add salt and pepper. Then fry the beans until they are very dry, but stir them in the pan all the time until they are dry. Next day they can be re-fried in the stove by adding lard. They are then called "frijoles refritos."

Guatemalan black beans are not easy to get here, but Mexican brown beans can be bought in the markets, and white beans can also be cooked in the same way. The working classes of Guatemala live principally on black beans and tortillas (Indian corn cakes), and the natives are healthy and very strong.

**SOUP WITH AVOCADO**

In Guatemala the Avocado, Ahuacate Aguacate or Alligator pear, is eaten very often with soup, generally with consommé or beef tea. When cooking the soup add a sprig of mint, which gives the soup a very good taste, and when serving add a few drops of lemon juice. Cut the Avocado into small cubes and put them in the soup when served; one cube to be eaten with each spoonful of soup. Salt and pepper on the Avocado.

*From Hon. Arthur H. Geissler, American Minister to Guatemala:*

**GUATEMALAN CAKE (The Minister's Delight)**

$\frac{1}{2}$ pound flour.	$\frac{1}{2}$ cup currants or chopped almonds.
$\frac{1}{2}$ pound butter or 6 ounces Crisco.	$\frac{1}{2}$ teaspoonful flavoring.
$\frac{1}{2}$ pound sugar.	1 tablespoonful baking powder.
10 eggs.	

Cream Crisco and sugar together. Add the eggs. Mix well. Add sifted flour and baking powder. Beat thoroughly, then add the currants

and flavoring. (Grated orange rind gives it an excellent flavor.) Bake in a hot oven.

### GUATEMALAN DIPLOMATIC SOUFFLE

2 tablespoonfuls flour.	1 cup milk.
4 tablespoonfuls shortening or butter.	1 cup grated cheese.
$\frac{1}{2}$ teaspoonful baking powder.	3 eggs.
$\frac{1}{4}$ teaspoonful mustard.	$\frac{1}{3}$ cup chopped ham.
$\frac{1}{4}$ teaspoonful cayenne.	(1 small truffle, chopped fine, may be added if desired.)

Melt shortening, add flour, mustard, cayenne and baking powder. Gradually add the milk. When sauce begins to boil remove from fire and mix into it the beaten yolks of the eggs, cheese, ham and truffle. When well mixed fold in the whites of the eggs, beaten stiff. Put into buttered dish and bake in a hot oven for about 25 minutes. Serve immediately.

### HAITI

*From Madame Price, wife of Hon. Hannibal Price, Minister of Haiti to Washington:*

#### POIS ET RIZ (Peas and Rice, National Dish of Haiti)

For a pound of rice, boil in a pan  $\frac{3}{4}$  filled with water  $\frac{1}{2}$  a teacup of kidney beans. When the water has been perceptibly diminished by boiling, pour more water into the pan, otherwise the beans will burn. After cooking for  $2\frac{3}{4}$  hours, the beans will split a trifle, when they should be removed from the fire and strained through a colander. Do not throw out the water in which the beans have been boiled, as this is to be used for cooking the rice. Now take a heaping spoonful of lard, place in a skillet, preferably iron, and fry together with the beans a small amount of each of the following cut into small pieces: onion, clove of garlic (finely chopped); ham, and a small pinch of thyme. When these have been fried together, pour in the water in which the beans were boiled. In the event that this is not quite enough, add a little more water. When the mixture commences to boil, add the rice, which should first have been washed clean. Add  $1\frac{1}{2}$  teaspoons of salt. Stir carefully with a spoon, mixing the beans and the rice. When the water has been entirely boiled off, cover the pan and let the contents cook at a very low fire, so as to avoid burning. After  $\frac{1}{2}$  hour has passed from the time that the pan was last covered, the contents are cooked and ready to serve.

*From Mrs. Christian Gross, wife of Chargé d'Affaires, American Legation, Port au Prince, Haiti:*

#### HEART OF PALM SALAD WITH ALLIGATOR PEAR (Original)

A bed of cress, or germaine or lettuce. Then a thick slice of a large red tomato. Then a dressing of puree of alligator pear mixed with mayonnaise dressing. On this make a nest of finely chopped heart of palm. And finally place in this white nest slices or balls of alligator pear. This is both delicious and decorative.

## PAPIA ICE-CREAM

Use papia meat pressed through a sieve as the flavor for ice or ice-cream. This fruit makes a most delicious ice-cream, something like a mellow peach ice-cream but with a flavor mysteriously different.

## DATE AND WALNUT PUDDING

Butter a deep cake mold. Beat separately whites and yellows of eggs, adding sugar to the beaten yellows. In the buttered mold place dates and walnuts or pecans cut in 6 to 10 pieces, not smaller. Pour over this the united whites and sugared yellow of eggs. Bake until the ingredients hold together but crumble as does dried sponge cake into large sized pieces. Serve covered with whipped cream.

## HONDURAS

## QUESADILLA DE ARROZ (Rice Cake)

1 pound rice flour, sifted.	14 eggs.
1 pound salted butter.	1 teaspoonful baking powder.
1 pound sugar.	

Mix the butter, the sugar and the yolks, beating until the sugar is dissolved. Mix in baking powder and add gradually the rice flour, always beating the mixture. Beat the whites of eggs until they become hard and put them into the rest. Pour the dough into greased muffin tins well floured, filling three-quarters. Bake in moderate oven. The cake is sufficiently baked when the blade of a knife cutting into the dough comes out clean.

*Señora de Adalid of Tegucigalpa, Honduras.*

## PASTEL ESPANOL (Spanish Pie)

1½ pounds flour.	5 eggs.
12 ounces sugar.	1 spoonful baking powder.
½ pound lard.	¼ teaspoonful salt.

To make the dough, mix the lard, the sugar, the salt and the eggs, beating well. Put the baking powder into the flour and add them gradually while beating. Do not roll the dough. For the filling take some pork cutlets, some pork tenderloin, to be boiled together with the following vegetables: Potatoes, cabbage, squash, green beans, carrots, etc. When boiled, cut into small pieces and add: Some tomato sauce, pepper, salt, ripe sweet pepper (a little of cayenne pepper, if desired), capers, boiled peas, olives, English sauce, mustard pickles, some sweet cakes mashed; all of this moistened with the broth from the pork and vegetables. Put into a mold as for regular pies, and bake in moderate oven.

*Señora de Adalid of Tegucigalpa, Honduras.*

## STUFFED SWEET (RIPE) OR GREEN PEPPERS (Chiles Rellenos)

Take some sweet peppers, green or ripe, cut off the stems, take out seeds and boil in salted water for some minutes (10). Peel the skin off. Use for the stuffing some pork, chicken or ham or both, with some vegetables, onion, pepper, a little salt, tomato sauce and vinegar (meats and vegetables already cooked). Drain the peppers, fill them with the mixture; beat the whites of some eggs and the yolks. Mix the whites and yolks when well

beaten and cover with them the sweet peppers. Put some lard in a frying pan and when hot put the sweet peppers in to be fried. When fried, put them to boil in some broth thickened with flour. Serve them while hot.

*Señora de Adalid of Tegucigalpa, Honduras.*

#### GREEN CORN CAKES (Tamales De Elote Helote)

Choose the most tender green corn ears and cut the cob near the stem, taking care not to tear the cob-leaves that are to be used as wrappers. With a sharp knife cut out the grains from the cob, grind them in a mill and add to the resulting paste a little cream, some sugar and a small quantity of salt. Some butter will improve the quality of the paste. Put 2 spoonfuls of the paste on a cob-leaf and roll it over; turn the sharp end of the leaf so as to make a bag, and let it open at the wide portion, being careful not to spill the contents. Tie the roll with thread if found necessary. Take a deep pot with some water and pack the rolls so that the open ends are upward and that the water does not rise higher than half the length of the rolls. Put on the pot cover and let rolls boil for half an hour. Take them from the cob leaf (wrapper) to be served either hot or cold.

*Señora de Adalid of Tegucigalpa, Honduras.*

#### EVERY-DAY RICE (Arroz de todos los días)

For half a pound of washed and drained rice take a big spoonful of lard and heat it in a pan. When hot, put in the rice and add some slices of onion and green pepper, small tomatoes; and when half fried, pour in it, little by little,  $1\frac{1}{2}$  cups of broth or salted water. Use low fire, until the rice becomes nearly dry and the grains swelled. Keep to a very gentle fire until a crust is formed at the bottom. Take it from the pan, with crust upon, and serve it alone or dressed with some mustard, curry or any other desired flavor. (The crust will adhere to the pan and it is necessary to employ a knife to scrape it off.)

*Señora de Adalid of Tegucigalpa, Honduras.*

#### MILK SWEET (Dulce de Leche)

Put 1 quart of milk and 1 pound of sugar into a big pan. Do not use direct fire as the milk will easily burn. Let it boil, stirring constantly, until the syrup becomes sticky to the fingers. Then add a few drops of lemon juice and some splits of cinnamon bark. It can be served either hot or cold.

*Señora de Adalid of Tegucigalpa, Honduras.*

#### MILK AND COCOANUT SWEET (Dulce de Coco y Leche)

To 1 quart of milk add 1 pound and 6 ounces of sugar. Proceed as in the preceding. When the syrup becomes a little sticky, add  $\frac{1}{2}$  pound of smashed or shredded cocoanut and the yolks of 4 eggs. Mix very well. When serving dress it with powdered cinnamon and seedless raisins.

*Señora de Adalid of Tegucigalpa, Honduras.*

#### CHRISTMAS DESSERT, TORRIJAS (Pronounced Tor-reé-has)

Choose a good cake that is not spongy or easily mouldered and cut  $\frac{1}{4}$ -inch thick slices to make about 1 pound. Take about  $\frac{1}{2}$  dozen of eggs and

beat the whites and the yolks separately. Cover the slices with the whites and the yolks put together; take a big frying pan (so that several slices may be fried at once); put lard enough in the pan and fry the slices as quick as possible, that they may not absorb too much lard. When the slices are fried, put them in a pan and use boiling water to wash the lard out, changing the water when it becomes greasy. Take 3 pounds of sugar and water enough to cover the cake slices. At the beginning use a high fire to boil the contents, then a gentle fire. See that the slices do not stick to the bottom of the pan and that they become perfectly soaked by the syrup. While the syrup is still hot put in it some splits of cinnamon bark (some people add a few paprikas). This dessert must be served hot. If the syrup becomes too sticky, add some water and put it to the fire. This dessert can be kept for many days and it will improve with age. In Latin American countries (as well as in Spain), 1 small glass of Malaga sweet wine is added to the dish shortly before taking it from the fire; and when serving, the slices are covered or dressed with powdered cinnamon of the finest quality.

*Señora de Adalid of Tegucigalpa, Honduras.*

*From the Pan American Union:*

#### FRIED RICE

Wash the rice well, removing all impurities. Put on the stove in a frying pan with lard, salt, chopped onion and a bit of garlic. Stir the rice lightly until browned. Add a little water and let it boil until nearly dry. Cover and allow to cook on a slow fire until the grains are soft.

#### PAN DULCE (Rusk)

To 1 pound of flour and 1 pound of sugar add 4 eggs and knead for half an hour; and make 1 loaf and cut into pieces of equal size, shaping these as desired. Place on a table in a warm place and cover with a clean napkin to rise. Bake until browned.

#### FRIED CAULIFLOWER

Boil until nearly done. Then place in a saucepan with vinegar, pepper and salt. Cover for a moment. Dip in frying batter and fry until reddish in color.

### HUNGARY

*From Countess Szechenyi, Wife of Minister from Hungary:*

#### COTTAGE CHEESE NOODLES

Take 2 cups of flour and 2 eggs, salt and cold water and make a very hard dough. Roll out very thin with rolling pin, then cut into noodles. Boil noodles in salt water, put them in melted butter, add 1 small cup of sour cream and serve them with 1 pound heated cottage cheese. Cheese should be soft and flaky. (Noodles in center of dish, cheese around.) Fried as fresh pork, or unsalted bacon cut into  $\frac{1}{4}$ -inch squares and fried. Sprinkle over noodles.

**CALVES BRAIN PANCAKES**

Take 2 cups of flour, 2 whole eggs and 2 yolks; add salt and enough milk to make a thin batter. Then fry of the batter 10 pancakes about 9 inches wide. Keep the pancakes hot until following filling is prepared:

Take 2 finely chopped calves brains, fry slowly for 20 minutes in butter, flavored with finely chopped onion. Add 2 or 3 beaten eggs,  $\frac{1}{2}$  pint cream, salt, paprika and chopped parsley; cook this until eggs thicken. Put filling between pancakes in layers; keep in oven about 10 minutes before serving. Then cut them diagonally and serve with fricassee sauce.

**PAPRIKA CHICKEN**

Take  $2\frac{1}{2}$  or 3 pound broiler, cut it by joints in 8 pieces. Then chop 2 medium sized onions finely and fry them in lard until yellowish brown. Add teaspoonful of sweet Hungarian paprika, pour in  $\frac{1}{2}$  cup of cold water. Then steam chicken in above sauce until soft. Add 1 cup of heavy or sour cream to which is added 1 tablespoon of flour. If sauce too thick, dilute with cold water. Serve with rice.

**STUFFED CABBAGE**

Take 1 head of soft cabbage; take leaves off separately and put in salt water over night. Take 1 pound of ground pork, put it in a dish, add 1 cup of boiled rice, 2 raw eggs,  $\frac{1}{2}$  fried onion, salt, pepper, and  $\frac{1}{2}$  cup of sour cream. Mix all well together and put 2 heaped-tablespoonfuls in each cabbage leaf; roll it, then cook the rolls of stuffed cabbage in 1 pound of sauerkraut and necessary water for about 2 hours.

**FISH CHOWDER (Not Hungarian)**

Take 1 rock fish or striped bass, 1 flounder, 1 dozen oysters, 6 clams, 1  $1\frac{1}{2}$ -pound lobster. Cook the lobster separately. Then bone the fish and cut up into pieces about  $1\frac{1}{2}$  inches long. Make good strong soup out of fish bones, adding some onion to flavor. Strain soup, add fish meat and continue boiling until fish is done. Slice 1 onion, also 1 carrot in long strips and boil this in some of the fish soup separately until soft. Add chopped parsley, 1 teaspoonful of paprika. Mix 1 cup of cream with 1 tablespoonful of flour. Add this also. Clean lobster, cut it in pieces, put this and above mixture in chowder just before serving. Add salt to taste.

**IRISH FREE STATE**

*From the Irish Free State Legation:*

**IRISH STEW**

Wipe and cut in pieces 3 pounds of lamb; place in kettle, covering with boiling water, and cook slowly about 2 hours or until considered tender. After cooking 1 hour add  $\frac{1}{2}$  cup each of carrots and turnips, cut small, and 1 onion.  $\frac{1}{4}$  of an hour before serving, add 4 cups of potatoes, cut in thin slices, previously parboiled 5 minutes in boiling water. Thicken with  $\frac{1}{4}$  cup of flour diluted with enough cold water to form a thin, smooth paste. Season with salt and pepper and serve with dumplings.

## ITALY

*From Nobil Donna Antoinette de Martino, wife of the Ambassador from Italy:*

## ITALIAN RAVIOLI

Boil chicken or beef chopped fine, with small quantity of boiled spinach. Flavor with pepper, salt, nutmeg. Make a paste with egg,  $\frac{1}{2}$  glass cold water, and flour. Roll it out thin and cut in squares or ovals. Fill it with above ingredients and fold over.

Sauce: Take  $\frac{1}{4}$  pound butter, small cup olive oil and  $\frac{1}{2}$  pound chopped meat and cook it well, then add 2 boxes of Italian tomato paste and  $\frac{1}{2}$  cup of red wine and let boil slowly 1 hour. Pour over the Ravioli and serve with grated Parmesan cheese.

*From Mrs. Henry P. Fletcher, wife of the United States Ambassador to Italy:*

## GNOCCHI

$\frac{1}{2}$  pound grated cheese.

1 cup water.

2 tablespoons butter.

$1\frac{1}{2}$  cupfuls flour.

3 or 4 eggs.

Milk, salt and pepper.

Put water in saucepan with salt and butter, when melted add flour. Make very smooth paste, being careful flour does not stick to pan. After 10 to 15 minutes hard beating, take off fire and add cheese and pepper. Allow 15 minutes to cool. Put into bag, run through, cut into pieces 1 inch long, put into hot water on stove for about 20 minutes, boiling. When gnocchi rise to surface they are cooked; lay cheese cloth on to drain. Then put in baking dish 1 layer gnocchi, 1 layer grated cheese, until dish is full. Then pour white sauce over and bake brown in oven for 15 minutes in a double boiler.

Sauce: 1 tablespoon butter, 1 spoon flour, 1 cup milk or cream, salt and pepper.

## THICK CUSTARD IN CUPS

Put the yolks of 5 fresh eggs in a bowl add to them 5 heaping tablespoonfuls of granulated sugar. Take an egg beater and grate in a quarter of a good sized nutmeg and stir it well in the mixture. Add 1 quart of cream and with the egg beater whip it into a foam with the other ingredients. Pour this mixture into china cups. Stand them in a shallow pan of water. Stand the pan on the range and when the water has boiled for 10 minutes, take the cups out and stand them where they will get cold, ice cold, but not freeze. Just before serving sprinkle grated cheese, maccaroons or grated lemon. Vanilla may be used instead of nutmeg.

## VEGETABLE SOUP WITHOUT STOCK

Leaves from 2 bunches of celery.

8 leeks, chopped fine.

2 onions sliced, not peeled.

2 red peppers, chopped.

Stems from 2 bunches of parsley.

5 whole pepper corn.

2 quarts tomatoes.

1 tablespoon best butter.

Salt to taste.

Put in saucepan, cover and let stand over night; bring to boiling point slowly, simmer 8 hours. Leave cover on tight when boiling.



## FRENCH GINGERBREAD

$\frac{1}{2}$ tumbler sour cream.	2 tablespoons ground ginger.
$\frac{3}{4}$ pound of butter.	1 teaspoon ground cinnamon.
$\frac{1}{2}$ pound brown sugar.	1 teaspoon saleratus dissolved in water.
5 eggs.	1 teaspoon allspice.
$\frac{1}{2}$ pint molasses.	Rind of 1 orange, grated.
1 pound flour.	

Put butter in a bowl and work it soft. Put in all the sugar and molasses. Break eggs and beat separately. Add all the spices and orange peel and stir with the flour, then add yolks of eggs and lastly whites. Bake in greased pans and mild oven. This quantity bakes 3 cakes.

## FISH PUDDING

Boil good fish with salt, pluck it up and take away skin and bones. Then take thin cream with butter and flour and let it be as thick as thin porridge. Season it with a bit of mustard, sugar and salt; when this has boiled put eggs in it; mix in the fish and other things well together. Put it in the oven, stew it about 1 hour. Sauce, melted butter.

## JAPAN

*From Madame Matsudaira, wife of the Ambassador from Japan:*

## SUKIYAKI (Pronounced Su-ki-yaki)

"A recipe for Suki-yaki, which is one of the typical and most popular dishes of our people. I have many other dishes in mind, but I selected Suki-yaki because of its practicality for preparation in American homes."—Madame Matsudaira.

The history of Suki-yaki as a Japanese dish is not very old. It was about 50 years ago that Suki-yaki became a favorite food among the Japanese people. In the year 1874 or 1875, when beef began to be used in Japan, some Japanese at Nagasaki, one of the large port-cities, devised the so-called Suki-yaki as a method of cooking beef. In ancient Japan, the Japanese people did not care for meat and also disliked to eat any food cooked in butter. Therefore, it was quite natural that in order to eat meat, it was prepared in such a way as to be agreeable to their taste without using butter.

At present, Suki-yaki is so popular in Japan that the word "Suki-yaki" is used not only for the method of cooking, but principally for the dish itself. It is so easy for anybody to cook, and so agreeable to Japanese taste, and, particularly, so nutritive; that Suki-yaki is generally welcomed by all Japanese as a home dinner. One reason why it is so popular in Japan is because of the intimate and informal manner in which it is prepared. It is usually cooked over a small charcoal stove right on the table, about which are gathered one's family and friends.

The following ingredients are available in this country and the quantity will serve 5 or 6 persons.

1½ pounds flank steak and a small piece of suet.

2 Spanish onions.

½ pound mushrooms.

About ½ pound boiled spinach or bamboo sprouts (green pepper and celery may be used also, if desired).

½ cup sugar.

1 cup soy (Japanese sauce).

1 cup saké (Japanese wine).

(Cold water, to which a little sherry flavoring has been added, may be used instead of saké.)

To prepare: First, cut the beef lengthwise in 2 pieces and then slice them across as thin as possible. Place them on a plate. Next, wash and peel the onions and mushrooms and slice the onions and cut the mushrooms in 2 or 4 pieces. Place them and the boiled spinach on separate plates.

To cook: First, prepare a charcoal fire in a small portable stove on the table (an electric grill may be used instead), and place on it a Sukiyaki pan (a frying pan will serve the purpose). Lay in the pan 2 or 3 pieces of beef fat and when it starts to melt, stir it around so that the inside of the pan will be well greased. Put some onions and other vegetables in the pan and add a half cup of Japanese saké (or water). Cook slowly for 5 minutes and then add some pieces of beef. Season with sugar and soy. Let simmer for 10 or 15 minutes until all is well cooked.

Thus by cooking only half the ingredients at a time, while the cooked portion is being eaten, the rest of the materials may be added and cooked in the same way, making the dish always hot and fresh. Of course, Sukiyaki may be cooked in the kitchen before serving. Sometimes chicken or pork is used instead of beef. If chicken is used, it is advisable to have a young fowl, not heavier than 3 pounds. When having Sukiyaki dinner, it is not necessary to prepare many other dishes of different kinds. It would be better to have a few simple, refreshing dishes such as soup and pickled vegetables. Japanese consider boiled rice indispensable to a Sukiyaki dinner.

## LATVIA

*From Madame Seya, Wife of the Minister from Latvia:*

### BEEF SOUP

Prepare a good bouillon. Peel the beets, which have been boiled the day before, cut them into small pieces and boil them with a quart of the bouillon. Grate 1 raw beet, pour ½ cup of vinegar over it, pass it through a sieve and pour it into a dish; add 3 to 5 tablespoons of sour cream and add the bouillon. For 6 persons.

### LIVONIAN SOUR PUTRA (Barley Soup)

Boil 2 quarts of water with 1 cup of barley till barley is tender. Pour it into a dish and, while still hot, add 1 quart of sour milk (allow sweet milk to stand for some days in a warm place.) The "Putra" is served either at once, hot, or after it has cooled; or even some days later (in this last case it is rather sour and is known as "Curonian Putra"); but always, before serving, add 1 cup of sour cream. For 6 persons.

### DRIED FRUIT SOUP

Boil slowly in 2¾ quarts of water ½ pound of dried apples, prunes, peaches, apricots, figs, 1 cup of tapioca and 1 cup of sugar. Add some lemon

peel, the juice of 1 lemon. When soup is ready add some currants or raspberry juice. Instead of the dried fruit one can also use fresh fruit. For 6 persons.

#### RASSOL (Vinaigrette)

Boil 8 unpeeled potatoes; when cold peel. Then take 2 pounds of cold roast veal, 3 large sour pickles, 2 boiled red beets, 6 hard eggs, 2 soaked (in milk) salted herrings, from which the bones have been taken out, 1 onion, 5 sour mushrooms. Cut all these things to small pieces and add some pepper. Then prepare a sauce of mayonnaise and 1 pint of sour cream and put all the ingredients into it. Adorn with sour beets, hard eggs and sour pickles, which are cut in slices. For 12 persons.

#### PIRAGI

Cut some bacon or smoked ham and 1 onion in small pieces, add some fine pepper and let them stand for awhile in a warm oven. Then make a dough (with yeast) of 1 quart of milk, 5 pounds of flour, 1 pound of butter (or crisco), 2 eggs. Make small rolls, put the meat in the middle, roll together and shape them out with a glass. Smear them with egg and bake them. They are served either hot or cold.

#### NUT CREAM

Grind 1 pound of nuts or almonds (shelled) with  $\frac{1}{2}$  pound of sugar. Then boil 1 cup of water with  $\frac{1}{2}$  ounce of gelatin and add  $\frac{1}{2}$  pint of whipped cream. One can also add a glass of fine French liquor. Pour the mass into a mold and put it on ice for 3 or 4 hours. Serve with any fruit sauce. For 6 persons.

#### LIBERIA

*From Mrs. Conrad T. Bussell, Wife of the Financial Adviser of Liberia:*

Note: It is rather difficult to procure any real Liberian recipes that you could use, for practically all of them contain ingredients which are not obtainable in the States. For instance, one of the favorite Liberian dishes is "Palm-oil Chop," which is made from fresh palm nuts.

Of the recipes I am sending you I should say that Pearlu Rice is the most popular among the Liberians. Mrs. King, wife of His Excellency the President of Liberia, is in France now, and I have been unable to get any recipes from her, but the recipe given here is the same as that used at the Mansion and was given to me by Mrs. King's sister.

Mr. Bussell says that he has seen many times in the South what is known here as "Liberian Marble Cake." I include the recipe only because this cake is served at the Mansion at all balls and receptions and is more or less an "institution."

Groundnut Chop is a very popular dish among the foreigners here and is usually served as Sunday luncheon. It is rather hard for me to give definite quantities for the recipe, as I have never personally prepared the "chop" and I have only my native cook's ideas of quantities to guide me. The really important thing about a Groundnut Chop is to be sure that the stew is rich and thick. A thin stew is really most unsatisfactory.

The "Stuffed Cucumber" is a Liberian dish and the recipe was given to me by a cousin of President King. The "Cucumber Stew" is a native dish of the Bassa Tribe, to which my Bassa cook adds onion and butter when making it for us.

The "Curried Chicken With Rice" recipe given is an excellent recipe for a very popular West Coast dish.

### GROUNDNUT CHOP

- |                         |                            |
|-------------------------|----------------------------|
| 1 medium sized chicken. | About 2½ cups fresh peanut |
| 2 small onions.         | butter.                    |
| 4 hard boiled eggs.     | Salt.                      |

Disjoint the chicken, cover with plenty of water, add onions and simmer until chicken is tender. Add salt. Remove chicken from stock. Put pounded groundnuts (peanut butter) into a saucepan and stir slowly into it 2 cups of hot water. Add groundnut paste to stock and cook for at least ¾ of an hour—longer if possible. The stew should be like thick brown gravy. Add the chicken and the whole hard boiled eggs to the stew, and cook a minute or so longer. Serve on hot rice. For variety prawns, diced potatoes and diced meat may be added, but they are not at all necessary. Serve with mango chutney, grated fresh cocoanut, grated fresh hot pepper and any other desired relish. Serves 4 persons.

### STUFFED CUCUMBER

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 large, ripe cucumber.         | Salt and pepper.               |
| 1 pound ground beef or chicken. | ¾ cup cooked rice, if desired. |
| 1 onion.                        |                                |

Wash cucumber, and without removing the skin, cut in half—crosswise. Remove the seeds and sprinkle the cavity thus made with salt and pepper. Season the meat with the onion, salt and pepper (add the cooked rice if a soft, moist filling is desired). Stuff the cucumber with meat and bake in a medium oven until the cucumber is soft. Serves 2 persons.

### CUCUMBER STEW

- |                         |                         |
|-------------------------|-------------------------|
| 1 pound lean beef.      | Salt and pepper.        |
| 1 onion.                | 1 tablespoonful butter. |
| 1 large, ripe cucumber. |                         |

Cut meat into small pieces, put in a stewing pan with enough water to cover the meat, add onion, and simmer until the meat is tender. Remove skin and seeds from cucumber, cut into small pieces and add to the meat. Cook until very little liquid is left. Add salt, pepper and butter.

### CURRIED CHICKEN WITH RICE

- |                        |                               |
|------------------------|-------------------------------|
| 2 chickens.            | 1 heaping tablespoon flour.   |
| 1 onion.               | 2 tablespoonsful Madras curry |
| 2 whole green peppers. | powder.                       |
| 1 clove garlic.        | 1 quart cocoanut milk, hot.   |
| 1 banana.              | ½ cup Mango Chutney.          |
| 3 slices pineapple.    |                               |

Dice fine the onion, peppers, and garlic and braise in butter. When vegetables are well moistened through, add the banana sliced, the pineapple crushed, the flour and the curry powder. Stir well, and when thoroughly

mixed and heated, add the cocoanut milk and the chutney. Boil until all ingredients are cooked soft. Disjoint the chickens, season with salt, dredge in flour, and saute in pan. Force curry through tammy over chickens and let them simmer slowly in the sauce for about 10 minutes. Serve chickens on a bed of rice with sauce poured over.

### RICE CAKE

- |                    |                                 |
|--------------------|---------------------------------|
| 1 pint white rice. | 2 teaspoonfuls cream of tartar. |
| ½ pound butter.    | 1 teaspoonful soda.             |
| 4 eggs.            | Pinch nutmeg.                   |
| 1 cup milk.        | 1 teaspoonful vanilla.          |

Cream the butter, adding gradually the sugar. Add the well beaten eggs. Wash and dry the rice and beat into a fine meal and sift. Sift the cream of tartar, soda and rice flour together several times. Sift a small quantity into the creamed butter, egg, and sugar mixture. Add a little milk. Alternate the addition of these and beat them thoroughly into the dough. Add nutmeg and vanilla. Bake in a greased loaf tin in a slow oven from 35 to 40 minutes.

### LIBERIAN MARBLE CAKE

- |                 |   |
|-----------------|---|
| ½ pound butter. | 2 teaspoons cream of tartar.            |
| 1 pound sugar.  | 1 teaspoon soda.                        |
| 1 cup milk.     | Vanilla.                                |
| 6 eggs.         | Cochineal—green, red, yellow and brown. |
| 1 pound flour.  |   |

Cream the butter and add gradually the sugar. Add well beaten eggs. Sift cream of tartar, soda and flour together, and add alternately with milk. Divide batter into 5 portions, add 1 color to each of 4 portions, leaving the fifth white. Grease well a loaf tin, and put in a layer of the red mixture, then 1 of yellow, then brown, then white, and then green. Repeat until all the batter has been used. Bake in a moderate oven from 30 to 35 minutes.

### PEARLLU RICE

- |                 |                        |
|-----------------|------------------------|
| 1 quart rice.   | 1 pound salt pork.     |
| 1 tin tomatoes. | 1 pound ham or bacon.  |
| 1 chicken.      | Onions, peppers, salt. |

Disjoint chicken, and put in pot together with salt pork, ham, tomatoes, onions, peppers, and salt. Cook until chicken is tender and the stew is boiled down. Add washed rice and boil until rice is thoroughly cooked. Remove from hot fire and place where it can steam until rice is dried. Add a little butter.

### LITHUANIA

*From M. Bagdonas, Charge d'Affaires of the Lithuanian Legation, Washington:*

### BEEF SOUP

- |                   |                |
|-------------------|----------------|
| 3 pounds beef.    | 2 carrots.     |
| 1 soup bone.      | Pinch of salt. |
| 2 onions.         | Parsley.       |
| 15 whole peppers. | 4 beets.       |

Boil beef, bone, onions, pepper, carrots, salt and parsley and about 4 quarts of water. After boiling about 10 minutes remove scum, then allow to boil very slowly, until about half of water has boiled down. Boil beets separately; when done peel and cut into small pieces. Put beets into the soup and allow to boil about 10 minutes, then strain.

This soup may be eaten with meat rolls which are made as follows:

Take part of the meat from which soup was made and put through meat grinder. Add a little salt and pepper and finely chopped onions fried in butter. Make a batter of flour and water and add the beaten yolk of an egg. This batter should be of the same thinness as for pancakes. Take a piece of bacon, rub the skillet, heat it and pour a few tablespoonfuls of batter into it and fry. Take some of the ground meat and spread on this pancake, roll and fry in butter.

### COLD BEET SOUP

Beet stalks.	3 eggs.
1 pint sour cream.	Pinch of salt.
1 cucumber.	Dill.

Boil beet stalks, cut up in small pieces. Drain and wash again in cool water. Stir a bit of salt into the cream and mix well. Add the beet stalks, the cucumber cut in cubes and a bit of dill. Put in a large receptacle containing several pieces of ice and then pour cooled boiled water over this. Cool in a refrigerator or place more ice into this so that it is ice cold when served. When ready to serve, add 3 hard boiled eggs sliced.

### SALAD

3 boiled potatoes.	½ cupful peas.
2 boiled beets.	1 pound boiled or roasted meat (roasted preferred).
1 herring (fish may be used, but herring preferred).	2 hard boiled eggs.
Pickled onions.	Vinegar.
Dill cucumber.	Mayonnaise.
1 fresh cucumber.	Salad oil.
Mushrooms.	Pinch of salt.

Cut all ingredients into small cubes and place a layer of each on a platter. For instance, a layer of potatoes first, then beets, then the herring, onions, cucumber, meat, then eggs and peas. Then mix together ½ spoonful of oil and 1 tablespoonful of vinegar and pinch of salt and pour this over the piled up ingredients. Next mix together a spoonful of oil, 1 spoonful of vinegar and 4 tablespoonfuls of mayonnaise and pour this over the mixture; and mold into any shape desired. Decorate with peas, small sweet pickles, and place small leaves of lettuce around platter.

### BAKED FISH WITH CREAM SAUCE

3 pounds fish.	1 quart sour cream.
3 pounds potatoes.	¼ pound butter.

Clean fish, cut into pieces and salt. Peel potatoes and cut into slices. Heat baking dish and butter well, then place a layer of potatoes, then a layer of fish, and so on until all fish has been used. The top layer should be of potatoes. Pour the sour cream over this, cover the baking dish and place in a hot oven and bake about 2 hours.

## PORK ROLL

3 pounds pork chops in 1 piece.      3 eggs.  
 ½ pound smoked ham.                      Salt.  
 3 large onions.                              Pepper.

Cut meat out of bone and slice off fat, then beat the meat with a meat mallet to thin out as much as possible. Pour a little salt and pepper on this, then place a layer of onions cut up on the meat, then a layer of thinly cut ham, next a layer of hard boiled eggs sliced. Roll the meat and tie with twine. Put into a roasting pan and place the fat which was cut away from meat over the roll and then into the oven to bake. Pour a little water in the pan occasionally and baste from time to time and turn over roll to bake and brown evenly. Before the meat is well done, place small potatoes around the meat and bake.

## APPLE FLUFF

6 apples.                                      1 cup of sugar.  
 Whites of 3 eggs.

Bake apples and then core and peel. When apples have cooled place into a dish and this dish into a pan of cracked ice; add the whites of the eggs and sugar to the apple pulp and beat until the mixture is pure white and has risen to a puff. Place on ice for about an hour or two before eating. This may also be placed into a mold and browned in an oven, and then eaten with sweet cream or whipped cream.

## LUXEMBURG

*From Hon. Peter P. Kransz, Consul for Luxemburg at Chicago:*

## LUXEMBURGER BOILED CHEESE

Boil in double boiler.                      ⅔ of Roquefort cheese.  
 ⅔ of Camembert cheese.                      ⅓ of butter.

Stir until thoroughly melted. Let cook and serve with thin cut toasted rye bread.

*Mr. John Thoss, Maitre d'Hotel, The Stevens, Chicago.*

## POTATO SALAD

Sliced cold potatoes, minced parsley and chives, onions sliced fine, fried diced bacon, pepper and salt, pour a little vinegar with the bacon grease in frying pan. Mix thoroughly.

*Mr. John Thoss.*

## OLD FASHIONED NAVY BEAN SOUP

Soak navy beans overnight in lukewarm water. Boil until done with a smoked pork shank or smoked bacon, leeks, few cloves, salt and pepper for flavoring purpose. Brown two spoons of flour and butter (almost burn), add some of the bean stock and mix with the beans. Before serving add boiled diced potatoes. A dish of stewed prunes, served separate, is preferred by a great many.

*Mr. John Thoss.*

STEWED BEEF STEAKS (*Gedampfte Roastbraten*)

Fry the steaks in butter well on both sides, then stew until soft. Add root vegetables, small onions, parsley (fresh mushrooms if available).

*Mr. John Thoss.*

*From Hon. Michel Hellinckx, Consul of Luxemburg at New York:*

## GELÉE OF SUCKLING PIG

Take a suckling pig of about 15 pounds. Cut into small pieces two inches thick. Put in plain cold water for 8 hours and change water 2 or 3 times. Set up in cold water, add 1 peeled lemon, 2 onions, parsley, salt and pepper to taste, let simmer for about 2 hours until it is tender. While boiling skim frequently. After the meat is cooked to the desired tender point strain the bouillon through a cheese cloth. After final seasoning to taste add a quart of white Moselle wine, a little vinegar, bring the bouillon again to boiling point. Add 2 packages of gelatin and continue boiling until it is melted. Pour the bouillon over the pieces of meat in jelly forms and stand aside to cool. If no wine can be had, add a little more vinegar.

## MEXICO

*From Señora Doña Laura Vasquez de Suastegui, Commercial Attaché of the Mexican Embassy in Washington:*

## ALBONDIGAS (Forced Meat Balls With Eggs and Spices)

1 pound beef hamburger.

1 tablespoonful lard.

1 egg.

$\frac{1}{2}$  onion chopped fine.

2 slices bread, previously soaked in water and well drained.

$\frac{1}{2}$  teaspoonful marjoram.

2 pieces of garlic chopped fine.

Mix all of the above thoroughly without any water, adding salt and pepper in customary quantity. Prepare separately a broth in the following manner: Put a tablespoonful of lard in a deep pan; add  $\frac{1}{2}$  onion chopped fine and 2 tablespoonfuls of tomato sauce, frying both thoroughly; add 1 quart of water, salt and pepper as desired and set to boil; when it starts boiling, begin to make balls out of the hamburger and spices, throwing them into the broth and allowing to boil for 20 minutes, after which the balls and broth together should be served hot.

## ESTOFADO DE GALLINA (Chicken Stew)

Clean and cut in pieces a good sized chicken and fry well. Remove the pieces from the frying pan and place them in a deep frying pan. Keep the lard in which the chicken was fried and fry there 2 large, whole onions, 2 pieces of garlic chopped fine and 1 tablespoonful flour; as soon as the flour is browned add 2 tablespoonfuls tomato sauce and 1 cupful of water; mix thoroughly, boil and pour on the chicken, adding 3 or 4 cloves, 1 tablespoonful vinegar and, if possible, a cup of sherry or claret; salt and pepper as desired and a large green pepper sliced in 2; cover the pan and allow the contents to simmer until the chicken is soft; 15 minutes before the stew is thoroughly cooked, add raisins and olives.



**BLANQUET DE TERNERA** (Fancy Veal Stew With Vegetables)

Chop 2 pounds tender veal in individual pieces; add 2 laurel leaves, a small stalk of celery, a few leaves of thyme and sweet marjoram, a little salt and pepper, sufficient water; and set to boil; when the meat is half cooked add round slices of carrots and turnips, potatoes and any other suitable vegetables, which must be taken out if they are thoroughly cooked before the meat is soft, in order to avoid their breaking up or softening to excess.

When everything is ready, serve the meat in the center of a platter, with the vegetables around, and pour on top the following gravy:

Take  $1\frac{1}{2}$  cups of the broth in which the meat and vegetables are being cooked, allow it to cool and pour it slowly, stirring constantly, on 1 tablespoonful of flour, until thoroughly dissolved; add salt and pepper as desired; set this mixture on the fire and keep stirring all the time until it reaches the consistency of a soft cream and is thoroughly cooked, adding a little more broth if it becomes too thick and removing it from the fire to cool down a little; add the yolk of an egg, previously dissolved in a little broth, return the gravy to the fire and boil it again for a moment. The gravy should be served hot and a few drops of lemon juice added just before serving.

*From the Pan American Union:*

**HOT TAMALES**

*To prepare the "masa".*—Boil 2.2 pounds of white cornmeal with a pinch of lime until cooked. Drain most of the water off and knead until it looks like dough. Place in a large bowl and beat into it a cup of melted lard and 1 tablespoon of salt; continue to beat for over an hour.

*To prepare the sauce ("mole").*—Grind together with a little water, until a heavy liquid sauce is formed, the following ingredients: 6 red dry peppers, 6 black dry peppers, a cup of skinned cooked almonds, 2 teaspoons of caraway seed, and 1 cup of dry raisins.

Boil a whole chicken until cooked well through and then cut up into small pieces; pour over the chicken the sauce and boil for some time, until all looks like a heavy thick stew. Add a pinch of salt. Place a large spoonful of the masa near the base of 1 or 2 corn husks, and in the center insert a piece of chicken and a spoonful of the sauce. Bend over the edges of the husk so that the contents do not spill out. The tamales are now steamed in a large steamer for about an hour, over a hot even fire. The Mexican way is to place a thatch-work of small sticks in the bottom of a gasoline can to the height of about 6 inches, covering these with a few corn husks which have been soaked in water all night; the tamales are then placed on top of this pile and covered with more husks. Water is poured into the can until it reaches the top of the layer of sticks and a penny is placed in the bottom of the can so that one can tell when to pour in more water as it evaporates (the penny will sing as long as there is water). The texture of the cooked tamale should be similar to that of corn bread.

**CHILE CON CARNE**

$1\frac{1}{2}$  pounds of lean beef.

$\frac{3}{4}$  pound beef suet.

4 large Chile peppers.

1 pint red Chile beans.

2 cloves of garlic.

1 teaspoonful of salt.

1 pint of strained tomatoes.

Chop the beef fine and fry in the suet until brown. Soak the beans over night, drain and put in cold water, boil five minutes, drain again, put in cold water again and boil until well done. Add beef to the beans and salt to taste. Add Chile peppers (ground fine). Add onion cut fine, strained tomatoes. Let boil 5 minutes, *stir constantly*. Let mixture stand for 12 hours, reheat and serve.

### ENCHILADAS

Take as many eggs as the number of portions desired and fry on one side only. On each egg place 2 slices of ripe tomato, upon which grated cheese has been sprinkled together with a small portion of finely minced onion. Season to taste with pepper, salt and a dash of paprika, and serve on crisp lettuce leaves with hot tortillas and butter.

*From Hon. Alexander W. Weddell, Consul General of the United States at Mexico City:*

### MEXICAN SALAD

4 Aguacates (avocados), peeled and mashed to a pulp. Add 1 tablespoonful finely chopped onion and a few drops of tabasco sauce and salt. Pile a good portion of this on a half of a peeled, filled tomato, placed on a lettuce leaf. Serve with French dressing.

*Mrs. E. W. Carlidge, Mexico City.*

### TAMALE PIE

- |   |   |
|---|---|
| 8 tamales (canned tamales may be used). | 1 tablespoon Worcestershire sauce.          |
| 1 cup tomato pulp.                      | 1 cup grated cheese.                        |
| 1 small can corn.                       | 2 cups cooked chicken, cut in large pieces. |
| 1 cup ripe olives, cut in pieces.       | Salt.                                       |
| ½ cup chili sauce.                      |   |
| 1 tablespoon olive oil.                 |   |

Line in baking dish with tamales. Mix other ingredients with chicken and pour into dish, and cover with grated cheese. If sauce seems dry, add liquor from cooked chicken. Bake an hour.

*Mrs. E. W. Carlidge, Mexico City.*

### HUAUHCHINANGO (Red Snapper) A LA VERACRUZANA

Fry in oil finely chopped onion and parsley. Add to this fresh or canned tomatoes (use an ample quantity of tomatoes, as no water is used). When the sauce is fairly well done, place in it a whole red snapper and cook until it is thoroughly done. Olives and capers may be added to the sauce if desired.

*Mrs. O. H. Jarrett, Mexico City.*

### MOROCCO

*From Hon. Maxwell Blake, American Diplomatic Agent and Consul General at Tangier, Morocco:*

Note: I regret that I cannot transmit more abundant data to you, but this is due to the crude and undeveloped conditions generally prevailing in the

culinary art in this country. Neither is it practical to send you any native recipes, since the ingredients are procurable only in Morocco, where they are specially prepared by native methods, and the primitive culinary implements used could not be procured elsewhere.—Maxwell Blake.

### RUSSIAN BORSCH

Place 2 ducks in very hot oven until brown. Do not allow to cook. Remove from oven and place in large pot containing cold water and boil for 5 hours, then take ducks out of the pot. The remaining liquid is the consommé and into this grate about 1 dozen medium sized cooked beets. After this strain the liquid through a very fine sieve and clarify by use of the white of an egg. The color of the soup should be a rich purple. It is best very hot and is excellent if served with a spoonful of sour cream.

*Mrs. Maxwell Blake.*

### CURRIED EGGS

6 hard boiled eggs.	$\frac{1}{2}$ teaspoonful salt.
4 tablespoons butter.	$\frac{1}{2}$ teaspoonful pepper.
4 tablespoons flour.	2 cups hot milk.
$1\frac{1}{2}$ tablespoons best Indian curry powder.	

Melt butter and add flour and seasoning and pour cold milk slowly. Cut eggs in half and heat for a few minutes in the sauce. The rice is cooked a La Creole. It must be perfectly white dry and each grain separate and distinct.

*Mrs. Maxwell Blake.*

### LADY BALTIMORE CAKE

1 cup butter.	$\frac{1}{8}$ teaspoon baking powder.
2 cups sugar.	$\frac{3}{4}$ cup milk.
9 eggs.	1 teaspoonful vanilla.

Cream butter and sugar add 8 beaten egg yolks and 1 beaten whole egg and salt. Mix and sift flour and baking powder, add to sugar and eggs, alternating with milk; add beaten whites and flavoring. Bake in layers with the following filling between:

#### The Filling

$1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup water, boiled until it forms soft ball when tried in cold water. Pour on beaten whites of 2 eggs. Beat well, then add  $\frac{1}{2}$  cup macaroon crusts,  $\frac{1}{2}$  cup walnuts, cut in pieces,  $\frac{1}{3}$  cup candied cherries, cut fine, and 1 spoonful vanilla extract.

*Mrs. Maxwell Blake.*

### THE NETHERLANDS

*From Mr. Jacob Steketee, Consul for The Netherlands, Grand Rapids, Michigan:*

#### OLIEBOLLEN (Fat Rolls)

13 oz. flour.	7 oz. currants.
$\frac{1}{2}$ pint milk.	4 oz. raisins.
3 eggs.	$1\frac{1}{2}$ oz. citron.
$1\frac{1}{2}$ oz. yeast.	12 sour apples.
2 oz. butter.	

Make the dough from the ingredients with the citron cut up and the apples very fine. Stir up everything well. Let it stand for thirty minutes. Take a spoonful of the dough and drop it in boiling oil or lard and let it fry slowly until getting brown.

*Mrs. Jacob Stekete.*

#### SAND COOKIES

1 lb. flour. 9 oz. sugar.  
11 oz. butter. 1 level teaspoonful saleratus.

Knead the flour, butter and sugar well, then add the saleratus. Make small balls from this dough, put them on a tin and let them bake in the oven for thirty minutes under a reasonable temperature.

*Mrs. Jacob Stekete.*

*From Hon. Richard M. Tobin, United States Minister to The Netherlands:*

#### FILLETS OF SOLE, MAISON D'OR

Fillets of sole folded and poached in Chablis wine. Potatoes cut in pieces the size and shape of walnuts, boiled and then steamed in butter. Put the fillets of sole in a circle, the potatoes in the center. Pour a sauce à l'Americaine on the potatoes and a white wine sauce on the fillets of sole. Add a layer of lobster, slightly browned in butter, to the latter; likewise a Mirepoix Bordelaise to the sauce Americaine.

#### LAMB CHOPS, AGNES SOREL

Cook the chops on one side, cool, press slightly, stuff with a stuffing of goose liver, put a layer of truffle on top and put the whole in a sausage skin. Cook in the oven in a flat dish with butter and arrange in a circle. Serve with Perigueux sauce. The chops may be garnished with peas or asparagus tips.

#### STRAWBERRY MOUSSE

Mix a liter of purée of fresh strawberries with 500 grams (17½ oz.) of powdered sugar, incorporate the same volume of whipped cream and beat.

#### CUP, BABY'S DREAM

Vanilla ice cream and melon, with a garnish of mixed fruit and strawberries, whipped cream.

#### NEW ZEALAND

*From Mrs. Will L. Lowrie, Wife of the U. S. Consul General, Wellington, New Zealand:*

#### SCOTCH LUNCHEON CAKE

Note: Mr. Day, Private Secretary to the Governor General, in a note accompanying the recipe, writes:

"The luncheon cake for which the recipe is enclosed, is essentially a Scotch cake which appears on the Government House luncheon table every day. I have never seen a cake of this kind in any place but a Scotch household. Their Excellencies, as you know, are from Scotland."

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1 lb. butter.              | 2 ozs. ground ginger.               |
| 2 lbs. flour.              | 1½ ozs. caraway seeds.              |
| 1 lb. sweet almonds.       | 1 oz. allspice.                     |
| 2 lbs. treacle (molasses). | ½ teaspoonful of carbonate of soda. |
| ½ lb. brown sugar.         | 6 eggs.                             |
| 4 ozs. orange peel.        |                                     |

Blanch and chop the almonds. Beat the butter, sugar, and eggs into a cream, then add the treacle, and whip. The whole should then be added to the dry ingredients which should first have been thoroughly well mixed.

Pour into well-buttered shallow cake tins until half full, and bake in a moderate oven for 1½ hours.

*Government House, Wellington, N. Z.*

### ORANGE CREAM (Nice Supper Sweet)

The juice of 6 large oranges and 1 lemon, strain and put into a saucepan with 1½ ounces of gelatine and sufficient water to make, in all, one pint. Rub sugar on the rinds of the oranges and lemon and add to mixture and let it simmer for ten minutes. Strain through a muslin bag and when cool beat in half a pint of whipped cream and set in mold.

*Mrs. J. G. Coates, Wife of the Prime Minister of New Zealand.*

### SPONGE SANDWICH

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1 cup of flour.               | 1 level teaspoonful of baking powder. |
| 1 cup of sugar.               | 3 eggs.                               |
| 1 dessert spoonful of butter. |                                       |

Beat eggs and sugar well together add flour and baking powder, pour in butter hot, and lastly 1 tablespoonful of boiling water. Bake in moderate oven from 15 to 20 minutes in sandwich tins. "Sandwich tins" are layer cake tins. This is to be filled with anything desired.

*Mrs. J. B. Coates.*

### NEW ZEALAND SAVORIES

#### Toast Savory

Take cold boiled fish. Beat into a fine paste. Add enough anchovy paste to suit taste and a little melted butter. Mix thoroughly. Serve hot spread on pieces of hot-buttered toast.

#### Savory Biscuits

Butter six water biscuits and lay slice of tomato on each. Sprinkle on a little grated cheese, place anchovy on top. Bake in quick oven a few minutes and serve hot.

#### Pastry Savory

Roll pastry very thin and cut into rounds the size of a wine glass. Fry in boiling butter and drain. Scoop out the centers, and place in the

center a teaspoon of caviar, with a squeeze of lemon on it. Fill olives with whipped cream and place on top.

#### Savory Mouthfuls

Melt 1 oz. of butter on a plate over hot water, add the raw yolk of an egg, 2 tablespoons Worcester sauce, and stir until mixture thickens. Add a piece of finely chopped onion, a little chopped parsley, 2 tablespoons of cold minced ham or bacon, season with pepper and salt, make very hot, serve on fried bread or toast.

*Mrs. Will L. Lowrie.*

#### CREAM TEA PUFFS

2 eggs.	A little salt.
4 teaspoons sugar.	1 heaping teaspoon gelatine.
Milk to fill 4 half egg shells.	A little cold water.
1 teaspoon cornstarch.	½ teaspoon lemon extract.

*Mrs. Will L. Lowrie.*

#### PUFF PASTE

Beat yolks and whites of eggs separately. To the yolks add the sugar, milk, cornstarch and salt. Cook in double boiler, stirring all the time.

Dissolve the gelatine in the water. Add this to the hot cream when it is thick. When done add lemon juice and the whites of the eggs beaten stiff.

Let cool ½ hour and spread between puff paste layers and sprinkle with powdered sugar.

Cut layers in oblong shapes or in one large shape. Make in two layers.

*Mrs. Will L. Lowrie.*

#### ALMOND TORTA

1¼ cups almonds.	2 eggs.
1 cup sugar.	1 teaspoon cinnamon.
1⅓ cups sifted flour.	½ teaspoon cloves.
⅔ cups butter.	Juice and rind 1 small lemon.

Rub almonds in cloth and put through meat grinder. Pour sugar, flour and spice on bread board; add lemon juice and rind. Mix butter with fingers into part of flour. Break eggs into other part and mix with a knife, gradually mixing in the nuts until all is in one firm dough. Roll all together and lay in ice chest 4 or 5 hours. Then flour bread board and cut dough in 5 parts.

Part I—Flour round cake tin and put Part I in.

Part II—Cut into small pieces, roll into thin rolls and put on top of Part I, forming diamonds. Then roll out other pieces; put around the tin and press into place with end of spoon handle. Brush over with egg white or yolk. Bake.

Parts III, IV and V are patted into floured cake tins and baked. Put altogether with whatever filling is desired.

*Mrs. Will L. Lowrie.*

**FRIED SANDWICHES (Delicious for Luncheon)**

Take slices of white bread; cut off crust and soak in milk. Put together two by two and let stand until ready to use. Chop fine cold meat or fowl, mix with yolk of egg and season. Put this between each two slices of bread. Dip in egg and fry in deep fat. Serve very hot.

*Mrs. Will L. Lowrie.*

**NICARAGUA**

*From Señora Aaejandro Cesar, wife of the Nicaraguan Minister:*

**ARROZ CON POLLO (Chicken and Rice)**

1 young chicken.	$\frac{1}{4}$ pint capers.
$\frac{1}{2}$ pound rice.	$\frac{1}{2}$ pint olives.
2 fresh tomatoes.	1 red pimiento.
1 green pepper.	1 onion.

Boil the chicken for 2 hours with tomatoes, green pepper and onion, and about 1 tablespoonful salt. Then wash the rice thoroughly and put it in the same kettle with the chicken and continue boiling for about a half an hour, till the rice is well cooked, then cover the kettle and let it dry in the oven for 10 minutes, and it is ready to serve.

**NORWAY**

*From Madame A. Lundh, Wife of the Charge d'Affaires of the Norwegian Legation at Washington:*

**DUCK IN JELLY**

1 duck.	1 tablespoon vinegar.
1 onion.	1 tablespoon lemon juice.
5 pepper corns.	Salt.
1 laurel leaf	2 quarts water.
8 leaves gelatine.	

Clean the duck as usual and put it into boiling water, to which spices have been added; boil until the duck gets tender. Skim well. Take the duck out, slice it and put the pieces into a mold. Dissolve the gelatine in the bouillon and proceed to boil it for  $\frac{1}{2}$  hour. Strain it. Skim the fat off very well and add the lemon juice and the vinegar. Pour the bouillon over the meat. Before serving turn it out on a flat dish and garnish it with lettuce leaves and lemon. Prepare day before serving.

**CUCUMBER SALAD**

1 cucumber.	1 tablespoon vinegar.
Salt.	1 pinch of pepper.
3 tablespoons oil.	

Peel the cucumber and cut it in very thin slices with a sharp knife; sprinkle table salt over and let it stand for 2 hours under a light press. Pour off water and mix the salad with the oil, vinegar and pepper. Some fine cut parsley can be sprinkled over. The oil can be omitted, if preferred, and instead a touch of sugar can be added to the vinegar.

## COFFEE CREAM

3 eggs.	1½ decilitres (3/10 qt.) water.
100 grams (3½ oz.) sugar.	4 decilitres (2/5 qt.) cream.
40 grams (14/10 oz.) coffee.	4 leaves of gelatine.

Beat the eggs with the sugar for 15 minutes; pour into this the coffee boiled in the water, and the stiff beaten cream and the dissolved gelatine. Can also be iced instead of stiffened by gelatine.

*From Mrs. Viola Norgaard, daughter of Hon. Laurits S. Swenson, Minister to Norway:*

## MOR MONSEN CAKES

1 pound butter.	1 pound flour.
1 pound sugar.	⅛ pound almonds.
10 eggs.	⅛ pound currants.

Melt the butter and stir with sugar 1 hour. Add eggs 2 at a time, beating mixture well after each addition. Then add the flour. Put the mixture in the unbuttered cover of a tin cracker box in a finger's thickness. Crush lump sugar and strew all over top, also the almonds cut in small pieces, and currants. Bake in moderate round cake tin (without hole in the middle) and bake in moderate oven 40 minutes. Cut rest of walnuts in small pieces.

## PRINCESS PUDDING

8 eggs.	2 heaping tablespoons sugar.
2 heaping tablespoons butter.	A little less than a pint of milk.
5 heaping tablespoons flour.	

Melt the butter, add flour and add gradually the boiling milk. Do all this while kettle is over the fire. Stir well until mixture leaves the sides of the kettle. Remove from fire and cool. Add the eggs which have been beaten with sugar 10 minutes, gradually. Fold in stiffly beaten whites of eggs. Butter an oblong pan and strew with crumbs.

## WALNUT CAKE

(Suitable as a Dessert)

Not quite ½ pound walnuts.	3 heaping tablespoons flour.
Not quite ½ pound powdered sugar.	1 teaspoon baking powder.
6 eggs.	2 heaping tablespoons cornstarch.
2 tablespoons cold water.	1 pint of whipping cream.

Put one-half of the walnuts through a chopper. Stir the egg yolks, mixed with the water, with the sugar ¾ of an hour. Add the ground walnuts, flour mixed and sifted with baking powder and cornstarch. Fold in stiffly beaten whites of eggs. Put mixture in buttered and floured round cake tin (without hole in the middle.) Bake 40 minutes in moderate oven. Chop rest of walnuts fine, keeping some large pieces to decorate top of cake with. Whip cream until stiff, adding 1 heaping tablespoon powdered sugar. Mix half of the whipped cream with the chopped walnuts, use the rest to decorate cake with. When cake is cool divide it in two and fill with the walnuts mixed with whipped cream. Cover cake with a frosting



made by mixing 2 or 3 tablespoons cold water with  $\frac{1}{2}$  pound powdered sugar and  $\frac{1}{2}$  teaspoon lemon juice. Then decorate cake with rest of whipped cream forced through a bag, walnuts and fruits.

### NORWEGIAN FISH PUDDING

2 pounds raw fish meat.	1 tablespoon salt.
$1\frac{1}{2}$ pints of cream.	1 teaspoon cornstarch.
1 pint of milk.	$\frac{1}{2}$ teaspoon nutmeg (if liked.)
$\frac{1}{8}$ pound butter.	

Choose pickerel or any white fleshed fish. Wash, remove scales. Hang up the fish by stringing them on a stick and keep in a cool place until the next day. Beginning at the tail, run a sharp knife close to the back, working toward the head. Lay on a clean cloth with the meaty side up. Begin scraping with a knife, again beginning at the tail and working toward the head. Also scrape the bone. With the knife, rub what has been scraped off, back and forth a short time on the board. When scraping the fish, do it lightly so as not to take out large chunks at a time. When all the meat of the fish has been scraped, melt the butter in a cup and set cup in cold water. Force the scraped fish mixed with cornstarch and salt through a food chopper 5 times. Then add the cold butter by teaspoons and force through food chopper 5 more times. Put the ground fish meat into a wooden bowl and add the cream and milk very slowly, stirring all the time. The milk and cream should be boiled and set aside the day before. Add very slowly! When adding, the fish meat will seem to separate—never add more milk and cream before it has gone together again. Try cooking a spoonful of the fish meat in boiling water to see if it needs more salt and nutmeg. If you have no food chopper, the scraped fish meat, cornstarch and salt must be pounded in a wooden bowl with a potato masher. Grease a steaming mold or a cake form. Fill  $\frac{3}{4}$  full with the fish forcemeat mixture. Place mold in a kettle on a rest of several thicknesses of paper so that the mold does not touch the bottom of the kettle. Surround mold with boiling water up to  $\frac{3}{4}$  the height of the mold. Put covered kettle containing mold in oven and bake from 1 to  $1\frac{1}{2}$  hours. Some of the forcemeat may be made into fish balls and set aside in ice box in fish stock. The fish stock is made from the fish heads, bones and skin. The fish pudding should be "looser" than the fish balls; that is, add less milk and cream to the part of the fish meat to be used for fish balls. Serve with caper sauce or lobster sauce. Fill with mixture and put in pan of hot water in oven and bake 1 hour. Serve hot with fruit sauce.

### Fruit Sauce

A little more than $\frac{1}{2}$ a pint of fruit juice.	1 level teaspoon cornstarch.
A little less than $\frac{1}{2}$ a pint of water.	Sugar to taste.

Put juice and water in kettle over fire, let it come to a boil, add the cornstarch which has been mixed with 2 tablespoons cold water—again let come to a boil and take off fire immediately. Add sugar to taste. Preserved cherries or other fruit may be added to sauce.

## PANAMA

*From Señora Amelia L. de Alfaro, wife of Señor Dr. Don Ricardo J. Alfaro, the Minister of Panama to Washington:*

## PLAIN RICE

From 1 pound of rice you take half, raw, and brown it in a tablespoonful of lard, then add the rest of the rice with enough boiling water to cover it about  $\frac{1}{2}$  an inch higher. Stir it thoroughly once, then let it boil slowly till water disappears, then set it aside till brown crust forms on bottom of pan. When serving strew crust cut up in small pieces on top. Takes about 25 minutes to cook. When ready, grain should be separate, not cloggy.

## RICH RICE

One pound Spanish beans soaked in water overnight, then shelled and boiled thoroughly. To that add 2 pounds of rice, 1 can of tomatoes in their juice, 6 green peppers, sliced; 1 tablespoon of Worcestershire sauce, 1 pound of Frankfurter sausage, diced and fried—and enough boiling water to cover all. Stir once, then again 10 minutes later, and let simmer slowly till ready. Decorate with sliced red pimientos on top.

## TAMAL DE CAZUELA

One dozen fresh ears of corn; grate and soak the pulp in water; then strain to get all richness and substance together. Fry 2 pounds of pork, cut in small pieces, then stew with tomatoes, onions and green peppers sliced, adding to that the corn substance, stirring slowly till it cooks and sets, as you would with porridge. Serve as entrée.

## PARAGUAY

*From Señora Maria Antonia Bane de Ramirez, wife of Dr. Juan V. Ramirez, Chargé d'Affaires of the Paraguayan Legation in Washington:*

## CORBINA RELLENA IDEAL (Ideal Stuffed Corbina)

In  $1\frac{1}{2}$  spoonfuls of butter, are fried 4 slices of ham, minced, 12 olives, pitted and minced, and white onions, also chopped up. When all this is fried a little, there is added a small cup of white wine or Madeira and it is let boil. Then it is removed from the fire and 2 whites and 1 yolk of eggs, 2 rolls, which have been soaked in milk, and 2 hard-boiled eggs, well chopped up, are added. A good corbina is washed and the bones removed, placed in a pan greased with butter or oil, opened and sprinkled with oil, salt, butter and lemon juice; then the prepared stuffing is put in its interior, the whole covered with bread crumbs and placed in a very hot oven for a quarter of an hour. When served, it is garnished with mushrooms, Spanish peas, chopped artichokes and slices of lemon.

**TALLARINES CON SALSA DE HONGOS (Noodles with Mushroom Sauce)**

A few canned mushrooms are soaked over night in a little broth. The next day they are removed from the broth and ground, a little broth being added from time to time to form a paste. A good lump of fat or some oil is put over the fire, and an onion and some well chopped tomato are fried in it with tomato sauce and salt. When all this is browned over, bacon, ham and sausage, in very small bits, and the mushroom which has been mashed with the broth, are added. The whole is let boil, then taken from the fire. When the noodles are cooked and drained, a layer of them is placed in a dish, and on it a layer of grated cheese and one of the prepared sauce; these layers are repeated several times, the whole being covered with a good layer of cheese and sauce.

**PAVO RELLENO (Stuffed Turkey)**

The liver, heart and gizzard of the fowl, a little onion, a bit of celery and some sprigs of parsley are cut in small pieces and fried in butter. Two apples, cut in cubes,  $\frac{1}{2}$  a cup of crumbs of fresh bread, salt and pepper, if desired, are added. All this is moistened with milk to the right consistency. The turkey is stuffed with this preparation, surrounded with small potatoes, which shall be cooked in the juice; the whole is smeared with fat and put in the oven. When ready, serve in a dish surrounded by the whole potatoes, which have assumed a pretty brown color. In place of whole potatoes, it may be served with fried potatoes or a good salad.

**COSTILLAS DE CERDO ESPECIALES (Special Ribs of Pork)**

The ribs are separated from each other, pushing the meat toward the end of the bone, and put in a dish with a good quantity of vinegar, a little marjoram, salt and pepper, if desired; leaving them in this infusion for a half hour. Then they are roasted slightly in the broiler in order that the taste of the vinegar may penetrate them. Then 3 eggs are beaten with a little parsley, salt, a spoonful of wheat flour and bread crumbs. The ribs are dipped into this mixture and fried in fat. They are served with fried potatoes or Spanish peas or chow-chow.

**PASTELITOS DE MANDIOCA (Cassava Tarts)**

Good white cassavas are cooked in water with salt and a few grains of anise. When cooked, they are removed from the water and while hot are mashed on a marble table. When a smooth dough is formed, it is placed on one side of the table. The table and hands are dusted with some wheat flour. A little of the dough is taken and flattened into a square on which is placed a teaspoonful of guava or quince paste. This is covered with another smaller square of dough and the edges folded with the points upward, taking care to join the dough around the preserves so that the latter will not escape on frying. This is done until the dough is used up. They are then fried in very hot deep fat until they are brown. Powder with sugar and serve hot.

**SOPA PARAGUAYA (A National Paraguayan Dish)**

A large, well-chopped tomato is fried, and when cooked, 2 well-chopped onions are added; when these are cooked and browned a little, a  $\frac{1}{2}$  cup

of broth is added to the mixture and it is let boil, adding salt to taste. In a separate dish are mixed  $\frac{1}{4}$  of a pound of cornmeal, well sifted and fresh, a  $\frac{1}{2}$  pound of fresh cheese, 3 spoonfuls of fat and a cup of milk, in which has been dissolved a spoonful of baking powder. When all this is well mixed, the fried tomato and onions are added, stirring it all to make a homogenous and smooth dough, which is put in a pan, previously greased with fat and put in the oven. When the surface has acquired a good brown color, the "sopa" is emptied into a dish and served hot, in slices.

This dish can be cooked along with chicken or turkey in the oven, as is the custom in Paraguay.

*From Mrs. George L. Kreeck, wife of the American Minister to Paraguay:*

#### CHIPA (a Native Bread)

This article of food was concocted by the Jesuit Fathers for the Indians to utilize mandioca flour. A Paraguayan favorite when well made.

Into 2 pounds of shortening beat 12 eggs, breaking one by one, and a little anise, 2 scant cups of milk, a little salt, 2 pounds of cheese, and 5 pounds mandioca flour, or one can use fine cornmeal or corn flour. Form a stiff dough, separate and knead thoroughly. Place on a banana leaf (or other large mild scented or flavored leaf) and bake in a hot oven.

#### A PARAGUAYAN ROAST FOR LUNCHEON

Purchase a side or two of meaty pork spareribs or the number of pork chops desired with each bone, broken, but not separated. Sew the ends together so the bone will stand up in the pan. Put in the center the following dressing and bake in a slow oven, usually two hours. For the dressing chop together 2 or 3 stems of celery (not stalks), 1 onion, 1 carrot and 2 sprigs of parsley. When chopped fine, fry slowly in a little salad oil until the onion bits turn light brown. Add a cup of cooked rice,  $\frac{1}{2}$  teaspoon of pepper,  $2\frac{1}{2}$  teaspoons of salt,  $\frac{3}{8}$  teaspoon of paprika, and  $\frac{1}{2}$  teaspoon of cloves. Cook for a moment; add 1 cup of drained, crushed pineapple,  $\frac{1}{2}$  cup of seeded raisins and 2 cups of bread crumbs; stir well together until blended. Place in center of roast and bake. Garnish platter with jellied sweet potatoes and parsley.

#### PLUM PUDDING

Always a favorite and failure-proof for native servants.

One cup of grated raw potatoes, 1 cup of grated raw carrots. To this add 1 teaspoon soda,  $\frac{1}{2}$  cup melted butter or a large  $\frac{1}{2}$  cup of chopped suet, 1 cup of sugar, 1 large cup of flour,  $\frac{1}{2}$  cup seeded raisins (whole),  $\frac{1}{2}$  cup chopped raisins,  $\frac{1}{2}$  teaspoon each of cloves and nutmeg, and 1 teaspoon cinnamon. Strain for 3 hours. Before serving pour on the molded pudding a good brandy and bring to the table in flaming blaze. Serve in individual desserts with a lemon or hard sauce.

#### STUFFED CREAM CAKES

1 cup sugar.  
 $\frac{1}{2}$  cup shortening.  
 $\frac{1}{2}$  cup of milk.  
 2 cups of flour.  
 1 egg.

1 teaspoon soda.  
 2 teaspoons cream tartar.  
 1 teaspoon vanilla.  
 Pinch salt.

Make a dough and spread out in thin layer. Place upon the layer of dough the following filling (do not roll up the dough, but place a like thin layer of dough upon the filling). Cut, when baked, with sharp knife.

#### Filling

1 cup chopped raisins.  $\frac{2}{3}$  cup water.  
 $\frac{1}{2}$  cup sugar. 1 tablespoon cornstarch.  
 Mix and cook. Cook filling before spread upon dough.

#### TWO IN ONE CAKE (Variety and simplicity)

2 cups flour. 3 teaspoons baking powder.  
 1 cup sugar.

Sift the 3 together. Put 4 tablespoons melted butter and 1 beaten egg in cup filled with milk. Mix together, beating well. Divide the batter, adding  $\frac{1}{2}$  cup chopped meats to the one half and to the other half add 1 square of chocolate, melted, or if preferred, spices and raisins, and bake in gem pans. You will have two kinds of cakes to offer with one operation.

## PERSIA

*From Madame Kazemi, Wife of Mr. Mirza Bagher Khan Kazemi,  
 former Chargé d'Affaires, Persian Legation:*

#### CHIRIN POLOW

Necessary materials: 1 pound of rice (Carolina rice is most suitable), 1 spring chicken, the peel of 4 oranges, 4 ounces of sugar,  $\frac{1}{2}$  pound of salt, 2 grams of Spanish saffron, 2 ounces of almonds,  $\frac{1}{2}$  pound of butter.

Method of cooking the rice: If the dish is required for a luncheon at 1 o'clock, it will be necessary, the night before, to rinse the rice 3 times in water, rubbing it each time with the palms of the hands. Change the water each time. Next soak the rice in tepid water, letting the water stand 3 inches over the rice. Pour the half pound of salt on the rice and let it stand until 11 a. m., of the next day. Into a 2-gallon caldron pour 6 quarts of water and let it boil. As soon as it boils pour out slowly and with care the water in which the rice has been soaking since the night before. Empty the rice into the boiling water. Cover the caldron and increase the heat. As soon as the caldron containing the rice begins to boil remove the cover and stir the rice gently with a flat spoon. Then replace the lid and let the contents of the caldron boil again. Repeat the stirring process 3 times. Next drain the rice in a sieve, shaking it to remove all adherents of salt and starch. Now melt a quarter of a pound of butter into a large cup of water. Pour half of the melted butter into a 1-gallon caldron and gently empty the rice into the caldron in such a way that it will spread uniformly without sticking together in rice balls. Place the caldron in a hot oven. Close the oven, and after 5 or 6 minutes see if the caldron is hot; if it is, bring it out gently and pour the remainder of the melted butter over the rice and replace in the oven. Now reduce the heat until the caldron gives a hollow sound when rapped with the fingers; this will indicate that the rice is sufficiently cooked.

Preparation of the almonds: Boil the almonds for a few minutes until

the skins fall off and the almonds become white. Cut the almonds into 4 quarters perpendicularly.

Preparation of the orange peel: Remove the white part of the peel to such an extent that both sides of the peel are of the same color. When this has been done cut the peel into long thin strings. These should be boiled in 2 waters, so as to remove all bitterness. Then strain.

Combining the almonds and the orange peel: Mix the almonds and the orange peel and boil them in a syrup of sugar for 10 minutes. Strain and keep in a warm place until needed.

Cooking the chicken: Begin boiling the chicken very slowly at 8 o'clock in the morning. Boil to such a point that the skin and bones detach themselves from the flesh.

Preparation of the saffron: Warm the saffron to remove all dampness and pound it to a powder in a mortar; after which dissolve it in 3 tablespoonfuls of cold water.

Dishing the Polow: One-half of the rice should be taken from the caldron and mixed in a bowl with the orange peel and almonds. Over this sprinkle 3 tablespoonfuls of saffron water to color well; now pour over it about 2 tablespoonfuls of melted butter. Next remove the remainder of the rice from the caldron and dish it up ready for the table. Place the chicken, from which the skin and bones have been removed, on top of the rice. Crown the whole with the rice, which has already been mixed with the almonds and orange peel and colored with the saffron.

This will make a delightful and pleasantly flavored dish—Chirin Polow, which means "sweet Polow."

*From Hon. Hoffman Philip, United States Minister to Persia:*

#### SHIREEN PILAU

13½ pounds of warm water should be poured on 6¾ pounds of rice. The rice should be washed and rubbed slightly so that it should not break into pieces. The water should then be decanted and fresh water added. A white clean cloth should be washed and put on the vessel containing the rice and water. Salt should be washed with boiling water and placed on the cloth. The rice should then be allowed to soak for 12 hours.

#### How to Boil the Rice

20 pounds of water should be boiled in a copper caldron. The rice should be poured into the pot when the water begins to boil. The water should boil for 10 minutes or until the rice becomes soft. Then it should be strained. When strained the rice should be tasted. If the salt is not enough a thin solution of salt water should be applied, but if the salt is too much, hot water should be slightly poured on the rice and then a mixture of pounded and sifted cardamom and cinnamon with ground saffron should be applied to the rice in the strainer. The empty pot should then be washed and put on the fire. Then a mixture should be made of saffron, "Maust" (kind of curd), 4 egg yolks and ¾ pound of rented butter. This mixture should be poured on the inside bottom of the pot. Then ¾ pound of rice should be taken off the strainer and mixed with the above mentioned mixture and spread all over the inside bottom of the pot.

#### Other Preparations

While the rice is being prepared as directed above, 10 chickens should be

roasted separately.  $\frac{3}{8}$  pound of almonds and  $\frac{3}{8}$  pound of pistachio nuts should be soaked in boiling water, peeled, and sliced.  $\frac{5}{6}$  pound orange peels should be boiled 4 times and the water should be changed each time to remove the bitter taste.  $\frac{5}{6}$  pound of onions should also be sliced and all these slices should be fried in  $\frac{5}{6}$  pound of rented butter. This will make the color of the slices brown. When the color turns brown add half a cup of water in order that they should not become black. Then all slices should be mixed with the onion fried slices.  $1\frac{1}{3}$  pound of granulated sugar should be applied. The mixture should be allowed to remain on fire for 5 minutes. The slices should be piled in the middle of the pot on sliced roasted chickens. The remaining rice should then be slowly shaken off into the pot. The gravy together with 1 pound rented butter should be mixed and poured on the rice. Saffron should also be added. If the stove is hot, the pot should be placed in the oven and left to remain there for three-quarters of an hour, when it will be ready to serve. The skimmer should be used in getting out the rice from the pot. The rice should be put in the dish, the chickens around it with the "tahdig" or the lump pieces of roasted rice on the bottom of the pot, between each chicken.

### CHELAU KEBAB

$6\frac{3}{8}$  pounds of rice should be very cleanly washed and prepared without the application of saffron or any other spices or mixtures mentioned in the recipe for Shireen Pilau. When starting to prepare boiled water, some dough (maust dissolved in water) should be mixed with 2 cups of salt water and added to the pot containing the water. This will whiten the rice when poured in the pot for boiling. When the water starts to boil the rice should be added. As soon as the rice is cooked it should be strained; then "dough" and butter should be mixed and poured in the pot. The rice will then be shaken back slowly into the pot as directed in the preceding recipe. The pot, while covered, will be left in the oven of the kitchen stove for  $\frac{3}{4}$  of an hour to be done and become ready for serving.

10 pounds of meat should be separated from its bones and all the veins and nerves should be pulled out. The meat must be red in color. It should be prepared and salted one day beforehand and left to become stale. It should then be sliced into slices of 5 centimeters (inch) thickness. Then roasting-spits should be passed through these slices,  $\frac{1}{3}$  pound of meat to each roasting-spit. The meat, when roasted, should be removed from the spits and put on the rice dish.

2 egg yolks in shell, a saucer of sumac, an orange split into halves, pepper, and mustard, a bottle of "dough" with glass of ice, and a saucer containing  $\frac{1}{6}$  pound butter should be placed for each person at the table.

(Each person should be supplied with one dish of "chelau" and one roasting-spit of meat; the meat will be served in the chelau dish on the rice.)

### PERU

*From Señor Jervasio Alvarez de Buenavista, First Secretary of Peruvian Legation, Washington:*

#### CORBINA A LA CHORRILLANA

Chop a large cupful of onions and tomatoes, adding a pinch of wild marjoram, pepper and salt. In a saucepan put a lump of lard with a whole

red pepper (the hot variety, not the sweet), which has been previously mashed in mortar, and a piece of garlic also. Stir up all the above and remove, placing layers of the fish, which has been previously scaled and washed, and the prepared mixture, after cutting in medium sized portions. On top of all, add 2 or 3 whole tomatoes, green peppers sliced and also red, and diluted vinegar to taste. Stew on a slow fire with the lid on tight until cooked. This can also be cooked in the oven, en casserole.

#### **FREJOLAS COLADES (Strained and sweetened beans)**

Take kidney beans, the black kind, and cook in water without salt, removing them when cooked and mashing them, adding milk to dilute sufficiently. Strain through a colander or hair sieve and press in a cheese cloth strongly, adding milk always to moisten. The thick liquid thus strained is poured into a pan, adding sufficient sugar to thoroughly sweeten and allowing to boil until it takes on the proper consistency, which is that of honey. Place in a shallow dish, allow to cool and sprinkle roasted sesame lightly.

*From Hon. Miles Poindexter, American Ambassador to Peru:*

#### **SEVICHE**

Take a small corbina, pejerreyes, or lisas. Cut the fish in suitable sized pieces and after washing it in salt water, place it in a dish, scattering on the top of it onions, tomatoes, green peppers, powdered marjoram and black pepper. Then squeeze into it plenty of sour orange; cover the dish with a napkin and place the whole in the sun until the sour juice has thoroughly cooked and penetrated the mixture.

*The Palace of the President of Peru.*

#### **DUCK WITH RICE (Pato con Arroz)**

Fry the duck in butter, black pepper, cumin, garlic, ground onions, red pepper, and coriander. Place it in boiling water and allow it to boil for some time. Then add rice in sufficient quantity, carob, allowing the whole to boil for 5 minutes. Then place the kettle on live coals for  $\frac{3}{4}$  of an hour.

*The Palace of the President of Peru.*

*From the Pan American Union:*

#### **CHICKEN WITH GREEN CORN**

Prepare 1 pint of finely grated green corn, and cook 1 small chicken; cut in pieces for serving, in very little water, which should be nearly cooked away when the chicken is thoroughly done. Prepare in a frying pan a seasoning of 1 thinly sliced onion, 1 clove of garlic (if liked), 1 large tomato, peeled, seeded and chopped fine, and 1 large sweet green pepper, also peeled, seeded and chopped fine. Brown in 2 tablespoons of butter, and then add the pieces of chicken and the grated corn, let cook until the corn is done, and add salt, cayenne and black pepper to taste.



## CHICKEN OR DUCK WITH PEANUT SAUCE

Separate a young chicken or duck into pieces for serving, and cook in very little water until almost done. Take out and fry in butter, with a tablespoonful of thinly sliced onion, until very tender and slightly browned. Add to the pieces of fowl in the frying pan 1 cup of the stock in which it was cooked, mixed with 2 tablespoons of peanut butter,  $\frac{1}{8}$  teaspoon cayenne pepper, 1 large pimiento or red sweet pepper, minced. Let cook with the pieces of fowl and the butter in which they were fried until smooth, adding salt, black pepper, and a bit of minced parsley, to taste. Serve very hot, with the sauce poured over the meat.

## POTATOES A LA PERUANA

Pare and boil medium-sized white potatoes, taking care that they are dry and mealy when ready to serve.

The sauce, which may be poured over the potatoes in the serving dish, or served separately, is prepared by browning in butter 1 medium-sized onion, very thinly sliced; a clove of garlic, minced fine; 1 small red pepper also minced (or  $\frac{1}{4}$  teaspoon of ground cayenne pepper), 1 large fresh or canned pimiento, chopped fine, and about  $\frac{1}{2}$  cup of American cheese, chopped. Use a liberal amount of butter, and after the onion and peppers are slightly browned, add the cheese, stirring carefully until melted smooth. Add salt to taste, a little ground black pepper, and add, just as the sauce is taken from the fire, a very little vinegar. Some prefer the addition of a small quantity of catsup, rather than vinegar. The sauce should be very peppery, rather thick, and a nice orange color.

## CEBICHE

(A favorite dish for informal luncheons in Peru)

Prepare boned fillets of any fish of delicate texture, about  $\frac{1}{2}$  inch thick. Place in single layer in flat dish and cover with undiluted juice of fresh limes. Leave in lime-juice for at least 6 hours, when the fish should be as tender as if cooked. Drain from the lime-juice, place on platter and serve with piquant sauce composed of about  $\frac{1}{2}$  the desired quantity of finely-chopped meat of tomatoes (no seeds or juice); finely-chopped sweet red and green peppers and white onions in equal proportions for other half. Add a little parsley, a clove of garlic, and Chile pepper all finely chopped. Add lemon juice or vinegar to make consistency of chilli sauce with salt, black pepper and very little brown sugar, to taste.

## PHILIPPINE ISLANDS

*From Madame Guevara, Wife of Resident Commissioner from the Philippines:*

## ADOBO

- |                                  |                                |
|----------------------------------|--------------------------------|
| (a) $\frac{1}{4}$ pound chicken. | $\frac{1}{4}$ teaspoon pepper. |
| 1 teacup vinegar.                | (b) $\frac{1}{4}$ pound lard.  |
| 2 spoonfuls salt.                | 1 teacup flour.                |
| 6 teacups water.                 |                                |

The chicken must be prepared and cut into pieces (big pieces prefer-

able.) Place it in a kettle and put all ingredients under (a) in it. Allow it to boil for 40 minutes, or till such time when the chicken will be cooked. Place the teacup of flour in a dish. Take the chicken pieces from the kettle and roll each of them in the flour such that each will have a thin flour covering. Place the lard in the frying-pan. Then fry the chicken. Brown-fried is desirable. Now the Adobo is prepared. It can be served in this state.

If another form of Adobo is desired, place these pieces of brown-fried Adobo in the kettle where they were taken, and allow it to boil for 10 minutes. After that length of time, the Adobo is ready with gravy. This kind is called "Adobo con Salsa."

### RELLENADO DE PAVO (Thanksgiving Plate)

1 8-pound turkey.	5 spoonfuls of green peas.
2 pounds ground pork.	3 spoonfuls of seedless raisins.
1 sliced onion.	3 hard-boiled eggs.
1/6 pound lard.	1/8 pound butter.
1 teaspoonful salt.	8 pieces of olive.

With a sharp knife remove all the bones of the turkey, with caution as to preserve its form without any scratch on its skin. This is not hard to do. Cut a long opening on the back of of the turkey. Carefully remove only the bones and all the internal organs, leaving a meaty boneless turkey. Separately, place the lard in the frying pan. Put the sliced onion in it after 3 minutes. Then put the ground pork. After 15 minutes, put the green peas, raisins, olive and salt in it. After 5 minutes take it out of the frying pan and put it inside the turkey. Slice the hard-boiled eggs and with the butter, put them inside the same. With a needle and thread sew the opening, thus closing the cut, and having the stuffed-boneless turkey. Put 9 teacups of water in a baking-pan. Now place the turkey in it, and bake it brown. The Rellenado de Pavo is prepared.

### PUTCHERO

1/4 pound chicken.	1/6 pound olive oil.
1/2 pound Spanish beans.	1 1/2 tablespoonful salt.
1/4 pound heart cabbage.	1 small can of tomato sauce.
1/4 pound green string beans.	2 ground onions.

Cut the chicken into 5 big pieces and boil it in the kettle (No. 1) with the Spanish beans for 55 minutes. Separately, boil the green string beans and the cabbage for 20 minutes in another kettle (No. 2.) These done, place the olive oil in a big frying pan, and put the ground onions in it. After 5 minutes, put the tomato sauce. Then allow it to boil for 3 minutes. Place the chicken pieces and the Spanish beans from kettle No. 1 and the string beans and cabbage from kettle No. 2. Then put 3 teacups of chicken broth taken from kettle No. 1 in it. Allow it to boil in the frying pan for 10 minutes. Now the putchero is ready for the table.

*From Madame de Veyra, Wife of former Resident Commissioner of the Philippines:*

### CHICKEN STEWED

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|-----------------------------------|---------------------------------|
| 1 3-pound chicken.                | Salt and pepper to taste.       |
| 1 good-sized onion.               | $\frac{1}{2}$ cup lard.         |
| $\frac{1}{2}$ cup vinegar.        | $\frac{1}{2}$ leaf of bay leaf. |
| 1 medium-sized tomato.            | $\frac{1}{2}$ cup water.        |
| $\frac{1}{2}$ tablespoon paprika. |                                 |

Dress and cut chicken as for stewing. Place them in a kettle with the vinegar, salt, pepper, bay leaf and paprika. Cook until almost all the liquid is evaporated. Then pour in the lard and brown the chicken in it. Cut tomato and onion in small pieces and put in the mixture. Add the water which has been previously heated and cook until chicken is tender, in slow fire. Grind the giblets and mash it in a little of the chicken's gravy and pour it to the chicken shortly before serving.

### PORK CHOP WITH GRATED CHEESE

Prepare as many chops as there are persons to be served. Salt the chops and squeeze lemon juice on each piece. Let them stand on this for  $\frac{1}{2}$  hour. Grate enough cheese to sprinkle evenly on each piece. Arrange them in row in a baking-pan and bake them until nice and brown. Serve with any green vegetables such as string beans, peas, etc.

### LARDED BEEF

- |                                  |                           |
|----------------------------------|---------------------------|
| 3 pounds round steak.            | 1 tablespoon brown sugar. |
| $\frac{1}{2}$ pound fat of pork. | 1 tablespoon salt.        |
| 1 cup of vinegar.                | 1 teaspoon paprika.       |
| 3 cloves.                        | Pinch of pepper.          |
| 2 cups water.                    |                           |

Clean and wash the meat. Cut several incisions through the thickness of beef and insert in them the previously cut in long and narrow strips of fat of pork. Put in a stewing pan and put in the water, sugar, vinegar and spices. Give it one hard boiling, then lower the fire to simmering point and let it simmer until meat is tender. Brown the surface in a little lard and slice it before serving.

### BAKE CUSTARD (Filipino Style)

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|------------------|--------------------------------|
| 6 yolks of eggs. | $\frac{3}{4}$ cup sugar.       |
| 2 cups milk.     | $\frac{1}{2}$ cup brown sugar. |

Make a heavy sirup out of the brown sugar and with it line the mold in which the custard is to be baked. Scald milk and cool it off. Beat the yolk of eggs slightly and add to it the milk and sugar. Stir well in order to have the mixture well blended. Pour it in the sugar-lined mold and bake until firm.

### LARDED AND BAKED RED SNAPPERS

Scale and clean a 4-pound snapper thoroughly. Cut 3 incisions cross-wise on the flesh of the fish. Insert in these thinly sliced salt pork. Salt the fish to taste and squeeze the juice of 1 lemon over it. Chop 1 good-

sized onion and sprinkle it over the fish. Pour over the whole, 4 cups of water mixed with 4 tablespoons of lard and bake for 1½ hours, basting it every 15 minutes during the time it is being baked. Thicken the gravy with a little flour. Place the fish on a platter, pour the gravy over it and garnish it with strips of red pimiento and slices of hard-boiled eggs.

## POLAND

*From Mr. Jan Stalinski, Secretary of Polish Legation at Washington:*

### BARSHCH

Prepare a good broth on beef bones. One-fourth pound of pork breast, some dried mushrooms (imported from Poland or Hungary); add different vegetables: onions, a few potatoes cut in 1-inch cubes; ½ pound small head of cabbage cut in macaroni fashion; 2 to 3 garden beets cut in ½-inch cubes. Broil separately in butter 5 tomatoes and then strain. After boiling the broth sufficiently so that vegetables are cooked, mix broth and tomatoes, and put in the beets. Make a hash of fresh bacon with some parsley and dill and a well-ground ½ onion, boiling it all with the barshch. Simplest way to get "barshch" is to add some vinegar to beet juice, making it pleasantly sour. Pour all into the broth and serve hot with some hard-boiled eggs cut in sections and dropped in at the last moment into the soup.

### SORELL SOUP

Prepare broth on bones and meat. Chop fine 2 handfuls of sorrel after taking out the middle stalk; add some butter and a little salt, but not too much so as to preserve color, and broil. When the broth is ready, add to it a pint of sour cream (let ordinary cream stand for 2 to 3 days in a sufficiently warm place but not in the sun, in a dish covered with a clean gauze), and stir well, adding a tablespoonful of flour, and boil all with the broiled sorrel. Before serving, put ½ of hard-boiled egg for each person.

### COLD SOUP "CHLODNIK"

Take 3 pints of sour milk and beat it well in a clay pot. Beat separately 1 pint of sour cream (not too sour), adding to it small quantities of milk, while beating it until air bubbles collect on the surface. Mix all this together, adding small amount of broth from which all the fat has been carefully strained. Add some beet juice so that a slight sour taste may be obtained. Add 2 thinly sliced cucumbers after having salted them previously, and let all stand for 2 or 3 hours. Add some half-inch squares of boiled lean veal. All when well mixed should be cooled on ice and served with a piece of ice on each plate. Hard-boiled eggs cut in cubes may be added. Very popular on hot summer days.

### TRIPE À LA VARSOVIENNE

Buy a few pounds of white and fat beef tripe, scrape and clean well and soak in cold water. Then place in an earthenware or white enamel pot, bring to a boil, then take out and soak again in cold water and clean once more. Place in soft water or in water to which has been added a pinch of baking soda. Boil several hours until soft. Make separately a good consommé, cut finely a number of vegetables such as carrots, parsley,

celery and one onion, and when the tripe is soft, cut into fine strips, add the consommé and the previously boiled vegetables and boil them together so long until the vegetables become quite soft. Melt in a frying pan two tablespoonfuls of fresh butter and a tablespoonful of flour for every 6 quarts of tripe, cook until blended, dilute with the consommé, pour over the tripe and mix it well.

Half an hour before serving, but not sooner, when the tripe becomes thicker and darker, add salt and pepper to taste and a little grated nutmeg, a tablespoonful of powdered ginger and a pinch of crushed marjoram. The tripe is served with dumplings which are made in the following manner:

Take  $\frac{1}{4}$  pound of suet and beef marrow, and grind through a meat chopper. Grind together with 2 egg yolks, add a little bread crumbs, chopped parsley, dill and salt and pepper, then beat the whites of the eggs and mix together. The dough should be of medium thickness. Make into small balls, roll in flour and boil in consommé or water for half an hour until they come to the surface. Take out, straining carefully. Serve some Parmesan cheese and ginger on separate plates.

### MEAT DUMPLINGS (Kolduny)

(1) Equal proportions of beefsteak and lambsteak, raw, very finely hashed with a butcher knife and not with meat grinder

(2) To each half pound of meat take one-fourth pound of bone marrow or kidney fat and pass through a grinder so that it becomes mellow as butter. Add some onions previously scalded with hot water and grated, some salt and sage (marjoram), just enough to flavor, and mix well with the hashed meat in a deep bowl, adding about 2 spoonfuls of broth to make it fairly loose.

(3) Having prepared this, prepare dough in the following manner: To about 2 or 3 cups of flour add 1 egg and some salt. Knead the dough well, adding tepid water so as to make stiff batter. Knead the dough thoroughly, then spread so as to cut with a form into round slices (about the size of the circumference of an inverted glass.)

(4) Put a small quantity of the meat paste (comprised of 1 and 2)—still raw—about the size of a Mexican nut, on each slice of dough, and close dough at edges very tight.

Such dumplings drop carefully into boiling water and boil until each rises to the surface, then take out with a strainer and place on a platter (with cover.) Pour over the dumplings (or over each layer) melted butter well mixed with cracker meal, and serve very hot.

### HUNTER'S BIGOS

An old Polish dish composed of sauerkraut and various kinds of meat. This dish can be made from left overs.

Take 5 or 6 pounds of sauerkraut. Cook same and add a handful of mushrooms, which, after being cooked, should be cut into strips and added to the cabbage together with their juice. Season with bacon cut into dice, parsley fried with 2 onions and 2 spoonfuls of flour. Take different kinds of previously cooked meats, as pork, lamb, veal, also different game, such as partridges, venison or hare, and some ham. Cut into dice, take  $\frac{1}{2}$  pound of sausage and cut into slices, mix into the sauerkraut and add the gravy in which the meat was cooked, salt, pepper and sugar to taste, and

let stew for half an hour, and then add a tumbler of Madeira. Let all come to a boil and remove, cover well and put in a cool place. It can then be warmed up and served when desired. Bigos may be kept for a few weeks, and the more it is warmed up the better it is. Should be served with boiled potatoes.

### POLISH ROLLED ZRAZY

Take 3 pounds of beef, preferably fillet, and cut into long pieces; take out the veins, add salt and pepper and spread with the following filling:

Fry 1 onion and grate it or chop very fine. Mix with a tablespoonful of butter and 2 tablespoonfuls of bread crumbs or crackermeal; then roll the zrazy; pack them tightly in a frying pan in melted butter, brown them all over. Pour over some consommé and sprinkle with flour sufficient to make a sauce. Serve it with buckwheat. The zrazy should not be stewed more than one hour and a half.

### HUSSAR ROAST

Take a solid piece of beef (preferably fillet), beat with a wooden mallet, soak it in hot vinegar, diluted with water, or, if one does not like vinegar, a glass of grain alcohol, diluted with water. Brown the roast in butter and stew it under cover, with some onions. Half an hour before serving make the following filling: Boil 2 onions and grind them fine. Mix in 2 tablespoonfuls of bread crumbs, half a tablespoonful of butter; take out the roast, slice it very thin diagonally; every second slice should not be cut through to the end; and between these partly cut slices smear the filling. Then return roast to the pan, sprinkle with flour, baste it in consommé and let it parboil for half an hour. Then take out carefully, so it should not fall to pieces, and serve with potatoes and boiled cabbage.

### POLISH SALAD WITH SOUR CREAM DRESSING

Take several heads of lettuce, wash carefully, take off the outer leaves and cut into 4 parts, then drain. For 3 heads of lettuce boil 2 or 3 eggs hard, and put into cold water. Then take 1 egg and cut up for garnishing, and from the others remove the yolk, stir with half a teaspoonful of sugar, dilute with a cup of sour cream, add a little lemon juice or vinegar to taste, and then add salt to the salad. Pour this dressing over the salad. Mix well. Garnish.

### MAZURKI WITH APPLES

Take 1 pound of sweet butter, 1 pound of blanched almonds, powdered, 1 pound of sugar, 1 pound of eggs in shell and 1 pound of flour. Make into a dough and roll with a rolling-pin into a thin cake. Bake in a medium hot oven. Boil a syrup from 1 pound of sugar, peel and core 2 dozen sour apples, cut into thin slices and fry on a slow fire until they are cooked into a very thick and transparent marmalade. Add a little lemon or orange rind for taste and stir with a spoon to avoid burning. When the marmalade stops sticking to the pan, take out and spread thickly over the cake and put in a cool place.

*From Mrs. John B. Stetson, Wife of the Minister to Poland.*

### BARCHTCH

Braise 10 kg. (22 lbs.) beets, cleaned and soaked in vinegar. When cold, add the beaten whites of 20 eggs with a little tomato and some vinegar. Stir this and add English pepper and some vegetables (carrots, turnips, celery, etc.) Pour 4 liters (4 qts.) of meat bouillon over the beets and let boil once. Strain through a cloth and serve hot.

### BARCHTCH NO. 2

Cook some finely cut beets in a good bouillon and add sour cream on pouring out the barchtch.

### FLAKÉ

Wash the tripe and cook to a turn with vegetables. Cut thin. Add considerable Parmesan cheese,  $\frac{1}{2}$  liter (1 pt.) of cream, a little bouillon, some nutmeg, pepper and ginger to taste.

### SOLANKA

Cook some sauerkraut in water and pour off this water. Fry some onions in butter and put them in with sauerkraut. Add purée of tomatoes, olives, capers, mushrooms, pieces of sturgeon or salmon (the fish may be boiled or fried). Put all this in a pan, sprinkle over it Parmesan cheese, a few drops of melted butter and bread crumbs, and brown in the oven.

### CHLODNIK

Mix a liter of sour cream with  $\frac{1}{2}$  liter of chicken bouillon. Add some finely cut beets (beet leaves), cucumbers, salted and fresh, cut in slices; shrimp, hard-boiled eggs, and then some breast of cooked chicken, civet, grated garlic and a teaspoonful of mustard. Put in the refrigerator and add a piece of ice before serving. (A liter equals a quart.)

### BIGOS

Cook some sauerkraut and add fried bacon with onions sprinkled with flour. Add some bacon cut in pieces, sausage cut in slices, fillet of pork, roast veal, tomatoes, and pepper to taste.

### KWAS À L'ORANGE

Cut 12-15 oranges in slices and put in a pail. Fill the pail with boiling water. When the water is lukewarm add 50 gr. ( $1\frac{3}{4}$  oz.) yeast and wait until the oranges rise. Strain the liquid through a cloth and add sugar to taste.

Put several dry raisins in each bottle and pour in the kwas. Cork well. Put in the refrigerator and serve cold.

Bread kwas is made in the same way, using dry (black) bread and adding the boiling water, etc.

## PORTUGAL

*From Hon. Fred Morris Dearing, United States Minister to Portugal:*

## PORTUGUESE CONSOMMÉ (for supper)

Add to each quart of consommé  $\frac{1}{4}$  quart of mashed raw, ripe tomatoes, and  $\frac{1}{10}$  quart of tomato juice. Cook under cover for 20 minutes without boiling. Strain through muslin cloth, strain gently. Serve very cold.

## PORTUGUESE CONSOMMÉ (hot)

Quantity for 6 persons:

$\frac{1}{2}$ quart of rich consommé (chicken or beef.)	200 grams (7 ounces) of string beans, cube-cut.
$\frac{1}{4}$ of a head of cabbage, cut in small pieces	200 grams (7 ounces) of French peas.
2 good-sized carrots cut in dice shape.	1 branch of celery.
1 onion cut up.	2 cloves.

Cook all these things in consommé and serve boiling hot.

## CODFISH À LA PORTUGUESE

Cut the fish in slices, each slice weighing about 8 ounces. Season with pepper and salt. Place in deep dish, holding 5 slices,

100 grams ( $3\frac{1}{2}$ ounces) of butter.	750 grams (1 pound, $10\frac{1}{4}$ ounces) tomatoes mashed.
$\frac{1}{10}$ quart of olive oil.	100 grams ( $3\frac{1}{2}$ ounces) of rice, to be cooked, $\frac{1}{4}$ salted water and $\frac{1}{4}$ white wine.
100 grams ( $3\frac{1}{2}$ ounces) of onion, chopped fine, cooked in butter; add a little crushed garlic and a little parsley chopped fine.	

Cover pot and cook over fast fire; keep cover on pot for 10 minutes; remove cover to reduce steam. Keep on fire for 18 minutes. Put slices of fish in long oval dish and cover them with garniture.

## BREAD PUDDING

Cut a loaf of bread (weighing about  $1\frac{1}{2}$  pounds) into small pieces, and put them in a tureen, soaking the bread in 1 pint of boiling milk. Half an hour later, mash this mixture until it becomes an homogeneous paste, adding 8 ounces of white sugar,  $\frac{1}{4}$  quart of sweet wine, 6 beaten yolks of eggs, a portion of currants and raisins. Mix all this with a spoon and put the mixture in a butter greased mold, powdering it with flour. Bake in a slow oven. When found it is baked, let it cool and then take out of mold.

## PORTUGUESE RICE PUDDING

Boil 2 cups of rice in water and a little salt. When half boiled, take off the fire and strain the water. Then boil 1 pint of milk and when boiling



add the rice with 3 tablespoonsful of sugar, flavored with vanilla or lemon peels. When the rice is nearly cooked, add 6 yolks of eggs, previously beaten up separately with sugar to taste, and stir well. Do not allow egg yolks to thicken with the rice while boiling. Sprinkle with a little cinnamon and serve lukewarm or cold.

## RUMANIA

*From Princess Bibesco, Wife of the former Minister from Rumania:*

### BIBESCO SALAD

Boil leek and pour over them a mayonnaise.

*From Hon. W. S. Culbertson, United States Minister to Rumania:*

Note: The following recipes from the Palace Cotroceni, were obtained by special permission of Her Majesty, Queen Marie.

### CHICKEN CUTLETS À LA RUSSE

Take the breasts of some young chickens, separate from the wings and skin; place in a deep pan with cream and salt. Rub the chicken breasts with roasted bread crumbs and fry quickly in fresh butter and serve. The other parts of the chicken should be well broken and made into a good sauce to be served separately.

*Palace Cotroceni.*

### SOUFFLET DE POULET EN SURPRISE

Separate the breasts of 3 fair-sized chickens, pound in a mortar together white of egg till they become creamy, rub this paste through a hair sieve and put into a porcelain dish with 2 or 3 cups of sweet cream slightly salt and place on ice. At the same time boil together with some vegetables and a little onion the other parts of the fowl separate the meat from the bones and cut into small lengthwise pieces, mix with a good thick white sauce, which should be made with butter, flour, the stock from a boiled fowl and cream in the quantity of half sauce, half chicken meat, also if preferred some fresh, cleaned mushrooms cut lengthwise roasted in butter, can be added. Smear the sides of a fireproof souffle dish with butter, pour in the chicken ragout and add the whites of 5 well beaten eggs (the whites should be beaten to a stiff froth.) Bake in a moderately hot oven for 15 or 20 minutes and serve hot.

*Palace Cotroceni.*

### HOW TO PREPARE BORS

A handful of bread, a little leaven and a pinch of sugar; work together with lukewarm water to a pulp. Leave in a warm place for several hours. At the same time put into a wooden or earthenware vessel about 10 liters (10 quarts) water,  $\frac{3}{4}$  kg. ( $1\frac{3}{4}$  pounds) rye husk,  $\frac{1}{4}$  kg. ( $\frac{1}{2}$  pound) maize husk; add the above pulp. Fill up till a quarter full with cold water, and after stirring vigorously several times add  $\frac{3}{4}$  warm water. Cover with a cloth and leave it to stand in a warm place. After 2 days the Bors is ready and should have a rather acid but pleasant taste, is wholesome and

promotes the appetite. When the Bors is finished prepare again, but instead of making with bread and leaven use the same quantity of rye husk, etc., left over from the previous Bors. Those who have not the opportunity to prepare Bors in this manner can make the soup acid with a little citrate of lemon.

*Palace Cotroceni.*

### BORS OF LAMB

Scald several small cut carrots, celery, root of parsley, onions and the white side of green onions in boiling water. Do the same with 2 pounds of well washed young lamb (cut into pieces the size of a nut), kidney heart, liver and lights. Let them boil, then pour off the water, wash them again and boil them now together with the fine-cut vegetables, till soft. In order to give the sour taste to the soup, add 2 liters (2 quarts) Bors. First boil the Bors separately, skim it. If it is not sour enough, boil it down; then add it to the soup and add chopped Liebstockl (Leustean), Dill (Marar), Estragon (Tarhon) and parsley leaves, a tablespoonful boiled rice. Mix into the soup 4 yolks and 1 cup of sour cream.

Bors with veal or with chicken is to be prepared in the same way.

*Palace Cotroceni*

### SOUP MALAKOFF

Braise 100 gr. (3½ ounces) onions, 100 gr. (3½ ounces) leek, 100 gr. (3½ ounces) celery in butter; cover them with a tablespoonful of flour, fill with 1 liter (1 quart) boiling soup. Squeeze 4 pounds of fresh tomatoes into the mixture and let it boil. When soft, strain it together with 1 pound of mashed potatoes. Cut ½ pound of spinach leaves longish, scald them in boiling water, steam them during 4 minutes with butter and put them into the soup.

*Palace Cotroceni.*

### TCHERKES (Chicken)

Put 1 or 2 spring chickens to steam with 2 cups of stock or water; add salt, celery, a carrot, a small leek, 1 sprig of parsley. Lay 100 fresh nuts in salt water; peel off the skin; dry them; put them into a mortar and add ½ cup of milk; pound well until the mixture becomes a thick white mash. When the chickens are soft, take off the skin and bones. Take 2 tablespoonfuls of butter, 2 tablespoonfuls of flour; mix them with the boiling gravy from the chicken and ½ cup of cream, and prepare a thick sauce. Take it from the fire and put the grated nuts over it in proportion of ⅔ (that is to say, 2 parts of nuts and 1 part of sauce). Add a little cayenne pepper. Put the chickens on a plate, cover them with the thick sauce and serve them hot.

*Palace Cotroceni.*

### SARMALE IN VINE-LEAVES

From 1 pound of veal, ½ pound of young lamb, ½ pound of fat pork without sinews, all well cut, 4 eggs, 200 gr. (7 ounces) cut onions, a little ground white pepper and salt make a fine paste. Scald 1 pound of fresh picked vine leaves; cool them and lay them one near the other on the table, the upper side being down. If the leaves are too large, cut them in two

and draw out the middle vein. Now take a piece (as big as a nut) of the paste on each leaf, roll it the length of the thumb; both ends must be well closed. Put a piece of butter into a stew pan, then arrange the sarmale on the bottom of this stew pan; close it and let it simmer for 10 minutes. Add a cup of soup and let it simmer again, until it is soft. Then roast 150 gr. (5  $\frac{3}{10}$  ounces) shredded onions in butter; cover them with 2 tablespoonfuls of flour,  $1\frac{1}{2}$  cupfuls of soup and 1 cupful of cream or milk, and let it boil well; salt to taste.

When soft, put the sarmale on a plate; mix the sauce with the rest of the gravy from the sarmale and pour it over them. Thick cream should be served in a separate sauceboat.

*Palace Cotroceni.*

### DATE PUDDING

1 cup dates, cut in pieces.	1 cup nut meats, cut in pieces.
1 cup sugar.	Pinch of salt.
1 teaspoon baking powder.	3 tablespoons milk.
4 tablespoons cracker crumbs.	2 eggs beaten separately.

Steam 2 hours or longer. Serve 8 people.

*Mrs. Wm. S. Culbertson.*

### BURNT SUGAR CAKE

Brown  $\frac{1}{2}$  cup sugar, add  $\frac{1}{2}$  cup boiling water; boil until thick, set aside to cool. Cream  $\frac{1}{2}$  cup butter and  $1\frac{1}{2}$  cups sugar; add yolks 2 eggs. Add alternately 1 cup water and 2 cups flour and 2 teaspoons baking powder. Add all but about 3 tablespoons burnt sugar syrup and flavoring. Then add beaten whites of 2 eggs.

#### Filling

Cream 1 large tablespoon of butter and 2 cups 4-X pulverized sugar and 3 tablespoons burnt sugar syrup. Add beaten white of 1 egg and flavoring.

*Mrs. Wm. S. Culbertson.*

### WHITE CAKE WITH CHOCOLATE MARSHMALLOW ICING

$1\frac{1}{2}$ cups sugar.	Flavor to taste.
$2\frac{1}{2}$ cups sifted flour.	$\frac{1}{2}$ cup butter.
2 heaping teaspoons baking powder.	1 cup milk.
	4 egg whites.

Cream butter and sugar together with a fork; add milk and flour, gradually sifting the baking powder in with the last of the flour; fold in the stiffly beaten egg whites, and flavor.

#### Icing

2 cups granulated sugar.	$\frac{1}{2}$ cup water.
$\frac{1}{2}$ teaspoon cream tartar (scant).	2 egg whites.
14 marshmallows.	$\frac{1}{3}$ cake chocolate.

Boil sugar and water until it threads. While the sugar is cooking beat the whites of the eggs. When about half stiff add cream of tartar, then beat until very stiff. Lay marshmallows on top of the beaten eggs and pour the syrup over, beating all the time until stiff enough to pile up on the

cake. Melt the chocolate and spread thinly over the marshmallow icing with a cake knife.

*Mrs. Wm. S. Culbertson.*

#### **CIORBA DE PERISOARE (Sour Soup with Meat Balls)**

To a good stock is added a little rice, onion cut fine, some citric acid\* (or a little sauerkraut liquid) and a little tomato puree. Let this boil until the rice is nearly cooked, then add little balls of force-meat and cook 10 minutes, then add fine herbs chopped.

\*Lemon juice may be used instead of the citric acid.

*Chef, American Legation.*

#### **CIORBA DE PUI CU SMANTANA (Chicken Soup with Cream)**

Boil some pieces of chicken with carrots, celery and onions cut very fine, add also a little rice. When all is well cooked thicken with some cream, to which has been added some egg yolks, 1, 2 or more depending upon the quantity of soup, and when nearly ready to serve add lemon juice according to taste.

*Chef, American Legation.*

#### **MEDAILLON DE THON (An Arrangement of Tuna Fish)**

Tuna fish which has been boiled is minced and mixed with mayonnaise, to which has been added a little gelatin. Then it is formed into round, flat medaillons and each one is covered with mayonnaise having gelatine in it. On top of this may be added a decoration of truffles and another covering of gelatine. Russian salad\* is arranged on the platter and the medaillons are placed on top and around. Gelatin cut in fancy shapes is put around the platter for decoration. Serve with mayonnaise or tartar sauce.

\*Russian salad is made by mixing equal amounts of cold cooked carrot cubes and potato cubes, cold cooked peas and string beans cut fine with mayonnaise.

*Chef, American Legation.*

#### **CANETON À L'ORANGE (Young Duck with Orange)**

The ducks are roasted very quickly in a casserole until nicely browned, then some juice or extract of veal and white wine (sec) is added and a cover is put on the casserole so that now they may bake slowly. When the duck is thoroughly cooked and taken from the casserole, the juice is strained and to it one adds orange and lemon juice and finally orange peeling which has been cut fine and immersed in boiling water. This sauce is put around the roast, and also quarters or slices of orange (peeled and seeded) for garniture.

*Chef, American Legation.*

#### **SELLE DE VEAU ORLOFF (Saddle of Veal)**

Roast a saddle of veal slowly in a covered casserole. When thoroughly done remove all the bones and cut the fillet and meat in slices as regular as possible and arrange perpendicularly, putting between each slice sauce Soubise and truffles cut fine. This is covered with sauce Mornay and

grated parmesan cheese and put in the oven to brown. With this is served the juice from the roast and also a vegetable dish. In Bucharest (Rumania) the vegetables are usually carrots, green peas, string beans and potatoes. In France cucumbers à la crème and asparagus.

Soubise sauce is an onion sauce and Mornay sauce is white sauce with the yolks of eggs and cheese added.

*Chef, American Legation.*

### BAVAROIS AU CHOCOLAT (Chocolate Bavarian Cream)

Put 1 cup of milk, 6 egg yolks, 170 grams (6 ounces) sugar, 200 grams (7 ounces) chocolate and 10 grams ( $\frac{1}{2}$  ounce) gelatin on the fire. When the mixture commences to thicken like cream pour into a bowl. After it has cooled add  $\frac{1}{2}$  liter (1 pint) of whipped cream; put into a mold and on the ice.

*Chef, American Legation.*

## RUSSIA

*From Madame Mishtovt:*

### BLINI (Pancakes)

$1\frac{1}{4}$ lbs. of flour.	5 eggs.
1 quart of milk.	1 oz. of yeast.
$\frac{3}{8}$ lb. of butter.	Salt and sugar to taste.

Dissolve the yeast in warm milk and pour into deep pan, adding one-half of the portion of flour. When well mixed set in warm place for one to one and a half hours. Beat the yolks of the eggs and the butter thoroughly and add with the remaining flour and salt to sponge when it has risen well, mixing and setting to raise for another one-half to three-quarters of an hour. When well risen, add beaten whites of eggs and fry in small pans with a little butter, taking only a spoonful of sponge at a time and spreading with butter before turning over to brown on the other side. The "blini" should be very thin, almost as thin as sheets of paper. Sour cream, drawn butter, finely sliced smoked salmon, and fresh beluga caviar should be served with "blini."

### BORSTCH (Soup from Southern Russia)

$2\frac{1}{2}$ lbs. of rich soup meat.	5 to 8 tomatoes.
$1\frac{1}{4}$ lbs. of beets.	About $\frac{1}{2}$ lb. of ham bone.
$\frac{3}{8}$ lb. of fresh cabbage.	5 tablespoons of sour cream.
2 tablespoonfuls of flour.	Vinegar, salt, pepper and bay leaves, to suit taste.
$\frac{1}{4}$ lb. of butter.	
8 to 10 deep plates of water.	

Cut the meat into convenient sized pieces, such as can be served afterwards in the soup, and put to boil to make regular white bouillon. While this is cooking, prepare separately the following: Chop some onions very fine and fry in butter; add to this the beets cut in thin, long strips; let the beets cook for some time in uncovered saucepan; add finely cut turnips, carrots and 2 tablespoonfuls of soup stock. When the vegetables are quite cooked add the cabbage that has been chopped very fine, as for cold slaw, and when this is slightly cooked add the flour and cook

a little more. About an hour or an hour and a half before serving, when all the vegetables are fully cooked, add the bouillon, pouring it through a very fine strainer or straining bag, wash off the cooked meat and add to the soup, letting the whole boil over a slow fire without putting lid on the pot. At the same time the ham-bone should be added with a few grains of allspice and the bay leaves. Half an hour before dinner add the tomatoes, finely sliced, and just before serving remove extra fat off soup and add sour cream.

To improve flavor just before serving any cold fowl, such as duck or chicken, sliced thin, may be added, together with potatoes and beans.

### GOLOUBTZY

1½ to 2 lbs. of steak.	1 medium sized onion.
¾ to ½ lb. of suet.	¼ lb. of butter.
¼ lb. of rice.	A little flour.
1 medium sized head of cabbage.	2 glasses of bouillon.
¾ lb. tomatoes.	Some ice or a glass of water.
½ lb. sour cream.	Salt and pepper to taste.

Cook rice in double boiler so that each grain remains separate. Pass steak through meat grinder three or four times until very fine and mix with rice. Remove leaves from cabbage head, scald and cut away the hard portion, being careful not to break or puncture them. Then sprinkle with salt and pepper, place a tablespoonful of the previously prepared meat and rice on each leaf and roll up, tucking in the ends so that the filling will not fall out in cooking. (Some persons tie the rolls with heavy cotton thread, which is removed before serving.) Then roll each "goloubtzy" in flour, place together as close as possible in skillet, pour melted butter over them and cook in oven or on top of stove, turning occasionally so that they will be well browned on all sides. When brown remove from skillet and from butter remaining in the skillet prepare a rather thick sauce of tomatoes and sour cream, and having placed the "goloubtzy" in a deeper pan, pour the sauce over them, cover, and cook in oven or over slow fire for 15 minutes, basting occasionally with sauce to keep from burning.

### SALVADOR

*From Hon. Jefferson Caffery, United States Minister to Salvador:*

#### FRIJOLAS PRESIDENCIAL

With the desired amount of beans boiled until thoroughly cooked and cooled and chopped fine with meat chopper, flavored according to taste with salt and pepper, hot melted butter must be poured over the beans and then fried in hot butter or Crisco and served hot. Cheese and hot toast must be served with beans.

*The Palace of the President, Salvador.*

#### GREEN CORN TAMALES

One ear of corn for each 2 tamales. To make 10 tamales take 5 ears of corn, 1 pound of bacon (fried), 4 eggs and 4 ounces of butter, 4 ounces

of sugar, and salt to taste. Grate the corn and strain it through a stock strainer; mix with bacon, ground after frying, grind eggs and mix all together. Take either husk of corn or banana leaf and wash well, then put in the husk a tablespoonful of the mixture or more if larger tamales are desired; wrap the mixture and tie both ends with corn husks or banana leaf, put in a deep pan and pour over them hot or preferably boiling water and cook over a slow fire for 15 to 20 minutes. Serve hot or cold.

*The Palace of the President, Salvador.*

#### FIGINDA FOGUE (Boiled Meat Loaf)

For a given number of people grind enough pork or beef well done with the desired number of tomatoes, onions, green peppers, pepper, garlic, capers, olives, salt and bread crumbs. After these have been ground together add 1 egg well beaten and mix thoroughly, roll around a hard boiled egg, and place in either buttered paper or in a cheese cloth to keep the shape desired and place in hot boiling water; boil until thoroughly cooked, slice and serve either hot or cold. Tomato or other sauce, according to taste, should be used, and it is well to garnish with lettuce or parsley and pimientos.

*The Palace of the President, Salvador.*

#### BOCAS DE LOPEZ (Cheese Wafers)

To the desired amount of well grated cheese, add the white of an egg or eggs if many bocas are desired. The egg to be beaten until stiff, mixed thoroughly with the cheese, to which is added a little salt and pepper and tabasco sauce, according to taste. This is spread on thin squares of bread or on wafers and browned in a very hot oven. Must be served hot.

*The American Legation, San Salvador.*

#### GASPACHO (Cold Bread Salad)

Cut stale bread into thin slices, place at the bottom of a dish that can be used at the table. Prepare aside a dressing of olive oil, vinegar, water and salt, and with this soak the bread. Add to this after the bread has been soaked tomatoes, green peppers, onions, garlic, pepper, paprika, and a few drops of tabasco sauce, according to taste. These ingredients should be ground and put over the already soaked bread, and can be used either cooked or raw, as desired. Each piece of bread must be covered with the sauce. It is better to prepare some time ahead of using.

*Salvador Country Club, San Salvador.*

#### STUFFED BANANA FRITTERS

Boil the bananas but not until they are very soft. Add either minced beans, chicken or beef, well done. If beans are used they must be mashed and then fried in butter or Crisco, and if chicken or meat is used it should be ground then used as stuffing for the banana. Serve with cream cheese. (The fried beans can be used or served alone with the cream cheese on toasted wafers.) If the stuffing for the bananas is to be chicken or meat it should be seasoned according to taste; capers, onions,

etc. The fritters can be round or oblong as preferred. They should be fried in boiling Crisco or butter or they can be baked in a slow oven, adding sugar and cinnamon, according to taste.

*International Club, San Salvador.*

### CAMBRAY TAMALES

Cook as much dry corn as the quantity of tamales desired. The corn should be cooked until it has become very tender, then it is grated and strained, seasoned with butter, cinnamon and salt and cooked over a slow fire until somewhat firm. Take enough of the mixture to fill a tamale in the shape of a plum; stuff it with either prepared chicken or pork (well cooked), and season with raisins; put into green corn husks, tie and place in a deep pan; pour over them boiling hot water and cook over a slow fire for 15 to 20 minutes. Serve hot or cold.

*Casino Salvadoreno.*

### FRIJOLE (Bean Soup)

Boil white butter beans until well cooked, then mash, season and add 3 wine glasses of sherry to each dozen helpings of soup. To thin add 1 pint of boiling milk and butter to each dozen helpings. Chicken livers chopped very fine add flavor to the soup. Must be served hot and with brown bread toast.

*Hotel Nuevo Mundo, San Salvador.*

### CUSCATLAN BAKED RICE

Grate either chicken, pork, beef, fish, crab meat or turkey with sufficient seasoning of onions, tomatoes, olives, capers, and a little salt water, green peppers and a few slices of potatoes; mince and thoroughly mix. Have rice well boiled and sprinkled with either butter or Crisco, and have well greased baking dish; put a layer of rice in bottom and then one of the filling over which must be sprinkled grated cheese and a layer of a well beaten egg, another layer of rice and of the meat filling and grated cheese and cover this with another beaten egg. Bake in a hot oven for about 15 to 20 minutes. Serve hot.

*Restaurant Savoya, San Salvador.*

## SPAIN

*From Señora Dona Carmen Satrustegui de Padilla, Wife of the Ambassador from Spain:*

### RICE A LA VALENCIANA

Put some lard in a pot with a little fried onion. Add pieces of chicken or fish and 2 tomatoes in slices and when boiling add the rice, measuring double quantity of water than rice. Let it boil very slowly until the rice is dry and soft, adding a little extra water if the rice is too dry, but stirring the bottom a little to prevent sticking. When half done add some canned pimiento.



## CASTILLIAN CHICKEN

Fry in lard a little jam and 2 pieces of chicken with some cut onion, mushrooms, and a few leaves of laurel. Take care not to allow it to stick. Add some fresh tomatoes in small pieces. Let it fry and serve with fried bread.

## CROQUETS FROM MADRID

Chop up chicken and make with butter and flour, adding milk, a soft sauce, mixing the chicken until a paste is made. Then let it cool and roll into balls. Roll balls in egg with fine bread crumbs and fry in lard.

*From Hon. Ogden H. Hammond, American Ambassador to Spain:*

Note: Upon receipt of the request of the Congressional Club, the matter was brought to the personal attention of His Majesty, King Alphonso XIII, who expressed the desire of personally choosing and directing the preparation of the recipes requested on behalf of the Congressional Club.

## TORTILLA A LA ESPANOLA (Spanish Omelet)

Cut the potatoes in small slices and fry in great quantity of lard. Drain through a strainer, add the necessary salt and butter and place in a frying pan. Soak the potatoes in the butter over the fire for a minute, pour on them the eggs well beaten, stirring while they curdle. Once curdled, turn the omelet over until ready. Use a slow fire and do not keep omelet in the pan longer than necessary so as to prevent the egg from hardening. It should be served soft and juicy.

*His Majesty, The King of Spain.*

## EL COCIDO MADRILENO (Spanish Cocido)

1 kilo (2 2/10 pounds) of Garbanzos (Spanish beans), 1 kilo (2 2/10 pounds) round of beef and shank, 1/2 kilo (1 1/10 pounds) of Aviles ham, 1/2 kilo (1 1/10 pounds) of white bacon, 2 chickens, 4 pork sausages from Riofrio, 2 Morcillas (blood sausages), 1 white cabbage, 4 leeks, 1 onion, 2 carrots, some saffron (if liked).

Soak the Spanish beans overnight in warm water and salt. Next morning boil in water the meat and bone. Let it boil for a while, then skim and move pot aside so that it may continue to cook slowly. Add the ham, bacon and chickens. As soon as the water ceases to boil, drain the beans that had been soaked in water and add them to the pot containing the ingredients. Place this again over the fire and allow it to boil, skim once more, add the leeks, the carrots and a whole onion with 2 cloves stuck into it and let it cook with a slow fire. Cut the cabbage, wash and boil in water, then cook in a separate pot together with some of the grease of the cocido and a few cupfuls of broth; cover the pot and place in the oven until the broth is partly consumed. The cocido ready and seasoned, strain the broth and make with it whichever soup is desired. (Rice or vermicelli is the most common.) Boil the pork

and blood sausages separately and add to the cocido a few minutes before removing the broth so as to make it more tasty.

Serve the cocido on a china dish and arrange as follows: At both ends of the dish—the cabbage. Center—the beans. Around the cabbage—the sausages; on top—the bacon cut in pieces and potatoes boiled in the cocido broth. On top of the Spanish beans—the meat, and by the side of this—the ham and chickens. Each of these cut and placed conveniently. Serve with it a thick tomato sauce. For 10 people.

*His Majesty, The King of Spain.*

#### LANGOUSTE A LA AMERICAINE (Lobster a la Americaine)

Heat well a small quantity of oil. Cut the langouste (lobster) alive and fry with the oil and stir. Add a glass of cognac and let it burn. Then add some white wine and a brown Spanish sauce, prepared separately with a great quantity of tomato and very strong. Cover the pieces of lobster completely with the sauce, and let it boil during three-quarters of an hour. Serve rice separately. This brown Spanish sauce should be made with very strong meat juice.

*American Embassy.*

#### ARROZ A LA VALENCIANA (Paella)—(A uniquely Spanish dish)

2 tablespoonfuls of oil or lard.	½ pound of rice.
2 small onions.	3 pieces of garlic.
2 tomatoes.	Some parsley, ground pepper,
1 large sweet red pepper (capsicum).	cayenne pepper, salt, saffron.
2 tablespoonfuls of green peas, or artichokes, carrots, etc.	Water as needed.

For the above specified quantities of vegetables and seasoning, half a chicken (if not too small) will be sufficient, or half a rabbit, a pound of mutton, fish or anything similar which may be convenient.

Fry the garlic (this may be omitted if distasteful), the onions, and then the tomatoes; add the parsley, pepper, cayenne, saffron and the vegetables (peas preferred), stirring well, to avoid burning. Have the chicken, or other meat or fish, clean and prepared beforehand, and now place it in the vessel, adding the necessary salt and water, hot or cold, and let the whole boil until tender. When sufficiently tender, measure the sauce to ensure that it quadruples the volume of rice to be used (for a cupful of rice, there should be 4 cupfuls of liquid); should there not be sufficient add more water; put in the rice and the sweet red pepper in layers, allowing them to boil for exactly half an hour, with the casserole uncovered, from the time the rice starts to boil. Stir evenly to avoid burning and add small quantities of water as required, taking care that it does not leave the rice too liquid when finished. To be well cooked, the grains should remain perfectly separated.

*Ritz Hotel, Madrid.*

#### SWEDEN

*From Hon. Robert Woods Bliss, United States Minister to Sweden:*

##### BAKED ORANGES

Boil six oranges until they are soft, taking care that they are always covered with water. (Do not boil too quickly or skins will break.) *This*

will take from 3 to 4 hours. Test by pricking with a fork. Cut oranges in half, place them in fairly deep pan, then pour over them a syrup made of: 3 cups granulated sugar, and 1 cup of the water the oranges have been cooked in. (It will take a few minutes to make the syrup.) After the syrup has been poured over the oranges, place about a teaspoonful of melted butter on each orange. Cover the pan and cook slowly on top of the stove, basting the oranges from time to time with the syrup. Cook until the oranges begin to get clear. This will take about one hour and a half.

*Mrs. Robert Woods Bliss.*

### BIFF RYDBERG

Cubes of filet de boeuf are peppered and salted and fried quickly in butter. Equal quantities of boiled potatoes and finely chopped onion are fried together. Lay in layers, 4 on a plate, and serve with raw yolks of eggs.

*Grand Hotel, Stockholm.*

### BIFF LINDSTROM

Good, minced beef is mixed with yolks of eggs, finely chopped onion, potatoes and beetroot, whole capers, peppered and salted according to taste. Are fried quickly in butter and served with fried potatoes.

*Grand Hotel, Stockholm.*

### KALDOLMAR

The stuffing is made of minced beef\*\* and pork together, rice boiled in milk, yolk of egg, finely chopped red onion, salt, pepper, sugar, according to taste, and rich milk.\* The stuffing should not be made too thick. Large cabbage leaves are half boiled in water and taken up in order to let the water run off. The thick part in the middle of the leaves is cut away. The stuffing is rolled up in cabbage leaves, which are laid in a buttered pan and fried until they get a nice brown color on both sides. Ladle and braise with good thin meat sauce (or cream sauce).

\* Milk rich in cream, say half and half.

\*\* Mutton is used in Norway.

*Grand Hotel, Stockholm.*

### FILETS DE SOLES GLYDENE FREDEN

Cook the filets with white wine, with a base consisting of a few mushrooms, crushed tomato, a fish flavoring and a shallot. When they are cooked, drain the filets, strain the base, reducing it to a solid. Add double cream. Reduce to about three-quarters and pour over it fresh butter sauce. Serve on a plate surrounded by a border of Duchesse potatoes. The filets must be garnished with pieces of fresh lobster, mushrooms and truffles glazed in the oven.

*Glydene Freden, Stockholm.*

### SALADE CHANCES (Like Hors d'Oeuvres)

Fresh tomatoes cut in large pieces, mussels, shrimps, a little green salad cut in large pieces, a little chive and parsley cut very fine. Mix all this with a salad sauce and a little Russian caviar. This salad should be served very cold.

*Glydene Freden, Stockholm.*

**MOULES A LA FREDEN**

Sauté the mussels with a mixture of chopped vegetables, a little thyme, a very little bay leaf. When the mussels are sautéed, moisten with a little white wine. When cooked, drain the mussels, strain, reduce to a solid and add a little double cream and a very little solidified meat juice. Serve the mussels in their shells with a sauce and parsley chopped very fine.

*Glydene Freden, Stockholm.*

**TOURNEDOS VALENTINOISE**

Sauté fillet of beef (tournedos) and place on croutons. Garnish with new carrots and potatoes. Cut into pieces the size of hazel nuts and place on stuffed lettuce. Put a little tart filled with purée of creamed chestnuts on the beef and a layer of truffles on top. Add a good French sauce.

Preparation of the rice: Sauté chopped onions and rice in butter. Previously measure the quantity of rice in a recipient. Fill to the top. Refill the recipient twice with clear consommé. Season. Garnish. Let come to a boil. Put in the oven, well covered. Cook for 17 minutes. Decant. Crush the rice with a fork, adding small pieces of butter.

*Opera Källaren.*

**SAUCE MARECHALE POUR POISSON (Sauce Marechale for Fish)**

Dice the mushrooms and sauté in butter. Add crushed tomatoes and shallots chopped fine. Thin with white wine. Reduce and add a little meat jelly (glace) and butter. Season.

*Opera Källaren.*

**SAUCE GERVAIS POUR POISSON (Gervais Sauce for Fish)**

Like the above, adding shrimp which has been cooked and put through a sieve and shrimp tails which have been diced.

*Opera Källaren.*

**SAUCE FRANCAISE (French Sauce)**

Reduce a good base of veal, a little good tomato sauce, add butter, season with chervil and chopped parsley and add lemon juice.

*Opera Källaren.*

**SAUCE GOURMET**

Like the preceding, plus a little mustard. The two sauces are served with fried or baked fish, or with roasted or broiled meats.

*Opera Källaren.*

**FILETS DE POISSONS. TOULOUSAIN**

Julienne of leek, onions, celery, stems of parsley. Sauté in oil until vegetables are well cooked. Cut a large quantity of tomatoes into good-sized pieces and put in the julienne sautéed in the oil as above. Add a good base of fish. To this add a little garlic and a sprig of saffron. Sauté all this in fresh butter and season. Add sauce and serve while hot.

*Opera Källaren.*

## FILETS SOLES MANON

Fold the fillets and stuff with Mousseline sauce. Poach on a well-seasoned base and arrange in a ring in a timbale. Garnish the middle with fresh noodles or spaghetti. Add a white wine sauce and shrimp which has been cooked and strained. Season with a glass of champagne.

*Opera Källaren.*

## FILETS CAPRICE

Dip the fillets in melted butter and roll in bread crumbs. Press and cut in squares. Dot with butter and broil. Arrange the fillets on half-bananas peeled and cooked in butter. Serve at the same time a saucer of Ravigot sauce.

*Opera Källaren.*

## TOURNEDOS ROSSINI

Sauté a thin slice of goose liver in butter. Add layers of truffles. Sauce: demi-glace with Madeira wine.

*Opera Källaren.*

## CHATEAUBRIAND BORDELAISE

Heart of fillet of beef, layers of marrow, chopped parsley. Sauce: Chopped shallots, mignonette, pepper, thyme, bay-leaf. Add red wine, boil down, and then add demi-glace. Strain and add sauce.

*Opera Källaren.*

## NOISETTES DE VEAU CHEVREUSE

Artichoke bottoms garnished. Purée of mushrooms covered with a layer of truffles. Potatoes cut in the size and shape of hazel nuts. Light Perigeaux sauce.

*Opera Källaren.*

## ESCALOPPE DE VEAU ZINGARA

Julienne of ham, tongue, mushrooms and truffles. Sauté in butter and add Madeira wine. Add half solidified tomato sauce with essence of tarragon.

*Opera Källaren.*

## FILET DE VEAU MASSENA

Artichoke bottoms, garnished. Perigeaux sauce. Layers of marrow poached on the fillets.

*Opera Källaren.*

## PILAFF OR PILLAU À LA TURQUE

Cut in small pieces the meat from the leg or shoulder of mutton. Make a ragout well-seasoned with curry. Serve rice à la creole at the same time.

One may serve this dish with a good cream sauce flavored with curry.

*Opera Källaren.*

## SWITZERLAND

*From Madame Peter, Wife of the Minister from Switzerland:*

## BRICELETS (Swiss Cookies)

$\frac{3}{4}$  pound of butter.

3 whole eggs.

Not quite  $\frac{1}{2}$  pound of sugar.

Flour.

2 grated lemon rinds.

Make a dough almost liquid. Stir well and put with a spoon into the "bricelot iron." The "bricelot" iron is something like a waffle iron, or "fer à gauffres." The cookies must be golden brown on each side, and they keep a long time in a tin box.

## COOKIES (For Tea or to Eat with the Preceding Recipe)

1 pound flour.

$\frac{1}{2}$  pound butter.

$\frac{1}{4}$  pound sugar.

2 yolks of eggs.

2 lemon rinds grated very fine.

Mix well to make a dough; roll it to  $\frac{1}{4}$  of an inch thick; cut in shape; paint it with some yolks of an egg. Put in the oven until golden color.

## SWISS CAKES (Merveilles)

6 eggs.

1 pint double cream.

1 teaspoonful of sugar.

$\frac{1}{2}$  teaspoonful of salt.

Flour.

Beat the eggs well and add sugar, salt and cream; then add enough flour to make a stiff dough. Turn the mixture on to a well floured pastry board and roll as thin as possible. Cut into strips and fry to a golden brown in deep fat. Sprinkle with pulverized sugar mixed with a little cinnamon.

## CHEESE TOAST (Entree Dish)

Make a rich thick sauce with butter, 3 spoonfuls of flour, with  $\frac{1}{2}$  pound of good Swiss cheese. When almost cold add the yolks of 4 eggs, mix well. Cover with this mixture both sides of bread sliced in the shape of a playing card and dip in the whipped whites of the eggs. Fry in deep hot fat. Serve very hot.

## RASPBERRY MOUSSE

Mix in a bowl 4 tablespoons of granulated sugar, 4 eggs (whites and yolks) and 1 large cup of raspberry juice. Stir well with a fork. Set on the fire and whip to prevent the boiling and to thicken. When thick pour in a glass bowl and serve cold.

## EXQUISITE PUDDING

$\frac{1}{2}$  pound sweet butter.

$\frac{1}{4}$  pound confectioner's sugar.

$\frac{1}{2}$  pound chocolate.

Melt slightly the butter, stir it to cream, add little by little the sugar, the melted chocolate (melt chocolate without water.) Coat a mold with lady fingers dipped in rum, pour the cream and put on ice. Serve the next day and pour on it a cold thick custard.

## TURKEY

*From Mrs. Mark L. Bristol, Wife of Admiral Bristol, High Commissioner to Turkey:*

### PILAF (The National Turkish Dish)

Take 4 teacups of rice, rinse it well and drain. Boil 8 teacups of water with a piece of butter the size of an egg or 8 teacups of bouillon. When boiling add the rice and cover with a lid. Let boil on a big fire for 10 minutes, then put the pan on a moderate fire and leave the rice boil till the surface will have some holes and no water will remain. Never stir with a spoon. When you will be quite sure that no water remains, take the pan off the fire, add 2 big spoons of melted butter, cover the pan with a clean cloth, put the lid over and leave for 10 minutes on hot ashes. After a quarter of an hour stir with a spoon (not before); leave for another quarter of an hour and then serve.

### GEORGIAN SHASHLIK (Roasted Mutton)—(Caucasian Dish)

Cut in pieces soft parts of mutton and mutton fat, add salt, pepper and put the whole in a stone pan, every piece very close to the other, adding between every piece of mutton a piece of onion or garlic. Add some vinegar, not much, or sour white wine and salad oil and leave it marinate for a couple of hours.

Take out the pieces and put them on a napkin, strip the meat from the onion, etc., and string them on a metal pin or wooden stick, putting one piece of mutton, one piece of mutton fat and a piece of raw eggplant, and so on. Ten minutes before serving roast over hot coals; after one side of the stick with the shashlik is ready, turn over and roast the other side. Serve on a dish without taking out the metal pins or sticks. Can be roasted on a simple pan like a beefsteak.

### CABBAGE SOUP (Shie)—(Russian Dish)

Boil white bouillon (water with meat only) and after having taken off the foam add a "bouquet" (different herbs), some salt and put the pan on the edge of the oven. Prepare some cabbage cut in fine pieces (the leaves only), wring through a napkin, cut small pieces of onions, put them in boiling butter or fat, add the cabbage previously wrung, roast and stir the whole until the cabbage gets red and soft; add some mashed tomatoes, some flour and roast again. One and one-half or two hours before serving add the cabbage in the filtered bouillon as well as pepper, leaves of laurel. Put in this soup meat and put on the fire. Before serving add some sour cream and boil again.

### BIRDS (In Chafing Dish)

Split birds open as for broiling and to one dozen sprinkle half a dozen small red peppers cut fine with scissors. Place in dish, breast down, with salt to taste. On each bird place one-inch square of butter, then pour in half a teacup of broth (or hot water), cover and steam until butter is melted, then add the following preparation: Put in a tumbler 2 tablespoonfuls of Worcestershire sauce, juice of 1 lemon and fill tumbler with port wine. After cooking for half an hour, add 2 cans of small

mushrooms. If birds are young about 2 hours' time will be required to cook them. When thoroughly cooked and just before serving add 1 teaspoon of cream thickened with flour.

## URUGUAY

*From The Pan American Union:*

### PUCHERO (The Classic *Olla Podrida*, Uruguayan Style)

Put beef bones, together with a piece of beef, in water salted to taste and boil 1 hour, skimming from time to time. Then add part of the vegetables, namely, turnips, celery stalks, carrots and green onions or leeks, and boil another hour. Then add potatoes, corn on the cob, and a quarter or half of a green cabbage, and boil about half an hour more. Finally, add several pieces of roasting pumpkin and sweet potatoes, halved. Boil again until the latter are tender. The total time required to cook this famous dish (which closely resembles a New England "boiled dinner") is from 3 to 3½ hours. Serve the broth as soup, and the vegetables and meat in a large platter, either as the second course or as the *piece de resistance*, as desired.

### CARBONADA (Meat and Vegetable Stew *a la Uruguayana*)

Fry 1 or 2 onions in olive oil and when golden brown add a little finely chopped celery, parsley, with tomato sauce, and stock to cover, cooking the whole until tender. Then add meat (beef or lamb) cut in medium-sized cubes, cover tightly and let simmer. When the meat is half-cooked add potatoes cut in small cubes and about a cupful of rice. Do not stir the mixture while rice is cooking; shake the saucepan, instead, to keep from sticking, adding stock or water until cooked. Garnish with parsley and serve in large platter as a fairly dry stew.

### CREAM TURNOVERS OR TARTS, URUGUAYAN STYLE

Take two full pounds of wheat flour, a cup of lukewarm milk, ¾ of a teaspoonful of salt and half a pound of butter. Mix the flour with the milk, adding two or three tablespoonfuls of butter, until a soft, smooth dough is obtained. Knead for 20 minutes until the dough can be rolled out very thin. Roll, spread thoroughly with butter and fold at the middle, repeating the procedure until the butter is all used. Roll in a smooth, thin layer, cut into pieces the size desired and fill each with a thick cream custard, joining edges of pastry with lukewarm water. Fillings can also be made of finely minced meat, quince or other conserve. Fry turnovers in deep fat or bake in the oven.

*From Señorita Carmen Teresa Grisanti, daughter of Señor Dr. Carlos F. Grisanti, Minister of Venezuela to Washington:*

## VENEZUELA

### STUFFED CHEESE

Cut a small square out of the top of an Edam cheese and remove the interior with a knife, taking care to leave the rind whole. This shell is



now soaked in hot water the night before the cheese is to be stuffed. The next day the stuffing is made as follows: Cut up a chicken and place in a skillet with  $\frac{1}{4}$  pound of butter,  $\frac{1}{2}$  a cup of olive oil, a small onion chopped very finely, and salt to season. When these ingredients have cooked until they are quite soft, add  $\frac{1}{4}$  pound of rice and cook well. About 20 minutes before serving, stuff the cheese rind with this rice and chicken and place in a hot oven in a porcelain baking-dish. When the cheese is quite soft, remove and serve in the same container.

### CHICKEN SALAD

One chicken, a can of peas in butter, a small jar of pickles in mustard, and a can of asparagus.

Parboil the chicken and cut into very small pieces; add to it some vinegar and oil. Cut the tips off of the asparagus and keep for trimming. Make some mayonnaise and mix one half with the chicken, the peas, pickles, and the asparagus. Place in a salad dish, cover with the remaining portion of the mayonnaise, and adorn with the asparagus tips.

### CHICKEN AND CORN PUDDING

One can of corn, 1 glass of milk, 2 ounces of butter, a loaf of bread soaked in milk, a parboiled chicken, 2 eggs, salt and sugar.

Beat the eggs well. Mix the corn and milk, add the bread, then the eggs, and finally the sugar and butter. Alternate layers of this mixture and of chicken until all is used in filling a baking-dish. Place in oven.

### MEAT SOUP

Half a pound of meat, 2 eggs, 2 tablespoons of flour, 2 tablespoons of butter. Prepare a broth with all necessary condiments (such as salt, pepper, etc.) and 1 egg. The meat should be very finely chopped and mixed with the 2 eggs, the flour and the butter. When the broth has reached the boiling point, this mixture of meat is gradually stirred into the broth.

### TORTA DE JOJOTOS (Baked Fresh Corn)

Twelve ears of sweet corn, 3 eggs, 2 ounces of butter,  $\frac{1}{4}$  pound of cheese, a pint of milk, salt and sugar to taste. Grate the corn from the cob and strain through a colander, add the other ingredients (having grated the cheese.) Place in a baking-dish which has been well buttered and bake.

*From Hon. Willis C. Cook, Minister of the United States to Venezuela:*

### MONDONGO (Soup)

6 quarts water.	1 ñame (another kind of yam) cut in squares.
1 foot (calf or ox.)	1 pumpkin (cut in squares.)
1 pound tripe.	4 carrots sliced.
$\frac{1}{2}$ pound ham, cut in small squares.	1 cabbage, cut in pieces.
1 apio (not celery, but a kind of yam), cut in squares.	1 cup garbanzos (chick-peas) soaked overnight in salted water.

36 small balls of masa, about the size of a marble.

Salt, a very little vinegar, Worcestershire sauce to taste.

6 tomatoes, chopped.

1 large onion, chopped.

(Masa is dried corn, ground and formed into a compact mass, round, about the size of a tennis ball. It is used for all kinds of thickenings, crusts, etc., and is sold in the market by the ball.)

The day before the soup is needed the tripe and foot should be washed thoroughly and with great care in water and lemon. Put them on to boil, in 6 quarts of cold water, over a slow fire all day. The longer they are cooked the better. Some cook them slowly all night, too. If not cooked through the night, put them in a cool place for the night, and the next morning again set them over a slow fire with the bouquet. About 2 hours before serving add the ham, vegetables, garbanzaz, salt, vinegar, Worcestershire sauce and masa. Serve very hot. Should there be any left, this soup is even better re-heated.

*Señora de Casiano Santana of Caracas.*

#### SANCOCHO DE GALLINA (Boiled Chicken)

(A Favorite Dish in the Palace of the President)

1 pound potatoes.

1 pound ham.

24 small balls of masa (about the size of a marble.)

1 large onion.

2 carrots.

1 turnip.

Salt and pepper.

1 large fat fowl.

3 quarts water.

1 bouquet (parsley, sprig of mint, leek, celery.)

1 handful of rice.

1 large apio cut in half.

1 ñame cut in half.

1 large cabbage.

Put the chicken to cook in 3 quarts of cold water with the bouquet, onion, carrots, and turnip. When the chicken is partially cooked add the ham and other vegetables, the handful of rice and the balls of masa. Season to taste. Serve the chicken and ham, carved, in one hot platter, the vegetables in another, and the soup with the masa in a tureen. A piece of chicken, a portion of ham and vegetables, are placed in each soup plate and covered with the soup.

*Señora de Casiano Santana.*

#### HALLACAS (The National Christmas Dish of Venezuela)

100 prepared banana leaves.

1 large fat fowl.

1 pound pork.

1 pound onions.

1 pound tomatoes.

1 pound carrots.

1 pound raisins.

1 bottle olives (small.)

1 bottle mustard pickles (small.)

10 eggs, hard-boiled and sliced.

Salt pork fat used for larding.

3 cloves of garlic.

Laurel leaves.

Parsley.

Thyme.

Sage.

2 tablespoons vinegar

1 spoonful wine.

1 spoonful sugar.

4 drops tabasco sauce.

Masa, 40 balls, size of a tennis ball.

Onoto, a reddish-yellow coloring to tinge the masa.

Crisco or fresh sweet lard.

Twine, thin and very strong, shoemakers' linen thread will do.

Cook the fowl and pork in salted water with carrots, an onion and pepper. When cooked cut in small pieces, eliminating the bones. Make the following stew: Cut the pound of onions in slices and fry in lard or crisco. When slightly brown add the tomatoes, peeled and chopped; the cloves of garlic, chopped; the vinegar, wine and sugar; laurel leaves, parsley, thyme and sage, chopped. When well-cooked add the chicken and pork. Thicken with a little masa (masa is dried corn, ground, and formed into balls the size of tennis balls, and sold in the market); add the tabasco sauce and cook for a short time to allow the chicken and pork to absorb the flavor of the seasoning.

Clean the banana leaves, which have been prepared by holding over the fire long enough to soften them (they are bought in the market already prepared), with a dry towel and grease them well with lard or crisco. Prepare the masa by adding salt and onoto dissolved in lard, and sufficient lard or crisco to make it soft enough to readily spread on the leaves with a knife. The preparation of masa must be so thin that the green of the leaf shines through it. Place in the center of the masa some of the stew dotted with pieces of the salt pork fat, cut about the thickness of a woman's thumb and an inch long; also with raisins, pieces of pickle, stoned olives, and slices of hard-boiled egg. Cover with another leaf also spread thinly with the masa and double over the four sides, making a package of 7 to 8 inches square by 1 inch or 1½ inches thick. These packages must then be covered with more leaves in such a way as to keep all water from penetrating to the stew. When thoroughly covered tie with the twine. This must be done very securely, tying the package both ways four times.

Then put the hallacas to boil in boiling salted water. Boil for 2 hours or longer, until they feel slightly puffy to the touch. Take out of the pot and drain in a wire basket. When dry, keep in a cool place until needed. Heat the quantity required in slightly salted boiling water. When thoroughly heated, cut the strings, and slip the hallacas from the leaves to a heated platter and serve immediately.

This quantity makes about 20 hallacas. The exact quantity of lard or crisco cannot be given as some masa needs more than others. Have plenty on hand as the masa must be soft enough to spread easily.

When eggs are used the hallacas will keep a few days in a cool place, but if they are omitted the hallacas will keep indefinitely. The banana leaves impart a distinct flavor to the hallacas.

*Señora de Casiano Santana.*

### QUESO DE PINA (Pineapple Loaf)

1 large and juicy pineapple.

1¼ pound of sugar.

14 eggs, very well beaten together (whites and yolks).

Burn sufficient sugar to make enough caramel to coat a mold. Grate the pineapple, put it in a fine cloth and press out the last drops of juice. Make a syrup of the sugar and pineapple juice; there should be about a pint and a quarter or a pint and a half. When cool beat the syrup little by little into the beaten eggs. Pour into a round smooth mold, coated with caramel, and cook in another larger receptacle holding water to the level of the queso. The mold for the queso must be uncovered and high enough to prevent the water from entering. It must cook in a very slow

oven until quite firm. It must not boil at any time as boiling would ruin it. Keep in ice-box and unmold when needed on a crystal or porcelain platter. It can be kept for two or three days in the ice-box. All Venezuelan sweet dishes are very rich, very sweet and delicious.

*Señora de Casiano Santana.*

## YUGOSLAVIA

*From Mr. Voislav Antonevitch, Minister from Yugoslavia in Washington:*

### SERBIAN SALAD

- |   |                              |
|---|------------------------------|
| 1 good size eggplant (or two small ones). | $\frac{1}{4}$ cup olive oil. |
| 6 green peppers.                          | 2 tablespoons vinegar.       |
|   | Salt, black pepper.          |

Bake eggplant and peppers in the oven as you would bake potatoes. Remove the outer skin from both, also the seeds from the peppers. Chop eggplant and peppers real fine. Add olive oil, vinegar, season with salt and pepper to suit the taste, mix all well and keep in a cool place until ready to use. This is a summer dish and can be used as "hors d'oeuvres" or as salad with a warm or cold roast.

### GIUVECH

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 pound lamb chops.      | $\frac{1}{2}$ cup uncooked rice. |
| 1 pound pork chops.      | 1 $\frac{1}{2}$ pounds potatoes. |
| 5 pounds fresh tomatoes. | 2 pounds dry onions.             |
| 6 green peppers.         | 6 okras.                         |
| 1 eggplant.              | Salt, pepper.                    |
| 2 tablespoons lard.      |                                  |

Chop onions fine, or pass them through the meat grinder. Cover bottom of roasting pan with chopped onions. Wash tomatoes, cut them in slices crosswise, place  $\frac{1}{2}$  of it on top of onions, wash rice and spread over tomatoes, peel and slice potatoes and place them on top of rice; put a layer of chops next to potatoes, alternating pork and lamb. Wash and peel eggplant, cut in cubes medium size. Remove pulp from green peppers and cut in fine rings. Add the remaining half of tomatoes, cut okras and place on top of tomatoes, salt and pepper to taste. Sprinkle with lard, cover the pan, place in the oven, bake on a fairly strong fire for about 50 minutes. Remove the cover, finish baking on a smaller fire for 20 minutes longer.

### SARMA

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 head sauer cabbage.            | 1 dry onion.               |
| 1 pound round steak, ground.     | 2 tablespoons lard.        |
| 1 pound pork, ground.            | 2 tablespoons flour.       |
| $\frac{1}{4}$ cup uncooked rice. | $\frac{1}{2}$ pound bacon. |
| 1 egg.                           | Salt, pepper.              |

Cut out carefully leaf by leaf off cabbage, remove the hard stem. Put one leaf on top of the other, spread neatly on a plate. Chop onion fine and brown it in lard. Mix 2 kinds of meat, add fried onions, break in the egg, put in washed, uncooked rice, season with salt and pepper.

Fry the whole mixture to a turn. Put in each of the cabbage leaves 1 tablespoon of meat thus prepared, roll leaf round the meat, tuck in the sides to prevent leaf from unrolling. Arrange one by one in a casserole, cut bacon in slice  $\frac{1}{4}$  of an inch thick, place it in between the rolls. Have the whole immersed in water. Put casserole on a slow fire. When partially done, place 2 tablespoons of lard in a frying pan; when warmed add 2 tablespoons of flour, brown it, add 1 cup of boiling liquid from the casserole, cook for a few minutes, pour over the cabbage, keep on cooking slowly for 30 minutes longer. Care should be taken that the rolls keep their shape, therefore all stirring should be avoided.

### SAUER CABBAGE

Take 6 heads of best winter cabbage. Remove the outside leaves where damaged. Wash well, arrange cabbage in crock putting heads closely together. Sprinkle  $\frac{1}{2}$  tablespoon of salt over it, immerse the whole in fresh water, place a tight cover (wooden by preference) over the cabbage to keep it constantly under the water. This may be easily accomplished by placing some weight over the cover. Keep the crock in a place with the temperature not lower than 76 degrees for the first week. When sufficiently sauer remove to a cooler place. Cabbage thus pickled will keep in good condition throughout the winter.

### ZITO (A Ceremonial Cake)

2 cups white wheat (in grains.)	1 $\frac{1}{2}$ pounds powdered sugar.
3 cups chopped walnuts.	1 teaspoon vanilla in powder.
1 cup chopped almonds.	

Boil wheat for 2 hours, changing water every half an hour. Drain the water, spread grains over a clean towel, leave overnight to dry. Pass the grains through a meat grinder, take a large mixing bowl, add nuts, almonds and sugar alternately (flavor sugar with vanilla), squeeze nuts, almonds and sugar well into the grain until the whole is just one paste. This is best effected if mixing is done with fingers instead of with the spoon. Dish it out on a platter, smooth out the surface by means of a clean napkin, sprinkle thickly with flavored sugar, which soon becomes glazed from the moisture of the cake. This cake is made in Serbian homes on the "Slava Day," the patron Saint of the homes. A tablespoonful of the cake is offered the guest, but more generous helpings are permitted.

*From Hon. John Dwyneley Prince, American Minister to Yugoslavia:*

### GNOCCHI À LA ROMANA

$\frac{1}{2}$ cup butter.	2 cups scalded milk.
$\frac{1}{4}$ cup flour.	Yolks 2 eggs.
$\frac{1}{4}$ cup cornstarch.	$\frac{3}{4}$ cup grated cheese.
$\frac{1}{2}$ teaspoon salt.	

Melt butter and when bubbling add flour, cornstarch, salt and milk gradually. Cook 3 minutes, stirring constantly. Add yolks of eggs, slightly beaten, and  $\frac{1}{2}$  cup of cheese. Pour into a buttered shallow pan and cool. Turn on a board, cut in squares, diamonds, or strips. Place on a platter, sprinkle with remaining cheese and brown in oven.

*Mrs. John Dwyneley Prince.*

## CHOCOLATE MOUSSE

- |   |                              |
|---|------------------------------|
| 2 squares unsweetened chocolate.              | 3 tablespoons boiling water. |
| $\frac{1}{2}$ cup powdered sugar.             | $\frac{3}{4}$ cup sugar.     |
| 1 cup cream.                                  | 1 teaspoon vanilla.          |
| $\frac{3}{4}$ tablespoon granulated gelatine. | 1 quart cream.               |

Melt chocolate, add powdered sugar, and gradually 1 cup cream. Stir over fire until boiling point is reached, then add gelatine dissolved in boiling water, sugar and vanilla. Strain mixture into a bowl, set in a pan of ice-water, stir constantly until mixture thickens, then fold in the whip from remaining cream. Mold, pack in salt and ice, and let stand 4 hours.

*Mrs. John Dyneley Prince.*

## ANGEL CAKE

- |                             |                                 |
|-----------------------------|---------------------------------|
| Whites 8 eggs.              | $\frac{3}{4}$ cup flour.        |
| 1 teaspoon cream of tartar. | $\frac{1}{4}$ teaspoon salt.    |
| 1 cup sugar.                | $\frac{3}{4}$ teaspoon vanilla. |

Beat whites of eggs until frothy; add cream of tartar, and continue beating until eggs are stiff; then add sugar gradually. Fold in flour, mixed with salt and sifted 4 times, and add vanilla. Bake 45 to 50 minutes in an unbuttered angel-cake pan. After cake has risen and begins to brown, cover with buttered paper.

*Mrs. John Dyneley Prince.*

## CHICKEN À LA PAPRIKA

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 2 young chickens cut in pieces. | 1 tablespoon of paprika.         |
| 1 pound of raw onions cut fine. | $\frac{1}{2}$ spoonful of flour. |
| 50 grams fat roasted yellow.    |                                  |

A pinch of salt in  $\frac{3}{4}$  of a litre of water. Place in a pot and steam for  $1\frac{1}{2}$  hours very slowly. Can be served with potatoes.

*American Legation.*

## PITTA WITH MEAT

One pound of flour with a little salt. Add water enough to make a not thick paste. Work it well together and divide it into two parts and let it stand for a time. Spread the paste on a white cloth on the table and make it as thin as possible (about as thick as thin paper). Dry a little, then sprinkle with a little melted fat. Fold paste in a square in a tin dish and in the center put the following ingredients: One pound of minced calf meat with a little onion. Add salt and pepper and cover over with the other half of the paste like a cover and sprinkle with fat. Bake  $\frac{3}{4}$  of an hour. Then cut into small squares and serve warm.

*American Legation.*

## POULET EN COCOTTE

A medium size chicken, dressed and half roasted. In a frying pan are fried small square pieces of smoked lard and bacon; before the lard gets yellow put to it carrots same size as bacon, small dressed round potato, like Parisienne; peas and string beans; fry it together until it gets a light color. Put the half roasted chicken in a fire porcelain chicken pot, the fried vegetables and bacon over it; cover it and finish in oven.

*Excelsior Hotel, Belgrade.*

## BISQUE D'ECREVISSES

A big pot of boiling water, little salt, kummel and parsley to it. Take 50 live ecrevisses, pull out the string. Drain, throw them in the boiling water and cook them 15 minutes. Take meat out of the tails and scissors and clean 10 bodies; the rest of the bodies and shells crush very fine and boil it out with equal quantities of butter until the butter gets red. Sift off butter, put bouillon to the remains and boil 15 minutes, then pass through a fine trough, a hair sieve or towel. Take half of the ecrevisse butter, 1 teaspoon flour, 1 glass of sherry, 1 glass of cognac; let it get a little brown and put it in the soup; boil again and bind it with 3 yellows of eggs. The 10 clean bodies are to be filled either with rice and peas or with a farce of chicken livers; if they are filled with rice, make small dumplings of the farce. When serving, put all tails and scissors, dumpling and stuffed bodies in the soup and put some of the remaining ecrevisse butter on top to make it look nice. For 10 persons.

*Excelsior Hotel, Belgrade.*

## SIAM

*From Edward H. Loftus, Councillor of Legation of Siam:*

## STANDARD SIAMESE HOT CURRY FOR ALL MEATS

Scrape the white nut of 2 cocoanuts, add a pint of hot water, crush the pulp by hand; strain and thus obtain the white coconut milk.

To 1 pound of chicken or other meats, cut up into pieces about an inch long and place in a saucepan, add a paste made of:

- |  |  |
|--|--|
| 3 kernels of garlic.   | 2 teaspoonfuls of salt shrimp paste.                   |
| 1 large or 2 small onions.                                       |  |
| Several hot chillies (peppers) to taste, a little salt or sugar. | 1 teaspoonful of paprika and various spices to flavor. |

All well pounded in a mortar, and stew gently in a portion of the coconut milk, adding more coconut milk until the chicken is well cooked. The curry should not be thin or watery, but of a moderately thick consistency. Served separately with boiled rice with other dishes such as fried salt or smoked fish, boiled vegetables, omelets, chillie relish, etc.

## CHILE RELISH

Three teaspoonfuls of salt shrimp paste, several hot red chiles, three kernels of garlic; well pounded in a mortar into a paste and with the juice of half a lime. Served with boiled fish, fried, salt or smoked fish or cooked vegetables and rice as basis of all meals.

## NETHERLANDS

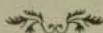
Additional Recipes on page 706.







## Favorite American Dishes



### BEVERAGES

*Now stir the fire and close the shutters fast,  
Let fall the curtains, wheel the sofa round,  
And while the bubbling and loud hissing urn  
Throws up a steamy column, and the cups  
That cheer but not inebriate wait on each,  
So let us welcome peaceful evening in.*

—Cowper.

### CHOCOLATE

1 quart milk or  
1 quart milk and water.

2 ounces chocolate.  
 $\frac{1}{3}$  cup sugar.

Melt the chocolate over hot water, add the sugar and then the hot liquid, slowly. Boil 5 minutes directly over the heat; beat well and serve. A thicker drink may be made by using 4 ounces chocolate. If the chocolate is sweetened, omit the sugar.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

### COFFEE, COCOA OR CHOCOLATE

See Large Gatherings, pages 690, 693.

### COFFEE

For 12 people, 1 large cupful of finely-ground coffee to 1 gallon boiling water; put coffee in muslin bags and steep (not boil) twenty minutes. For 40 people use 1 pound ground coffee to  $2\frac{1}{2}$  gallons water.

*Mrs. Anderson H. Walters, Wife of former Representative Walters (Pa.).*

## EGG-NOG

- |                      |                       |
|----------------------|-----------------------|
| 5 eggs.              | 2½ teaspoons vanilla. |
| 4 tablespoons sugar. | A little salt.        |
| 4 cups milk.         |                       |

Beat the eggs, add the sugar and salt, blend thoroughly, add the milk and vanilla.

Note: Have eggs and milk chilled before blending. Grated nutmeg may be added. A lemonade shaker may be used for the blending.

*Miss Mabel Boardman, Secretary of National Red Cross (D. C.).*

## FROZEN MINT

- |   |                                       |
|---|---------------------------------------|
| Several long-stemmed sprays<br>of fresh mint. | 1 pint Welch's grape juice.           |
| 2 tablespoons sugar.                          | 1 pint strong lemonade.               |
|   | 1 pint plain or sparkling wa-<br>ter. |

Make lemonade of 2 lemons, ½ cup of sugar and 1 pint of water. Pinch stems of the mint between thumb and finger until the bruised sprigs give out the utmost of their flavor, and thrust stems into a deep pitcher half-filled with cracked ice. Over them sprinkle the sugar and let all stand for half an hour. Then add Welch's, the lemonade and water. If sparkling water is used, add it just before serving.

*Mrs. Dan A. Reed, Wife of Representative Reed (N. Y.).*

## GOLDEN FIZZ

Into mixing glass put the juice of 2 lemons, 2 oranges and ¾ cup sugar. Stir until sugar is dissolved. Beat 1 fresh, chilled egg until thick, add fruit juice and shake until foamy. Fill 4 glasses ⅔ full of Fizz and complete with thoroughly chilled ginger ale. Serve at once.

*Mrs. Joseph L. Hooper, Wife of Representative Hooper (Mich.).*

## FRUIT PUNCH

- |                                   |                              |
|-----------------------------------|------------------------------|
| 3 cups tea.                       | 6 tablespoons sugar.         |
| 3 lemons, use juice only.         | 2 bananas, sliced very thin. |
| 3 oranges, sliced thin.           | ½ pint Welch's grape juice.  |
| 6 slices canned pineapple, diced. |                              |

Mix together and chill. When ready to serve, pour over a cake of ice in the punch bowl and add, just before serving, 2 pints ginger ale.

*Mrs. J. J. Kindred, Wife of Representative Kindred (N. Y.).*

## GRAPE JUICE

- |                   |                 |
|-------------------|-----------------|
| 10 pounds grapes. | 2 quarts water. |
|-------------------|-----------------|

Boil ten minutes, strain and add 2 pounds of sugar. Let come to a boil, bottle in patent cork bottles. When you strain in the juice do not squeeze.

*Mrs. John M. Wolverton, Wife of former Rep. Wolverton (W. Va.).*

## GRAPE JUICE (Uncooked)

Wash and pick grapes from stem. Put one quart of grapes in a two-quart can with 2 cups of sugar. Cover with boiling water and seal.

*Mrs. Thaddeus C. Sweet, Wife of Representative Sweet (N. Y.).*

## MINT TEA

Use large handful (bunch) of sprigs of fresh mint, 2 tablespoons of tea and pour 2 quarts hot water over it, cover and let stand in a warm place 10 minutes. Strain and add a cup of lemon juice. Serve with ice and sweeten to taste.

*Mrs. W. M. Geddes, Member of Congressional Club.*

## ORANGE TEA

See Favorite Dishes of All Nations, page 43.

## PUNCH

1½ dozen oranges.

2 bottles ginger ale.

½ dozen lemons.

Sugar as desired.

*Mrs. T. S. Williams, Wife of Representative Williams (Ill.).*

## PUNCH

4 cups tea.

1 can Maraschino cherries.

½ dozen lemons.

Sugar to taste.

1 can pineapple, cut small.

*Mrs. T. S. Williams, Wife of Representative Williams (Ill.).*

## PUNCH

3 lemons.

3 teaspoons Orange Pekoe tea.

3 oranges.

Fresh mint, sugar and ice.

Squeeze and strain all fruit. Crush fresh mint leaves with 1 cup sugar, add 1 cup boiling water, mix and strain when cold. Steep tea in the ordinary way and allow it to cool. Combine these ingredients and add enough water to make 1 gallon. This is nice to serve at a summer luncheon instead of iced tea.

*Mrs. A. C. Shallenberger, Wife of Representative Shallenberger (Neb.).*

## PARTY PUNCH (Fruit)

1 can Bartlett pears.

1 can pineapple.

1 can large white cherries.

1 can peaches.

½ dozen large oranges.

Sugar.

5 lemons.

Drain the juice from the canned fruit. Extract the juice from the lemons and oranges and put all in a two-gallon container. This makes about three quarts of heavy juice. To this, add three quarts of water and sweeten as desired. When ready to serve, add ice. Dice some of the fruit and add to the juice. This is delicious punch and is lovely for parties when using yellow or gold color scheme.

*Mrs. Mell G. Underwood, Wife of Representative Underwood (Ohio)*

## PUNCH

3 quarts water.

3 cups sugar.

Boil 8 minutes. Add 1 cup strong black tea, juice of 1 dozen oranges, 1 dozen lemons, can pineapple, 1 cup Silver King ginger ale, 1 pint Welch's grape juice or raspberry or strawberry juice.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## PUNCH

- |                          |   |
|--------------------------|---|
| 1 pint freshly made tea. | A very little grape juice to add color. |
| 4 lemons.                |   |
| 2 oranges.               | ½ cup sugar.                            |
| 1 bottle ginger ale.     | Mint leaves.                            |

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## DUTCH PUNCH

- |                            |                     |
|----------------------------|---------------------|
| 1 quart water.             | 4 lemons.           |
| 2 cups sugar.              | 4 oranges.          |
| 1 tablespoon whole cloves. | 4 slices pineapple. |
| 2 sticks cinnamon broken.  |                     |

Boil water and sugar and spices until syrup is permeated with the spice. Add juice 3 lemons and 3 oranges. One orange sliced and 1 lemon sliced with skin—pineapple cut into small pieces. Let this stand over night. Just before serving add ice and 1 quart Apollinaris and more sugar if desired.

*Mrs. D. U. Fletcher, Wife of Senator Fletcher (Fla.).*

## FAIRY PUNCH

Take the pulp of quarter of a pineapple, chop it fine and add 1 quart of unfermented grape juice, 1 cupful cold tea, the juice of 3 oranges, 1 sliced lemon, half a banana, a few cherries and 2 small cupfuls of sugar. Place a small block of ice in the punch bowl and pour in the above ingredients. When ready to serve, add 1 quart of carbonated water.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## FRUIT PUNCH

- |                     |                            |
|---------------------|----------------------------|
| 1 cup sugar.        | 1 quart Apollinaris.       |
| 1 cup hot tea.      | 1 cup Maraschino cherries. |
| 1 cup orange juice. | 1 orange (sliced).         |
| 1 cup lemon juice.  |                            |

Pour the hot tea on the sugar and when the latter is dissolved, add the other ingredients. Serve in a punch bowl with large block of ice. Substitute pineapple or strawberry juice for the tea if preferred.

*Mrs. Edward M. Beers, Wife of Representative Beers (Pa.).*

## TEA PUNCH

- |                               |                   |
|-------------------------------|-------------------|
| 1 quart tea, medium strength. | 4 lemons sliced.  |
| 1 quart ginger ale.           | Sweeten to taste. |

*Mrs. D. U. Fletcher, Wife of Senator Fletcher (Fla.).*

## GRAPE JUICE PUNCH

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 pint Welch's grape juice. | 2 pints water.                   |
| Juice of 2 lemons.          | (1 pint may be sparkling water.) |
| Juice of 1 orange.          |                                  |
| 1 cup sugar.                |                                  |

Add to Welch's the lemon juice and orange juice, and dissolve the sugar in it. Then add the water. If sparkling water is used, add it just before serving. Serve very cold.

So simple to make, of ingredients that are usually on hand in the household, this blend of fruit juices has a rare clear refreshment of flavor.

*Mrs. Dan A. Reed, Wife of Representative Reed (N. Y.).*

### RASPBERRY SHRUB

5 quarts red raspberries.

1 quart mild vinegar.

Let stand 24 hours, then strain. Add  $\frac{1}{2}$  pound sugar to each quart of juice. Let come to boil, cool and bottle. One dozen cloves put in add to the flavor.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

### HOW TO MAKE A CUP OF TEA

First you take and warm your teapot,

For some minutes, two or three;

'Tis a most important secret,

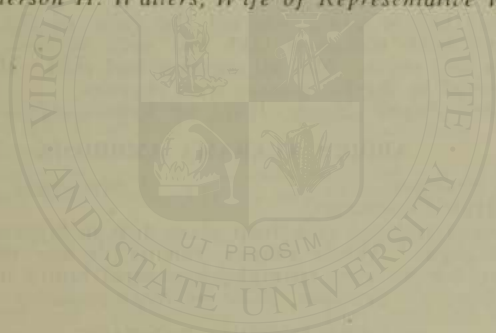
But you do not spare the tea,

Pour some water in to draw it,

Let the water boiling be;

Then fill up and shake and pour it.

*Mrs. Anderson H. Walters, Wife of Representative Walters (Pa.).*



## FRUIT CUPS, COCKTAILS AND CANAPES

*Appetite comes with eating.*

—Rabelais.

### AMBROSIA

Whip 1 pint of cream. Stir in juice of 1 orange,  $\frac{1}{2}$  cup sugar (pulverized) and a few nuts. Beat all together and pour over  $\frac{1}{2}$  pound marshmallows, cut in small pieces. Put on ice several hours before serving.

*Mrs. Arthur R. Robinson, Wife of Senator Robinson (Ind.).*

### AMBROSIA

4 oranges.  $\frac{1}{2}$  cup sugar.  
 $\frac{1}{2}$  cup water. Cherries.  
1 grapefruit.

Two hours before using, extract the juice of the oranges. Halve the grapefruit; with teaspoon take out each section and cut in two. Dissolve water and sugar. Mix all together and chill. Makes an attractive first course served in sherbet glasses with cherries.

*Mrs. Frank Clague, Wife of Representative Clague (Minn.).*

### ABBIE'S ALABAMA AMBROSIA

4 large oranges. 1 cup sugar.  
1 cup grated cocoanut.

Dice oranges and put in a deep glass dish in layers, alternating with cocoanut and sugar. White grapes, raisins, or any other fruit desired may be added, but be sure to make it several hours before using.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### FRESH FRUIT FANTASY

1 Honey Dew melon, thoroughly chilled.  $\frac{1}{2}$  cup powdered sugar.  
1 quart fresh blackberries,  $\frac{1}{2}$  pint whipped cream.  
thoroughly chilled.

Method: Cut melon in round slices about 1 inch thick. Remove rind and cut each slice in two. Arrange these circular pieces around edge of large platter and place blackberries in center, sprinkled with powdered sugar. Serve one piece of melon with large spoonful of berries in hollowed side. If used as desert, top with sweetened whipped cream. May be served on individual plates, without whipped cream, for first course at breakfast or luncheon.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

### FRUIT COCKTAIL

2 grapefruit. 1 small can white cherries.  
3 oranges.

Cut grapefruit and oranges in small pieces—pit cherries, and add to fruit and drain well. Set in cold place until ready to serve, then sweeten slightly and add a little grape juice or ginger ale. Serves six people.

*The late Mrs. Oscar Keller, Wife of former Representative Keller (Minn.).*

## FRUIT COCKTAIL

- |                         |               |
|-------------------------|---------------|
| 3 oranges.              | 1 lemon.      |
| 2 grapefruit.           | 3 cups sugar. |
| 1 can sliced pineapple. |               |

Cover the sugar with water—enough to make a heavy syrup. Add the lemon juice to the syrup and let cool. Dice the fruit and pour all juices into the syrup and strain. Place fruit in cocktail glasses in layers. When ready to serve, pour the chilled syrup over the fruit.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

## FRUIT COCKTAIL

- |                                |                               |
|--------------------------------|-------------------------------|
| 2 cups crushed pineapple.      | 3 tablespoonfuls lemon juice. |
| 1 grapefruit (pulp and juice.) | 20 or 30 after dinner mints.  |
| Mint leaves.                   | Red cherries.                 |

Mix fruits and crushed mints together, let stand until mints are dissolved. Chill. Garnish with mint leaves and cherries. This makes ten servings.

*Mrs. Theodore Christianson, Wife of the Governor of Minnesota.*

## FRUIT COCKTAIL

- |                            |                       |
|----------------------------|-----------------------|
| 1 can of sliced pineapple. | 1 bottle of cherries. |
| 1 pound of sweet grapes.   | ½ cup of sugar.       |
| 1 cup of English walnuts.  |                       |

Method: Pineapple, grapes, and nuts must be cut in small pieces. Add sugar and mix well. Add cherries and at the last, place in the ice box and chill.

*Mrs. Woodbridge N. Ferris, Wife of Senator Ferris (Mich.).*

## FRUIT COCKTAILS

- |  |  |
|--|--|
| 2 quart can of grapefruit<br>quarters. | 1 quart can of sliced yellow<br>peaches. |
|--|--|

Mix and chill. Top with a green mint cherry. Serves about 8 or 10 persons.

*Mrs. T. J. B. Robinson, Wife of Representative Robinson (Iowa).*

## FRUIT CUP

- |                           |                            |
|---------------------------|----------------------------|
| 1 can shredded pineapple. | Let stand one hour. Chill. |
| 3 oranges.                |                            |
| 1 lb. after dinner mints. |                            |

*Mrs. Dan Sutherland, Wife of Delegate Sutherland (Alaska).*

## FRUIT CUP SUPREME

Cut 4 cantaloupes in halves, scalloping the tops, remove seeds and fill each half with following fruit:

- |                         |                        |
|-------------------------|------------------------|
| 2 cupfuls of oranges.   | 1 cupful bananas.      |
| 2 cupfuls peaches.      | 1 cupful grapefruit.   |
| 2 cupfuls of pineapple. | 1 cupful chopped nuts. |

Mix fruit thoroughly—after filling cantaloupes—put spoonful of whipped cream on top.

Dressing—Juice of 2 lemons; juice of 2 oranges; 1 cupful sugar; 2 eggs. Beat well together, boil—add small piece of butter,  $\frac{1}{2}$  cup cream—boil until thick.

*Mrs. J. Hampton Moore, Wife of former Representative Moore (Pa.).*

### GRAPE FRUIT AND STRAWBERRY COCKTAIL

Small pieces of grape fruit      Powdered sugar.  
pulp.  
Sliced thoroughly ripe straw-  
berries.

Mix fruit and put in glasses. Sprinkle over sufficient sugar and stand in ice-box several hours. Just before serving add a teaspoon of shaved ice and serve at once.

This same mixture may be put just before serving time into notched grapefruit shells, placing shells on a doily or fern leaf.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

### STRAWBERRY COCKTAILS

Into each glass slice sufficient thoroughly ripe strawberries. Put about 2 tablespoons of strained orange juice over each one and stand in the ice-box until very cold. Just before serving add a rounded teaspoon of powdered sugar and a tablespoon of shaved ice.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

### STRAWBERRY COCKTAIL

1 quart strawberries.      2 cups sugar.  
Juice of 2 lemons.      Ice.  
1 quart cold water.

Mash the berries well, add water and lemon juice and let stand 3 hours. Strain, add sugar and stir until dissolved. Let stand in ice 1 hour. Serve in tall, narrow glasses, reserving 3 or 4 whole berries, cut in two for each glass or it can be served in thin glasses with crushed ice.

*Mrs. E. F. Ladd, Widow of the late Senator Ladd (N. D.).*

### RASPBERRY MINT COCKTAIL

1 quart raspberries.       $\frac{1}{2}$  cup water.  
2 oranges.      1 cup granulated sugar.  
2 tablespoons lemon juice.      12 fresh mint leaves.

Sprinkle sugar over raspberries and let stand one hour. Press through a sieve, add juice of oranges and lemon, water and mint leaves crushed. Strain and freeze to a mush. Will make twelve servings.

*Mrs. Martin Davey, Wife of Representative Davey (Ohio).*

### WATERMELON COCKTAIL

Ripe watermelon.      Mint.  
1 cup sugar.      1 cup water.

Make a syrup of sugar and water; add crushed mint leaves and cook for 5 minutes. Let cool. Pour over diced watermelon. Serve in tall stem cocktail glasses and garnish with sprays of mint.

*Mrs. L. C. Dyer, Wife of Representative Dyer (Mo.).*



## WATERMELON COCKTAIL

Chill watermelon thoroughly. Remove the heart of the melon and cut into cubes about half an inch, or use a small scoop to form the melon into balls.

Serve with crushed ice in compote glasses. This makes a most attractive and appetizing cocktail.

*Mrs. Samuel Rutherford, Wife of Representative Rutherford (Ga.).*

## AVOCADO COCKTAIL

Peel and dice the Avocado, mix with small quantity of chopped onion, add diced cucumbers, and serve with prepared cocktail sauce, in glasses.

*Mrs. Walter F. Lineberger, Wife of former Rep. Lineberger (Cal.).*

## CAPITOL GRAPEFRUIT COCKTAIL

2 cans grapefruit.

5 tablespoons mayonnaise.

5 tablespoons Hip-o-lite.

5 tablespoons whipped cream.

Drain grapefruit. Thin out Hip-o-lite with the mayonnaise and beat in the whipped cream. Mix sauce thoroughly with fruit and chill.

Serves 10.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

## OYSTER COCKTAIL

If the right amount you take,  
This will just seven cocktails make.  
In each glass three raw oysters toss,  
And stand aside till you make your sauce.  
Take of catsup one-half cup,  
Same of vinegar and stir up,  
One tablespoon of Worcestershire,  
It must be hot and burn like fire.  
Ten drops of good Tabasco add,  
Of course this last is just a fad,  
And if it is not on your shelf,  
To red pepper help yourself.  
Now over each glass of oysters pour  
Just three teaspoons and no more.  
Serve as first course to your dinner,  
It will please both saint and sinner.

*Mrs. M. L. Garber, Wife of Representative Garber (Okla.).*

## OYSTER COCKTAIL

5 oysters in each cup.

Tomato catsup and vinegar.

Dressing for 12 people.

1 teaspoon salt.

10 teaspoons lemon juice.

7 teaspoons each of prepared horseradish.

Grated rind of 1 lemon.

Mix and serve very cold.

*Mrs. E. E. Browne, Wife of Representative Browne (Wis.).*

## OYSTER COCKTAIL

One tablespoon catsup, 1 teaspoon horse radish,  $\frac{1}{2}$  teaspoon Worcestershire sauce, dash of Tabasco sauce, 1 teaspoon lemon juice, salt to taste. Sufficient for 5 or 6 oysters (or one cocktail.)

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## SALMON COCKTAIL

Take fresh or canned salmon, very cold, and separate into flakes.

*Dressing.*—One-half tomato catsup, one-quarter chilli sauce, add chopped celery, green bell peppers, pimientos, capers, grated fresh horse-radish, hard-boiled eggs, paprika, English mustard, salt and tabasco sauce, enough altogether to make the fourth quarter.

Place the salmon flakes in iced cocktail glasses, cover with dressing, garnish with quartered lemon and parsley and serve. This dressing is good with any kind of fish.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## SARDINE COCKTAIL

1 small box sardines.	$\frac{1}{4}$ teaspoon Tabasco sauce.
$\frac{1}{2}$ cup tomato catsup.	Juice of 1 lemon.
2 teaspoons Worcestershire sauce.	Salt.

Skin and bone sardines and separate in small pieces. Mix catsup, sauce and lemon juice. Add sardines and season with salt. Chill thoroughly.

*Mrs. M. C. Garber, Wife of Representative Garber (Okla.).*

## CRAB-COCKTAIL DRESSING

Yolks of 2 eggs.	2 tablespoons Alton vinegar.
1 teaspoon salt.	1 cup of olive oil.
$\frac{1}{2}$ teaspoon dry mustard.	2 tablespoons sweet pickles.
2 hard-cooked eggs.	2 tablespoons onion.
4 tablespoons celery.	4 tablespoons chilli sauce.
2 tablespoons green pepper.	

Have all ingredients cold. To the yolks of eggs add the salt, mustard and vinegar. Beat in slowly the oil.

Cut above ingredients fine and add to mayonnaise. This serves 24.

*Mrs. M. C. Garber, Wife of Representative Garber (Okla.).*

## ANCHOVY TOAST

Make the pieces of toast oval. Cover with anchovy butter, and place thereon latticewise, some fillets of anchovy cut to the length of the toast. Garnish the pieces of toast all round with the separately chopped whites and yolks of hard-boiled eggs, alternating the colors.

*Mrs. E. I. Edwards, Wife of Senator Edwards (N. J.).*

## CANAPE

Toast a round of bread. Spread with caviar, minced sardines or anchovy paste. Put on top a slice of ripe tomato, on this half a hard-boiled egg; cover with mayonnaise. Very nice for a simple luncheon where you are having no salad course.

*Mrs. Samuel C. Major, Wife of Representative Major (Mo.).*

## CAVIAR RELISH

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 can caviar.              | Paprika.                          |
| 1 Philadelphia cheese.     | 1 heaping teaspoonful mayonnaise. |
| 1 teaspoonful lemon juice. |                                   |
| 1 tablespoonful cream.     | Ground parsley.                   |
| Sandwich bread.            |                                   |

Cut bread into very thin slices in any shape desired. Mix cream and mayonnaise into Philadelphia cheese until worked into a soft paste; add a little paprika; spread thinly on bread. Place small biscuit cutter about one inch in diameter in center of slice of bread; mix lemon juice into caviar. Drop level teaspoonful caviar into small mould. Remove mould. With cake icing decorator or knife, decorate edges of sandwiches with cheese mixture. Sprinkle ground parsley over cheese. Serve as an appetizer with any cold beverage.

*Mrs. Percy Edwards Quin, Wife of Representative Quin (Miss.).*

## SAUCE AU CAVIAR

See Favorite Dishes of All Nations, page 73.

## CHEESE RELISH

- |                          |                              |
|--------------------------|------------------------------|
| 1 pound American cheese. | $\frac{3}{4}$ can pimientos. |
| 6 hard boiled eggs.      | Salt and pepper to taste.    |

Run cheese, eggs and pimientos through the meat grinder and mix with sweet cream. Stuff into green peppers and keep in the ice box over night. Slice and serve.

*Mrs. A. C. Shallenberger, Wife of Representative Shallenberger (Neb.).*

## A DELICIOUS CANAPE

An appetizing start for the more or less formal dinner is a canape consisting of a round slice of toast upon which is a slice of tomato. The tomato is spread with a paste of sardines crushed in mayonnaise and on top of this is sprinkled grated hard-boiled egg with a dab of mayonnaise. Garnish with a ring of green pepper.

*Mrs. Samuel Rutherford, Wife of Representative Rutherford (Ga.).*

## OEUFs GRIMALDI

See Favorite Dishes of All Nations, page 33.

## FISH ROE CANAPES

Mix one can fish roe with enough soft butter to make a paste. Add salt, pepper, finely chopped onion and lemon juice to taste. Spread this mixture on small round pieces of buttered toast. Crumble yolks of hard-boiled eggs over the top.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

## COCOANUT CREAM

Remove the shell and brown skin from a fresh cocoanut. Grate the meat, soak it in a cup of milk for 15 minutes, and scald; drain carefully into a bowl; then turn the cocoanut into a wet cheese-cloth and squeeze

it until every bit of the cream has been extracted, and add it to the milk. The meat should be snow white, and can be used as a garnish or be served separately with chutney, sliced lemon, Bombay duck, anchovies and the hors d'oeuvres that are served with an Oriental curry.

*Mrs. Walter E. Edge, Wife of Senator Edge (N. J.).*

### HORS D'OEUVRES

Rounds of toast as large as a silver dollar buttered and spread with a mixture of boiled ham minced in a food chopper and seasoned with equal parts of Chilli sauce and Major Gray's chutney, heaped high and round. This is covered with grated cheese and baked in a hot oven until the cheese melts to form a crust over the filling.  $\frac{1}{2}$  Ham;  $\frac{1}{4}$  Chutney and  $\frac{1}{4}$  Chilli Sauce.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va.).*

### ANCHOVY AND EGG PLANT SALAD

See Favorite Dishes of All Nations, page 74.

### HERRING SAUCE

See Favorite Dishes of All Nations, page 73.

### RELISH

4 hard-boiled eggs.

1 small jar of stuffed olives.

1 box sardines.

This recipe will serve eight.

Cut eggs in small pieces, add sardines that have been freed from bone and skin and minced, and olives that have been cut up. Mix all together and add enough mayonnaise to bind. Put a heaping tablespoonful of mixture on a crisp cracker. Place an olive on top of each serving. Use a small lettuce leaf on each plate for decoration. A very much liked appetizer.

*Mrs. J. Zach. Spearing, Wife of Representative Spearing (La.).*

### NEW ZEALAND SAVORIES

See Favorite Dishes of All Nations, page 99.

### SANDWICHES A LA TIVOLI

See Favorite Dishes of All Nations, page 52.

### SLANG-JANG

Two cans Cove (canned) oysters. One can tomatoes. Four sour pickles cut rather small. Salt, pepper and a few grains of cayenne pepper. Serve ice-cold with toasted saltines. Suitable for first course luncheon on a warm day.

*Mrs. James V. McClintic, Wife of Representative McClintic (Okla.).*

### TOMATO CANAPES

For 1 portion:

Slice of toast.

2 slices raw tomato or good sized piece of canned tomato.

Slice of cheese.

2 slices bacon.

(This is a good emergency supper recipe.)

In a pie or cookie pan place slice of toast, cover with tomato, which in turn is covered with thin slice of cheese, top with sliced bacon. Put in oven until cheese is melted and bacon crisp.

*Mrs. John C. Schafer, Wife of Representative Schafer (Wis.).*

#### TOMATO CANAPES

Prepare rounds of thin crisp toast. Butter and spread with pate-de-foie-gras or caviar. On each round place slice of tomato. On top of each slice put some thick mayonnaise and in center of this place a stuffed olive.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*



## SOUPS

### THE MAKING OF STOCK FOR SOUPS

The average chef and housewife throw into the garbage pail potato peelings, celery tops, outside leaves of lettuce and cabbage, water in which onions, carrots and spinach have been boiled, steak, roast beef and veal bones; these, if boiled down and properly flavored, make an excellent stock as a basis for soups and gravies of all kinds.

For Service of Six.

Note: Remember that the base of your stock is the water in which you are cooking the vegetables for your dinner. Add all or such part of the following as may be in season or may suit individual taste:—

1. Veal, beef (preferably marrow) and steak bones.
2. Potatoes with peel; one to three (according to size.)
3. Carrots with peel; one to six (according to size.)
4. Onion; one to three (according to size.)  
If white, use skins. If you have leeks or spring onions, you may use tops instead of the onions.
5. Parsley, 1 bunch.
6. Celery, 1 bunch or tops of several bunches.
7. Outside leaves according to taste.
8. Okra, according to taste and size.
9. Barley, 2 tablespoons.
10. Rice, 1 tablespoon.
11. Condiments—salt, pepper and paprika according to taste.

Wash and scrub vegetables and bones thoroughly. Cut vegetables into pieces. Simmer slowly for at least four hours. If pressure cooker is used about  $\frac{1}{2}$  an hour will suffice. Strain through fine sieve and you have a foundation for any soup or gravy you wish to make.

*Mrs. Anthony J. Griffin, Wife of Representative Griffin (N. Y.).*

### OBSERVATIONS ON SOUPS

See "Jefferson Cook Book" p. 17.

### CREAM OF FRESH ASPARAGUS

Parboil five or six minutes the tender part of one pound of fresh asparagus. Drain and cook slowly in 2 pints of cream sauce, termed Bechamel sauce. Rub through sieve and add the necessary quantity of chicken broth. Heat without bringing to boil. When ready to serve add hot cream and cut asparagus tips.

*Ernest Zohn, Chef, House of Representatives Restaurant.*

**ASPARAGUS SOUP (also Chestnut Puree)**

- |                  |                            |
|------------------|----------------------------|
| 1 quart water.   | 1 level tablespoon butter. |
| 1 can asparagus. | 1 heaping teaspoon flour.  |
| 1 pint cream.    | salt and white pepper.     |

Put water and the asparagus on and let boil 30 minutes. Press through a sieve. Put the water and asparagus in a double boiler. Thicken with the flour and butter, add seasoning and just before serving add the cream. Serve very hot. For Chestnut Puree make as above, using blanched chestnuts instead of asparagus.

*Mrs. Samuel C. Major, Wife of Representative Major (Mo.).*

**SOUP WITH AVOCADO**

See Favorite Dishes of All Nations, page 80.

**LIVONIAN SOUR PUTRA—BARLEY SOUP**

See Favorite Dishes of All Nations, page 88.

**MILK SOUP WITH BARLEY**

See Favorite Dishes of All Nations, page 60.

**OLD FASHIONED BEAN SOUP**

Two pounds of navy beans, smother 4 chopped onions with a small piece of ham, then add washed beans with enough chicken or beef stock and boil slowly for three hours, or until beans become tender but not broken, season to taste. 10 portions.

*Senate Restaurant, Washington.*

**BEAN SOUP**

See Large Gatherings, page 692.

**BLACK BEAN SOUP**

- |                       |                      |
|-----------------------|----------------------|
| 1 shin bone, cracked. | 4 quarts cold water. |
| 1 grated carrot.      | 1 quart black beans. |
| 3 hard-boiled eggs.   | 1 sliced lemon.      |

Put meat, water, beans and grated carrot on the back of range and let simmer all day before using. At night put through the colander. Next day before heating skim soup thoroughly, season with salt and cayenne pepper. Boil ten minutes and pour in tureen in which have glass of wine (cooking sherry), sliced lemon and three eggs chopped fine.

*Mrs. George F. Huff, Widow of former Representative Huff (Pa.).*

**LIMA BEAN SOUP**

- |                         |                     |
|-------------------------|---------------------|
| 1 cup fresh lima beans. | 1 tablespoon flour. |
| 1 pint rich milk.       | ½ tablespoon salt.  |
| 3 tablespoons butter.   |                     |

Cook and mash lima beans. Melt butter; add flour, salt and milk. Cook in double boiler; before serving add ½ cup cream.

*Mrs. Richard S. Aldrich, Wife of Representative Aldrich (R. I.).*

## CREAM OF LIMA BEAN SOUP

1 cup dried lima beans.	4 tablespoons butter.
3 pints cold water.	2 tablespoons flour.
2 slices onion.	1 teaspoon salt.
4 slices carrot.	½ teaspoon pepper.
1 cup milk.	

Soak beans over night. In the morning drain and add cold water. Cook until soft and rub through a sieve. Cut vegetables in small cubes and cook for five minutes in one-half the butter, add to the beans. Mix flour, salt and pepper with a little cold milk and add to boiling soup. Add milk and strain soup. Reheat and add remaining butter cut in small pieces.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## FRIJOLE OR BEAN SOUP

See Favorite Dishes of All Nations, pages 93, 126.

## BEEF AND VEAL SOUP

3 pounds of beef.	1 cup of white sauce.
3 pounds of veal.	1 cup of whipped cream.
1 can mushrooms.	3 quarts of water.

Cook together the equal proportions of the beef and veal—four hours in 3 quarts of water. Add can of mushrooms and cook 20 minutes. Remove from the fire and strain. Add white sauce and cook thoroughly. Add the cup of whipped cream during the last five minutes of its boiling. Season with salt and pepper.

*Mrs. Woodbridge N. Ferris, Wife of Senator Ferris (Mich.).*

## BEEF BROTH WITH BARLEY

7 ounces carrots (¾ pint.)	4½ ounces barley.
7 ounces turnips (¾ pint.)	Pinch of pepper.
4½ ounces onions (½ pint.)	1½ tablespoons butter.
½ leek.	5⁄8 gallon stock.
½ pound diced beef scraps.	1 tablespoon salt.

Dice the vegetables and fry lightly in butter. Add the barley, beef, and the stock. Season. Garnish with coarsely chopped parsley. Serves 10.  
*Hotel Willard, Washington.*

## BEET BORSCH (Little Russia)

Grate 2 large boiled beets and add to a quart of veal stock with the juice of a lemon and a teaspoon of sugar; simmer for 5 minutes, then add the juice of a grated raw beet, squeeze through a cheesecloth; scald and stir in a cup of whipped cream. Serve very hot or chilled, and garnish with the white of an egg, beaten to a stiff froth.

*Mrs. Walter E. Edge, Wife of Senator Edge (N. J.).*

## BEET SOUP

See Favorite Dishes of All Nations, pages 88, 91, 92.



**BORS, BARSHCH, BARSCH OR BORSCH**

See Favorite Dishes of All Nations, pages 96, 114, 117, 119, 120, 123.

**BOUILLABAISSE**

*This Bouillabaisse a noble dish is—  
A sort of soup, or broth, or brew,  
Or hotch potch of all sorts of fishes,  
That Greenwich never could out do;  
Green herbs, red peppers, mussels, saffron,  
Soles, onions, garlic, roach and dace;  
All these you eat at Terre's Tavern,  
In that one dish of Bouillabaisse!*

—Wm. M. Thackeray

**BOUILLON**

Stir together well 4 pounds of finely chopped beef, 2 quarts of cold water, a slice of onion, 2 bay leaves, 6 cloves, 1 carrot, 1 blade of mace. Bring slowly to boiling point and let simmer 2 hours.

Put 1 tablespoon of sugar in sauce pan, when burnt brown add slice of onion, stir until onion browns and add to soup. Strain through cheese-cloth, beat whites of 2 eggs and add to soup. Let boil 2 minutes, strain through a flannel cloth, add salt and pepper. Reheat and serve.

*Mrs. Thomas R. Marshall, Widow of the former Vice President.*

**BOUILLON**

Cover three pounds of lean soup meat with cold water and one teaspoonful of salt. Boil for one hour; then add one bay leaf and salt and pepper to taste; continue boiling for two more hours. Strain and set the liquid aside until the next day. Carefully skim off the fat; add one can of tomatoes (strained). Boil for one minute.

*Mrs. Knud Wefald, Wife of former Representative Wefald (Minn.).*

**DOLLY MADISON BOUILLON**

This is said to be the recipe for the bouillon that Dolly Madison dispensed at her stately gatherings when she was First Lady of the Land:

Four pounds of juicy beef, one knuckle of veal, two small turnips, two small carrots, one soup bunch, one small pod of red pepper, two small white onions, salt, six quarts of water. Simmer for six hours, then strain through a fine sieve. Let stand over night and congeal. Skim off all the grease. Put into a kettle to heat for serving.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

**BOUILLON**

See "For Invalids or Children," page 688.

**DANISH BREAD SOUP**

See Favorite Dishes of All Nations, page 53.

**POTAGE AUX CHOUX**

*"Take a sound fresh cabbage, hash up all the remains of fowl and game that may be on hand, and have a good yesterday's bouillon, which*

pour in place of ordinary water on the beef intended for the day's bouillon. Then cover the bottom of the stewpan with a slice of fine ham, remove the leaves of the cabbage, and introduce the forcemeat, tying up the leaves afterwards so it will not be perceptible. Boil two hours, filling with the bouillon of the pot-au-feu as the bouillon of the boiling diminishes. After removing the bouillon from the fire, let the bouillon, cabbage, forcemeat, and ham simmer together for three-quarters of an hour in the stewpan, give a last turn to the bouillon, serve your cabbage in the soup-tureen, allow it to cool a minute, and serve. Then you may have the choice of eating your cabbage in the soup, or of soaking some bread in the bouillon and making of your cabbage a *releve* of the soup. Cooked in this manner, the cabbage, the bouillon, and the meat, each lending a part of its properties to the other, attain the greatest sapidity it is possible for them to attain."

Alexandre Dumas.

### CREAM OF CABBAGE SOUP

See Large Gatherings, page 694.

See Favorite Dishes of All Nations, page 133.

### CREAM OF CAULIFLOWER SOUP

$\frac{1}{2}$ cauliflower.	$\frac{1}{2}$ cup cream.
1 pint stock (chicken or veal preferred.)	1 tablespoon flour.
1 pint milk.	$\frac{1}{2}$ teaspoon salt.
	pepper.

Soak cauliflower in cold salt water one hour. Cook cauliflower 30 minutes and rub through puree strainer.

Heat stock and milk and cream, add cauliflower and seasonings, and thicken with flour.

*Mrs. Martin Davey, Wife of Representative Davey (Ohio).*

### CELERY SOUP

1 head of celery.	1 level tablespoon of flour.
1 pint of water.	1 tablespoon butter.
1 pint of very rich milk.	1 cup whipped cream.

Cut well-cleaned celery very fine and cook until soft in the water and pass through strainer.

Heat in double boiler the milk and add flour and butter creamed, pepper and salt. To this add the celery puree. Just before serving add 1 cup of whipped cream.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

### CELERY SOUP

One veal knuckle, 1 quart celery using outer stalks and leaves, 1 tablespoon chopped onions, 6 whole cloves, 4 whole black peppers, 2 quarts cold water. Put all into kettle; heat slowly and let simmer until meat falls from bone. Remove meat; put stock through sieve. Add 1 cup sweet milk. Cream together 2 level tablespoons butter and flour. Stir into stock. Add  $\frac{1}{4}$  teaspoon white pepper, teaspoon salt, paprika. Serve with whipped cream.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

**CREAM CELERY SOUP**

Two cups of hearts of celery cut in very small pieces, boil until tender in one cup of water, then add 2 cups of stock and 2 cups of milk, thicken with butter and flour rubbed together, then add 2 Steero cubes and 1 cup cream. Beat well with egg beater and season to taste.

*Mrs. George Payne McLean, Wife of Senator McLean (Conn.).*

**CREAM OF CHEESE SOUP**

Scald one quart of milk with two tablespoons each of onion and carrot cut in small pieces and one blade of mace, melt one-quarter cup of butter, two tablespoons of flour; stir until well blended; then pour on gradually to the hot milk while stirring constantly. Bring to a boiling point; strain. Add 1 cup of a mild grated cheese and stir until cheese melts. Season with salt and pepper and add the yolks of two eggs beaten slightly. Serve crouton or thin toast.

*Mrs. Thomas F. Bayard, Wife of Senator Bayard (Del.).*

**SOUP AU FROMAGE**

See Favorite Dishes of All Nations, page 77.

**CHERVIL SOUP**

See Favorite Dishes of All Nations, page 53.

**CHICKEN SOUP**

1 chicken.

$\frac{1}{8}$  cup of rice.

1 cup of the chicken meat.

Salt and white pepper.

Make rich chicken bouillon. One fowl will make about 4 cups. Take out meat, strain bouillon and let fat rise and remove.

Reheat the bouillon and in it cook the rice. When rice is almost done add 1 cup flaked chicken meat. Season with salt and white pepper. A dash of paprika in each soup plate. Delicious and Mr. Norris' favorite.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

**CHICKEN SOUPS**

See Favorite Dishes of All Nations, pages 27, 122.

**CHICKEN BROTH**

See "For Invalids or Children," page 688.

**KRAASUPPE—CRAW SOUP**

See Favorite Dishes of All Nations, page 52.

**MINCED CLAM BROTH**

1 quart milk.

1 can minced sea clam.

1 tablespoon butter.

Put milk in double boiler, adding butter; heat to boiling point, season with salt and cayenne pepper; add 1 can minced sea clam to heated milk, thicken slightly and serve with a bit of whipped cream.

*Mrs. M. C. Garber, Wife of Representative Garber (Okla.).*

### CLAM CHOWDER

2 dozen clams, cut in pieces.	2 cups water.
6 slices bacon, cut in small pieces.	1 pint milk.
2 large onions, sliced.	$\frac{1}{2}$ teaspoon salt.
3 medium potatoes, diced.	$\frac{1}{2}$ tablespoon flour.
$1\frac{1}{2}$ tablespoons butter.	1 cup tomatoes.
1 teaspoon paprika.	Pepper to taste.

Add 2 cups of water to clams and juice. Cook 30 minutes. Melt  $1\frac{1}{2}$  tablespoons butter in frying pan and add bacon, potatoes and onions and fry delicate brown. Add  $\frac{1}{2}$  teaspoon paprika. Add this to the clams with 1 cup of tomatoes and cook for 15 minutes. Then add 1 pint of milk and thicken with two tablespoons of flour. Bring to a boil and serve.

*Mrs. Guy E. Campbell, Wife of Representative Campbell (Pa.).*

### CLAM CHOWDER

1 quart clams.	1 tablespoon salt.
4 cups potatoes—cut in cubes $\frac{3}{4}$ inch.	$\frac{1}{8}$ teaspoon red pepper.
$\frac{1}{2}$ pound salt pork.	4 tablespoons butter.
1 tablespoon finely chopped parsley.	4 cups scalded milk.
	1 sliced onion.

Clean and pick over clams, using one cup cold water; drain, reserve liquor, heat to boiling point, and strain. Chop finely hard part of clams; cut pork in small pieces and try out; add onion, fry five minutes and strain into a stewpan. Parboil potatoes five minutes in boiling water to cover; drain and put a layer in bottom of stewpan, add chopped clams, add parsley, sprinkle with salt and pepper, dredge with flour, and add two and one-half cups boiling water. Cook ten minutes, add milk, soft part of clams and butter; boil three minutes. Reheat clam water to boiling point, and thicken with one tablespoon butter and flour cooked together. Add to chowder just before serving.

The clam water has a tendency to cause the milk to separate, hence is added at the last.

*Mrs. Robt. P. Robinson, Wife of the Governor of Delaware.*

### RHODE ISLAND CLAM CHOWDER

1 pint of clam (out of shells)	1 cupful diced raw potatoes.
or	1 cupful stewed tomatoes.
3 large quahaugs.	1 small onion (thinly sliced.)

Dice one slice of fat salt pork and try out in frying pan. When browned thoroughly, remove juices of pork and fry sliced onion in the pan. When onion is brown, add about 1 pint of water and let it get very hot, then pour into a saucepan to finish the chowder. Add the diced potatoes and let boil 2 or 3 minutes.

Meanwhile have the clams, with their liquor, cut up in a bowl or if quahaugs are used, put them through a chopper, saving the liquor (quahaugs give a better flavor.)

Add clam and liquor to potatoes, while cooking, season to taste with salt and pepper, and add the stewed tomatoes. Let all cook slowly until ready to serve.

*Mrs. Jeremiah E. O'Connell, Wife of former Rep. O'Connell (R. I.).*

### CLEAR SOUP

4 pounds meat and bone.	10 peppercorns.
3 quarts cold water.	Pot herbs.
1 large onion.	1 bay leaf.
½ cup carrot.	1 sprig parsley.
½ cup turnip.	1 piece celery root.
6 cloves.	Whites of eggs.

Cut the meat into small pieces, crack the bone, and soak in the cold water for 1 hour. Cook gently 6 or 7 hours; then add the vegetables finely chopped, and the seasonings. Cook 2 hours longer and strain. To 1 quart of stock, add the white of 1 egg beaten slightly, and the crushed shell. Heat until it boils. Boil 2 minutes and cook gently 20 minutes. Remove the scum and strain through muslin. Several pieces of lemon rind may be heated with the stock if desired. If part of the meat and vegetables are browned it improves the color and flavor.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

### JELLIED CONSOMME

For each quart of consomme allow 1 tablespoon of granulated gelatine. Add 1 tablespoon cooking sherry. Soak gelatine in ¼ cup of cold water 10 minutes. Heat consomme to boiling point then add gelatine and stir until dissolved. The soup should be well seasoned and perfectly clear. Canned soup may be used but must be strained through a double thickness of cheesecloth. The salted cooking sherry now obtainable adds greatly to the flavor. Cold soup should be rather sharp in flavor and a few drops of tarragon vinegar or lemon juice should be added. Pour soup into bowl and set aside to become firm. Break slightly with a fork when filling bouillon cups.

*Mrs. Richard J. Welch, Wife of Representative Welch (Cal.).*

### CONSOMMES

See Favorite Dishes of All Nations, pages 31, 118.

### COLD SOUP CHLODNIK

See Favorite Dishes of All Nations, pages 114, 117.

### CORN SOUP

To 1 can of corn add 3 cups of milk. Place in stewpan 2 tablespoons butter, 2 tablespoons flour, 1 tablespoon minced onion, 2 hard boiled egg yolks sieved, pepper and salt. Let this cook to bubbling and add 1 cup cream. When well mixed add to the corn and milk. Let all simmer a moment, strain through a wire sieve. Slice the whites of the hard boiled eggs, serving a little in each plate.

*Mrs. Fred S. Purnell, Wife of Representative Purnell (Ind.).*

## CORN SOUP

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 can of corn.                  | $\frac{1}{2}$ cup of milk.     |
| 1 celery stalk, leaves and all. | 1 cup of cream.                |
| 4 whole cloves.                 | Add this to the above mixture. |
- Let simmer and strain.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

## CORN SOUP

- |                                 |                      |
|---------------------------------|----------------------|
| 1 pint milk.                    | 2 tablespoons flour. |
| 1 pint stock (chicken or veal.) | 1 can corn.          |
| 2 tablespoons butter.           |                      |

Melt butter, stir in flour until smooth; add milk; then stock; then juice from corn that passes through colander. Boil 5 minutes; season with salt to taste, and bit red pepper. Serve in cups with about dozen bits popcorn floating on top added just before serving. Corn left in colander can be used for fritters or pudding, etc.

*Mrs. Duncan U. Fletcher, Wife of Senator Fletcher (Fla.).*

## CREAM OF CORN SOUP

- |                       |                        |
|-----------------------|------------------------|
| 1 can corn.           | 2 tablespoons butter.  |
| 1 pint boiling water. | 2 tablespoons flour.   |
| 1 pint milk.          | 1 level teaspoon salt. |
| 1 slice onion.        | White pepper to taste. |

Chop corn, add water, and simmer 20 minutes; rub through a sieve. Scald milk with onion, remove onion, and add milk to corn. Bind with butter and flour cooked together. Add salt and pepper.

Celery and pea soups are made in similar manner.

*Mrs. Edward E. Browne, Wife of Representative Browne (Wis.).*

## CREAM OF CORN SOUP

- |                                 |                                    |
|---------------------------------|------------------------------------|
| $1\frac{1}{4}$ cups of corn.    | $2\frac{1}{2}$ tablespoons flour.  |
| $1\frac{1}{4}$ cups cold water. | $2\frac{1}{2}$ tablespoons butter. |
| $2\frac{1}{2}$ cups milk.       | $\frac{1}{2}$ slice onion.         |

(A) Chop corn; add water and simmer 20 minutes; rub through a sieve. (B) Scald milk with onion; remove onion. Melt butter, add flour and gradually pour on milk, cook thoroughly. Blend (A) and (B); season to taste with salt and pepper. When well blended serve hot.

*Miss Mabel Boardman, Secretary, American National Red Cross (Wash.).*

## CREAM OF CORN SOUP

- |                      |                                   |
|----------------------|-----------------------------------|
| 1 can of corn.       | 4 tablespoons cornstarch.         |
| 1 quart sweet milk.  | $\frac{1}{2}$ teaspoon paprika.   |
| 4 tablespoons flour. | $\frac{1}{4}$ pint whipped cream. |

Salt to taste, little sugar if desired.

Work 1 can of corn through sieve with  $1\frac{1}{2}$  cups sweet milk; mix the flour and cornstarch; add paprika and salt to taste.

Place in double boiler and let cook one-half hour after water comes to boiling point; pour into bouillon cups and put 2 tablespoons whipped cream to each cup, and sprinkle over same a little red paprika.

Garnish with small piece of parsley in center of each cup. Serve with buttered toast sticks.

*Mrs. Henry Riggs Rathbone, Wife of Representative Rathbone (Ill.).*

## CORN BISQUE

- |                        |                                      |
|------------------------|--------------------------------------|
| 1 quart milk.          | $\frac{1}{2}$ cup strained tomatoes. |
| 1 small onion.         | $\frac{1}{3}$ cup butter.            |
| 3 tablespoons flour.   | 1 teaspoon salt.                     |
| 1 cup cold water.      | $\frac{1}{2}$ teaspoon paprika.      |
| 1 quart strained corn. |                                      |

Mix the butter and flour to a smooth paste with water, add the other ingredients. Cook in a double boiler 30 minutes. Serves 10 people.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

## PUREE OF CORN

- |  |                                      |
|--|--------------------------------------|
| 1 can corn.                                    | 1 pint cream.                        |
| 3 cans of water (measured in<br>the same can.) | 1 tablespoon flour.                  |
| Butter size of an egg.                         | $\frac{1}{2}$ teaspoon salt.         |
| 3 pints milk.                                  | $\frac{1}{4}$ teaspoon white pepper. |

Boil the corn until tender; mash through a colander; add the milk and cream and thicken with the butter and flour stirred together to a cream; put through a fine strainer and serve.

Will serve 8 people.

Croutons or small cubes of bread fried in butter are nice with it.

Puree of peas, beans, cauliflower and celery can be made in the same way.

*Mrs. Edward Keating, Wife of former Representative Keating (Col.).*

## CREOLE SOUP

Saute 3 pounds of green peppers, chopped, 2 pounds of onions, chopped, in  $\frac{1}{4}$  cup of butter, 5 minutes; add  $\frac{1}{3}$  cup of flour, 1 quart of brown stock, 1 pint tomatoes, simmer 15 minutes. Strain and season with salt, pepper and cayenne. Add 2 tablespoons grated horseradish, 1 teaspoon vinegar and  $\frac{1}{4}$  cup of macaroni, cut in rings.

*Miss Grace E. Burton, Niece of Representative Theodore Burton (Ohio).*

## HAMBURGER EEL SOUP

See Favorite Dishes of All Nations, page 68.

## FISH CHOWDER

- |                                |                    |
|--------------------------------|--------------------|
| 2 pounds fresh fish.           | 2 pounds onions.   |
| $\frac{1}{4}$ pound salt pork. | 2 pounds potatoes. |

Boil the fish, only water enough to cover. Pick all bones out. Cut pork into small cubes, say  $\frac{1}{3}$  inch. Slice potatoes. Slice onions. Put into kettle, layer sliced potato, layer of fish, cubes of pork, layer of onions, layer of fish, layer of potatoes, cubes of pork, layer of onions, and so forth until all in. Pour in water in which fish was cooked. Cook slowly until onions are well done. Pour in the cream; salt and pepper to taste. Eat it.

*Mrs. John G. Sargent, Wife of the Attorney General.*

**GLOUCESTER FISH CHOWDER**

- |  |  |
|--|--|
| 4 to 5 pounds of fresh haddock.        | 4 cups of diced potatoes —                 |
| 1 quart of water.                      | (size about $\frac{1}{4}$ inch).           |
| $\frac{1}{2}$ cup diced fat salt pork. | 1 tablespoonful of salt.                   |
| $\frac{1}{2}$ cup chopped onions.      | $\frac{1}{2}$ teaspoonful of white pepper. |
| 2 tablespoonfuls of flour.             | 1 quart of milk.                           |
|  | 2 tablespoonfuls of butter.                |

Take one fresh haddock weighing between 4 and 5 pounds, cut off head, remove skin and tail and separate fish from backbone. Put head, skin, tail and backbone to boil for 30 minutes in a stew pan with 1 quart of water. Dice salt pork and try out in another stew pan. Just before the salt pork begins to brown add onions and let them fry slowly for 5 minutes—then add flour to pork while stirring briskly to avoid sticking on the pan. Have strained broth ready and add it slowly to this, while stirring continuously to avoid lumping. Add diced potatoes with fish cut in lumps and simmer for 25 minutes until potatoes are soft. Add to this 1 quart of milk which has been scalded, also salt, pepper and butter and serve with pilot bread or soda crackers.

*Representative A. Piatt Andrew, Gloucester (Mass.).*

**FISH CHOWDER**

See Favorite Dishes of All Nations, page 85.

**SOUPE DE POISSONS**

See Favorite Dishes of All Nations, page 75.

**DRIED FRUIT SOUP**

See Favorite Dishes of All Nations, page 88.

**CAMP SOUP**

See Large Gatherings, page 691.

**POTAGE CREAM OF LEEK**

Thin the tender parts of 6 or 8 leeks, cook slowly for half an hour in butter, taking care that they do not lose their color. Salt, sprinkle with half a glass of water and cook for another hour. Strain and mix the puree with a pint of boiling milk, and bind together with 4 yolks of eggs, add a pinch of white pepper, a little nutmeg, and serve.

*Mrs. Aram J. Pothier, Wife of the Governor of Rhode Island.*

**LEEK AND POTATO SOUP**

Take 3 or 4 leeks, peel and wash, cut up into pieces and cook in a little water, cook separately 3 or 4 medium potatoes, when done mash and add to the leeks, with salt and pepper, let these cook a few minutes, when ready to serve add a good size piece of butter.

**Other Way**

Wash and cut in strips the leeks, cook in butter but do not let them take color, wet with boiling water, add a few potatoes raw, peel and cut these in small pieces, salt and pepper. When the potatoes are cooked,



strain and put back on fire to boil. Put into the soup tureen slices of bread, a good size piece of butter, pour the boiling liquid over and serve.

*Mrs. Aram J. Pothier, Wife of the Governor of Rhode Island.*

#### LOCRO (A Beef or Fish Chowder)

See Favorite Dishes of All Nations, pages 56, 57.

#### SOUP MALAKOFF

See Favorite Dishes of All Nations, page 120.

#### MAGIERITSA—GREEK EASTER SOUP

See Favorite Dishes of All Nations, pages 74, 80.

#### MEAT SOUP

See Favorite Dishes of All Nations, page 135.

#### MONDONGO

See Favorite Dishes of All Nations, page 135.

#### MUSHROOM SOUP

$\frac{1}{2}$  pound small mushrooms.

$\frac{3}{8}$  cup butter.

$\frac{3}{8}$  cup flour.

2 quarts home-made stock —  
best made from chicken or  
veal.

1 pint of whipping cream.  
Cream, butter and flour.

Add to stock heating in double boiler. While above is cooking, chop the mushrooms. When somewhat thickened add mushrooms and cook until mushrooms are done. Add whipped cream just before serving.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

#### MUSHROOM SOUP

Chop 1 pound mushrooms very fine and steam in butter until soft. Make white sauce and season with salt and pepper. Add mushrooms to white sauce, also 1 quart of milk and 1 pint of chicken stock and cook 20 minutes. Add 1 pint of cream and heat. Serve with whipped cream. This quantity will serve 10 people.

*Mrs. Royal H. Weller, Wife of Representative Weller (N. Y.).*

#### MUSHROOM SOUP

1 pound fresh mushrooms.

3 pints milk.

2 tablespoons butter.

1 tablespoon flour.

Salt and pepper to taste.

Chop 6 mushrooms and cook in butter. Add flour and milk, salt and pepper. Cook remainder of the mushrooms in water to cover well. Strain through sieve and add this water to chopped mushrooms.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

#### MARY RATTLEY'S MUSHROOM SOUP

1 pound of mushrooms, chop-  
ped fine.

1 pint cold water.

Let this stand for 2 hours then put on a slow fire, cook about 30 minutes. Strain the juice and add

1 pint of chicken stock, well seasoned. Salt to taste.  
Dash of paprika.

1 pint of thin cream.

One tablespoonful of flour mixed in cold milk and added to the soup. When perfectly smooth run through a fine strainer. Just before serving add 2 tablespoonfuls of whipped cream.

*Mrs. Herbert Hoover, Wife of Secretary of Commerce (Cal.).*

### CREAM OF MUSHROOM SOUP

$\frac{1}{2}$  pound of mushrooms.  $\frac{1}{4}$  cup butter.  
4 cups of milk or 2 cups  $\frac{1}{2}$  cup flour.  
of milk and 2 of stock. 1 cup cream.  
1 slice onion. Salt and pepper.

Chop mushrooms fine. Add to white stock with onion. Cook 20 minutes. Mix with butter and flour cooked together. Reheat, then add cream and salt and pepper to taste.

*Mrs. E. E. Browne, Wife of Representative Browne (Wis.).*

### NOODLE SOUP

#### Noodles

1 egg. Flour.  
Salt.

Beat up 1 egg light, add pinch of salt, add flour enough to make a stiff dough. Roll very thin like thin pie crust, dredge with flour to keep from sticking. Let dry for an hour, roll in a tight scroll, begin at ends and slice into strips as thin as straws. Drop into boiling beef or chicken broth. Do not boil long or they will fall to pieces.

#### Soup

4 quarts of water. 2 onions.  
 $\frac{1}{4}$  pound suet.  $\frac{1}{2}$  cabbage.  
1 pound round beef. 4 carrots.  
 $\frac{1}{2}$  pound bacon. 1 head celery.  
3 beets. 1 parsley head.

Cook for 2 hours in the water the suet, round beef and bacon cut in small pieces, add salt and pepper to taste and vegetables cut in small pieces, cook 1 hour.

*Mrs. Elbert S. Brigham, Wife of Representative Brigham (Vt.).*

### OKRA SOUP

$1\frac{1}{2}$  pounds okra. Pinch thyme.  
6 small tomatoes.  $1\frac{1}{2}$  quarts water.  
2 small onions. Salt to taste.  
2 bay leaves.

Grind okra and tomatoes; chop onions fine and brown in 2 tablespoonfuls butter. Mix all together with bay leaves and water. Simmer 3 hours. Serve with croutons.

*Mrs. Richard S. Aldrich, Wife of Representative Aldrich (R. I.).*

## OKRA SOUP

- |                                 |                 |
|---------------------------------|-----------------|
| 1 good soup bone.               | 1 onion.        |
| 1 heaping quart of tender okra. | 3 ears of corn. |

Fry okra and onion in a generous amount of butter or bacon drippings. Stir frequently. Skin and cut up 2 quarts of ripe tomatoes. Season well and add to fried okra with as much boiling water as is required for family. Add soup bone. Simmer for several hours, and cut corn from several ears, boil in the soup until it is of a rich consistency.

*Mrs. A. L. Bulwinkle, Wife of Representative Bulwinkle (N. C.).*

## OKRA CHICKEN GUMBO

- |                             |                  |
|-----------------------------|------------------|
| 1 chicken.                  | 2 ripe tomatoes. |
| 1 gallon of fresh cut okra. |                  |

Smother okra cut very fine with tomatoes and chopped onions in, hard stirring most of the time. Fry chicken all cut in pieces in another dish. When okra is cooked add chicken and 1 gallon of water and cook for an hour or more. Serve with rice. Instead of chicken crabs may be used.

*Mrs. Edwin Broussard, Wife of Senator Broussard (La.).*

## OKRA GUMBO

- |   |   |
|---|---|
| 1 medium round steak cut into small pieces.   | 1½ pints sliced okra.                             |
| Neck, wings, back and giblets of one chicken. | 1 large onion.                                    |
| 2 or 3 slices of bacon or ham.                | 1 tablespoon of lard.                             |
| 3 or 4 skinned tomatoes.                      | Salt and pepper to taste.                         |
| ½ pod of pepper.                              | (Crab flakes may be used instead of the chicken.) |

Put the lard into the soup kettle and when hot add the chopped steak, chicken, ham or bacon, chopped onion and garlic. Stir until partially brown, then add 1½ quarts of boiling water. Cover and let boil for ½ hour. Partially fry the okra, and add the chopped tomatoes, pepper and seasoning. Add this mixture to the boiling ingredients, and let cook until the okra is tender. Serve very hot with boiled rice after removing the chicken and meat.

*Mrs. Bolivar E. Kemp, Wife of Representative Kemp (La.).*

## OKRA SHRIMP GUMBO

- |                                    |  |
|------------------------------------|--|
| 4 pounds of okra.                  | Pepper and salt to taste (red pepper).         |
| ½ gallon of shrimp.                |  |
| 1 small can tomato sauce.          | 1½ gallon of stock. This will serve 12 people. |
| 1 large onion and clove of garlic. |  |

Method: Cut okra in small round pieces, flour with 4 tablespoons of flour, fry in hot lard until brown. Then add tomatoes, onion, salt, pepper and garlic and put into the stock and cook for 2 hours, add shrimp 1 hour before serving, which have been scalded and peeled. Serve with boiled rice.

*Mrs. Henry L. Fuqua, Wife of the Governor of Louisiana.*

## SOUTHERN GUMBO (Okra-Tomato)

1 pint of canned tomatoes.                      1 pint of canned okra.

Fry crisp a few slices of bacon, take bacon out and fry some onions, sliced, in this grease until brown, then pour in tomatoes and okra and cook until done, add salt and pepper to taste. Put bacon in before serving.

*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

## ONION SOUP OF NORTHERN ITALY

3 or 4 large onions.                                      4 slices toast.  
 $\frac{1}{2}$  cup butter.    Parmesan cheese.  
 1 quart rich stock or milk.

Slice onions thin and fry in butter very carefully until transparent but not brown. Simmer gently 1 hour; pour over stock or milk and bring to a boil. Heat soup dishes; place in each one slice of toast covered with thick layer of cheese. Pour over this the hot soup and serve. This amount serves 4 people.

*Mrs. B. F. Cheatham, Wife of the Quartermaster General of the Army.*

## PUREE OF ONION SOUP

1 quart of milk.     $1\frac{1}{2}$  tablespoons of flour.  
 6 large onions.    1 cup of cream.  
 Yolks of 4 eggs.    Salt and pepper.  
 3 tablespoons of butter.

Put the butter in a frying pan. Cut the onion in thin slices and stir until they begin to cook. Then cover tight and set back where they will simmer but not burn for  $\frac{1}{2}$  hour. Now put the milk on to boil and add the dry flour to the onions and stir constantly for 3 minutes. Then turn the mixture into the milk and cook 15 minutes. Put this through a soup strainer. Return to the fire. Season with salt and pepper. Beat the egg yolks well, add the cream to them and stir into the soup. Cook 3 minutes. Serve grated Parmesan cheese passed in a bowl and croutons.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*

## SUPREME OF OYSTER SOUP

Scald a pint of oysters in their own liquor. Strain, reserve the liquor and finely chop the oysters. To the liquor add

3 cupfuls of hot water.                                      1 stalk of celery.  
 $\frac{1}{4}$  bay leaf.    1 sprig of parsley chopped  
 1 clove.    fine.  
 1 slice of onion.     $\frac{1}{4}$  cupful of washed rice.  
 1 leek.

Bring to the boiling point, let simmer for forty minutes and strain. Season to taste with salt, paprika and a bit of mace and add

1 cupful of milk.    1 beaten egg yolk and the  
 $\frac{1}{2}$  cupful of cream.    oysters.

Stir for a moment or two until thickened and serve immediately.

*Mrs. J. S. Fassett, Widow of the late Representative Fassett (N. Y.).*

## BISQUE OF OYSTERS

- |                       |  |
|-----------------------|--|
| 1 pint oysters.       | 1 teaspoon salt.                         |
| 2 tablespoons butter. | $\frac{1}{8}$ teaspoon pepper.           |
| 2 tablespoons flour.  | $\frac{1}{4}$ cup whipping cream, little |
| 3 cups milk.          | paprika.                                 |

Clean oysters; add enough water to oyster liquor to make one cup. Cook oysters in this liquor until edges curl. Drain, chop very fine or pound to a pulp. Melt butter, stir in flour and slowly add milk, stirring constantly, season with salt and pepper, add oyster liquor and bring to boiling point and then cook over hot water for 20 minutes. Whip cream until stiff, and fold into soup just before serving. Serve sprinkled with paprika.

*Mrs. Wells Goodykoontz, Wife of former Rep. Goodykoontz (W. Va.).*

## OYSTER BISQUE

- |                           |                          |
|---------------------------|--------------------------|
| 1 quart of chicken broth. | 2 or 3 stalks of celery. |
| 1 pint small oysters.     |                          |

Boil together  $\frac{1}{2}$  hour and strain, pressing oysters well. Add 1 cup milk and thicken with 1 tablespoon of flour and 1 tablespoon of butter creamed together. This serves 8 cups. Add spoonful of whipped cream to each cup.

*Mrs. E. E. Browne, Wife of Representative Browne (Wis.).*

## OYSTER BISQUE

- |  |   |
|--|---|
| (A) 1 quart oysters (reserve liquor).                    | (C) Yolks of 2 eggs, lightly beaten, 2 tablespoons cold milk. |
| (B) Milk, 1 quart; butter and flour, 4 tablespoons each. | Chop oysters and add to liquor.                               |
| Salt, cayenne, mace and celery salt.                     |   |

Add the chopped oysters and (C) to the liquor. Heat to the boiling point and strain through a colander. Make (B) into white sauce and add liquor from (A) to (B.) Just before serving add a few drops of lemon juice. Serves 10 people.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

## OYSTER GUMBO

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 pint oysters.             | $\frac{1}{2}$ can okra.     |
| 4 cups fish stock.          | $\frac{1}{3}$ can tomatoes. |
| $\frac{1}{4}$ cup butter.   | Salt to taste.              |
| 1 tablespoon chopped onion. | Pepper to taste.            |

Clean, pick over and parboil oysters; drain and add oyster liquor to fish stock. Cook onion five minutes in one-half the butter, add to stock. Then add okra, tomatoes heated and drained from some of their liquor, oysters and remaining butter. Season with salt and pepper. Fish stock is the liquor obtained by covering the head, tail, skin, bones and small quantity of flesh adhering to the bones of fish with cold water, bringing slowly to boiling point, simmering 30 minutes and straining.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Pa.).*

## OYSTER STEW

See Large Gatherings, page 694.

## CREME A LA PALESTINE

See Favorite Dishes of All Nations, page 69.

## PEA SOUP

1 pound split peas.

3 quarts cold water.

Bone from shank of ham.

Soak peas over night in water to cover. Drain; add the water (3 quarts), ham bone and a little salt. Cook slowly 7 hours, put through colander and serve with croutons.

*Mrs. Harcourt J. Pratt, Wife of Representative Pratt (N. Y.).*

## SPLIT PEA SOUP

1 cup split peas.

2½ quarts water.

2 tablespoons chopped onion.

3 tablespoons butter.

3 tablespoons flour.

1½ teaspoons salt.

⅛ teaspoon pepper.

1 pint milk.

Wash the peas and soak them over night in cold water, drain and rinse thoroughly, add 2½ quarts of cold water and the onion. Cook slowly until soft, rub through a strainer and add the remainder of the liquid; make a white sauce, and cook until it is like thick cream. Cooking a ham bone with the soup improves the flavor.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## SPLIT PEA SOUP

See Large Gatherings, page 695.

## PEA SOUP (No Flour)

1 cup of puree of peas.

½ cup of mashed potato.

Butter—size of large walnut.

1 cup of milk.

1 cup of cream.

Salt to taste.

Pinch of red pepper.

*Mrs. Henry W. Seymour, Widow of the late Rep. Seymour (Mich.).*

## FINE BLACK PEA OR BEAN SOUP

1 pint of beans or peas.

1 small ham bone.

1 wine glass cooking sherry.

1 hard-boiled egg.

1 sliced lemon.

Soak beans over night; put in kettle and cover with water. Add ham bone and let boil 2 or 3 hours. When thoroughly cooked strain through sieve. When ready to serve add sherry, sliced lemon and egg.

*Mrs. John H. Small, Wife of former Representative Small (N. C.).*

## PUREE OF PEAS

3 cups cooked split peas.

1 cup good stock.

2 cups milk.

1 tablespoon butter.

1 tablespoon flour.

(A) Rub peas through a sieve, add the stock, salt and pepper to taste, cook 2 minutes. (B) Scald milk, melt butter, add the flour and pour on gradually the scalding milk, cook thoroughly, stirring constantly. Blend (A) and (B). Reheat and serve.

*Miss Mabel Boardman, Secretary of National Red Cross, Washington.*

## PEANUT SOUP

2 cupfuls shelled peanuts.	1 quart water.
1 pint of soup stock.	1 pint of milk.
$\frac{3}{4}$ cupful butter.	1 slice of onion.
1 stalk of celery.	3 tablespoons flour.
Salt and pepper.	

Cook the peanuts with the onion and celery until tender in water. Press through a sieve and add the soup stock. Heat and stir in a sauce made of butter, flour and milk. Season with salt and pepper.

*Mrs. Ralph Losier, Wife of Representative Losier (Mo.).*

## SOUPE DE PERDRIX (Partridge Soup)

See Favorite Dishes of All Nations, page 75.

## PIMIENTO SOUP

$\frac{1}{2}$ cup of rice and 3 cups of water.	3 pimientos (canned) ground fine.
Boil together until rice is very soft.	Little butter, salt and pepper.
1 pint of cream.	Add yolks of 2 eggs well beaten just before serving.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

## EASIEST OF ALL SOUPS TO MAKE (Rice)

Mix 4 tablespoons of rice in a quart of milk. Let cook in a double boiler until the rice is very soft (about an hour). It will thicken the milk sufficiently. A little salt makes the soup good enough, yet a tablespoon of scraped onion is sometimes cooked with the rice.

*Mrs. John B. Henderson, Widow of the late Senator Henderson (Mo.).*

## SWEET SAGO SOUP

See Favorite Dishes of All Nations, page 53.

## SCOTCH BROTH (From a Scotch Family)

1 small white turnip.	1 can peas.
2 medium carrots.	1 cup pearl barley.
$\frac{1}{4}$ head kale or cabbage.	1 cup rice.
4 large leeks or onions.	1 large beef shank.
All put through food chopper.	Salt and pepper to taste.

Cook all together except peas, which are added last. May be kept in cool place and reheated as needed.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

## MUTTON BROTH OR SCOTCH BROTH

See Favorite Dishes of All Nations, page 70, and "Invalids or Children, page 688.

## SORRELL SOUP

See Favorite Dishes of All Nations, page 114.

## SOUR SOUP WITH MEAT BALLS

See Favorite Dishes of All Nations, page 122.

## CREAM OF SPINACH SOUP

1 pound spinach.  
4 cups milk.  
2½ tablespoons butter.

2 tablespoons flour.  
½ teaspoon salt.

(A) Wash spinach thoroughly, being sure all sand is washed out, cook in boiling salted water 20 minutes, press through a sieve. (B) Scald milk; melt butter and add the flour and pour on gradually the scalded milk. Cook thoroughly, stirring often. Blend (A) and (B); reheat and serve.

*Miss Mabel Boardman, Secretary American National Red Cross (D. C.).*

## CREAM OF SPINACH SOUP

Wash thoroughly and boil the spinach until tender—then chop and rub through a sieve. To 2 cups of the pulp add 1 quart of soup stock or 1 quart of milk or half of each. Rub together 1 T of butter with 2 T flour. Put this in the soup over the fire and stir altogether until it thickens a little. Season with salt and pepper and add from ½ to 1 cup of cream. Beat it well with an egg beater and serve hot.

*The late Mrs. Oscar Keller, Wife of Representative Keller (Minn.).*

## SWEDISH SOUP

2 small carrots.  
½ cup fresh peas.  
1 pint rich milk.  
1 cup cream.

2 tablespoons butter.  
1 tablespoon flour.  
Pinch of salt.  
Teaspoonful chopped parsley.

Cut carrots in dices, cook in salted water until tender. Cook peas separate. Melt butter; stir in flour; add milk and cream and cook in double boiler; add carrots, peas and salt; add parsley before serving.

*Mrs. Richard S. Aldrich, Wife of Representative Aldrich (R. I.).*

## CREAM OF TOMATO SOUP

While 1 quart of milk is heating in a double boiler, put into another kettle

1 heaping tablespoon flour.  
1 medium tablespoon sugar.

⅓ teaspoon soda.

Mix dry and add slowly 1 can tomato soup and 1 can of water with which you rinse out the can. Put this mixture over stove and let boil, stirring constantly, then add slowly to the hot milk and cook a few minutes. Add 1 tablespoon of butter. When serving add 1 tablespoon whipped cream to each plate. Let guests salt and pepper to taste.

*Mrs. Lindley H. Hadley, Wife of Rep. Hadley (State of Wash.).*

## CREAM OF TOMATO SOUP

1 quart milk.  
1 tablespoon butter.  
1 pint tomatoes.  
1 teaspoon sugar.  
¼ teaspoon soda.

Sprig of parsley.  
1 bay leaf.  
Blade of mace.  
2 tablespoons flour.

Stew tomatoes with bay leaf, parsley and mace 15 minutes. Put milk in double boiler, when hot add butter and flour, stir until it thickens. Press tomatoes through a sieve, add sugar, soda and then thickened milk.

*Mrs. Carl E. Mapes, Wife of Representative Mapes (Mich.).*



## FAVORITE CREAM TOMATO SOUP

Make a stock of roast beef or chicken bones—add 1 quart can of tomatoes, little celery and parsley. When well cooked, strain, add pinch of soda, then thicken with flour smoothly mixed with milk or cream, salt and pepper to taste. Whipped cream may be added to top when served. A little sugar may be added if wanted.

*Mrs. Roy G. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

## CREAM TOMATO SOUP

1 can tomatoes.	$\frac{1}{2}$ teaspoon soda put in toma-
1 cup diced Irish potatoes.	toes.
1 cup diced tender celery.	

Method: Cook all together until done. Run through a coarse sieve, add 1 pint of sweet milk, let come to a boil. Salt to taste. Serve with a tablespoon of whipped cream and with toasted strips of buttered bread.

*Mrs. Samuel Rutherford, Wife of Representative Rutherford (Ga.).*

## PUREE DE TOMATES, otherwise PORTUGAISE

Fry in 1 ounce of butter a somewhat finely-cut mirepoix consisting of 1 ounce of breast of bacon cut into dice,  $\frac{1}{3}$  of a carrot,  $\frac{1}{2}$  an onion, a fragment of thyme and bay. Add to this fried mirepoix 8 medium-sized tomatoes, pressed and cut into pieces the size of a clove of garlic, a pinch of sugar,  $2\frac{1}{2}$  ounces of rice, and 1 pint of white consomme. Set to cook gently, rub through tammy, and finish with the necessary quantity of consomme. When about to serve complete the puree by adding thereto, away from the fire, 2 ounces of butter. Garnish with 2 tablespoonfuls of poached rice, each grain being separate, and the same quantity of peeled tomatoes cut into dice and briskly tossed in butter. This soup may also be prepared as a veloute or a cream.

*Mrs. E. I. Edwards, Wife of Senator Edwards (N. J.).*

## PUREE OF TOMATO

3 cups cooked tomatoes.	2 tablespoons butter.
1 saltspoon soda.	2 tablespoons flour.
2 cups milk.	

(A) Rub tomatoes through a sieve, add the soda to prevent the acid of the tomatoes curdling the milk. (B) Scald the milk, melt the butter, add flour and pour on gradually the scalding milk, cook thoroughly, stirring well. Blend (A) and (B), add salt and pepper; reheat and serve.

*Miss Mabel Boardman, Secretary of National Red Cross, Washington.*

## TOMATO SOUP

1 can tomato soup.	Lump butter.
$1\frac{1}{2}$ cups milk.	1 bay leaf.
$\frac{1}{2}$ large onion.	Paprika.

To 1 can prepared tomato soup add milk, butter, bay leaf and grated onion. Bring to boil, remove from fire and season with little salt and paprika.

*Mrs. L. C. Dyer, Wife of Representative Dyer (Mo.).*

## TOMATO CONSOMME

Shin of beef—about 6 pounds.	1 tablespoon salt.
1 fowl.	15 peppercorns.
7 quarts cold water.	3 cloves.
1 onion.	2 bay leaves.
1 carrot.	1 sprig parsley.
Stalk celery.	1 can tomatoes.

Cut meat from the bone, and put a tablespoon of butter into soup pot, with pieces of meat, and stir over hot fire until the meat is brown. Then add 1 quart of water. Let it cook until a glaze has formed on the bottom of the kettle. Then add 6 quarts of water (cold). Let it come slowly to the boiling point. Then set the soup pot back on the stove and let it simmer for 6 hours. Remove the scum from time to time as it rises. One hour before removing the soup add the vegetables, herbs, spices and salt. When it has simmered 6 hours, strain it through a sieve into a bowl. Let stand until cold, and remove grease. Then clear—put the soup on the stove with 1 pound of raw beef and whites of 2 eggs. Stir until it comes to a boil. Let simmer a short time to clear the soup. Then strain through a fine cheesecloth.

*Mrs. Louis A. Frothingham, Wife of Representative Frothingham (Mass.).*

## GREEN TURTLE SOUP

In equal amounts of consomme and chicken broth place a few pieces of green turtle meat cut in a small dice shape, bring this to a boiling point, remove from fire, place in consomme cups, add a few drops of synthetic Amentillade or Sherry wine, a few pieces of hard-boiled yolk of egg and top off with a pinch of finely chopped parsley (which will have been washed and dried before). Serve a slice of lemon in a side dish so that the guests may use it at their will. To obtain the full benefit of this most delicious soup it should be prepared just before the guests arrive and then it should be served real hot.

*Mrs. John W. Martin, Wife of the Governor of Florida.*

## TURTLE SOUP

2½ pounds veal.	6 hardboiled eggs.
Boil till tender, then grind.	1 cup flour, browned.
Add enough water to meat	Juice of 1 large lemon.
broth to make 1½ gallons.	1 good-sized bottle of catsup.
Then add 1 large or 2 small	½ teaspoon cayenne pepper.
onions.	Salt to taste.
5 large potatoes boiled and	Add meat and flour last.
mashed.	If not thick enough, add flour.

*Mrs. Harry C. Canfield, Wife of Representative Canfield (Ind.).*

## POTAGE CHESTERFIELD

Clear turtle soup garnished with turtle meat, truffles, red beets and cucumbers. (Cut turtle meat in dice, all others in very thin strips.)

*S. S. Republic, U. S. Lines, H. Steck, Chef.*

**HAMBURGER VEGETABLE SOUP**

- |  |   |
|--|---|
| 2 medium-sized potatoes.                               | 1 cup each of beans, peas and lima beans. Or                                |
| 2 or 3 small onions.                                   | ½ cup of the peas and beans if dried.                                       |
| 1 carrot.  | 1 pound hamburger.  |
| 1 turnip.  | Season with salt and pepper.  |
| 1 cup cabbage.   | Celery salt or seed may also be used if you have not already put in celery. |
| 1 or 2 sticks of celery.                               |   |
| 1 cup tomato pulp or its equivalent of fresh tomatoes. |   |

Stir your hamburger up in cold water to prevent lumping. Chop or dice your vegetables, fine or coarse, just as you would for any other vegetable soup. Put in the vegetables which take a long while to cook at once and add the other later. If dried vegetables are used it is well to cook those separately until about done and then add. It is not necessary to use the exact amount of vegetable mentioned and any of them can be left out entirely except it is well to use the tomato and onion. Any other left over vegetables can be added if desired. Of course, add enough water to make soup, although this should be a thick soup.

*Mrs. John S. Benham, Wife of former Representative Benham (Ind.).*

**VEGETABLE SOUP WITHOUT STOCK**

See Favorite Dishes of All Nations, page 86.

**BISQUE D'ECREVISSES**

See Favorite Dishes of All Nations, page 141.

**ROUX, White**

Melt a cup of butter over a slow fire, and when hot, skim carefully, then pour off all the clear oil into another pan, taking care not to let any of the sediment go with it. Warm again slowly, add a heaping cup of sifted flour and cook slowly together without browning for 20 minutes. Keep in a covered glass jar in a cold place and use as required for thickening sauces and soups.

*Mrs. Walter E. Edge, Wife of Senator Edge (N.J.).*

**TO SERVE WITH SOUP**

No. 1. Split common crackers and spread thinly with butter; put in pan and bake until slightly browned.

No. 2. Arrange saltines in pan. Butter, slightly sprinkle with grated cheese and bake until cheese is melted.

No. 3. Cut breadsticks in halves lengthwise. Spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

**Croutons (Duchess Crusts)**

No. 4. Cut stale bread in ½ inch slices and remove crusts. Spread thinly with butter. Cut slices in ½ inch cubes, put in oven and bake until slightly brown. Serve hot.

*Mrs. Edward E. Browne, Wife of Representative Browne (Wis.).*

**DROP DUMPLINGS FOR SOUP**

3 eggs.  
 ½ cup milk.  
 2 tablespoons butter.  
 1 cup flour.

½ teaspoon salt.  
 ¼ teaspoon cardamon or nutmeg.

Break the whites of the eggs into a cup, and add enough milk to fill cup; mix with the butter and flour in a spider and stir as it boils until it leaves the spider clean. When cool stir in the yolks well and season to taste. Drop from spoon into boiling salted water, and lift out with drain, and put on plate. These can be kept and used by dropping into soup without being heated. The hot soup makes them sufficiently warm.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

**FORCED MEAT BALLS WITH EGGS AND SPICES**

See Favorite Dishes of All Nations, page 94.

**EGG BALLS FOR CLEAR SOUP**

Egg balls form an easily prepared garnish for all clear soups. To make them, mash the yolks of 2 hard boiled eggs to a paste, working in 1 teaspoonful of melted butter, a pinch of salt, a grating of nutmeg and as much of the yolk of a raw egg as is needed to mold them. Flour the hands and make up the mixture into balls the size of a hazelnut. Drop into slightly salted simmering water and poach for 6 minutes. Skim out and put aside until needed. Allow 3 or 4 to each plate of soup.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

**BOULETTES A LA SAUCE TOMATO**

See Favorite Dishes of All Nations, page 76.

## BREADS, BISCUITS AND ROLLS

*Here is bread, which strengthens man's heart, and therefore called the staff of life.*  
—Matthew Henry.

*A loaf of bread, the walrus said,  
Is what we chiefly need.*  
—Lewis Carroll.

### YEAST

6 medium-sized potatoes       $\frac{1}{2}$  cup flour.  
boiled and put through sieve.       $\frac{1}{8}$  teaspoon salt.  
 $\frac{1}{2}$  cup sugar.       $\frac{1}{2}$  cake dry yeast.

Let stand 24 hours, stirring occasionally. Use 1 cup of this yeast to 1 loaf of bread. Keep at temperature of about 65 to 70 degrees.

*Mrs. James H. MacLafferty, Wife of former Rep. MacLafferty, (Cal.).*

### BREAD

2 cups milk or water.       $\frac{1}{2}$  cake compressed yeast.  
2 teaspoons salt.       $\frac{1}{2}$  cup lukewarm water.  
2 teaspoons sugar.      Flour (about 6 cups).  
1 tablespoon lard or butter.

Put the water or milk, salt, sugar and fat into a bowl; add the dissolved yeast, then the flour gradually. When stiff enough to handle, turn the dough out on a floured board and knead until soft and elastic. Put it back into the bowl, moisten, cover and let it rise in a warm place until double its bulk; then divide into loaves, or shape into biscuit. Cover them and let them rise in the pan in which they are to be baked until double in bulk, then bake.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

### BROWN BREAD

1 quart rye meal.       $\frac{2}{3}$  cup sugar.  
1 quart corn meal.      1 teaspoon salt.  
1 quart warm water.       $\frac{1}{2}$  yeast cake.

Mix dry ingredients thoroughly. Add warm water and yeast dissolved in  $\frac{2}{3}$  cup warm water. Put in a crock and let it rise. Bake 3 hours with cover on in a moderate oven and fourth hour with the cover off. If desired to be used after baking, warm in a steamer before serving.

*Mrs. Franklin S. Billings, Wife of former Governor Billings (Vt.).*

## BROWN BREAD

2 cups graham flour.	1 teaspoon soda dissolved in
1 cup white flour.	1 tablespoon water (put in
1 cup buttermilk.	last).
1 cup sugar.	Salt.
2 eggs.	$\frac{1}{2}$ cup raisins.
	1 cup nuts.

Fill greased, pound baking powder cans  $\frac{3}{4}$  full of mixture. Steam 2 hours. Then dry out in hot oven for 10 minutes.

*Mrs. Carl Vinson, Wife of Representative Vinson (Ga.).*

## BROWN BREAD

1 cup white flour.	1 teaspoon salt.
1 cup corn meal.	2 teaspoons soda in hot water.
2 cups milk.	$\frac{2}{3}$ cup molasses.

Steam 4 hours.

*Mrs. Arthur R. Gould, Wife of Senator Gould (Maine).*

## BROWN BREAD

2 cups graham flour.	$\frac{1}{4}$ cup of walnuts or pecans,
$\frac{2}{3}$ cup white flour.	chopped.
1 cup sour milk.	1 teacup of raisins, stoned and
$\frac{1}{2}$ cup dark molasses.	cut in half.
1 teaspoon of soda.	2 tablespoons of brown sugar.
A pinch of salt.	

Mix and put in can, place can in water and steam  $2\frac{1}{2}$  hours. Keep water around can replenished.

*Mrs. John McDuffie, Wife of Representative McDuffie (Ala.).*

## BROWN BREAD

3 cups graham flour.	1 cup of sorghum.
2 cups corn meal.	2 cups sweet milk.
1 cup warm water with 1 tea- spoon soda dissolved in it.	

Steam 3 hours in 5 baking powder cans, then put in oven 5 minutes. Nuts and raisins may be added.

*Mrs. James P. Glynn, Wife of Representative Glynn (Conn.).*

## BROWN BREAD

1 teaspoon soda in	Mix 4 cups graham flour.
$1\frac{1}{2}$ cups molasses (dark).	1 cup white flour.
Add 1 cup sweet or sour milk.	1 teaspoon salt.
1 cup cold water.	2 teaspoons baking powder.

Mix the wets with the dries. Bake  $1\frac{1}{2}$  hours in very slow oven. Cover pans. This makes 2 loaves.

*Mrs. Edmund Platt, Wife of former Representative Platt (N.Y.).*

## BROWN BREAD

2 cups sour milk.  
1 cup molasses.

1 teaspoon soda.  
1 teaspoon salt.

Stir

Add whole wheat flour or  $\frac{1}{2}$  white and  $\frac{1}{2}$  Kellogg's bran until stiffer than cake. Sift in flour and  $1\frac{1}{2}$  teaspoon baking powder.

$\frac{1}{2}$  cup sugar.

Nuts or raisins slightly floured.

1 egg, beaten.

Fill 5 greased 1 pound baking powder tins  $\frac{1}{2}$  full. Bake 1 hour in moderate oven.

*Mrs. George A. Welsh, Wife of Representative Welsh (Pa.).*

## BROWN BREAD

1 quart coarse graham flour.

1 level teaspoon soda.

$\frac{1}{2}$  teaspoon salt measured level.

Sour milk sufficient to make a stiff batter.

$\frac{2}{3}$  cup molasses.

Beat the soda in the molasses. Bake in very slow oven an hour or more if necessary.

*Mrs. Medill McCormick, Widow of the late Senator McCormick (Ill.).*

*Daughter of the late Senator Mark Hanna (Ohio).*

## BROWN BREAD

1 cup rye flour.

$\frac{1}{2}$  teaspoon soda in

1 cup corn meal.

$\frac{1}{2}$  cup molasses.

$\frac{1}{2}$  cup flour.

$\frac{1}{2}$  teaspoon (scant) salt.

$1\frac{1}{2}$  cups milk.

$\frac{1}{2}$  cup currants.

Put in pail, cover tight and set in larger pail water and bake 3 hours.

*Mrs. James R. Mann, Widow of the late Representative Mann (Ill.).*

## BOSTON BROWN BREAD

$2\frac{1}{2}$  cups sour milk.

$\frac{1}{2}$  cup molasses.

1 teaspoonful soda in milk.

1 teaspoonful salt.

2 cups corn meal.

$\frac{1}{2}$  cup flour.

1 cup of Graham flour.

Put in baking powder cans after cans have been greased well, put in water and boil for  $2\frac{1}{2}$  or 3 hours. The bread should come out of the cans easy.

*Mrs. Miriam A. Ferguson, former Governor of Texas.*

## BOSTON BROWN BREAD

3 cups Graham flour.

$3\frac{1}{2}$  cups sour milk.

1 cup white flour.

1 teaspoon salt.

1 cup molasses.

2 teaspoons soda.

$\frac{1}{4}$  cup butter, melted.

Mix and divide in 3 molds. Steam  $3\frac{1}{2}$  hours.

*Mrs. David Meckison, Wife of former Representative Meckison (Ohio).*

## BOSTON BROWN BREAD

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 egg.                       | 1 level teaspoonful baking soda. |
| 1½ cupfuls butter milk.      | 2 teaspoonfuls baking powder.    |
| 1 cupful molasses.           | ½ teaspoonful salt.              |
| 1 cupful white flour.        | 1 cupful seeded raisins.         |
| 2 cupfuls whole wheat flour. |                                  |
| ½ tablespoonful butter.      |                                  |

Beat the egg until light. Stir baking soda into molasses, add the buttermilk and melted butter, and mix these ingredients. Sift white flour, whole wheat flour, baking powder and salt. Stir the raisins into this dry mixture. Add this to the liquid ingredients and mix well. Cut the mixture into greased baking powder cans or other molds. Fill only about  $\frac{2}{3}$  full. Place the molds upright and uncovered in pan of water that is boiling. Let water be  $\frac{3}{4}$  depth of molds. Steam about 4 hours, keeping the cans or molds covered to this depth, and the water boiling. Place the bread in an oven about 350 degrees and let it remain at this temperature long enough to dry out.

*Mrs. Zebulon Weaver, Wife of Representative Weaver (N. C.).*

## BOSTON BROWN BREAD

- |                         |                           |
|-------------------------|---------------------------|
| 1 cup wheat flour.      | ½ cup molasses.           |
| 1½ cups Graham flour.   | 1 cup sour milk.          |
| ½ cup cornmeal.         | 1 level teaspoon of soda. |
| 1 cup raisins.          | ½ teaspoon of salt.       |
| ½ cup granulated sugar. |                           |

Grease four 1-pound baking cans and fill half with the dough. Steam 2½ hours. The bread is lighter if the water is boiling under steamer when the dough is put in. When the bread is done, let it stand for 5 minutes after removing from the fire.

*Mrs. W. W. Chalmers, Wife of Representative Chalmers (Ohio).*

## BROWN BREAD SPECIAL

- |                            |                  |
|----------------------------|------------------|
| 1½ cups whole wheat flour. | 1 teaspoon soda. |
| 1½ cups health bran.       | ⅛ teaspoon salt. |
| ½ cup raisins.             |                  |

When thoroughly mixed add  $\frac{1}{3}$  cup molasses, 1 large cup milk. If canned milk is used make it  $\frac{1}{3}$  water. Bake 1 hour in fairly slow oven.

*Mrs. Curtis D. Wilbur, Wife of the Secretary of the Navy.*

## GRANDMOTHER'S BROWN BREAD

- |                               |                  |
|-------------------------------|------------------|
| 3 cups buttermilk.            | 1 teaspoon soda. |
| 1 cup molasses.               | 2 cups cornmeal. |
| 1 teaspoon (very small) salt. | 1 cup flour.     |

Dissolve soda in buttermilk, blend with molasses, add salt; sift flour with cornmeal and add. Makes thin batter. Pour in greased mould and steam 3 to 4 hours.

*Mrs. James H. Davidson, Widow of the late Rep. Davidson (Wis.).*

## HOOSIER BROWN BREAD

- |                              |  |
|------------------------------|--|
| 1 pint sour milk.            | Graham flour to make stiff batter.               |
| 1 teaspoon salt.             | 1 teaspoon soda dissolved and added last of all. |
| ½ pint Porto Rican molasses. |  |



Bake in brown bread pan 2 hours in slow oven. Serve hot with baked beans.

*Mrs. Martin A. Morrison, Wife of former Representative Morrison (Ind.).*

#### MISSOURI BAKED BROWN BREAD

- |                            |                      |
|----------------------------|----------------------|
| ½ cup white sugar.         | 1 cup nuts.          |
| 2 cups sour milk.          | 2 cups Graham flour. |
| 2 level teaspoonfuls soda. | 1 cup white flour.   |
| 1 cup raisins.             | ½ cup molasses.      |

Method for making: Combine the sugar and molasses and sour cream together with half the baking soda. Reserve enough white flour to dredge the raisins and nuts in. Sift the rest of the soda into the remainder of the white flour. Add both kinds of the flour to the ingredients lastly adding the nuts and raisins. English walnuts preferred but any kind desired are good. Pour the mixture into baking powder cans and let stand until full, about one hour's time, filling the cans  $\frac{3}{4}$  full. Bake 1 hour in slow oven. This will fill 3 cans. Oval pan may be used. For sweet sandwiches this bread is delicious, and combines nicely with any kinds of fruit filling.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

#### SQUANTUM R. I. BROWN BREAD

- |                   |                          |
|-------------------|--------------------------|
| 1 cup molasses.   | 1 cup Graham flour.      |
| 2 cups corn meal. | 1 teaspoonful saleratus. |
| 1 cup rye meal.   | Salt.                    |

Mix with about 4 cups of sour milk or water. It is a thin mixture. Steam a little over 3 hours.

*Mrs. Jesse H. Metcalf, Wife of Senator Metcalf (R. I.).*

#### STEAMED BROWN BREAD

- |  |                            |
|--|----------------------------|
| 1 cup of milk (sweet or sour).                       | 1 teaspoon salt.           |
| $\frac{3}{4}$ cup of very dark New Orleans molasses. | $\frac{3}{4}$ cup raisins. |
| 1 teaspoon soda.                                     | 3 cups white flour.        |

Steam 3 hours.

*Mrs. Homer W. Hall, Wife of Representative Hall (Ill.).*

#### STEAMED BROWN BREAD

- |                      |   |
|----------------------|---|
| 2 cups Graham flour. | 1 cup molasses (sorghum preferred).     |
| 1 cup cornmeal.      | 1 heaping or 2 level teaspoonfuls soda. |
| 1 cup raisins.       | A pinch of salt.                        |
| 2 cups sour milk.    |   |

Steam in 4 baking powder cans 4 hours (or boil for 3 hours).

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

#### "BLACK MAMMYS" CRACKLIN BREAD

- |                    |                  |
|--------------------|------------------|
| 2 cups white meal. | 1 teaspoon salt. |
|--------------------|------------------|

Scald meal with boiling water and stir in 1 cup of crisp cracklins. Make just stiff enough to handle, make into pones and bake in hot oven until a golden brown.

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

## DATE BREAD

1 cup sugar. } Well beaten.  
1 cup butter. }

Add 2 eggs, beaten; 1 teaspoon soda in  $\frac{3}{4}$  cup hot water. Put  $\frac{1}{2}$  teaspoonful salt in 1 pound pecan or walnut meats, chopped coarsely—add 1 pound dates—stoned, and cut up. Sprinkle 2 cups flour and 1 teaspoonful each of cinnamon, cloves and allspice.

Add this to the batter—May need a little more flour. Less nuts and spice may be used. May use brown sugar. Bake in a slow oven.

*Mrs. Herbert J. Drane, Wife of Representative Drane (Fla.).*

## DATE BREAD

2 cups buttermilk. 3 $\frac{3}{4}$  cups graham flour.  
1 cup molasses.  $\frac{1}{2}$  cup corn meal.  
2 teaspoon soda. 1 lb. dates—well dredged with  
1 teaspoon salt. flour.  
2 eggs.

Makes 1 large or 2 small loaves—moderate oven.

*Mrs. James H. Davidson, Widow of the late Rep. Davidson (Wis.).*

## DATE AND NUT WHOLE WHEAT BREAD

1 cup sugar. 4 heaping teaspoons baking  
2 eggs well beaten. powder.  
2 cups sweet milk. 2 cups walnut meats.  
3 or 3 $\frac{1}{2}$  cups whole wheat flour. 1 pound dates, chopped.

Let rise in pans 25 minutes. Bake slowly about an hour.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

## DATE AND NUT BREAD

1 cup boiling coffee. 1 teaspoon soda.  
1 box dates—chopped fine.  
Let coffee and soda stand on dates while mixing.  
1 cup sugar. Add 1 $\frac{1}{2}$  cups flour.  
1 tablespoon butter. 1 pinch salt.  
1 egg. 1 cup nuts (any kind).  
Mix all together. 1 teaspoon vanilla.

Bake 1 $\frac{1}{2}$  hours in mild oven.

*Mrs. Patrick H. Drewry, Wife of Representative Drewry (Va.).*

## QUICK GRAHAM BREAD

1 $\frac{1}{2}$  cups sour milk. 3 cups graham flour.  
1 cup sweet milk. 1 teaspoon salt.  
 $\frac{1}{2}$  cup molasses. 1 $\frac{1}{2}$  teaspoons soda.  
1 $\frac{1}{2}$  cups white flour.

Mix milk and molasses, add salt, dissolve soda in  $\frac{2}{3}$  cup of boiling water. Stir in part of graham flour, then rest of graham and white. Makes 2 loaves. Bake slowly about 1 hour.

*Mrs. Wallace H. White, Wife of Representative White (Maine).*

## GRAPENUTS BREAD

- |                            |                   |
|----------------------------|-------------------|
| 4 cups flour.              | 1 teaspoon soda.  |
| 4 teaspoons baking powder. | 1 cup grape nuts. |
| $\frac{2}{3}$ cup sugar.   | 1 egg, beaten.    |
| 1 teaspoon salt.           | 2 cups milk.      |

Combine, let rise 30 minutes, then bake from 35 to 45 minutes in moderate oven.

*Mrs. R. G. Simmons, Wife of Representative Simmons (Neb.).*

## HEALTH BREAD

- |  |                             |
|--|-----------------------------|
| 1 quart bran.                          | 1 teaspoon baking powder.   |
| 1 teaspoon soda dissolved in molasses. | $\frac{1}{2}$ cup molasses. |
| 1 pint buttermilk or sour milk.        | 1 pint white flour.         |

Mix all ingredients well and bake in square or oblong pans  $1\frac{1}{2}$  hours.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## HEALTH BREAD

- |                                  |  |
|----------------------------------|--|
| 2 cups white flour.              | $\frac{1}{2}$ cup sugar.                                   |
| 2 cups graham flour.             | 1 teaspoon salt.   |
| 2 cups bran.                     |  |
| When sifted, add                 |  |
| 3 tablespoons melted shortening. | 1 cup molasses.  |
| 1 egg.                           | 2 teaspoons soda dissolved in $\frac{1}{2}$ cup hot water. |
| 2 cups milk.                     |  |

Then add 1 cup stoned, chopped dates. Mix well and bake in 2 loaves in moderate oven  $1\frac{1}{4}$  hours.

*Mrs. Olger B. Burtness, Wife of Representative Burtness (N. D.).*

## GRAHAM NUT BREAD

- |                        |  |
|------------------------|--|
| 2 cups sour milk.      | 1 cup white flour.                       |
| 1 level teaspoon soda. | 2 cups graham flour.                     |
| 1 level teaspoon salt. | 1 teaspoon baking powder in white flour. |
| 1 cup brown sugar.     |  |

Mix all together and add 1 cup broken nut meats. Bake in moderate oven about 1 hour.

*Mrs. Frank L. Greene, Wife of Senator Greene (Vt.).*

## GRAHAM NUT BREAD

- |  |                             |
|--|-----------------------------|
| 1 cup chopped nuts—black or English walnuts. | 2 teaspoons baking powder.  |
| 1 cup white flour.                           | 1 cup sugar.                |
| 3 cups graham flour.                         | 1 cup milk.                 |
| 1 teaspoon salt.                             | 1 egg.                      |
|  | 1 tablespoon melted butter. |

Beat egg and mix in sugar, butter and other ingredients, adding last the nuts, mixed in 1 cup of the flour. Let stand 20 minutes to rise and bake 45 to 60 minutes.

*Mrs. J. J. Kindred, Wife of Representative Kindred (N. Y.).*

## GRAHAM NUT BREAD

- |                     |                             |
|---------------------|-----------------------------|
| 1 egg.              | 3 teaspoons baking powder.  |
| 1 cup milk.         | Salt.                       |
| 2 cups white flour. | 1 cup pecans (or any nuts). |
| 1 cup graham flour. |                             |
- Put in buttered pan and let stand 20 minutes. Bake in very slow oven.

*Mrs. Patrick H. Drewry, Wife of Representative Drewry (Va.).*

## GRAHAM NUT BREAD

- |                      |                                |
|----------------------|--------------------------------|
| 2 cups white flour.  | 1 cup sugar.                   |
| 2 cups graham flour. | 4 teaspoons baking powder, all |
| 1 teaspoon salt.     | sifted together.               |
- Beat 1 egg, add  $1\frac{1}{2}$  cups sweet milk and pour on the dry ingredients into which have been dropped 1 cup of broken pecan meats (or pecans and black walnuts). Mix well, place in greased mold to rise 20 minutes. Bake slowly 1 hour.

*Mrs. Virgil Chapman, Wife of Representative Chapman (Ky.).*

## GRAHAM NUT BREAD

(Good for Sandwiches)

- Stir 1 teaspoon baking soda into  $\frac{1}{2}$  cup molasses.
- |                                |                        |
|--------------------------------|------------------------|
| Add 2 cups sweet or sour milk. | 1 cup white flour.     |
| $\frac{1}{2}$ cup sugar.       | 2 cups graham flour.   |
| 1 teaspoon salt.               | 1 cup English walnuts. |
- Cut in small pieces. Mix well; pour into long, narrow, well greased pan. Bake in moderate oven 1 hour.

*Mrs. John N. Summers, Wife of Representative Summers (Wash.).*

## GRAHAM NUT LOAF

- Mix 2 cups graham flour, 1 cup wheat flour, 2 tablespoons sugar, 3 tablespoons molasses, 3 teaspoons baking powder, 2 cups sweet milk,  $\frac{3}{4}$  teaspoon soda, dissolve in a little of the milk,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  cup (chopped nuts, raisins or currants); put in greased pan and bake in moderate oven one hour.

*Mrs. John E. Raker, Widow of the late Representative Raker (Cal.).*

## GRAHAM NUT BROWN BREAD

- |                                   |                              |
|-----------------------------------|------------------------------|
| $1\frac{1}{2}$ cups white flour.  | 2 teaspoons baking powder.   |
| $1\frac{1}{2}$ cups graham flour. | $\frac{1}{2}$ cup nuts.      |
| $1\frac{1}{2}$ cups milk.         | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ cup molasses.       |                              |

In place of nuts, raisins may be used or some of each.

*Mrs. Edward M. Irwin, Wife of Representative Irwin (Ill.).*

## NUT BREAD

- |                            |                           |
|----------------------------|---------------------------|
| 2 eggs.                    | $1\frac{1}{2}$ cups nuts. |
| 4 cups flour.              | 1 cup sugar.              |
| 2 teaspoons baking powder. | 1 cup sweet milk.         |
| 1 teaspoon salt.           |                           |

Beat eggs thoroughly, then add sugar and mix well. Sift flour, add

baking powder and salt, then add to eggs with 1 cup milk. Add broken nuts and mix well. Put in greased pan and let stand 20 minutes before baking. Bake in moderate oven.

*Mrs. Carl Vinson, Wife of Representative Vinson (Ga.).*

## NUT BREAD

2 cups bread flour.	1 cup milk (scant).
$\frac{1}{4}$ cup sugar.	2 eggs.
$\frac{1}{2}$ teaspoon salt.	4 level teaspoons baking powder.
1 cup nuts, chopped coarsely.	

Mix dry ingredients, add milk to which beaten eggs have been added. Let stand in pan in which it is to be baked 20 minutes. Bake in slow oven 35 or 40 minutes.

*Mrs. Royal C. Johnson, Wife of Representative Johnson (S. D.).*

## NUT BREAD

Scald  $\frac{1}{2}$  cup milk and add  $\frac{1}{2}$  cup of boiling water. When cooled to lukewarm add  $\frac{3}{4}$  cake of yeast, dissolved in 3 tablespoons of warm water.

$\frac{1}{2}$ teaspoon lard.	1 cup of chopped nuts.
$1\frac{1}{2}$ teaspoons butter.	2 cups of white flour.
2 tablespoons molasses.	3 cups of whole wheat flour.

Knead like ordinary bread and bake in moderate oven.

*Mrs. L. M. Gensman, Wife of former Representative Gensman (Okla.).*

## NUT BREAD

1 cup chopped English walnut meats.	1 egg.
1 cup milk.	1 even teaspoon salt.
$\frac{1}{2}$ cup sugar.	3 teaspoons baking powder.
	$2\frac{3}{4}$ cups flour.

Mix. Mold in baking pans and let stand for 20 minutes. Bake slowly 40 to 45 minutes. It may require more or less flour according as it stiffens up. It should not be too stiff.

*Mrs. Harry S. New, Wife of the Postmaster General.*

## NUT BREAD

Measure and sift together  $2\frac{1}{4}$  cups of bread flour, 3 teaspoonfuls of baking powder, 1 teaspoon salt and  $\frac{3}{4}$  cup of brown sugar. Add 1 cup of milk, 1 egg, well beaten, and 1 cup of chopped nuts—walnuts preferred. Last of all add 2 teaspoons melted shortening. Pour into 1 large or 2 small bread pans, greased. Let stand for 15 minutes—then bake in a slow oven about 45 minutes.

*The late Mrs. Oscar Keller, Wife of former Rep. Keller (Minn.).*

## NUT BREAD

3 cups flour (measured after sifting once).	3 teaspoons baking powder.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ teaspoon salt.
Mix and sift all together, add 2 beaten eggs.	2 tablespoons melted butter, and
$1\frac{1}{4}$ cups milk.	$1\frac{1}{2}$ cups chopped nut meats.
Set in warm place to rise 1 hour and	bake in slow oven 1 hour.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*

## NUT BREAD

- |                      |                                  |
|----------------------|----------------------------------|
| 2 cups milk.         | 4½ cups flour.                   |
| 1 cup sugar.         | 8 level teaspoons baking powder. |
| Scant teaspoon salt. | 1 cup English walnuts.           |
| 2 eggs.              |                                  |
- Save ½ cup flour to mix with walnuts. Let mixture rise 20 minutes.  
*Mrs. George R. Stobbs, Wife of Representative Stobbs (Mass.).*

## NUT LOAF

- |                            |                            |
|----------------------------|----------------------------|
| 4 cups flour.              | 2 cups sweet milk.         |
| 4 teaspoons baking powder. | 3 eggs, beaten separately. |
| 1 teaspoon salt.           | 1 cup nuts.                |
| 1½ cups sugar.             |                            |
- Mix flour, baking powder, salt and sugar. Add milk, egg yolks and nuts, then add whites of eggs. Pour into bread pan and let rise 30 minutes and bake about 45 minutes.  
*Mrs. Everett Sanders, Wife of the Secretary to the President.*

## NUT BREAD

- |                            |                        |
|----------------------------|------------------------|
| 1 egg.                     | 1½ cups sugar.         |
| 4 cups flour.              | 2 cups milk.           |
| 4 teaspoons baking powder. | 1 cup chopped raisins. |
| 1 teaspoonful salt.        | 1 cup chopped nuts.    |
- Mix and put in buttered pans and let rise 20 minutes. This makes 2 loaves.  
*Mrs. Homer L. Lyon, Wife of Representative Lyon (N. C.).*

## NUT BREAD

- |                      |                            |
|----------------------|----------------------------|
| 1 egg.               | 4 teaspoons baking powder. |
| ½ cup brown sugar.   | 1½ cups milk.              |
| 1 tablespoon butter. | 1 cup nuts.                |
| 4 cups flour.        |                            |
- Let rise ½ hour.  
*Mrs. Arthur R. Robinson, Wife of Senator Robinson (Ind.).*

## NUT BREAD

- |  |                          |
|--|--------------------------|
| 3 cups flour, if Swansdown ½ cup more. | 1 teaspoonful salt.      |
| 1 cup sugar.                           | 1 cup chopped nut meats. |
| 2 heaping teaspoonfuls baking powder.  | 1 cup sweet milk.        |
|  | 1 egg (beaten light).    |
- Sift dry ingredients together. Add milk and egg and beat 15 minutes. Then add nuts. Let stand 15 minutes before baking and bake 45 minutes in a moderate oven.  
*Mrs. Katherine Langley, Member of Congress (Ky.).*

## PECAN NUT BREAD

One-half cup of molasses put in large pan. Add 1 teaspoon soda and 1 teaspoon salt. Pour over above 1 cup of boiling water. Butter size of egg. 1 yeast cake dissolved in 1 cup warm water. 1 cup cold water—then

add 2 cups white flour and 1 cup of whole wheat flour. Then 2 cups white flour and 1 cup of whole wheat flour. Set to rise in warm place over night. In morning add  $\frac{1}{2}$  pound pecan meats. Bake 2 hours.

*Mrs. Wallace H. White, Wife of Representative White (Maine).*

### NUT LOAF

2 $\frac{1}{2}$ cups of flour.	1 tablespoon butter.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{2}$ yeast cake.
$\frac{1}{4}$ cup brown sugar.	$\frac{1}{4}$ cup luke-warm water.

Mix first four ingredients. Add yeast cake dissolved in water; then knead—adding a little more warm water if the mass appears too stiff. Cover and let rise. After first rising, while kneading, add  $\frac{2}{3}$  cup each of English walnut meats cut in small pieces, and dates stoned and cut in pieces. Shape in a loaf, let rise in pans and bake 45 to 50 minutes in a moderate oven.

*Mrs. Howard L. Reeside, Daughter of the late Representative Harmer (Pa.).*

### BRAN NUT BREAD

2 cups white flour.	1 teaspoon salt.
2 cups bran flour.	2 cups milk.
2 heaping teaspoons baking powder.	1 cup chopped walnuts or
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ cup each walnuts and raisins.

Bake 1 hour in moderate oven beginning with little heat.

*Mrs. Chas. A. Rawson, Wife of former Senator Rawson (Iowa).*

### NUT BREAD

See Favorite Dishes of All Nations page 45.

### ORANGE BREAD

1 cup sugar.	3 teaspoons baking powder.
2 eggs, well beaten.	$\frac{1}{2}$ teaspoon salt.
1 large tablespoon butter.	1 heaping cup candied orange
1 cup sweet milk.	peel diced very fine.
3 cups flour.	

Pour in greased pans or tins and let stand 20 minutes before placing in oven. Bake 45 minutes to 1 hour.

*Mrs. Frederic M. Sackett, Wife of Senator Sackett (Ky.).*

### ORANGE BREAD

1 egg.	Salt.
Lump butter.	1 cup sugar.
1 cup milk.	Rind of 3 oranges (cut in strips
2 cups flour.	and remove all white, using
3 teaspoons Crescent baking powder.	yellow only).
	$\frac{1}{2}$ cup water.

Cook the last 3 ingredients until the rind is clear. Allow to cool, then mix with other ingredients. Bake 45 minutes.

*Mrs. William E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

## ORANGE BREAD

- |   |                                 |
|---|---------------------------------|
| 1 cup corn syrup.   | 1 cup black coffee.             |
| 1 cup sugar.  | 1 egg.                          |
| 1 cup orange peel, boiled up<br>(throw water away, boil again,<br>add sugar and boil until<br>thick). | 1 teaspoon salt.                |
| 1 teaspoon cinnamon.  | 1 teaspoon soda.                |
|   | 1 teaspoon baking powder, large |
|   | 4 cups flour.                   |

Pare oranges in usual way, cut parings into small pieces or grind. Let stand  $\frac{1}{2}$  hour before baking. This is to be served with fruit salad.

*Mrs. Thomas Hall, Wife of Representative Hall (N. D.).*

## ORANGE BREAD

- |                                |                                       |
|--------------------------------|---------------------------------------|
| Peelings of 2 large oranges.   | 1 egg.                                |
| 1 scant cup white sugar.       | 3 cups flour.                         |
| $\frac{1}{2}$ cup brown sugar. | 3 heaping teaspoons baking<br>powder. |
| 1 cup sweet milk.              |                                       |

Cut orange peelings into small strips. Cover with water and cook 10 minutes. Drain. Cover with water and cook until tender. Drain, add white and brown sugar and cook until syrup is thick. The orange peel has to be cooked and cooled before adding dough mixture. Put into well greased loaf pan and let rise 25 minutes. Bake in moderate oven 45 to 60 minutes. Cut thin to serve.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*

## PEACH BRAN BREAD

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 egg.                     | 1 teaspoon soda.                |
| 2 tablespoons shortening.  | 4 teaspoons baking powder.      |
| $\frac{1}{3}$ cup sugar.   | $\frac{1}{2}$ teaspoon salt.    |
| 1 cup sour milk.           | $\frac{1}{2}$ cup chopped nuts. |
| $2\frac{1}{4}$ cups flour. | 1 cup Blue Ribbon Peaches.      |
| 1 cup bran.                |                                 |

Wash peaches in hot water, boil 10 minutes, drain and chop. Beat egg, add sugar creamed with shortening, sour milk, bran and beat thoroughly. Combine with flour sifted with baking powder, soda and salt. Add peaches, nuts and when well mixed pour into a greased paper lined bread pan. Bake 1 hour in slow oven (250-275 degrees F.)

*Mrs. Henry E. Barbour, Wife of Representative Barbour (Cal.).*

## PEANUT BUTTER BREAD

Sift 2 cups flour, 3 teaspoons baking powder, 1 teaspoon salt,  $\frac{1}{2}$  cup sugar and 1 cup milk,  $\frac{3}{4}$  cup peanut butter. Blend well and bake in greased loaf pan in a slow oven.

*Mrs. James P. Glynn, Wife of Representative Glynn (Conn.).*

## PEANUT BUTTER LOAF

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 cup sugar.                     | 1 cup sweet milk.          |
| $\frac{2}{3}$ cup peanut butter. | 2 cups flour.              |
| 1 egg.                           | 4 teaspoons baking powder. |

Mix sugar and peanut butter. Add the other ingredients and bake 45 minutes. Makes delicious sandwiches.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*



## QUICK PRUNE BREAD

3 cups cooked prunes, drain thoroughly.  
 $\frac{2}{3}$  cup molasses or sorghum.  
 $\frac{2}{3}$  cup brown sugar.  
 1 cup sour milk.  
 2 cups white flour.  
 3 cups Graham or whole wheat flour.  
 1 teaspoon of soda.  
 Pinch of salt.

Bake at moderate heat for 1 hour. This makes 2 good sized loaves.  
*Mrs. Charles E. Winter, Wife of Representative Winter (Wyo.).*

## RAISIN BREAD

3 pints flour.  
 1 teaspoon salt.  
 1 teacup raisins.  
 1 teacup molasses.  
 1 pint buttermilk or sour milk.  
 1 teaspoon soda dissolved in  $\frac{1}{2}$  cup boiling water.

Bake in a slow oven  $1\frac{3}{4}$  hours.  
*Mrs. J. J. Kindred, Wife of Representative Kindred (N. Y.).*

## NUT OR RAISIN BREAD

1 cup milk.  
 $\frac{1}{2}$  cup sugar.  
 $\frac{3}{4}$  cup nuts or raisins.  
 3 teaspoonfuls baking powder.  
 $2\frac{1}{2}$  cups flour.  
 $\frac{1}{4}$  teaspoonful salt.

Bake in loaf in moderate oven.  
*Mrs. James F. Byrnes, Wife of former Representative Byrnes (S. C.).*

## WHOLE WHEAT RAISIN BREAD (One Large Loaf)

Yeast mixture:  
 $\frac{1}{2}$  cake Yeast Foam or Magic Yeast.  
 1 potato.  
 1 pint water.  
 $\frac{1}{4}$  teaspoon salt.\*  
 $\frac{1}{2}$  tablespoon sugar.

\*If salted potato water is used do not add this salt.

About noon soften yeast in  $\frac{1}{4}$  cup lukewarm water. Pare, wash and boil potato until tender. Drain off and save potato water. Mash potato. Add potato water, salt and sugar. Cool. When lukewarm add softened yeast. If necessary add plain water to make total of 1 pint. Mix well, cover loosely and keep in warm place (80 degrees F.) until next morning.

Bread:

Above yeast mixture.

1 teaspoon salt.  
 $\frac{1}{3}$  cup sugar or molasses.  
 2 tablespoons melted shortening.  
 1 quart or more genuine whole wheat flour.  
 1 cup seeded raisins.

In the morning put 1 quart finely ground whole wheat or graham flour in mixing bowl. Add shortening. Dissolve salt and sweetening in yeast mixture. Blend this with flour. Mix to soft dough, adding more flour until it can just be kneaded. Knead smooth, then work in raisins dusted with flour. Place dough in greased bowl. Cover and let rise in moderately warm place until just doubled. Shape lightly into a loaf but do not knead. Place in greased baking tin. Cover and let increase  $\frac{1}{2}$  in size. Bake thoroughly 1 hour, having oven fairly hot first 10 minutes after which reduce heat to moderate. All measurements are level.

*Mrs. William A. Rodenberg, Wife of former Rep. Rodenberg (Ill.).*

## RAISIN BRAN BREAD

- |                        |                         |
|------------------------|-------------------------|
| 2 cups bran.           | 1 cup raisins, floured. |
| 2 cups Graham flour.   | 2 cups buttermilk.      |
| 2 cups white flour.    | ½ cup molasses.         |
| 1 cup sugar.           | 1 egg, well beaten.     |
| 1 level teaspoon salt. |                         |

Method: Thoroughly mix dry ingredients. Add beaten egg, buttermilk and molasses. Bake 1½ hours in moderate oven. Makes 2 loaves.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## SAFFRON BREAD

See Favorite Dishes of All Nations page 59.

## SHREDDED WHEAT BREAD

- |  |                              |
|--|------------------------------|
| 4 shredded wheat biscuits broken up.   | until it is cold.            |
| 1 quart of milk brought to a scald and pour over the shredded wheat and let it stand | Add a little sugar and salt. |
|  | 1 yeast cake.                |
|  | Level tablespoonful of lard. |

Flour enough for proper consistency. Mix wholly with a spoon and don't knead. Place in pans and let rise. It should bake slowly (about an hour). This bread will keep fresh for a week. It is not good for biscuits nor toasted.

*Mrs. Jesse H. Metcalf, Wife of Senator Metcalf (R. I.).*

## SWEDISH LIMPE BREAD

Boil together in a pint of water a half cupful of brown sugar, a heaping teaspoonful of caraway seed, and a level tablespoonful of lard, and a scant teaspoonful of anise seed. When the mixture is lukewarm add ½ cake of yeast. Stir and add enough white flour to make a soft sponge. Let rise in a warm place an hour and a half. Now add a level teaspoon of salt, enough rye flour to make it stiff, and knead until firm and elastic. Cover and let rise 1½ hours to 2 hours. Shape into loaves and raise again, and bake for 1 hour. This is a delicious bread.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

## BISCUITS

- |                           |                     |
|---------------------------|---------------------|
| 1 cup flour.              | 2 tablespoons lard. |
| 1/6 teaspoon soda.        | ½ teaspoon salt.    |
| 1 teaspoon baking powder. |                     |

Enough sour milk to make a soft dough.

*Mrs. Everett Sanders, Wife of the Secretary to the President.*

## BAKING POWDER BISCUITS

- |                                  |  |
|----------------------------------|--|
| 3 cups flour.                    | 2/3 cup shortening (good lard preferably). |
| 3 teaspoons Royal baking powder. |  |

Milk enough to use up all the flour, making a soft dough. Roll rather thin and fold into pocketbooks. Bake in rather quick oven.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

## BAKING POWDER BISCUITS THAT NEVER FAIL

- |                           |                            |
|---------------------------|----------------------------|
| 1 cup thick, sweet cream. | 3 teaspoons baking powder. |
| $\frac{1}{2}$ cup milk.   | 2 large cups flour.        |
| 1 teaspoon salt.          |                            |

Mix with knife, cut and bake.

*Mrs. A. P. Nelson, Wife of former Representative Nelson (Wis.).*

## BEATEN BISCUITS

- |                        |                              |
|------------------------|------------------------------|
| 1 quart of flour.      | $\frac{1}{2}$ teaspoon salt. |
| 2 tablespoons of lard. | 2 teaspoons of sugar.        |

Sift flour twice with sugar and salt, add lard, make with ice water to a stiff dough, put on ice until well chilled, roll half-inch, cut and prick, bake even heat for 30 minutes.

*Mrs. Carter Glass, Wife of Senator Glass (Va.).*

## BEATEN BISCUITS

- |                              |                                       |
|------------------------------|---------------------------------------|
| 1 quart sifted flour.        | $\frac{1}{2}$ cup of sweet milk.      |
| $\frac{1}{3}$ cup of lard.   | $\frac{1}{2}$ cup of sweetened water. |
| $\frac{1}{3}$ cup of butter. | $\frac{1}{4}$ teaspoon salt.          |

*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

## BEATEN BISCUITS

- |                   |                           |
|-------------------|---------------------------|
| 1 quart flour.    | 5 level tablespoons lard. |
| 1 cup cold water. | 1 teaspoon salt.          |

Sift salt and flour and mix lard; then add water, knead and beat 500 licks till dough is soft and blisters; roll  $\frac{1}{2}$ -inch thick, stick with fork and bake 30 minutes in a rising oven.

*Mrs. Edward E. Eslick, Wife of Representative Eslick (Tenn.).*

## VIRGINIA BEATEN BISCUIT

- |                     |                            |
|---------------------|----------------------------|
| 1 quart flour.      | $\frac{1}{2}$ cupful lard. |
| 1 teaspoonful salt. |                            |

Make into a moderately stiff dough with sweet milk. Toss on floured board and beat with iron biscuit beater one-half hour. Roll one-third of an inch in thickness, cut with small biscuit cutter, prick with fork and place in bread pans. Bake 20 minutes in medium oven.

*Mrs. Joseph Whitehead, Wife of Representative Whitehead (Va.).*

## BROCKET BISCUIT

- |   |                                 |
|---|---------------------------------|
| 1 pint of mashed potatoes.                | $\frac{3}{4}$ teaspoon of salt. |
| 1 cup of lard.                            | 1 yeast cake dissolved in a cup |
| 2 eggs, well beaten.                      | of lukewarm water.              |
| 3 pints of flour, measured after sifting. |                                 |

Make up at 10 A. M. Let rise until about 3, roll out and cut with biscuit cutter and let rise again about three hours. Bake in moderate oven.

*Miss Jennie M. Moore, Sister of Representative Moore (Va.).*

## BUTTERMILK BISCUIT

- |                                  |   |
|----------------------------------|---|
| $\frac{1}{2}$ sifter flour.      | $\frac{1}{2}$ teaspoon soda, if milk is not too sour. |
| $\frac{1}{2}$ teaspoon salt.     | Lard size of hen's egg.                               |
| 2 level teaspoons baking powder. | Buttermilk enough to make soft dough.                 |

Bake in moderate oven 10 minutes.

*Mrs. S. D. McReynolds, Wife of Representative McReynolds (Tenn.).*

## CHEESE BISCUIT

- |                             |                            |
|-----------------------------|----------------------------|
| 1 pound grated cheese.      | $\frac{1}{2}$ pound flour. |
| $\frac{1}{4}$ pound butter. | 3 tablespoons cream.       |
| Pinch of salt and cayenne.  |                            |

Make into thick dough; work until smooth; roll thin; cut with small cutter and bake in moderate oven.

*Mrs. Hubert D. Stephens, Wife of Senator Stephens (Miss.).*

## CHEESE BISCUITS

- |                            |                                 |
|----------------------------|---------------------------------|
| 2 cups flour.              | Salt and milk for a soft dough. |
| 2 level tablespoons lard.  |                                 |
| 2 teaspoons baking powder. |                                 |

Melt Nippy cheese, cake and  $\frac{1}{4}$  pound butter and salt in double boiler; cool; dip each biscuit in the cheese after cutting with small-size cutter; bake.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

## DENVER BISCUITS

- |  |                        |
|--|------------------------|
| 1 quart milk (scalded).                  | 1 cup mashed potatoes. |
| $\frac{1}{2}$ cup sugar.                 | 1 cup lard.            |
| 1 cake yeast dissolved in a little milk. | 2 teaspoons salt.      |

Mix all thoroughly, adding yeast after milk has been cooled. Add enough flour to mix to the consistency of cake dough. Set aside for two hours; then add 1 teaspoon soda, 2 teaspoons baking powder and mix well. Turn this into a nest of flour and work in enough flour until like biscuit dough. Let rise for one hour and then put damp cloth over top and put in refrigerator; this will keep several days on ice. Just take off what you need and roll  $\frac{1}{2}$  inch thick and dip in melted lard on both sides and let rise about 40 minutes before baking. You can roll it out and put in pans in refrigerator and just set out in time to raise.

*Mrs. Earl B. Mayfield, Wife of Senator Mayfield (Texas).*

## DROP BISCUITS

Two cups flour, 1 tablespoon of lard and butter mixed, saltspoon of salt, large teaspoon of baking powder. Rub the lard and butter well into the flour; add 1 large spoon of sugar; stir in 1 cup of milk with a spoon; it should be the stiffest kind of batter or softest kind of dough. Take the paste on the end of a spoon and drop it in little mounds in a greased pan. Fifteen minutes to make and bake.

*Mrs. Anderson Walters, Wife of former Representative Walters (Pa.).*

## HOT BISCUIT

- |                            |                              |
|----------------------------|------------------------------|
| 2 cups flour.              | $\frac{1}{4}$ teaspoon soda. |
| 2 teaspoons baking powder. | 1 cup buttermilk.            |
| 1 teaspoon salt.           |                              |

Mix all the above together and roll on bread board; cut out biscuits and dip in hot melted lard; place in greased pan in hot oven and bake until brown.

*Mrs. B. Carroll Reece, Wife of Representative Reece (Tenn.).*

## EVER-READY BISCUIT DOUGH

- |                        |                            |
|------------------------|----------------------------|
| 1 quart milk.          | $\frac{1}{2}$ cup water.   |
| 1 cup mashed potatoes. | 1 cup sugar.               |
| 2 teaspoons salt.      | 1 cup melted fat.          |
| 1 teaspoon soda.       | $\frac{1}{2}$ quart flour. |
| 1 cake magic yeast.    | 2 teaspoons baking powder. |

Scald milk and cool, when lukewarm, add mashed potatoes, salt, soda and baking powder and yeast, which has been dissolved in cold water, sugar, melted fat and flour sufficient to make a soft sponge. Let sponge stand 2 hours, or until light, then add enough flour to make a stiff dough. Knead thoroughly and put in large mixing bowl and set in the refrigerator or some place where the temperature is low enough to keep the yeast and baking powder from acting and not cold enough to destroy their action. Ever-ready biscuit dough is the best from 24 hours to a week after it is prepared.

*Mrs. Katherine Langley, Member of Congress (Ky.).*

## LOUISIANA BISCUIT

One quart of flour; add 2 heaping teaspoons of Royal baking powder and 1 teaspoon of salt; sift well, possibly twice; add 1 tablespoon of pure lard; with a spoon stir in enough sweet milk to make just right to handle; then handle lightly and knead only enough to make smooth; roll thin; cut and butter each piece; add another layer on top of each buttered piece and bake in hot oven; serve hot. Saves buttering after cooking and is very dainty.

*Mrs. J. B. Aswell, Wife of Representative Aswell (La.).*

## MAPLE SUGAR BISCUIT

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 cup heavy sour cream.   | 1 heaping teaspoonful allspice. |
| 1 cup shaved maple sugar. | Pinch of salt.                  |
| 1 egg.                    | 2 scant cups of pastry flour.   |
| 1 scant teaspoonful soda. |                                 |

Mix egg and sugar and spice; add flour to which soda and salt have first been added; roll and cut the thickness of ordinary biscuit; bake in moderately hot oven.

*Mrs. Elbert S. Brigham, Wife of Representative Brigham (Vt.).*

## ORANGE TEA BISCUITS

- |   |                       |
|---|-----------------------|
| 2 cups flour.                           | 1 scant cup of milk.  |
| $3\frac{1}{2}$ teaspoons baking powder. | 2 tablespoons butter. |
| $\frac{1}{2}$ teaspoon salt.            |                       |

Mix according to rule and cut biscuits any size desired. When ready

for the oven make a small depression in the top of the biscuits with the handle of a silver knife which has been dipped in melted butter. Place in this 1 cube of sugar which has been dipped in orange juice. Add 3 drops of melted butter to top of sugar. Sprinkle over all grated orange rind. Bake immediately in a quick oven.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

### SOUTHERN BISCUIT

- |   |   |
|---|---|
| 2 cups flour.                                       | $\frac{1}{2}$ cup milk or enough to roll out nicely.                    |
| 4 teaspoons baking powder.                          |   |
| $\frac{1}{2}$ teaspoon salt; sift all together; add | $\frac{1}{2}$ inch thick for large biscuits and thin for the tiny ones. |
| 2 teaspoons shortening.                             |   |

*Mrs. Chas. C. Bowman, Wife of former Representative Bowman (Pa.).*

### VELVET BISCUITS

- |               |  |
|---------------|--|
| 1 pint flour. | 1 yeast cake dissolved in $1\frac{1}{2}$ cups warm milk. |
|---------------|--|

Beat ten minutes and let rise for two hours; add three eggs, beaten separately.

- |   |                  |
|---|------------------|
| 1 tablespoon melted butter (put this in yolks). | 1 teaspoon salt. |
| 1 tablespoon sugar.                             | 1 quart flour.   |

Knead well and let rise for two or three hours; put on biscuit board; roll out  $\frac{1}{4}$  inch thick and cut same with small biscuit cutter and the same number with large; place one on the other and rise for two hours and bake.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

### WINTER BISCUIT

- |                |                    |
|----------------|--------------------|
| 1 quart milk   | 1 tablespoon salt. |
| 1 teacup lard. |                    |

Bring to a boil; remove from fire, let cool; add 1 yeast cake, which has been soaked in lukewarm water. Mix with flour until it becomes quite stiff; let rise all night; work down in the morning and put out in cold; must be thoroughly chilled before using; roll out and cut like baking powder biscuits; let rise in a hurry (about 30 minutes) and bake. This dough can be kept several days in refrigerator.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

### BLUEBERRY CAKE

- |                               |          |                                  |
|-------------------------------|----------|----------------------------------|
| $\frac{1}{3}$ cup butter. }   | creamed. | 2 level teaspoons baking powder. |
| 1 cup sugar }                 |          | 1 teaspoon vanilla.              |
| Add 2 well-beaten eggs.       |          | 1 cup blueberries.               |
| $\frac{1}{2}$ cup sweet milk. |          |                                  |
| 2 cups sifted flour.          |          |                                  |

*Mrs. Walter H. Newton, Wife of Representative Newton (Minn.).*

### BLUEBERRY CAKE

- |                              |   |
|------------------------------|---|
| 2 tablespoon butter.         | 1 teaspoon vanilla.                           |
| $\frac{1}{2}$ cup sugar.     | 1 pint blueberries.                           |
| 2 eggs.                      | 2 cups flour (sifted 3 times).                |
| 2 tablespoons milk.          | 1 teaspoon baking powder (sifted into flour). |
| $\frac{1}{2}$ teaspoon salt. |   |

Beat butter and sugar until light; add eggs, one at a time, then milk, salt, vanilla, blueberries and flour. Bake in thin sheets.

*Mrs. George W. Pepper, Wife of former Senator Pepper (Pa.).*

### BLUEBERRY CAKE

1 egg.	1 teaspoon soda.
1 cup sugar.	2 teaspoons cream tartar.
$\frac{1}{2}$ cup butter.	2 full cups flour.
$\frac{1}{2}$ cup sweet milk.	$1\frac{1}{2}$ cups blueberries—floured.

Mix in order given and bake in moderate oven.

*Mrs. Wallace H. White, Wife of Representative White (Maine).*

### BLUEBERRY CAKE

Sift together 2 cups flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon salt and 2 teaspoons baking powder; then work in 2 teaspoons soft butter, add one egg, well beaten, and 1 cup sweet milk. Beat well together and add carefully  $\frac{3}{4}$  cup of sound blueberries, well floured. Bake 30 minutes.

*Mrs. Pat Harrison, Wife of Senator Harrison (Miss.).*

### BLUEBERRY CAKE

1 pint sifted flour.	1 egg, yolk and white beaten separately.
$\frac{1}{2}$ teaspoon salt.	1 cup milk.
2 even teaspoons baking powder.	1 heaping cup blueberries—picked over, washed, dried and sprinkled with flour.
$\frac{1}{4}$ cup butter.	
$\frac{1}{2}$ cup sugar.	

Mix flour, salt and baking powder and sift two or three times; cream butter and sugar; add yolk, well beaten, then milk; stir this into flour and beat thoroughly; add the white, beaten stiff, and lastly the berries, being careful not to break them. Bake in muffin pans half an hour.

*Mrs. Chas. A. Rawson, Wife of former Senator Rawson (Iowa).*

### BREAD CAKE

3 cups bread dough.	1 tablespoon cinnamon.
2 cups sugar.	1 teaspoon nutmeg.
$\frac{3}{4}$ cups butter.	$\frac{1}{2}$ teaspoon soda.
1 cup raisins.	3 eggs.

Work all together well, put soda in last; let raise in pan  $\frac{1}{2}$  hour, then bake in moderate oven.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

### BRIOCHEs

To 1 cup scalded milk add	4 eggs.
$\frac{3}{8}$ cup butter.	$\frac{1}{2}$ teaspoon lemon extract.
$\frac{1}{2}$ cup sugar.	$1\frac{1}{2}$ cups raisins.
Let cool to lukewarm to add	$4\frac{3}{8}$ cups flour.
2 yeast cakes, dissolved in $\frac{1}{2}$ cup of lukewarm water.	

Let rise 2 hours and cut down; let rise 1 hour and shape into loaves; let rise 1 hour and cook in slow oven. Cover top with icing made with cream and powdered sugar; chopped nuts on top.

*Mrs. Chas. C. Bowman, Wife of former Representative Bowman (Pa.).*

### BRIOCHES

1 pound flour.	2 tablespoons sugar.
$\frac{3}{4}$ pound butter.	$\frac{1}{2}$ teaspoon salt.
6 eggs.	$1\frac{1}{2}$ yeast cake.

First have your yeast diluted in a small bowl with  $\frac{1}{2}$  cup lukewarm milk; add  $\frac{1}{2}$  cup flour, mix it and let it rise an hour or so in a warm place; then have your flour mixed with the eggs, 3 at once with half the butter; work this well, then add the rest of the eggs one by one and the rest of the butter little by little. Work this like bread dough, then add for the finish the sugar, salt and yeast; mix it gently and let it rise in a warm place; work it once more and let it rise again; then work it again and put it in a cold place until ready to use. The dough should be made 12 hours before using it as rolls, French brioche or coffee cake, etc. When ready to use the dough should be put in a mold and allowed to rise twice its original size; brush with pastry brush the yolk of an egg mixed with milk. Bake in a moderate oven. The above will make about three dozen small brioches.

*Mrs. Peter G. Gerry, Wife of Senator Gerry (R. I.).*

### BRIOCHES

One cup milk, scalded and cooled; 2 yeast cakes, dissolved in milk; 1 cup sugar;  $\frac{2}{3}$  cup butter, softened over hot water; 3 whole eggs, unbeaten; 3 egg yolks;  $1\frac{1}{2}$  teaspoons salt; 1 teaspoon lemon extract;  $4\frac{3}{4}$  cups bread flour. Mix thoroughly and beat 10 minutes to smooth batter; cup and let stand six hours at room temperature; put down in muffin cups or rolls, cover closely and put in ice-box for 12 hours. No additional flour is necessary. Bake in moderate oven.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va.).*

### PENNY BUNS

2 cups warm water.	1 teaspoon salt.
Soak 1 cake of compressed yeast in 1 cup of the water.	2 heaping tablespoons lard melted.
$\frac{1}{2}$ cup sugar.	2 eggs—unbeaten.

Put sugar, salt and eggs together; add one cup of warm water, melted lard and flour enough to make a real stiff dough; then add the cup of warm water with the yeast in it. Let rise overnight; in the morning poke it down and let rise again. Pinch off pieces as big as an egg and put in greased gem tins. Rise three hours and bake 10 to 20 minutes.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

### POTATO BUNS

One cup mashed potatoes, 1 cup granulated sugar; put in potatoes while hot; soak one cake yeast in one cup warm water; put together and let stand over night; then add in the morning 1 cup butter (or part lard),



4 eggs, well beaten and flour enough to make a stiff dough; let it stand 2 hours; roll out and cut one inch thick and let it stand 2 hours more. Bake and when done dust with powdered sugar.

*Mrs. Frank B. Willis, Wife of Senator Willis (Ohio).*

### THREE DAY BUNS

At bedtime soak 1 yeast cake in 1 cup of cold water; beat in 1 cup of flour; let this stand till morning, then add or mix in 1 cupful of sugar,  $\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup of lard, 2 cups of cold water and flour to knead like bread; let rise until noon and knead again; let rise again till evening, about 7 o'clock or so, then shape into biscuits and let rise in pans until morning. Bake in a moderately hot oven 15 or 20 minutes. Raisins may be added if preferred.

*Mrs. James T. McCleary, Widow of the late Rep. McCleary (Minn.).*

### CHEESE BOULETTES—HOT

A— $1\frac{1}{2}$  cups cheese.  $\frac{1}{4}$  teaspoon salt; dash of Cayenne pepper.  
1 tablespoon flour. 1 teaspoon Parmesean cheese.

B—Three eggs, whites beaten stiff; mix A, fold in B; form into small balls, roll in fine bread crumbs and fry in deep fat.

*Mrs. Edward B. Vreeland, Wife of former Representative Vreeland (N. Y.).*

### CHEESE STRAWS

1 pound grated cheese,  $\frac{1}{4}$  pound butter, worked together well; pinch of Cayenne pepper; flour to make stiff dough. Roll  $\frac{1}{3}$  inch thick, cut in strips and bake.

*Mrs. Riley J. Wilson, Wife of Representative Wilson (La.).*

### CHEESE STRAWS

$\frac{1}{2}$  pound grated American cheese.  $\frac{1}{2}$  pound butter.  
2 cups flour. Paprika or Cayenne pepper.

Cut butter into dry ingredients; add cheese, working it into stiff dough; roll thin, cut into even strips and bake in hot oven.

*Miss Elizabeth Dominick, Sister of Rep. Fred H. Dominick (S. C.).*

### CHEESE TRIANGLES

2 cups flour. 2 tablespoons shortening.  
3 teaspoons baking powder.  $\frac{3}{8}$  cup milk.  
 $\frac{1}{2}$  teaspoon salt.  $\frac{1}{2}$  cup grated cheese.  
Sift flour, baking powder and salt; add shortening, then cheese and milk; dust rolling board with flour and roll dough out  $\frac{1}{4}$  inch thick; cut into triangles and brush the tops with cold milk; sprinkle the tops with finely grated cheese and bake in a quick oven 20 minutes.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

## COFFEE CAKE

- |                                 |                       |
|---------------------------------|-----------------------|
| 1½ cakes compressed yeast.      | ½ cup sugar.          |
| 1 cup milk, scalded and cooled. | 2 eggs.               |
| 1 tablespoon sugar.             | 3½ cups sifted flour. |
| ¼ cup butter.                   | ¼ teaspoon salt.      |

Dissolve yeast and 1 tablespoon of sugar in lukewarm milk; add 1½ cups of flour to make a sponge and beat until smooth; cover and set aside in a warm place until light—about three-quarters of an hour; have sugar and butter well creamed and add to sponge; then add eggs, well beaten, rest of flour, or enough to make soft dough, and salt. Knead lightly and place in well-greased bowl; cover and let rise about two hours. Roll half inch thick, place in greased shallow pans, brush with butter, sprinkle with sugar and cinnamon, let rise about one-half hour, then bake.

*Mrs. Thomas L. Rubey, Wife of Representative Rubey (Mo.).*

## COFFEE CAKE

- |               |                                      |
|---------------|--------------------------------------|
| 1 quart milk. | Flour enough to make soft dough.     |
| 2 cups sugar. | 1 cup broken pieces home-made yeast. |
| 1 cup butter. |                                      |
| 4 eggs.       |                                      |
| Salt.         |                                      |

Let milk come to boil and immediately stir in sugar, lard, salt and flour and beat until cool enough to add yeast and eggs, beaten separately; let rise in the vessel in which it is mixed; when light mould into coffee cakes or rolls; let rise again and bake.

*Mrs. Chas. E. Kiefner, Wife of former Representative Kiefner (Mo.).*

## COFFEE CAKE

- |                            |                             |
|----------------------------|-----------------------------|
| 1 large tablespoon butter. | 1½ cups flour.              |
| 1 scant cup sugar.         | 1½ teaspoons baking powder. |
| 1 scant cup milk.          | 2 eggs, beaten separately.  |

Mix butter and sugar together; add egg yolks, well beaten; then add milk and flour, baking powder and whites of eggs, beaten stiff; sprinkle top before baking with mixture of ½ cup sugar, 2 tablespoons cinnamon and ½ cup chopped walnuts. Bake 25 to 30 minutes.

*Mrs. John M. Baer, Wife of former Representative Baer (N. D.).*

## QUICK COFFEE CAKE

- |                            |                       |
|----------------------------|-----------------------|
| ½ cup sugar.               | 1 egg.                |
| ⅔ cup milk.                | Pinch salt.           |
| 1½ cups flour.             | 2 tablespoons butter. |
| 2 teaspoons baking powder. |                       |

Method—Cream butter and sugar, stir in beaten egg and milk; add flour, sifted with salt and baking powder; put in well-greased pan and sprinkle top with brown sugar and cinnamon.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## COFFEE CAKE

- |   |                                      |
|---|--------------------------------------|
| 2 eggs.                                       | ½ cupful warm milk.                  |
| 1 cupful sugar.                               | 1 cupful flour.                      |
| 2 ounces butter (cream the butter and sugar). | 1 heaping teaspoonful baking powder. |

Mix the ingredients thoroughly; butter pan and pour in the ingredients, then take small piece of butter and roll in flour, then in cinnamon that has been mixed with sugar. Place the pieces of butter all over the top; then put the remainder of cinnamon and sugar (about 2 teaspoonfuls of it) all over the top, too; put in oven and bake. It takes from 15 to 25 minutes to bake in a well-regulated oven. This cake never fails and is very simple to make. It also smells very tempting when baking.

*Mrs. Chas. R. Connell, Widow of the late Representative Connell (Pa.).*

### NUT COFFEE CAKE

12 to 16 Servings	3 eggs.
1 cake Yeast Foam or Magic Yeast.	$\frac{1}{8}$ teaspoon ground mace or nuts.
$\frac{1}{2}$ cup lukewarm water.	Rind and juice $\frac{1}{2}$ lemon.
$\frac{2}{3}$ cup butter.	$\frac{1}{2}$ cup milk scalded and cooled.
1 cup sugar.	About $3\frac{1}{2}$ cups sifted flour.
$\frac{1}{4}$ teaspoon salt.	1 cup broken nut meats.

Early in the evening break and soften yeast in lukewarm water. Cream together butter, sugar and salt. Add well-beaten eggs, spice and lemon. Next add soaked yeast, lukewarm milk and enough flour to make thick cake batter. Beat until smooth. Add floured nuts. Pour mixture into buttered pan, preferably one with center tube. Cover closely to prevent evaporation. Set away from drafts keeping it at ordinary room temperature, 65-70 degrees. Next morning, if not fully risen, keep in moderately warm place until fully doubled in bulk. Bake 50 to 60 minutes in moderate oven as for loaf cake, about 350 degrees F. When baked turn upside down and dust with powdered sugar or frost with thin icing. All measurements are level.

*Mrs. W. A. Rodenberg, Wife of former Representative Rodenberg (Ill.).*

### COFFEE CAKE or MUFFINS

1 egg.	Pinch salt.
1 cup milk.	2 teaspoons baking powder.
1 tablespoon butter.	Enough flour to make medium batter.
$\frac{1}{4}$ cup sugar.	

Bake about 20 minutes in hot oven.

*Mrs. Wm. M. Morgan, Wife of Representative Morgan (Ohio).*

### EARLY COFFEE CAKES

See Favorite Dishes of All Nations page 40.

### CORN BREAD

Cream 2 tablespoons butter with 1 of sugar; add 1 well-beaten egg (2 for extra light bread), a little salt,  $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  cup yellow cornmeal, 2 rounding teaspoons baking powder, enough milk to make rather soft batter; bake in moderately hot oven and serve warm with maple syrup.

*Mrs. Curtis D. Wilbur, Wife of the Secretary of the Navy.*

## CORN BREAD (Try it)

 $\frac{3}{4}$  cup melted butter. $\frac{1}{4}$  cup sugar.

3 eggs.

1 cup sweet milk.

A little salt.

1 cup cornmeal.

2 cups flour.

3 teaspoons baking powder.

Stir together sugar and butter, milk, eggs and salt, cornmeal and flour, sifted together with the baking powder. Bake in square pan about 35 minutes.

*Mrs. James H. Davidson, Widow of the late Rep. Davidson, (Wis.)*

## CORN BREAD

2 cups cornmeal.

2 teaspoons baking powder.

 $\frac{1}{4}$  teaspoon soda.

1 egg.

 $1\frac{1}{2}$  cups buttermilk.

1 teaspoon salt.

Mix all the above together without beating egg and place in hot buttered pan; bake in quick oven until golden brown.

*Mrs. B. Carroll Reese, Wife of Representative Reese (Tenn.)*

## CORN PONE

2 cups cornmeal.

 $\frac{1}{2}$  cup flour.

2 full tablespoons shortening.

1 tablespoon sugar.

1 teaspoon salt.

 $\frac{1}{2}$  teaspoon baking powder.

Wet with just water enough to hold together; put small dabs in a tin and flatten to  $\frac{1}{2}$  inch with a fork dipped in cold water. Bake in moderate oven.

*Mrs. Morton Hull, Wife of Representative Hull (Ill.)*

## CORN STICKS

1 cup of meal.

 $\frac{3}{4}$  cup of flour. $\frac{1}{2}$  cup of lard.

1 cup of sweet milk.

 $\frac{1}{2}$  teaspoonful salt.

3 teaspoonfuls baking powder.

1 egg.

Heat bread stick irons hot, grease, put in batter and bake in hot oven.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.)*

## SPIDER CORN BREAD

2 cups cornmeal.

1 cup flour.

2 cups milk.

1 egg.

2 tablespoons butter or lard.

2 tablespoons sugar.

1 teaspoon salt.

3 teaspoons baking powder.

Sift cornmeal, flour, sugar, salt and baking powder in bowl; add milk, melted butter or lard; add well-beaten egg; bake in shallow pan 25 minutes.

*Mrs. Wm. M. Morgan, Wife of Representative Morgan (Ohio)*

## CORN BREAD

See Favorite Dishes of All Nations, page 106.

## CRISPS

For four crisps: Take  $1\frac{1}{2}$  pints flour, a heaping tablespoon lard; salt and mix with sweet milk or water and brush the crisps or dough with

milk; spread over johnny-cake board, cook on one side, scrape out the other and put back to the fire to dry and it will slightly curve.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

## HOMINY CAKE

- |                      |                    |
|----------------------|--------------------|
| ½ cup flour.         | 1 cup milk.        |
| Pinch of salt.       | 2 eggs.            |
| 1 cup cooked hominy. | 1 teaspoon butter. |

Mix hominy, flour and salt until the consistency of dough; add milk, eggs, well beaten, and butter; stir until smooth. Bake one-half hour in a very hot oven.

*Mrs. Franklin S. Billings, Wife of former Governor Billings (Vt.).*

## MUFFINS

- |                       |                      |
|-----------------------|----------------------|
| 1 pint milk.          | ½ yeast cake.        |
| 2 tablespoons butter. | 2 eggs.              |
| 1 tablespoon sugar.   | 3½ to 4½ cups flour. |
| ½ teaspoon salt.      |                      |

Scald milk and melt the butter in it; add sugar and salt; when cool add yeast cake, dissolved in warm water and eggs, well beaten; add flour; cover and allow to rise from 10 A. M. to 5 P. M. At 5 P. M. stir slightly and fill muffin rings half full; allow to rise until one-half hour before wanted. Bake about one-half hour.

*Mrs. Franklin S. Billings, Wife of former Governor Billings (Vt.).*

## MUFFINS

- |                     |                             |
|---------------------|-----------------------------|
| 1 egg.              | 2 teaspoons baking powder.  |
| 1 teaspoon of salt. | Lump butter size of an egg, |
| 1 cup sweet milk.   | melted.                     |
| 2 cups flour.       |                             |

Bake in a very hot oven.

*Mrs. Joseph T. Robinson, Wife of Senator Robinson (Ark.).*

## MUFFINS

- |                            |                          |
|----------------------------|--------------------------|
| 2 cups flour.              | 2 eggs.                  |
| 3 teaspoons baking powder. | 1 cup milk.              |
| ½ teaspoon salt.           | 1 tablespoon shortening. |
| 1 tablespoon sugar.        |                          |

Sift together flour, baking powder, salt and sugar; add well-beaten eggs, milk and melted shortening; mix well. Fill greased muffin tins about half and bake in hot oven 25 minutes.

*Mrs. A. E. B. Stephens, Widow of the late Representative Stephens (Ohio).*

## FLOUR MUFFINS

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 pint flour.                      | 1 teaspoon salt.           |
| 1 tablespoon sugar.                | 1 cup sweet milk.          |
| 2 heaping teaspoons baking powder. | 1 egg.                     |
|                                    | 1 kitchen spoon Snowdrift. |
- Sift together all dry ingredients; add milk slowly, beating well;

break in the egg; heat Snowdrift in muffin rings and when hot pour grease into batter; beat, pour into rings and bake.

*Mrs. Bibb Graves, Wife of the Governor of Alabama.*

### BLUEBERRY MUFFINS

- |                                   |                     |
|-----------------------------------|---------------------|
| 1 cup sugar.                      | 2 cups blueberries. |
| 2 cups flour.                     | 2 eggs.             |
| $\frac{1}{4}$ cup butter, melted. | 2 t. baking powder. |
| $\frac{1}{2}$ cup milk.           |                     |

Bake in muffin tins in quick oven.

*The Late Mrs. Oscar Keller, Wife of former Representative Keller (Minn.).*

### BRAN MUFFINS

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 quart bran.                   | 1 teaspoonful salt.         |
| 2 cups flour.                   | 2 teaspoonfuls soda.        |
| 1 cup raisins.                  | $\frac{1}{2}$ cup sugar.    |
| 1 pint sour milk or buttermilk. | $\frac{1}{4}$ cup molasses. |

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

### BRAN RUFFIES

To 2 cups whole wheat flour add  $\frac{3}{4}$  cup Kellogg's bran,  $\frac{3}{4}$  cup crisco, 1 teaspoon salt, 2 teaspoons baking powder and enough milk to make dough the consistency of biscuits, and with spoon dip and place small lumps size of an egg in a greased baking tin. Cook in medium oven.

*Mrs. Daniel E. Garrett, Wife of Representative Garrett (Texas).*

### BRAN MUFFINS

- |                    |                        |
|--------------------|------------------------|
| 1 cup white flour. | 1 tablespoon molasses. |
| 1 cup bran.        | 1 teaspoon saleratus.  |
| 1 cup sour milk.   |                        |

Mix flour and bran; add molasses; stir saleratus into sour milk; mix thoroughly and bake about 25 minutes in greased muffin tins.

*Mrs. Jeremiah E. O'Connell, Wife of former Rep. O'Connell (R. I.).*

### BRAN MUFFINS

Take 1 cup flour, 1 cup Kellogg's bran; mix well with 2 even teaspoons of baking powder and  $\frac{1}{2}$  teaspoon of salt; add the beaten yolks of 2 eggs to a cup of milk and a tablespoonful of melted butter, and then mix all with the flour and fold in the stiffly beaten whites of the eggs. Bake about 20 minutes.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### COCOA BRAN MUFFINS

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 2 cupfuls bran.                 | 2 eggs.                            |
| $\frac{3}{4}$ cupful flour.     | 1 scant teaspoonful soda.          |
| $\frac{1}{4}$ cupful of cocoa.  | $\frac{1}{2}$ cupful molasses.     |
| $\frac{1}{2}$ teaspoonful salt. | 1 tablespoonful melted shortening. |
| $1\frac{1}{2}$ cupfuls milk.    |                                    |

Mix dry ingredients all together; add molasses, milk and well-beaten

eggs; pour into well-greased muffin pans and bake 25 minutes in moderate oven. Serve hot for luncheon or supper.

*Mrs. Thomas F. Bayard, Wife of Senator Bayard (Del.).*

#### ALL-BRAN MUFFINS

- |                              |                              |
|------------------------------|------------------------------|
| 2 tablespoonsful shortening. | 1 cup Kellogg's All-Bran     |
| $\frac{1}{4}$ cup sugar.     | 1 cup flour.                 |
| 1 egg.                       | $\frac{1}{2}$ teaspoon soda. |
| 1 cup sour milk.             | $\frac{1}{4}$ teaspoon salt. |
|                              | 1 teaspoon baking powder.    |

Cream shortening and sugar together, add the egg. Mix and sift flour, soda, salt, and baking powder. To the creamed mixture add the All-Bran, then the milk, alternately with the sifted dry ingredients. Pour into greased muffin tins, and bake in a moderate oven (370 degrees F.) for 20 minutes. Yield: 12 muffins. If sweet milk is used instead of sour milk, omit the  $\frac{1}{2}$  teaspoon of soda and use 3 teaspoons baking powder. Raisins or dates may be added to the muffins if desired.

*Mrs. Jos. L. Hooper, Wife of Representative Hooper (Mich.).*

#### CORNMEAL MUFFINS

- |                   |                                 |
|-------------------|---------------------------------|
| 2 cups cornmeal.  | 2 eggs, well beaten.            |
| 1 cup flour.      | $\frac{1}{2}$ cup sugar.        |
| 1 cup sweet milk. | 2 tablespoonsful baking powder. |
- This quantity will make 14 muffins.

*Mrs. Calvin Coolidge, Wife of the President.*

#### CORN MEAL GEMS

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 cup flour.                     | $\frac{1}{2}$ cup of cornmeal.     |
| 3 teaspoonfuls of baking powder. | $\frac{1}{2}$ teaspoonful of salt. |
|                                  | 1 tablespoonful of sugar.          |

Should be sifted and mixed together. To these dry ingredients add  $\frac{3}{4}$  cup of milk, 1 egg, well beaten, and 1 tablespoon of melted butter; bake in buttered gem pans for 25 minutes. Very good.

*Mrs. J. Zach Spearing, Wife of Representative Spearing (La.).*

#### IDA'S CORNMEAL MUFFINS

- |  |  |
|--|--|
| 2 cups cornmeal and $\frac{1}{2}$ cup flour. | 1 heaping tablespoonful sugar.         |
| 1 pint milk.                                 | 1 heaping tablespoonful lard and melt. |
| 2 eggs.                                      | 2 level teaspoonfuls baking powder.    |
| $\frac{1}{2}$ teaspoonful salt.              |  |

Beat eggs with salt and sugar and add 1 pint milk; put in cornmeal and flour and let it stand about one-half hour; then put melted lard in last and then add baking powder. Make batter consistency of cake and bake at once in greased muffin pans.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

#### CREAM MUFFINS

- |  |                              |
|--|------------------------------|
| 3 eggs, beaten separately.                   | $\frac{1}{2}$ teaspoon soda. |
| Add to yolks $\frac{1}{2}$ pint sweet cream. | 1 teaspoon cream of tartar.  |
| $\frac{1}{2}$ pint sifted flour.             | A little salt.               |

Fold in well-beaten whites.

*Mrs. Charles R. Crisp, Wife of Representative Crisp (Ga.).*

## DATE MUFFINS

Cream  $\frac{1}{3}$  cup butter with  $\frac{1}{4}$  cup sugar, 1 egg, well beaten;  $\frac{3}{4}$  cup milk,  $\frac{1}{4}$  teaspoon salt; sift 2 teaspoons baking powder with 2 cups flour; add  $\frac{1}{4}$  pound dates, seeded and chopped.

*Mrs. C. C. Dickinson, Wife of Representative Dickinson (Mo.).*

## GRAHAM GEMS

1 egg.	Pinch of salt.
1 cup buttermilk or sour milk.	1 tablespoon sugar.
3 tablespoons Mazola oil.	$1\frac{1}{2}$ cups graham flour, fresh.
$\frac{2}{3}$ teaspoon soda.	

Bake in muffin rings in hot oven about ten minutes.

*Mrs. E. C. Ellis, Wife of former Representative Ellis (Mo.).*

## GRAHAM MUFFINS

1 cupful Graham flour.	1 teaspoonful salt.
1 cupful white flour.	1 cupful milk.
$\frac{1}{4}$ cupful sugar.	1 egg.
3 teaspoonfuls baking powder.	1 tablespoonful melted butter.

Mix and sift ingredients and gradually add the milk, the eggs, well beaten, and butter. Bake in hot buttered gem pans 25 minutes.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## DELICIOUS HAM MUFFINS

$\frac{1}{4}$ cupful butter.	$\frac{3}{4}$ cupful graham flour.
$\frac{3}{4}$ cupful chopped cooked ham.	1 cupful milk.
1 beaten egg.	1 level cupful white flour.
3 level teaspoons baking powder.	

Beat the butter to a cream; add ham: mix well, then add egg, graham flour, baking powder and milk and white flour; mix well and fill well-greased muffin pans half full; bake in a hot oven about 20 minutes. Will make 18 small muffins.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

## OATMEAL MUFFINS

Mix 1 cup of rolled oats with 1 cup of sweet milk and 2 tablespoonfuls melted butter and boil; let stand until lukewarm. Dissolve 1 cake of yeast in  $\frac{1}{4}$  cup lukewarm water and add 2 tablespoonfuls sugar and combine with the rolled oats mixture; add  $\frac{1}{8}$  cup of plain flour and 1 teaspoonful salt and beat well; cover and let rise in warm place until light. Fill well-greased muffin pans about two-thirds full; let rise 40 minutes and then bake about one-half hour in a moderate oven.

*Mrs. Henry R. Rathbone, Wife of Representative Rathbone (Ill.).*



## ONE EGG MUFFIN

(All Measurements are level.)

- |  |                             |
|--|-----------------------------|
| 2 cups flour, sifted before measuring. | 2 tablespoons sugar.        |
| 4 teaspoons baking powder.             | 1 cup sweet milk.           |
| ½ teaspoon salt.                       | 1 tablespoon melted butter. |
|  | 1 egg.                      |

Bake in greased tins for 25 minutes.

*Mrs. Medill McCormick, Widow of the late Senator McCormick (Ill.).  
Daughter of the late Senator Mark Hanna (Ohio).*

## PECAN MUFFINS

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 cup graham flour.              | 1 cup milk.                |
| 1 cup flour.                     | 1 egg.                     |
| 4 tablespoons brown sugar.       | 4 tablespoons shortening.  |
| ¾ teaspoon salt.                 | ½ cup chopped pecan meats. |
| 4 teaspoons Royal baking powder. |                            |

Mix together dry ingredients; add nuts, milk, egg and melted shortening and beat well. Put one tablespoon batter into each greased and floured muffin pan or small muffin ring; put half pecan on each muffin and bake in hot oven at 425 degrees F. 18 to 25 minutes, depending on size of muffin. Makes 12 muffins, or 24 if baked in small muffin rings.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

## POTATO FLOUR MUFFINS

- |                           |                           |
|---------------------------|---------------------------|
| 4 eggs.                   | 1 teaspoon baking powder. |
| Pinch of salt.            | 2 tablespoons ice water.  |
| ½ cup white potato flour. | 1 tablespoon sugar.       |

Beat whites of eggs very stiff and dry; add salt and sugar to beaten yolks and fold in whites; sift flour and baking powder twice and thoroughly beat into egg mixture; add ice water last. Bake in a moderate oven from 15 to 20 minutes.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

## RICE MUFFINS

- |                               |                                 |
|-------------------------------|---------------------------------|
| 2 cups flour.                 | 1 cup milk.                     |
| ¾ cup boiled rice.            | 1 egg.                          |
| 5 teaspoonsful baking powder. | 2 tablespoonsful melted butter. |
| 2 tablespoonsful sugar.       | ½ teaspoonful salt.             |

Sift flour, sugar, baking powder and salt into bowl. Add egg, milk and butter. Bake in muffin pans in moderate heat.

*Hotel Willard, Washington.*

## WHEAT MUFFINS

- |                               |                                    |
|-------------------------------|------------------------------------|
| 2 eggs, well beaten.          | 2 heaping teaspoons baking powder. |
| 2 cups milk.                  |                                    |
| 2 tablespoons butter, melted. | 1 teaspoon salt.                   |
| 3 cups flour, with            |                                    |

Mix in order given and bake in well-buttered muffin tins.

*Miss Emily Taber, Sister of Representative Taber (N. Y.).*

## POPOVERS

1 egg, well beaten; 1 cup sweet milk; 1 cup flour; a little salt. Bake in heated and buttered gem pans slowly until the batter becomes all crust and pops over.

*Mrs. Otis Wingo, Wife of Representative Wingo (Ark.).*

## ROLLS

Scald 1 pint milk; when cool add 1 dissolved yeast cake, 2 table-spoons sugar, 2 teaspoons lard, 3 cups flour; set aside for one hour, then add 1 teaspoon salt and  $3\frac{1}{2}$  cups flour; set aside to rise for several hours and then put down in rolls.

*Mrs. Samuel A. Kendall, Wife of Representative Kendall (Pa.).*

## ALMOND ROLLS

1 cup warm water.

2 yeast cakes.

1 teaspoon sugar.

When yeast rises to top of water stir in flour to make a thin batter—not quite 2 cups; let rise about two hours; when light add  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar, 3 eggs, little grated lemon; stir it stiff; then let it rise again about two hours. Shape into little balls, dip in egg, then in finely shaved almonds; let rise again about two hours. Bake 15 minutes.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

## BUTTER ROLLS

1 cup of everlasting yeast.

Flour to make stiff batter  
and beat well.

1 cup of lukewarm water.

$\frac{1}{2}$  cup of sugar.

Let rise all day; at night take 1 cup of this yeast, 1 cup of lukewarm milk,  $\frac{1}{2}$  cup sugar, scant teaspoon salt, flour to make stiff batter; let rise over night in warm place; next morning use all this sponge;  $\frac{1}{8}$  cup melted butter, 1 egg, pinch of soda, flour to make a dough; roll out and cut with biscuit cutter, then fold over with small lump of butter between; butter pans well and let rolls rise. Bake 30 minutes in moderate oven.

*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

## BUTTER SCOTCH ROLLS

2 yeast cakes.

2 eggs.

1 cup of milk.

1 teaspoon salt.

$\frac{1}{4}$  cup sugar.

$4\frac{1}{4}$  cups of sifted flour.

$\frac{1}{4}$  cup of butter.

Scald milk; when cool dissolve yeast cakes in it; add butter, melted; sugar and salt and eggs, well beaten together; add flour and knead well; set to rise and when light turn down in bowl; repeat this once and make out in pans and let rise about two hours or until very light. Bake in hot oven.

*Mrs. Thomas S. Butler, Wife of Representative Butler (Pa.).*

## CHEESE ROLLS

See Favorite Dishes of All Nations, p. —.

## CINNAMON ROLLS

2 cakes yeast.	7 cups sifted flour.
1 cup milk, scalded and cooled.	6 tablespoons lard or butter.
1 cup warm water.	2 eggs.
1 tablespoon sugar.	$\frac{1}{2}$ teaspoon salt.

Dissolve yeast cake and 1 tablespoon sugar in lukewarm liquid; add 3 cups flour and beat until smooth; add lard and sugar and butter, creamed, and eggs, slightly beaten; then add remainder of flour, or enough to make a soft dough, and the salt. Knead and let rise in a greased bowl in a warm place until dough has risen to twice its bulk. Remove from bowl and divide in two pieces; roll out one piece and roll out quite thin and spread melted butter, white sugar, then cinnamon, nuts and raisins, if desired. Roll up lengthwise and pull the roll slightly and cut in slices about one inch thick and place in a deep pan which has been spread thickly with butter and brown sugar and nuts on top of sugar. Let rise one hour and bake in a fast oven 20 to 30 minutes. Turn out when baked and leave them upside down, spreading any sugar mixture remaining in pan on the rolls. They must be watched in oven so sugar does not burn.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.).*

## CLOVERLEAF ROLLS

Add  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{2}$  tablespoon sugar to  $\frac{1}{2}$  cup scalded milk; when lukewarm add  $\frac{1}{2}$  yeast cake dissolved in 2 tablespoons warm water; add  $\frac{3}{4}$  cup flour. Beat thoroughly, cover and let rise. When light, add 2 tablespoons melted butter, 1 well-beaten egg and flour enough to knead. Let rise again and then shape in very small balls. When again light put three or four into well-buttered round muffin pans, brushing the sides that will touch with butter. When about double in size bake in a hot oven.

*Mrs. Charles A. Eaton, Wife of Representative Eaton (N. J.).*

## EVERLASTING ROLLS

One quart of sweet milk, 1 cup of lard, 1 cup of sugar; put on the stove and let come to the boiling point (do not let boil). Take off, set aside; when milk is warm dissolve a cake of yeast in it and sift in enough flour to make it the consistency of cake batter. (I find 1 heaping quart sufficient.) Let set two hours in a warm place, then sift in 1 tablespoon of salt, 1 rounded teaspoon of soda, 1 heaping teaspoon of baking powder. Work in enough flour to make a dough (1 quart will do, I think); then roll out and cut as many rolls as you wish for a meal. Set in a warm place and let rise two hours before baking. Put the rest of the dough in the ice box or some cool place till ready for more rolls. It will keep a week or more.

*Mrs. Finis J. Garrett, Wife of Representative Garrett (Tenn.).*

## FRENCH LOAVES

Make a sponge of 1 cake of compressed yeast and 1 tablespoonful of sugar dissolved in  $\frac{1}{2}$  cup of lukewarm water. To 1 cup of scalded milk add 1 cup of hot water, and when lukewarm add yeast and 2 cups of flour. Beat for five minutes. Let rise until very light, about one hour, then add

3 tablespoonfuls of melted sortening, and  $1\frac{1}{2}$  teaspoonfuls of salt. Stir in 5 cups of flour, then knead until dough is smooth and elastic, using a little more flour if necessary. Cover to let rise and when double in bulk, mold into French loaves. Divide the dough in half and each half into twelve, making twenty-four loaves. Roll each five inches long, tapered at each end. Lay on greased pan sufficient distance apart not to touch each other and cover to let rise one hour in a warm place and bake real brown.

*Mrs. Joseph E. Ransdell, Wife of Senator Ransdell (La.).*

### HOT ROLLS

- |                              |                               |
|------------------------------|-------------------------------|
| 1 cup milk.                  | $\frac{1}{2}$ cake yeast.     |
| 1 tablespoon sugar.          | 2 tablespoons lukewarm water. |
| 1 tablespoon butter.         | 2 cups flour.                 |
| $\frac{1}{4}$ teaspoon salt. |                               |

Mix sugar, butter, salt in lukewarm milk. Dissolve yeast in lukewarm water, put mixture together, add flour slowly and work in with a spoon. Put aside in a warm place, covered, let stand three hours. Knead out and cut with biscuit cutter. Spread with melted butter fold and pinch together. Let stand forty-five to fifty minutes and bake fifteen minutes. Don't use any more flour except enough on bread board to keep from sticking.

*Mrs. Everett Sanders, Wife of Secretary to the President (Ind.).*

### HOT ROLLS

2 medium sized potatoes boiled in pint of water. Mash potatoes, add 2 tablespoons sugar. When cool add potato water alternately with flour for sponge. Beat in 1 cake of yeast dissolved in  $\frac{1}{2}$  cup lukewarm water. When light mix sponge in  $1\frac{1}{2}$  quarts flour in which have been mixed 2 tablespoons lard, 3 tablespoons sugar, 2 teaspoons salt. When dough is light, work down and allow to rise again, make into rolls. When very light, bake in quick oven.

*Mrs. Robert G. Houston, Wife of Representative Houston (Del.).*

### ICE BOX ROLLS

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 cake compressed yeast.            | 1 egg, (beaten).              |
| $\frac{1}{2}$ cup granulated sugar. | 3 tablespoons lard, (melted). |
| 2 cups lukewarm water.              | 7 cups flour.                 |
| 1 teaspoon salt.                    |                               |

Crumble yeast in bowl—add sugar and salt and lukewarm water—mix and add the egg, well beaten. Sift and measure flour—add half flour—then the melted lard and stir. Add remaining flour and knead in with the hands. Let rise till double in bulk—then punch and place in ice box or cold place. When needed take enough of the dough, make into rolls and let rise. Bake in a moderate oven for twenty or thirty minutes.

*Mrs. Earl C. Michener, Wife of Representative Michener (Mich.).*

### NEVER FAIL ROLLS

Soak one cake yeast in cup lukewarm water. Boil and mash one medium sized potato and add water in which it is boiled to make one cupful. Place yeast and potato in quart jar with one-half cup sugar, stir and let rise over night. After rising beat two eggs and add, mix 2 tablespoons butter in three cups flour and add flour to make a stiff dough. Make into

pocket book rolls and let rise two and a half or three hours. Makes about three dozen rolls.

*Mrs. Edward Jackson, Wife of Governor Jackson (Ind.).*

### ORANGE ROLLS (24 Rolls)

Use  $1\frac{1}{2}$  cups plain bread sponge or prepare it as follows:  
 $\frac{1}{2}$  cake Yeast Foam or Magic 1 cup lukewarm water.  
 Yeast. 2 cups sifted flour.

At night soften yeast in lukewarm water  $\frac{1}{2}$  hour. Blend with flour. Beat smooth. Cover. Keep in moderately warm place (78 degrees F.) over night.

Above sponge when light	4 tablespoons butter.
Rind and juice 1 large orange.	Or substitute.
1 teaspoon salt.	1 egg.
4 tablespoons sugar.	Flour, 3 cups or more.

In the morning dissolve salt and sugar in orange juice and blend with sponge. Add melted shortening (not hot) and well-beaten egg. Thicken with enough flour to knead. Knead smooth keeping dough soft as possible. Place in greased bowl. Let rise until doubled. Shape at once into rolls or knead down and let rise again until doubled.

To shape, turn dough onto molding board and form into one long roll. Cut into small pieces size of a hickory nut or marble. Form into smooth balls and place 3 or 4 together in greased muffin pans. Cover closely and let rise until almost trebled in size. Bake about 15 minutes in fairly hot oven. If desired brush tops of rolls with butter or with sweetened milk or cream. All measurements level.

*Mrs. W. A. Rodenberg, Wife of former Representative Rodenberg (Ill.).*

### FAT ROLLS

See Favorite Dishes of All Nations, page 97.

### PARKER HOUSE CORN ROLLS

One and one-fourth cups of flour, three-fourths cup of corn meal, four teaspoons baking powder, one-half teaspoon salt, one tablespoon sugar, two tablespoons butter, one egg. Roll out one-fourth inch thick, cut with good-sized cookie cutter. Spread over top with butter, fold over and bake.

*Mrs. W. F. Kopp, Wife of Representative Kopp (Iowa).*

### SIX-HOUR PARKER HOUSE ROLLS

1 cup scalded milk.	1 yeast cake.
$\frac{2}{3}$ teaspoon salt.	$\frac{1}{4}$ cup lukewarm water.
3 tablespoons sugar.	1 egg.
3 tablespoons melted fat.	4 cups flour.

Sift the flour and salt and add the sugar and shortening. Dissolve the yeast cake in the warm water and add it and the slightly beaten egg to the flour. Add the milk, which must be of blood temperature. Stir all together and toss on to a floured board. Knead well, adding more flour if necessary to make an elastic dough. Set, covered, to rise in a warm place, away from draughts. When doubled in size, cut down with sharp knife, allowing air to escape. Let rise again until doubled in size. Roll out on floured board until about one inch thick. Cut into rounds with a biscuit cutter. Brush each round with melted butter, crease through the center with a dull knife, fold over the dough and press edges together. Place in buttered pan, one

inch apart (the broiling pan with rack removed is my choice) and let rise again in warm place until fully doubled in size. Bake in moderate oven about twenty minutes. The rolls may be cut and set to rise, preparatory to baking, immediately after the first rising if desired. The cutting down process merely gives a dough of finer texture.

*Mrs. Frank H. Funk, Wife of former Representative Funk (Ill.).*

### POTATO ROLLS

- |   |                           |
|---|---------------------------|
| 2 cups mashed potatoes.   | 1 teaspoon salt.          |
| 3 eggs.   | 1 tablespoon sugar.       |
| $\frac{1}{2}$ cup butter and lard, melted,<br>equal quantities. | $\frac{3}{4}$ cake yeast. |

Mix all together, set away to rise. When light, add flour to stiffen. When raised sufficiently, bake in muffin pans, twenty minutes in a very hot oven, using small piece to each muffin. Use no milk or water.

*Mrs. Izetta Jewel Brown, Widow of the late Rep. W. G. Brown (W. Va.).*

### POTATO ROLLS

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 pint of milk.                      | Flour.                         |
| 1 cup boiled and mashed<br>potatoes. | 1 pint of water from potatoes. |
| 1 tablespoon sugar.                  | 2 eggs.                        |
| 1 large spoon of lard.               | 1 teaspoon of salt.            |
|                                      | 1 yeast cake.                  |

Scald 1 pint of milk, add 1 pint water from potatoes add sugar, lard and salt. Mix in enough flour to make a batter. Add beaten eggs and yeast cake. Let rise three hours. Work in flour, adding also 1 pint of warm water. Let rise three hours and form into rolls, let rise 1 to  $1\frac{1}{2}$  hours and bake in moderate oven.

*Mrs. Alben W. Barkley, Wife of Senator Barkley (Ky.).*

### POTATO ROLLS

- |                          |                            |
|--------------------------|----------------------------|
| 2 Medium sized potatoes. | 3 level tablespoons sugar. |
| 1 yeast cake.            | 2 level tablespoons lard.  |
| 1 level tablespoon salt. | Flour.                     |

Boil potatoes until tender, drain water into mixing bowl; mash potatoes. Add enough water to water in which potatoes were boiled to make 3 cups. Add lard, sugar, salt and mashed potatoes, and a cup of flour and beat. Dissolve yeast cake in little cold water and add to other ingredients when they are lukewarm. Add enough flour to make stiff dough. Knead well ten minutes. Return to bowl, grease top and let rise  $4\frac{1}{2}$  hours. Make into rolls, grease and let rise two hours. Bake in medium oven about 15 minutes. If desired  $\frac{1}{2}$  of this can be placed in ice box and made into rolls next day, when it is much better than first day.

*Mrs. L. C. Dyer, Wife of Representative Dyer (Mo.).*

### POTATO CAKE

See Favorite Dishes of All Nations, page 47.

## RAISED ROLLS

1 pint boiled milk, when warm stir in one pint of flour (in which you have worked one large tablespoon of lard) one teaspoon salt and a tablespoon of sugar.

1 compressed yeast cake, dissolved. Stir at night if wanted for luncheon in the morning. Make stiff and beat with a potato masher on a bread board 15 minutes. Soon as it becomes velvety put it back in bowl, cover it and set it away in a warm place until very light—roll out on a board, cut with a round cutter, butter and fold over, let stand another hour—bake fifteen minutes in a quick oven.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Pa.).*

## SOUFFLE ROLLS

Melt 1 tablespoonful of butter in  $\frac{1}{2}$  pint of milk. When blood warm add  $\frac{1}{2}$  cake of yeast, 1 beaten egg, 2 tablespoonsful of sugar and 1 saltspoon of salt. When yeast is dissolved stir in  $1\frac{1}{2}$  cups of sifted flour (be sure it is warm) and beat about 3 minutes. It should be too thick for a batter and not thick enough for dough. Cover with a hot cloth and put in a warm place for about 2 hours, to rise. (If you have time, it is improved by beating down and allowing to rise for the second time.) Stir down and with a tablespoon dipped in flour, fill small roll pans about half full, let rise until double the size and bake about 10 or 15 minutes in a very hot oven, then brush them over with a little hot milk and bake till quite brown.

*Mrs. Jeremiah E. O'Connell, Wife of former Rep. O'Connell (R. I.).*

## TWO-HOUR ROLLS

1 cake compressed yeast, 1 cup of warm water,  $\frac{1}{2}$  cup of sugar (scant),  $\frac{1}{4}$  cup of salt, 5 medium size potatoes, enough flour to make thin batter. Dissolve yeast in water, then add sugar, flour and salt. Boil and mash the potatoes and use the water they were boiled in and add water to make a quart. Put all together and let rise until light, over night anyway.

To make rolls: Take cup of yeast, 1 tablespoon of lard (heaped), pinch of salt, 1 tablespoon of sugar and enough flour to make a dough like biscuits, cut and put in pans and let rise 2 hours before baking. The yeast will keep nicely for a week in a cool place.

*Mrs. L. J. Milligan, Wife of Representative Milligan (Mo.).*

## TWO-HOUR ROLLS

$\frac{1}{2}$ cup luke warm water.	3 level tablespoons lard.
$\frac{1}{2}$ cup luke warm milk.	1 scant teaspoon salt.
$1\frac{1}{2}$ tablespoon sugar.	1 cake yeast.

Dissolve yeast in the water and milk, add salt, sugar and lard. Beat in enough flour to make a smooth batter. Add enough flour to make a moderately firm dough. Knead until smooth without taking from bowl in which it was mixed. Butter hands well and roll dough into balls, then drop in well buttered muffin pans. Let rise 2 hours. Bake in quick oven 10 minutes or until crusty all over.

*Mrs. M. H. Thatcher, Wife of Representative Thatcher (Ky.).*

## RUSKS

Make sponge of 1 cup scalded milk, (allow to cool), 1 cake of yeast dissolved in  $\frac{1}{2}$  cup water, 2 tablespoons sugar, when light add 3 tablespoons sugar, 2 tablespoons butter, 3 eggs, beaten light, enough flour to make a soft dough. Allow to rise, make into small rolls in deep pan. Bake in slow oven.

*Mrs. Robert G. Houston, Wife of Representative Houston (Del.).*

## POTATO RUSKS

1 cup yeast or 1 yeast cake.	$\frac{1}{2}$ cup sugar.
1 mashed potato, should make cup full.	3 eggs.

Mix the above at night, in the morning add  $\frac{3}{4}$  cups butter and flour enough to make a soft dough. Let rise until light, roll and cut in biscuits. Let rise until very light, bake in a quick oven 15 or 20 minutes.

*Mrs. Edward B. Vreeland, Wife of former Representative Vreeland (N. Y.).*

## PAN DULCE (Rusk)

See Favorite Dishes of All Nations, page 84.

## SALLY LUNN

3 teaspoons baking powder.	2 cups flour.
1 teaspoon salt.	$\frac{1}{2}$ cup sugar.
3 tablespoons lard or butter.	1 cup milk.
2 eggs.	

Cream the shortening and sugar. Add well-beaten eggs. Sift dry ingredients and add alternately with milk. Beat thoroughly. Pour into well-greased and floured baking dish or gem pans. Bake in moderate oven about twenty minutes.

*Mrs. Philip P. Campbell, Wife of former Representative Campbell (Kan.).*

## SALLY LUNN

2 eggs beaten separately.	Butter size of walnut.
1 cup sweet milk.	3 cups sifted flour.
2 scant teaspoons baking powder.	Mix and cook as you do cake.
1 cup sugar.	

*Mrs. Edward E. Eslick, Wife of Representative Eslick (Tenn.).*

## QUICK SALLY LUNN

2 cupfuls flour.	2 eggs.
$\frac{1}{2}$ cupful milk.	2 tablespoonfuls baking powder.
$\frac{1}{2}$ cupful butter.	
2 tablespoonfuls sugar.	

Cream butter and sugar together as for cake. Bake just as you do muffins or biscuits.

*Mrs. James W. Collier, Wife of Representative Collier (Miss.).*



## POTATO SCONES

- |                           |                           |
|---------------------------|---------------------------|
| 2 quarts mashed potatoes. | 1 teaspoon salt.          |
| 2 quarts flour.           | 2 tablespoons shortening. |
| 1 teaspoon baking powder. |                           |

Mix in order given and bake on a pancake griddle.

*Mrs. Melvin J. Maas, Wife of Representative Maas (Minn.).*

## SCOTCH SCONES

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 quart flour.                     | 2 even tablespoons butter.  |
| 2 rounded teaspoons baking powder. | 2 eggs.                     |
|                                    | A pinch of salt.            |
| 2 even tablespoons sugar.          | Milk according to judgment. |

The softer and stickier the better. Cut in small triangles. Bake in moderate oven 15 minutes.

*Mrs. Morton D. Hull, Wife of Representative Hull (Ill.).*

## SCONES

See Favorite Dishes of All Nations, pages 40, 72.

## SPOON BREAD

- |                              |                      |
|------------------------------|----------------------|
| 1 pint milk.                 | 1 teaspoonful salt.  |
| ½ cupful corn meal.          | 2 teaspoonful sugar. |
| 1 tablespoonful lard.        | 3 eggs.              |
| ½ teaspoonful baking-powder. |                      |

Heat the milk nearly to boiling. Stir in cornmeal gradually and cook until the consistency of mush. Add the lard, baking powder, salt sugar and yolks of the eggs beaten until light. Fold in the egg-whites beaten stiff. Pour into a greased baking-dish and bake ½ hour at 350 degrees F. Serve at once with plenty of butter, from the dish in which it was baked.

*Mrs. Finis J. Garrett, Wife of Representative Garrett (Tenn.).*

## SPOON BREAD

1 pint of milk put in double boiler, when it boils add 4 tablespoons of cornmeal, ½ teaspoon salt, 1 teaspoon of sugar, when thickened take off the fire, add a big lump of butter and 2 eggs, well beaten, and bake 15 or 20 minutes. May be doubled. All measures level.

*Mrs. Royal C. Johnson, Wife of Representative Johnson (S. D.).*

## SPOON BREAD

1½ teacups cornmeal, put in this 2 tablespoons butter, scald with 1½ cups boiling water, add 1 teaspoon sugar, add the yolks and whites of 2 eggs well beaten, 2 cups sweet milk. Last 2 heaping teaspoons of baking powder mixed in 1 large tablespoon of flour. Beat well, put in greased pans and bake ¾ of an hour.

*Mrs. Samuel C. Major, Wife of Representative Major (Mo.).*

## SPOON BREAD

- |   |  |
|---|--|
| 1 small cup well cooked hominy.         | 2 teaspoons of baking powder.  |
| 1 small cup well cooked corn meal mush. | 1 large cup of sweet milk.   |
| 2 tablespoons of melted butter.         | 2 eggs (beat the whites and yolks separately and add just before placing in oven.) |
| 3 tablespoons of sugar.                 |  |

Bake forty-five minutes in baking dish from which it can be served.  
*Mrs. Horace M. Towner, Wife of the Governor of Porto Rico.*

## SPOON BREAD

2 cups water.	1 tablespoon butter.
1 cup milk.	2 eggs.
1 cup corn meal.	2 teaspoonfuls salt.

Mix water and meal and bring to the boiling point and cook five minutes. Beat eggs separately and add with other materials to the mush. Beat well and bake in a well greased pan for twenty-five minutes in a hot oven. Serve from the same dish with a spoon. Serves six.

*Mrs. Homer L. Lyon, Wife of Representative Lyon (N. C.).*

## SPOON BREAD

1 pint corn meal (white).	1½ cups sweet milk.
cup scalding water.	2 eggs.
1 tablespoon lard.	2 spoonfuls baking powder.

Sift meal, scald with the water, place bread pan on stove and melt lard, pour this over the scalded meal, now add the sweet milk, 1 tablespoon salt, two spoons baking powder and eggs beaten well.

*Mrs. James B. Aswell, Wife of Representative Aswell (La.).*

## SPOON BREAD

1 pint of sweet milk.	2 eggs.
1 cup of white corn meal.	1 tablespoon melted butter.
1 tablespoon of flour.	2 small teaspoons of baking powder.
small teaspoon of salt.	

Scald the milk in meal and flour mixed together; add salt and butter; drop in eggs without beating, then beat well; add baking powder at the last and beat again. Bake 20 minutes.

*Miss Jennie M. Moore, Sister of Representative Moore (Va.).*

## MARY RATTLEY'S SPOON BREAD

1 pint milk, ½ cup of Indian meal. Cook this into a porridge and when cold add 2 eggs well beaten, piece of butter size of small egg, scant tablespoonful of sugar, teaspoonful of salt, (add a little milk if needed to make it rather thin). Beat this all very well and bake in a slow oven from 30 to 35 minutes in a well greased tin.

*Mrs. Herbert Hoover, Wife of the Secretary of Commerce.*

## KENTUCKY SPOON BREAD

1½ cups sweet or sour milk.	1½ teaspoons sugar.
1½ teaspoons baking powder.	1 teaspoon salt.
½ teaspoon soda when sour milk is used.	4 level tablespoons corn meal.
	2 eggs beaten light.

Beat eggs, add other ingredients. Stir meal in last. Bake 25 to 30 minutes.

*Mrs. Alben W. Barkley, Wife of Senator Barkley (Ky.).*

## SOUTHERN SPOON BREAD

- |                    |                   |
|--------------------|-------------------|
| 1 cup corn meal.   | 1 cup sweet milk. |
| 1 tablespoon lard. | Salt to taste.    |
| 3 eggs.            |                   |

Process: Sift meal, add lard and salt, add boiling water until consistency of buttermilk. When cool, add eggs, milk and baking powder. Bake in moderate oven.

*Mrs. John E. Rankin, Wife of Representative Rankin (Miss.).*

## SOUTHERN SPOON CORN BREAD

- |                               |                        |
|-------------------------------|------------------------|
| 2 cups white corn meal.       | Yolks 2 eggs.          |
| 2½ cups boiling water.        | 1½ cups milk.          |
| 1½ tablespoons melted butter. | 1 level teaspoon soda. |
| 1½ tablespoons salt.          | Whites of 2 eggs.      |

Add corn meal gradually to boiling water, let stand until cool, then add butter, salt, egg yolk, slightly beaten, and milk mixed with soda. Beat two minutes and add whites of eggs (that have been beaten until stiff), turn into a buttered pudding dish and bake in a hot oven forty minutes.

*Mrs. John W. B. Martin, Wife of the Governor of Florida.*

## SPOON CORNBREAD

- |                    |                        |
|--------------------|------------------------|
| 2 eggs.            | 1 tablespoon sugar.    |
| 1 pint sweet milk. | 1 teaspoon salt.       |
| ½ cup corn meal.   | Butter size of walnut. |

Put milk on stove and let it come to the boiling point. Then stir in the meal slowly and when it begins to thicken, let cook about three minutes. Remove from stove, add the butter, sugar, salt and the yolks of the eggs well beaten. Have the whites beaten just as you would for a cake and fold them in the last thing. Have a well buttered dish or bowl ready, pour the mixture in it, and bake until brown, top and bottom. Serve from the pan in which it was baked.

*Mrs. John N. Tillman, Wife of Representative Tillman (Ark.).*

## CAMEL ORANGE TOAST

Cream together the following:

- |                       |                                   |
|-----------------------|-----------------------------------|
| ½ cup butter.         | 4 tablespoons grated orange rind. |
| 2 cups dessert sugar. |                                   |

Toast 1 side of bread that has been cut in any desired shape. Spread the untoasted side generously with the orange butter. Put under broiler until it is melted and glazed like cinnamon toast. Serve hot.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

## FRENCH TOAST

- |                           |             |
|---------------------------|-------------|
| ½ cup flour.              | ½ cup milk. |
| 1 teaspoon baking powder. | 1 egg.      |
| ¼ teaspoon salt.          |             |

Sift together flour, Royal baking powder and salt; add milk and beaten egg, beat well. Into this dip bread, fry in hot fat, drain, and serve hot with powdered sugar.

*Mrs. Arthur H. Greenwood, Wife of Representative Greenwood (Ind.).*

## CAKES, ICINGS AND FILLINGS

### ANGEL FOOD CAKE

- |                            |                                |
|----------------------------|--------------------------------|
| 1 cup Swansdown flour.     | 1½ half cups granulated sugar. |
| 12 egg whites.             | Pinch of salt.                 |
| 1 teaspoon cream of tartar | 1 teaspoon vanilla or half and |
| (rounded).                 | half almond and vanilla.       |

Sift flour 4 times. Measure again, leaving off extra. Add cream of tartar, and sift 5 times. Beat the egg whites until very stiff, sift into them the sugar, then the flour and cream of tartar and salt, pour into a pan which has been rinsed in cold water and not dried, bake about an hour and a quarter in a medium oven. It should rise slowly for the hour, and brown slowly the last 15 minutes.

*Mrs. Hubert F. Fisher, Wife of Representative Fisher (Tenn.).*

### ANGEL FOOD CAKE

- |                      |                             |
|----------------------|-----------------------------|
| 11 egg whites.       | 1 teaspoon cream of tartar. |
| 1½ glasses of sugar. | 1 teaspoon vanilla          |
| 1 glass flour.       |                             |

Sift sugar and flour 6 times separately before measuring. After measuring sift together and add cream of tartar, fold into beaten whites of eggs, stirring as little as possible. Add vanilla and turn into an ungreased pan, into which cold water has been poured and left undried. Bake 45 to 50 minutes in slow oven. Use cover for first 20 minutes.

*Mrs. Alben W. Barkley, Wife of Senator Barkley (Ky.).*

### ANGEL FOOD CAKE

Take the whites of 12 eggs, a pinch of salt, and beat. Then sprinkle in 1 teaspoon of cream of tartar. Fold in 1½ cups granulated sugar and 1 cup of flour sifted several times. Add 2 teaspoons vanilla. Turn at once into an unbuttered pan and bake 40 minutes in a slow oven, temperature 90 degrees. When done turn upside down and let hang until cold and cake drops out. Ice with plain icing.

*Mrs. Otis Wingo, Wife of Representative Wingo (Ark.).*

### ANGEL FOOD CAKE

2 cups egg whites (before beaten). Add to stiffly beaten whites, 2 teaspoons cream of tartar (gradually). Add alternately 2 cups each sugar and flour—continually beating with egg beater. Flavor as desired and bake in very moderate oven about 40 minutes.

*Mrs. J. B. Reed, Wife of Representative Reed (Ark.).*

## ANGEL FOOD CAKE

To one tumblerful whites of eggs add tablespoon cold water and beat until beginning to froth, then add level teaspoon cream of tartar and beat until very stiff. Sift one and one-half tumbler of sugar, divide in three parts and stir in. Sift one tumbler Swans Down cake flour and fold in one teaspoon flavoring. Bake in slow oven.

*Mrs. Carl Vinson, Wife of Representative Vinson (Ga.).*

## ANGEL CAKE

Beat  $1\frac{1}{2}$  cupfuls of egg whites until stiff, using a large egg beater. Add gradually  $1\frac{1}{2}$  cupfuls of fine granulated sugar mixed with 1 teaspoonful of cream of tartar, folding in with a wooden cake spoon. Cut and fold in 1 cupful of bread flour (once sifted). Mix with  $\frac{1}{4}$  teaspoonful of salt and add 1 teaspoonful of vanilla. Turn into an unbuttered angel cake pan. Cover and bake in a moderate oven 20 minutes. Remove cover and bake 25 minutes. Invert when taken from the oven. This is one of my prize recipes.

*Mrs. J. Zach. Spearing, Wife of Representative Spearing (La.).*

## ANGEL CAKE

See Favorite Dishes of All Nations, page 140.

## ANGEL FOOD

Beat the whites of 11 eggs to stiff froth; add  $1\frac{1}{2}$  tumblers granulated sugar; sift 1 tumbler flour 3 times. 1 large teaspoon cream of tartar. Put either in eggs or flour. Fold in flour lightly. Flavor. Bake in ungreased pan 45 minutes in slow oven. Let stand in pan turned upside down over night. Ice.

*Mrs. C. Ellis Moore, Wife of Representative Moore (Ohio).*

## CHOCOLATE ANGEL FOOD

10 egg whites or	2 cups sugar.
$1\frac{1}{4}$ cups whites.	$\frac{1}{2}$ cup cocoa, sifted many
1 teaspoon salt.	times.
$\frac{1}{2}$ scant teaspoon cream of tartar or	1 cup pastry flour, sifted.
1 tablespoon lemon juice.	1 teaspoon vanilla.

Beat eggs until stiff enough to stand alone, then mix in order given.

## Frosting

$1\frac{1}{2}$ cups sugar.	1 cup cream.
2 squares chocolate.	

Cook until it forms soft ball in water. Add vanilla and put aside until absolutely cold. Then beat until it gets a light brown, about 20 minutes.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## NEVER FAIL ANGEL CAKE

Whites of 11 eggs. When half beaten add 1 teaspoon of cream of tartar, then beat very stiff. Sift  $1\frac{1}{2}$  cups of granulated sugar and cup of cake flour together 6 times. Add this to beaten whites, folding over and over. Add teaspoon vanilla and bake 45 minutes in slow oven.

*Mrs. Allen F. Moore, Wife of former Representative Moore (Ill.).*

## CHOCOLATE ANGEL FOOD CAKE

- |  |                                 |
|--|---------------------------------|
| 11 egg whites.   | 1 level teaspoon baking powder. |
| 2 cups sugar.  | 1 cup flour.                    |
| $\frac{1}{2}$ cup cocoa sifted with half of the sugar. | 1 teaspoon vanilla.             |
|  | 1 teaspoon lemon juice.         |

Beat egg whites; when stiff add baking powder, fold in sugar and cocoa, then flour and flavorings. Bake in slow oven 45 minutes to 1 hour.

*Mrs. James M. Gudger, Jr., Widow of the late Representative Gudger (N. C.).  
Mother of Representative Katherine Langley (Ky.).*

## ALLEGRETTI CAKE

- |                   |                                   |
|-------------------|-----------------------------------|
| 2 oz. butter.     | 1 heaping teaspoon baking powder. |
| 1 cup sugar.      | $\frac{2}{3}$ cup ice water.      |
| 2 whites of eggs. |                                   |
| 10 oz. flour.     |                                   |
- Bake about 20 minutes.

## Icing

- |              |                          |
|--------------|--------------------------|
| 1 cup sugar. | $\frac{1}{2}$ cup water. |
|--------------|--------------------------|

Boil until syrup spins a thread. Stir rapidly into the beaten egg. Beat the egg on platter with silver fork or wire beater. Lastly melt chocolate and spread thin over icing when that has cooled and set.

*Mrs. Medill McCormick, Widow of the late Senator McCormick (Ill.),  
Daughter of the late Senator Mark Hanna (Ohio).*

## DUTCH APPLE CAKE

- |                           |                            |
|---------------------------|----------------------------|
| $\frac{1}{4}$ cup butter. | $\frac{1}{2}$ cup milk.    |
| $\frac{1}{2}$ cup sugar.  | $1\frac{1}{2}$ cups flour. |
| 1 egg.                    | 2 teaspoons baking powder. |

Mix in order given. Slice apples and lay in rows on top. Sprinkle with sugar, then dust with cinnamon. Bake in moderate oven 40 minutes.

*Mrs. Joseph Walsh, Wife of former Representative Walsh (Mass.).*

## APPLESAUCE CAKE

1 egg,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves, nutmeg and allspice,  $\frac{1}{4}$  teaspoon mace, 3 tablespoons molasses,  $1\frac{1}{2}$  cups applesauce (sweetened), 2 small teaspoons soda in 2 teaspoons hot water, 2 cups flour, 1 cup raisins, 1 cup walnuts. Bake in medium oven 45 minutes.

*Mrs. Scott Leavitt, Wife of Representative Leavitt (Mont.).*

## APPLESAUCE CAKE

- |   |                                    |
|---|------------------------------------|
| $1\frac{1}{2}$ cups hot applesauce.                   | 1 teaspoon soda.                   |
| $\frac{1}{2}$ cup butter.                             | $1\frac{1}{2}$ teaspoons cinnamon. |
| 1 cup sugar.  | 1 teaspoon cloves.                 |
| 2 cups flour.   | 1 teaspoon allspice.               |
| $\frac{1}{2}$ cup mixed citron—orange and lemon peel. | 1 teaspoon nutmeg.                 |
| 1 cup chopped walnuts.                                | 2 teaspoons baking powder.         |
| 1 cup raisins.  | $\frac{1}{4}$ teaspoon salt.       |
|   | 2 tablespoons chocolate.           |

Mix hot applesauce and butter. Add sugar and soda dissolved in little water. Add rest of ingredients. Bake in loaf 1 hour in moderate oven.

*Mrs. A. M. Peterson, Sister of Representative Curry (Cal.).*

#### APPLESAUCE CAKE

- |                                  |                        |
|----------------------------------|------------------------|
| 1 cup butter.                    | 2 cups of nuts.        |
| 2 cups sugar.                    | 2 eggs.                |
| 2 cups applesauce (unsweetened). | 4 cups flour.          |
| 2 level teaspoons soda.          | 2 cups raisins.        |
| 1 teaspoon allspice.             | 1 tablespoon cinnamon. |
|                                  | 1 teaspoon cloves.     |

Cream butter and sugar, add eggs and applesauce, (into which the soda has been stirred), flour and other ingredients. Mix in raisins and nuts last. Bake in slow oven 45 minutes to 1 hour.

*Mrs. Alben W. Barkley, Wife of Senator Barkley (Ky.).*

#### APPLESAUCE CAKE

- |                           |  |
|---------------------------|--|
| $\frac{1}{2}$ cup butter. | $\frac{3}{4}$ teaspoon soda in little water. |
| 1 cup sugar.              | $\frac{1}{4}$ teaspoon salt.                 |
| 1 cup applesauce.         | 1 teaspoon allspice.                         |
| 1 cup nuts.               | 1 teaspoon nutmeg.                           |
| 2 cups flour.             | 1 teaspoon cloves.                           |
| 2 eggs.                   | 1 teaspoon cinnamon.                         |

Bake slowly.

*Mrs. Elmer Thomas, Wife of Senator Thomas (Okla.).*

#### APPLESAUCE CAKE

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 cup applesauce (unsweetened). | 1 teaspoon cinnamon.           |
| 1 level teaspoon soda.          | $\frac{1}{2}$ teaspoon cloves. |
| 1 cup brown sugar.              | $\frac{1}{8}$ teaspoon nutmeg. |
| $\frac{1}{2}$ cup butter.       | $\frac{2}{3}$ cup raisins.     |
| 1 cup unsifted flour.           | $\frac{1}{3}$ cup nuts.        |

*Mrs. Charles L. Gifford, Wife of Representative Gifford (Mass.).*

#### BURNT SUGAR CAKE

- |  |   |
|--|---|
| 1 cup sugar melted. Stir with fork and when smoking add          | Beat 5 minutes.   |
| $\frac{1}{2}$ cup boiling water and cook to syrup like molasses. | Add 3 tablespoons of the caramel syrup.                 |
| $\frac{1}{2}$ cup butter.  | 1 teaspoon vanilla.                                     |
| $1\frac{1}{2}$ cups sugar.                                       | $\frac{1}{2}$ cup flour with 2 teaspoons baking powder. |
| 3 egg yolks in 1 cup of water.                                   | 3 beaten whites.  |
| 2 cups Swansdown flour.  |   |

Add 1 tablespoon of the caramel syrup to any boiled white icing.

*Mrs. Philip D. Swing, Wife of Representative Swing (Cal.).*

#### BURNT SUGAR CAKE

(To burn the sugar). One cup of sugar in a granite pan and stir over the fire until it melts and throws off an intense smoke (it really must burn).

Remove from the fire and add one cup of hot water. Return to the fire and stir until it forms a syrup, put in a glass jar and keep for use.

For Cake Part.—Scant half cup of butter,  $1\frac{1}{4}$  cups of sugar creamed; together add yolks of 2 eggs, 1 cup of water, 2 cups of flour. Then add 2 teaspoons of burnt sugar, 2 teaspoons of vanilla. Add  $\frac{1}{2}$  more cup of flour with 2 teaspoons of baking powder, lastly add the beaten whites of the eggs.

Icing—1 cup of sugar, 1 cup of water, boil until it hairs, have the whites of 2 eggs beaten stiff, pour the boiled syrup over the whites, whip, add 2 teaspoons of burnt sugar, flavor with vanilla.

*Mrs. John Morrow, Wife of Representative Morrow (N. M.).*

### SOUR CREAM BURNT SUGAR CAKE

1 cup sugar.	1 egg.
4 tablespoons burnt sugar or caramel.	$1\frac{2}{3}$ cups flour.
1 teaspoon vanilla.	1 teaspoon soda.
1 cup sour cream.	$\frac{1}{8}$ teaspoon salt.

Add to the sugar, the burnt sugar, vanilla, sour cream and the egg. Beat well. Mix and sift the flour, soda and salt and add to the first mixture. Beat. Pour into a loaf cake pan, lined with wax paper. Bake in a moderate oven for 25 minutes. Cover with burnt sugar frosting.

(To burn sugar: Place 1 cup white sugar in pan and melt over fire until the sugar is liquid and brown in color. Remove from fire and stir in 1 cup boiling water. Cook over fire until the mixture is a thick syrup).

### Burnt Sugar Frosting

2 tablespoons soft butter.	1 pinch salt.
3 tablespoons burnt sugar.	$1\frac{1}{2}$ cups powdered sugar. (Per-
1 tablespoon milk.	haps a little more sugar
1 teaspoon vanilla.	will be needed.)

Cream the butter, add the burnt sugar, milk and vanilla. Add the salt and the sugar. When a stiff paste is formed, spread on the cake.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

### BURNT SUGAR CAKE

See Favorite Dishes of All Nations, page 121.

### CARAMEL CAKE WITH BUTTER FROSTING

2 eggs.	2 cups flour.	} Sifted together.
$1\frac{1}{2}$ cups sugar.	2 tablespoons cocoa.	
$\frac{1}{2}$ cup butter.	2 teaspoons baking powder.	
1 cup milk.	Pinch of salt.	
	1 teaspoon vanilla.	

Bake in moderate oven for 1 hour.

### Butter Frosting

1 heaping cup confectioners' sugar.	1 even tablespoon of cocoa.
1 teaspoon butter.	$1\frac{1}{2}$ tablespoons warm milk.
	$\frac{1}{2}$ teaspoon vanilla.

*Mrs. Alvin T. Fuller, Wife of the Governor of Massachusetts.*



## CARAMEL CAKE

- |               |                            |
|---------------|----------------------------|
| 2 cups sugar. | 6 whites of eggs.          |
| 1 cup butter. | 2 teaspoons baking powder. |
| 1 cup milk.   | ½ teaspoon vanilla.        |
| 3 cups flour. |                            |
- Bake in 3 layers.

## Filling

- |                    |                      |
|--------------------|----------------------|
| 1 cup brown sugar. | ½ cup boiling water. |
| 1 cup white sugar. |                      |

Let boil to a candy, then add 2 tablespoons sweet cream, 1 teaspoon of butter, a little vanilla, beat thoroughly; when cool enough, spread.

*Mrs. John M. Rose, Widow of the late Representative Rose (Pa.).*

## CARAMEL CAKE

- |                               |                       |
|-------------------------------|-----------------------|
| ½ cup butter (or substitute). | ¾ cup sugar.          |
| 4 egg yolks, beaten light.    | ¾ cup sugar (second). |
| 3 cups cake flour.            | ¼ teaspoon salt.      |
| 3 teaspoons baking powder.    | 1 cup milk.           |
| Teaspoon vanilla extract.     | 4 egg whites, stiff.  |

Cream butter with ¾ cup sugar. Beat egg yolks until light and add second ¾ cup sugar, beating well. Add this to creamed butter and mix well. Sift flour, measure. Add baking powder and salt, and sift 3 times. Add flour mixture and milk alternately to the first mixture. Add vanilla extract. Fold egg whites, and bake in 2 layer cake pans in a moderate oven (350 degrees F.). Put the layers together and cover with caramel icing.

Caramel Icing—Cook 2 cups light brown sugar with 1 cup milk or water until it forms a soft ball, when tried in cold water. Add 1 tablespoon butter and 1 teaspoon vanilla. Remove from fire, leave until cold, then beat until creamy. (Note—If the sugar curdles the milk, add a pinch of soda.) The icing may be garnished with English walnuts or slightly toasted blanched almonds.

*Miss Elizabeth Dominick, Sister of Representative Fred H. Dominick (S. C.).*

## CARROT CAKE

- |                  |                           |
|------------------|---------------------------|
| ½ pound carrots. | 1 cup sugar.              |
| ½ pound almonds. | 1 teaspoon cinnamon.      |
| 4 eggs.          | 1 teaspoon baking powder. |

Grind carrots and nuts very fine, then add sugar, cinnamon and baking powder blended. Add beaten egg yolks and fold in stiffly beaten whites. Bake in shallow pan in slow oven about thirty minutes. Spread with whipped cream.

*Mrs. George Nicholas Seger, Wife of Representative Seger (N. J.).*

## CHOCOLATE CAKE

4 eggs, 1 egg beaten well. Add ½ cup milk, 1 cup sugar, ½ cake grated chocolate.

Cook until mixed well and put aside to cool. Make a batter of 3 egg yolks, ½ cup butter, ½ cup milk. Then add the whites of 3 eggs, 2 cups

flour, 2 teaspoons baking powder, and the chocolate mixture. Bake in layers.

Filling:  $1\frac{1}{2}$  pints granulated sugar,  $\frac{1}{2}$  pint water. Boil until it threads. Pour over beaten whites of 3 eggs, flavor with vanilla. Spread between layers and on top.

*Mrs. Joseph T. Deal, Wife of Representative Deal (Va.).*

### CHOCOLATE CAKE

2 oz. chocolate.	$\frac{1}{2}$ cup milk.
5 tablespoons boiling water.	3 teaspoons baking powder.
$\frac{1}{3}$ cup butter.	2 cups flour.
$1\frac{1}{2}$ cups sugar.	1 teaspoon vanilla.
4 eggs.	

Melt chocolate over hot water and add boiling water. Cool. Cream the butter, add sugar gradually, beating all the time. Separate eggs, beat yolks and add them to the butter and sugar. Add melted chocolate, then milk alternately with the flour which has been sifted with the baking powder. Add vanilla, give all a vigorous beating. Beat the whites of the eggs to a stiff froth, and cut and fold them into the mixture quickly and lightly. Turn into greased pan and bake in a moderate oven.

*Mrs. Thomas W. Phillips, Jr., Wife of former Representative Phillips (Pa.).*

### CHOCOLATE CAKE

(Without Eggs)

1 cup sugar.	2 cups Swansdown flour.
$\frac{1}{2}$ cup butter.	1 teaspoon soda (scant).
1 cup thick sour milk.	1 teaspoon vanilla.

Melt chocolate, add sugar, then add creamed butter, milk and flour (soda in flour), last the vanilla. Bake in loaf with greased paper in pan bottom. Bake 25 to 35 minutes. Ice with fudge icing, with a cup of black walnut meats.

*Mrs. Edgar Howard, Wife of Representative Howard (Neb.).*

### CHOCOLATE CAKE

$1\frac{1}{2}$ cups sugar.	$1\frac{1}{2}$ level teaspoon baking powder.
$\frac{1}{2}$ cup cocoa, pour on hot water to make paste, then fill cup with milk.	$\frac{1}{2}$ teaspoon soda.
1 egg (well beaten).	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{2}$ cups flour.	4 teaspoons melted butter.
	Vanilla.

Mix ingredients in order given. Sift baking powder, soda and salt with flour. Bake in a hot oven at first and reduce to a moderate oven. Chicken fat, oleomargarine or nutmargarine are excellent substitutes for butter. Use any icing with this cake.

*Mrs. James Couzens, Wife of Senator Couzens (Mich.).*

## CHOCOLATE CAKE

- |  |                                       |
|--|---------------------------------------|
| 2 tablespoons butter.                      | 4 squares of chocolate (melt-<br>ed.) |
| 2 cups sugar.                              | 2 teaspoons vanilla.                  |
| 2 yolks of eggs (beaten.)                  | Then add:                             |
| 1 cup milk (sweet.)                        | 1 cup milk.                           |
| 1½ cups (scant) sifted flour.              | 1½ cups (scant) flour.                |
| 1 teaspoon soda in a little warm<br>water. | 1 teaspoon salt.                      |
|  | 2 whites of eggs (beaten.)            |

Beat well and bake 1 hour in moderate oven.

*Miss Brumm, Sister of former Representative Brumm (Pa.).*

## BLACK CHOCOLATE CAKE

- |                          |                  |
|--------------------------|------------------|
| 2 cups pulverized sugar. | 2 cups flour.    |
| ½ cup butter.            | 1 teaspoon soda. |
| 3 eggs.                  | 1 cup milk.      |

Melt ½ cake chocolate and stir in cake last. Bake in 2 layers and put together with icing as follows: 2 cups sugar, ½ cup boiling water, boil gently until it spins a thread (do not stir); pour over 2 well beaten whites of eggs and beat about 2 minutes. Add ½ pound soft marshmallows. After icing cake, spread ½ cake melted chocolate over the cake.

*Mrs. Adam M. Wyant, Wife of Representative Wyant (Pa.).*

## MRS. COBB'S LARGE CHOCOLATE CAKE

- |  |   |
|--|---|
| 2 cups brown sugar.                          | ⅓ cup warm water.                       |
| ⅓ cup butter.                                | 2 cups of pastry flour, unsifted,       |
| 3 eggs (save whites of 2 to<br>go in icing.) | then sift with                          |
| 2 squares of chocolate, melted.              | 1 rounded teaspoon of baking<br>powder. |
| ½ cup sour milk, with ½ tea-<br>spoon soda.  | Flavor with vanilla.                    |

Bake in two layers and put together with thick white icing, using 3 whites of eggs to 3 cups of sugar, and either flavor with grated rind of 1 orange, or add coconut, or make mocha filling. A very tender cake so be careful in turning it out.

*Mrs. Dan Sutherland, Wife of Delegate Sutherland (Alaska).*

## NEVER FAIL CHOCOLATE CAKE

Melt together 1½ squares of chocolate, add 3 tablespoons of butter. Place in a bowl and add 1 cup of sugar, scant ½ cup milk, 1 cup of pastry flour sifted with 2 teaspoons of baking powder. Add 2 eggs and 1 teaspoon of vanilla. Do not stir until all the ingredients are added. Then beat thoroughly with a wire whisk. Make 2 layers. Ice with a white boiled icing.

*Mrs. Royal Johnson, Wife of Representative Johnson (S. D.).*

## RED CHOCOLATE CAKE

- |                          |                             |
|--------------------------|-----------------------------|
| 1 cup sugar.             | 1 teaspoon of salt.         |
| 2 tablespoons of butter. | 1 teaspoon of soda, scant.  |
| 1 egg.                   | ½ cup grated red chocolate. |
| 1 cup hot water.         | 2 teaspoons of vanilla.     |
| 1½ cups flour.           |                             |

Evenly blend butter and sugar then add the yolk of an egg and cream all well together. Sift flour, baking powder and salt together, 3 times. Add to the creamed mixture alternately with  $\frac{1}{2}$  cup of hot water in which the chocolate has been dissolved. Beat this mixture hard for 1 minute, then add remaining  $\frac{1}{2}$  cup of hot water in which the soda has been dissolved. Add vanilla last. Bake in greased and flour dusted pans either in loaf or layer cake. Jolt the dough down in pans twice before placing in oven to bake.

#### Caramel Icing

2 cups brown sugar.

1 tablespoon of butter.

Mix sugar in enough thick cream to make a thin paste. Add butter and boil until it will form a soft ball when dropped in cold water.

*Mrs. Frank Gardner, Wife of Representative Gardner (Ind.).*

#### FAYE'S CHOCOLATE CAKE

Grate 2 squares of chocolate into a pan and pour over it  $\frac{1}{2}$  cup boiling water. Let thicken over fire, remove and add  $1\frac{1}{2}$  cups sugar, stir well and add 1 teaspoon soda to  $\frac{3}{4}$  cup sour cream and mix in. Add  $\frac{1}{2}$  cup sweet milk, 1 teaspoon vanilla, 2 eggs broken in 2 cups Swansdown flour sifted once, measured, then sifted 3 times with 1 teaspoon baking powder and a pinch of salt. Bake in layers or loaf.

*Mrs. James G. Strong, Wife of Representative Strong (Kan.).*

#### SIMPLE CHOCOLATE CAKE

Break an egg in a cup—fill up with sour cream;  $\frac{1}{4}$  teaspoon soda;  $\frac{1}{4}$  teaspoon salt. Butter size of walnut. 1 even cup sugar, 1 heaping cup flour,  $1\frac{1}{2}$  squares of chocolate, grated. Cream butter and sugar, salt, add egg and cream, in which soda has been dissolved; mix chocolate with flour and add. Bake in loaf, or layer, about 35 minutes, moderate oven.

*Mrs. James H. Davidson, Widow of the late Rep. Davidson (Wis.).*

#### SOUR CREAM CHOCOLATE CAKE

1 cup sour cream.

$\frac{1}{2}$  cup cocoa.

1 cup sugar.

1 teaspoon baking powder.

1 egg.

$\frac{1}{2}$  teaspoon soda (slight.)

Flour to make thin dough (about 2 cups). Mix sugar and cocoa together, add beaten egg and part of sour cream and sift all dry ingredients together and add with remainder of cream. If still too stiff add sweet milk.

*Mrs. Homer Hoch, Wife of Representative Hoch (Kan.).*

#### THREE LAYER CHOCOLATE CAKE WITH CHOCOLATE FILLING

$\frac{1}{2}$  lb. butter.

4 eggs beaten.

2 cups sugar.

1 teaspoon vanilla.

2 cups flour.

1 cup milk.

1 teaspoon of soda, sifted in flour.

2 squares of chocolate dissolved in 5 tablespoons of boiling water. Bake in 3 layers—don't cook too long.

## Chocolate Filling for Cake

4 squares of chocolate dissolved in  $1\frac{1}{2}$  cups of boiling water,  $\frac{1}{2}$  cup of milk, 1 tablespoon of butter. Mix 2 cups of sugar in  $1\frac{1}{2}$  cups of flour. Mix all in chocolate on stove. Stir until smooth. Must stand 24 hours before cutting.

*Mrs. E. T. Sanford, Wife of Justice of the Supreme Court.*

## MOIST CHOCOLATE CAKE

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup milk.
$1\frac{1}{2}$ cups sugar.	$1\frac{3}{4}$ cups flour, sifted.
4 eggs.	2 level teaspoons baking powder
4 ounces chocolate.	1 teaspoon cinnamon.
(4 heaping tablespoons.)	1 teaspoon vanilla.
5 tablespoons hot water.	

Cream butter; add sugar, beaten yolks. Melt chocolate over hot water with the five spoons of hot water, and add to the above. Add milk and flour with the baking powder and cinnamon; and last add the beaten whites and bake 40 minutes in either layer or loaf tins.

## Masterpiece Filling

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup chocolate.
---------------------------	------------------------------

Put in small kettle and boil good. Cool. Add the above to 4 well beaten egg whites and  $1\frac{1}{2}$  cups powdered sugar Flavor and spread.

*Mrs. F. B. Balzar, Wife of the Governor of Nevada.*

## CHOCOLATE ECLAIR CAKE

3 eggs.	1 cup sugar.
$1\frac{1}{2}$ teaspoons baking powder.	2 tablespoons water.
$1\frac{1}{2}$ cups flour (after sifting.)	

Beat whites stiff. Add pinch of salt. Stir in well beaten yolks, sugar, flour and baking powder. Beat well and bake in two tins. Split in two while hot. Fill with following cream, when cold:

3 tablespoons flour.	Pinch salt. Vanilla.
5 tablespoons sugar.	1 pint milk.
2 eggs.	

Cover with chocolate frosting—

Heat  $\frac{1}{4}$  lb. chocolate with 1 cup sugar and 1 cup water in double boiler. Dissolve 1 tablespoon corn starch in a little water. Add small piece butter. When melted and mixed pour over cake.

*Mrs. John McSweeney, Wife of Representative McSweeney (Ohio).*

## CHOCOLATE LOAF CAKE

Mix to a cream  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sugar, add 1 teaspoon vanilla, 2 ounces chocolate, grated and dissolved in 4 tablespoons boiling water, add  $\frac{1}{2}$  cup milk, 4 well beaten eggs, and lastly,  $1\frac{3}{4}$  cups flour sifted with 2 level teaspoons baking powder.

## Icing

Boil  $2\frac{1}{2}$  cups brown sugar and  $\frac{1}{2}$  cup granulated sugar until it drops from a silver spoon, will thread. Stir into whites of 2 eggs slightly

beaten. Flavor with vanilla. Put the hot water on the chocolate but do not stir until ready to put it into the cake as it will harden if stirred. The batter is very thin.

*Mrs. Isetta Jewel Brown, Widow of the late Rep. W. G. Brown (W. Va.).*

### CHOCOLATE CAKE

See Favorite Dishes of All Nations, pages 64, 107.

### CHOCOLATE CREAM ROLL

5 eggs, beaten separately.  $\frac{1}{3}$  cup ground chocolate.  
 $\frac{1}{3}$  cup granulated sugar. 1 teaspoon vanilla.

Beat yolks until creamy with a rotary egg-beater; add sugar and chocolate gradually, beating well; add flavoring. Whip egg whites until very stiff, and fold carefully into the mixture. Line a well greased pan with greased paper and pour in the mixture. Bake in a moderate 350-degree oven 25 minutes. Turn out on a towel, remove paper and roll as for jelly roll. Set aside to cool. Whip 1 cup of cream, add 2 tablespoons of powdered sugar and 1 tablespoon of vanilla. Unroll cake, spread with whipped cream, reroll and serve with a chocolate sauce. Use whip beater.

### Hot Chocolate Sauce

$\frac{1}{2}$  cup sugar. 1 tablespoon of butter.  
 2 tablespoons ground chocolate.  $\frac{1}{3}$  cup of hot water.

Cook about 15 minutes, add 1 teaspoon vanilla. Can be used hot or cold.

*Mrs. Richard J. Welch, Wife of Representative Welch (Cal.).*

### CHOCOLATE ROLL

6 yolks of eggs. 3 tablespoons of cocoa.  
 1 scant cup of powdered sugar 2 tablespoons of flour.  
 mixed together for 15 minutes. 6 whites to snow.

Bake in slow oven for 15 minutes. Bake in a long pan. When baked, wrap in a wet cloth and leave stand for 5 minutes. Then roll and fill with whipped cream or chocolate.

*Mrs. William W. Cohen, Wife of Representative Cohen (N. Y.).*

### CHOCOLATE ROLL

1 square bitter chocolate.  $\frac{1}{2}$  teaspoon salt.  
 4 eggs.  $\frac{1}{2}$  teaspoon cream tartar.  
 $\frac{1}{2}$  cup sugar.  $\frac{1}{4}$  teaspoon soda.  
 $\frac{1}{2}$  cup flour.

Melt chocolate in double boiler, add eggs and sugar. Beat with Dover beater until lukewarm. The mixture should be light and foamy. Remove from fire and beat until cold. Add flour, salt, soda and cream of tartar, over and over. Turn into pan lined with oiled paper. Bake in moderate oven 10 minutes. Turn out on paper sprinkled with powdered sugar and spread with marshmallow filling. Roll like jelly roll, then roll paper lightly around cake and leave until cool. Spread with plain chocolate frosting. To serve cut in diagonal slices.

## Marshmallow Filling

30 marshmallows.  
1 egg white.

1½ cups confectioners' sugar.  
3 tablespoons cold water.

Put half of marshmallows in double boiler and when softened add egg white, sugar, and water. Beat over boiling water with Dover beater for 7 minutes. Remove from fire, add remaining marshmallows cut in small pieces, and fold over and over until mixture is cold and will hold its shape. Spread on chocolate roll.

## Plain Chocolate Frosting

Melt 1 square of chocolate over hot water and add 1 teaspoon butter and 2 tablespoons hot water. Cool, add ½ teaspoon of vanilla and enough sifted confectioners sugar to make the right consistency to spread on cake.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

## COCOA CAKE

1 cup shortening (lard or butter  
or lard and butter).

1 level teaspoon soda.

2 cups sugar.

3 cups flour.

4 tablespoons cocoa.

1 teaspoon baking powder.

2 eggs.

Vanilla.

1 cup sour milk.

1 cup hot water.

Put hot water in last and bake at once in a slow oven.

## Frosting for Above Cake

4 tablespoons hot coffee.

2 tablespoons cream.

1 tablespoon butter.

1 teaspoon vanilla.

4 tablespoons cocoa.

Stir in powdered sugar until thick enough to spread and beat well.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

## MOCHA COCOA CAKE

1½ cups sugar.

2 cups flour.

½ cup butter.

2 teaspoons baking powder.

½ cup milk.

½ cup cocoa.

2 eggs.

½ cup coffee.

Cream butter and sugar. Add beaten yolks and 1 egg white. Sift flour and baking powder twice. Add to batter alternately with milk. Lastly add cocoa dissolved in hot coffee.

*Mrs. Homer L. Lyon, Wife of Representative Lyon (N. C.).*

## MILAN CHRISTMAS CAKE

See Favorite Dishes of All Nations, page 69.

## CINNAMON CAKE

½ cup butter.

1½ cups Swansdown flour.

1 cup granulated sugar.

1½ teaspoons baking powder.

½ cup sweet milk.

2 level teaspoons cinnamon.

2 eggs.

Cream the butter and sugar thoroughly, add the egg yolks, well beaten, then the milk and a very little salt. When all is well beaten, add the flour, cinnamon and baking powder, and lastly the whites of the eggs beaten very stiff. This makes a small round 2-layer cake. Double the recipe and bake in 2 square cake pans. Use either chocolate or white icing.

*Mrs. Milton A. Shreve, Wife of Representative Shreve (Pa.).*

### CLOVE CAKE

1 cup sugar.	1 cup sour milk (thick).
1 cup butter.	2½ cups flour.
2 eggs.	1 teaspoon soda (dissolved in water).
1 cup raisins (seeded and cut small.)	1 teaspoon cinnamon.
1 cup currants.	1 teaspoon cloves.

Bake in moderate oven. Dredge raisins and currants in flour before adding of batter. Add the soda with sour milk and mix all in usual way, adding beaten whites of eggs at the last.

*Mrs. W. R. Farrington, Wife of the Governor of Hawaii.*

### FRESH COCOANUT CAKE

½ cup butter.	2 cups Swansdown flour.
1½ cups sugar.	2 teaspoons baking powder.
4 egg yolks.	2 whites of eggs stiffly beaten.
1 cup milk.	1 teaspoon vanilla.

Cream thoroughly ½ cup of butter and 1½ cups of sugar. Beat in the yolks of 4 eggs, add 1 cup of milk and 2 cups of flour, with 2 teaspoons of baking powder, after sifting together 4 times. Add the whites of 2 eggs beaten stiff and 1 teaspoon of vanilla. This makes two layers. Use the other 2 whites of the eggs for the icing.

### Icing

Take 2 cups of sugar, and ½ cup of water to which has been added 1 teaspoon of vinegar. Let boil until it spins a hair. Pour over stiffly beaten whites of eggs and beat until it is set, then add 1 teaspoon of vanilla. Put on the layers of cake and cover with fresh grated cocoanut.

*Mrs. Milton W. Shreve, Wife of Representative Shreve (Pa.).*

### COCOANUT CAKE

Cream together 2 even full cups sugar, ½ cup butter (scant). Beat together 3 eggs and add butter and sugar. 1 cup milk. Sift together 2 even cups flour, 1 heaping teaspoon baking powder. Bake in slow oven.

### Filling

Cook without stirring: ½ cups water, until it strings.  
2 cups sugar.

Beat syrup very slowly into beaten whites of 2 eggs. Flavor with vanilla, and sprinkle 1 grated fresh cocoanut between layers and over top.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*



## COFFEE CAKE

- |                             |                             |
|-----------------------------|-----------------------------|
| ½ cup butter.               | 1 grated nutmeg.            |
| ¾ cup dark brown sugar.     | ½ teaspoon soda.            |
| 2 eggs well beaten (whole). | 2¾ cups sifted flour.       |
| ½ cup molasses.             | 1½ cups seeded raisins.     |
| ½ cup strong coffee.        | Piece of lemon peel, orange |
| 1 teaspoon ground cloves.   | and citron.                 |
| 2 teaspoon cinnamon.        |                             |

Bake from 1 to 1¼ hours.

*Mrs. Henry W. Temple, Wife of Representative Temple (Pa.).*

## FRUIT COFFEE CAKE

- |                      |                      |
|----------------------|----------------------|
| 2 cups brown sugar.  | 1 teaspoon cinnamon. |
| 1 cup butter.        | 2 teaspoons cloves.  |
| 1 cup maple syrup.   | 1 pound raisins.     |
| 1 cup strong coffee. | 1 cup hickory nuts.  |
| 4 eggs.              | 4 cups flour.        |
| 1 teaspoon soda.     |                      |

## Dressing

1 cup brown sugar, butter size of an egg; 3 tablespoons cream; boil until it drops like jelly.

*Mrs. Frank B. Willis, Wife of Senator Willis (Ohio).*

## GRAHAM CRACKER CAKE

- |   |                             |
|---|-----------------------------|
| 1 pound graham crackers<br>rolled fine. | 4 eggs.                     |
| ½ cup butter.                           | 1 cup nuts.                 |
| 2 cups sugar.                           | 3 teaspoons baking powder.  |
|   | 1 teaspoon vanilla extract. |

Bake about 45 minutes when baked in loaf.

*Mrs. Clyde Williams, Wife of Representative Williams (Mo.).*

## GRAHAM CRACKER CAKE

- |                              |                             |
|------------------------------|-----------------------------|
| 20 graham crackers (ground). | ½ cup butter (scant).       |
| 2 tablespoons flour.         | ¾ cup sweet milk.           |
| 1½ teaspoons baking powder.  | 3 eggs (beaten separately). |
| 1 cup sugar.                 | 1 cup chopped walnuts.      |

Cream the sugar and butter, add beaten egg yolks and milk. Mix the graham crackers, flour and baking powder together and add to the first mixture. Then add the walnuts and beaten egg whites last. Bake 40 minutes at 350 degrees. When cold spread filling over the cake and serve with whipped cream.

## Filling

- |                  |              |
|------------------|--------------|
| 1 package dates. | 1 cup water. |
| 1 cup sugar.     |              |
- Boil until thick and spread on cake.

*Mrs. August H. Andresen, Wife of Representative Andresen (Minn.).*

## MAPLEINE CRACKER CAKE

- |                                  |  |
|----------------------------------|--|
| 1 cup sugar.                     | 2 teaspoons Crescent baking powder.              |
| $\frac{1}{3}$ cup butter.        |  |
| 3 eggs beaten.                   | $3\frac{1}{3}$ cups graham crackers rolled fine. |
| $\frac{3}{4}$ cup milk.          |  |
| $\frac{1}{2}$ teaspoon Mapleine. |  |

Cream butter and sugar, add well beaten eggs, part of the cracker crumbs sifted with the baking powder, then add remainder of crumbs alternately with the milk and Mapleine. Mix thoroughly and bake in 3 small layers. (All measurements level.)

*Mrs. William E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

## CREAM CAKE

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup sweet cream.         | 2 cups flour.              |
| 3 eggs.                    | 2 teaspoons baking powder. |
| $1\frac{1}{2}$ cups sugar. | 1 teaspoon vanilla.        |
- Mrs. Thomas R. Marshall, Widow of the former Vice-President (Ind.).*

## SOUR CREAM CAKE

- |                   |                                 |
|-------------------|---------------------------------|
| 1 cup sour cream. | Mix together and beat in 2 eggs |
| 1 cup sugar.      | $1\frac{1}{2}$ cups flour.      |
- 1 teaspoon (small) soda dissolved in 1 tablespoon vinegar and added last thing. Flavoring. Bake either in loaf or layers.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

## SOUR CREAM CAKE

- |  |  |
|--|--|
| 1 cup sugar.   | $\frac{1}{4}$ cup nuts and raisins together. |
| 1 cup sour cream.  |  |
| 2 eggs unbeaten.   | 1 teaspoon cinnamon.                         |
| $1\frac{1}{2}$ cups flour.                               | $\frac{1}{4}$ teaspoon cloves.               |
| 1 level teaspoon soda.                                   | $\frac{1}{4}$ teaspoon nutmeg.               |
| $\frac{1}{4}$ teaspoon cream of tartar or baking powder. | 1 large teaspoon grated chocolate.           |
|  | $\frac{1}{2}$ teaspoon salt.                 |

Put all in bowl in order named, beat till smooth. Bake in loaf in medium oven. May use vanilla flavoring if spices are not liked.

*Mrs. John C. Allen, Wife of Representative Allen (Ill.).*

## VANILLA CREAM CAKE

- |   |                                   |
|---|-----------------------------------|
| $\frac{1}{4}$ cup sugar.                    | der in flour.                     |
| $\frac{1}{4}$ cup flour.                    | 5 eggs, whites beaten thoroughly. |
| $\frac{1}{4}$ level teaspoon baking powder. |                                   |
- Beat egg yolks some, adding the flour and sugar, stir into whites, stirring just enough to mix. Have two pie pans lined with butter and flour. Oven not very hot. Bake 15 to 20 minutes.

## Cooked-Filling

- |                          |                            |
|--------------------------|----------------------------|
| 1 cup sweet milk.        | 1 tablespoon flour.        |
| 1 egg yolk.              | 2 teaspoons white vanilla. |
| $\frac{1}{4}$ cup sugar. |                            |

Cook together, stirring constantly until thickens, then cool. Take 1 cup butter,  $\frac{1}{2}$  cup sugar and cream perfectly. Add the above cooked-filling, a little at a time. Place filling between and on top of layers.

*Mrs. Arthur C. Hyde, Wife of former Governor Hyde of Mo.*

### CRUMB CAKE

2 cups brown sugar.

$2\frac{1}{2}$  cups flour.

$\frac{1}{2}$  cup butter or lard.

Mix all together until fine, then save out 1 cup of the mixture. To remainder add 1 beaten egg, 1 cup sweet milk, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves, 1 teaspoon soda dissolved in sweet milk. Pour in pan, sprinkle the cup of crumbs on top.

*Mrs. Edward M. Beers, Wife of Representative Beers (Penna.).*

### ALMOND CUSTARD CAKE

1 cup butter.

4 whites of eggs.

2 cups sugar.

3 teaspoons baking powder.

3 cups flour.

Flavor to taste.

#### Almond Custard Filling

$\frac{3}{4}$  cup rich sour cream, 4 eggs separated. Beat the yolks well with 2 tablespoons powdered sugar. Beat the whites well with 2 tablespoons of powdered sugar. Pulverize 1 pound of almonds. Put the yolks after they are beaten into the cream and beat until as thick as sponge cake. Then add the almonds, vanilla and whites of eggs. Spread quite thick on the cake.

*Mrs. C. L. Brumbaugh, Widow of the late Rep. Brumbaugh (Ohio).*

### DATE CAKE

1 cup chopped dates.

1 teaspoon soda.

1 cup hot water.

Mix first and let stand.

1 cup sugar.

$\frac{1}{2}$  cup chopped walnut meats

1 tablespoon butter and cream together.

1 egg.

$\frac{1}{2}$  teaspoon vanilla.

$1\frac{1}{4}$  cups flour.

Bake 45 minutes.

*Mrs. John M. Nelson, Wife of Representative Nelson (Wis.).*

### DATE CAKE

2 cups brown sugar.

$1\frac{1}{2}$  teaspoons soda.

1 cup butter, cream together.

1 teaspoon baking powder.

2 cups buttermilk.

into 3 cups flour.

3 eggs, beaten separately.

1 pound dates.

$1\frac{1}{2}$  teaspoons nutmeg and cinnamon.

1 pound nut meats.

Combine together as other cakes, place in moderate oven and bake 1 hour. Recipe may be divided by using 2 eggs and half of all other.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

## DATE AND WALNUT CAKE

- |                    |                   |
|--------------------|-------------------|
| 1/2 cup butter.    | 1 egg.            |
| 1 cup brown sugar. | 1 teaspoon nutmeg |
| 1 cup sour milk.   | 1 package dates.  |
| 1 teaspoon soda.   | 1/2 cup walnuts.  |
| 2 1/2 cups flour.  |                   |

Combine as above and bake in loaf cake.

*Mrs. D. B. Colton, Wife of Representative Colton (Utah).*

## DATE AND NUT LOAF

- |  |                          |
|--|--------------------------|
| 1 cup cut dates.   | 1 egg unbeaten.          |
| 1 teaspoon soda (sprinkle<br>over dates; then pour over<br>1 cup boiling water.) | 3/4 cup brown sugar.     |
| 1 tablespoon shortening.   | 1/2 cup chopped walnuts. |
|  | 1 1/2 cups bread flour.  |
|  | 1/4 teaspoon salt.       |
- Cream sugar, shortening, salt and egg together. Add nuts, then dates, last sifted flour. Turn into bread pan, medium size, and bake in slow oven (300° F.) about 1 hour.

*Mrs. Ira G. Hersey, Wife of Representative Hersey (Maine).*

## DATE AND NUT LOAF

- |                 |                           |
|-----------------|---------------------------|
| 1 egg.          | 1 cup dates.              |
| 1 cup sugar.    | 1/2 teaspoon soda.        |
| 1/2 cup butter. | 1 teaspoon baking powder. |
| 3/4 cup water.  | 1 1/2 cups flour.         |
| 1 cup nuts.     |                           |

*Mrs. Edward M. Beers, Wife of Representative Beers (Penna.).*

## DATE LOAF

- |                            |                     |
|----------------------------|---------------------|
| 1 pound stoned dates.      | 1 cup white sugar.  |
| 1 pound walnut meats.      | 4 egg yolks.        |
| 1 cup pastry flour.        | 4 egg whites.       |
| 1/2 teaspoon salt.         | 1 teaspoon vanilla. |
| 2 teaspoons baking powder. |                     |
- rounding.

Stone enough dates to make 1 pound after stoning. Add nut meats, leaving both dates and nuts whole. Sift over them 1 cup pastry flour, salt and baking powder that have been sifted 3 times and add sugar. Mix again; then add egg yolks, then whites and vanilla. Bake in 2 paper-lined bread tins. This will keep several weeks in a tight covered pail. Moderate oven.

*Mrs. Porter H. Dale, Wife of Senator Dale (Vt.).*

## FIG OR DATE CAKE

- |                      |                                      |
|----------------------|--------------------------------------|
| 1 cup raisins.       | 1 cup sugar.                         |
| 1 cup figs or dates. | 2 egg yolks.                         |
| 1 cup walnuts.       | 3 egg whites.                        |
| 1 cup boiling water. | 1 teaspoon cinnamon.                 |
| 1 teaspoon soda.     | 2 cups flour.                        |
| 1 teaspoon vanilla.  | 1/4 teaspoon allspice and<br>cloves. |
| 1/2 cup butter.      |                                      |

Chop the raisins, figs or dates, and pour boiling water (in which has been dissolved the soda) over them. Cream the butter and sugar, add the beaten yolks, then the spices and fruit with the water, then the flour. Fold in the beaten whites of eggs and add vanilla. Bake 1 hour in loaf cake pan in moderate oven.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

#### DELICATE CAKE

5 whites of eggs.	2½ cups of flour.
2 cups of sugar.	3 teaspoons baking powder.
¾ cup of butter.	Flavor with vanilla.
1 cup of sweet milk.	

Take 2 tablespoons of the white dough above and add  
 ½ cup of raisins. ½ cup of molasses.  
 ½ cup of currants. ½ cup of flour.

Bake in 3 layers, 2 of white and 1 of the dark, and put together with raspberry jam.

*The late Mrs. Joseph France, Wife of former Senator France (Md.).*

#### DELICATE CAKE

2 cups of sugar.	1 teaspoon butter.
1 cup milk.	2 eggs.
3 cups sifted flour.	1½ teaspoons yeast powder.
1 good teaspoon lard.	1 teaspoon vanilla.

Cream butter, lard and sugar, then stir in the yolks of eggs, then the milk and flour alternately, lastly the beaten whites. Inexpensive but good.

*Mrs. J. Zach. Spearing, Wife of Representative Spearing (La.).*

#### DELICATE CAKE

½ cup butter.	3 teaspoons baking powder.
1½ cups sugar.	5 whites of eggs.
3 cups flour.	1 cup water.

Cream butter and sugar. Add water and flour. Beat—fold in whites of eggs last.

*Mrs. Frances Parkinson Keyes, Wife of Senator H. W. Keyes (N. H.).*

#### DELICIOUS LOAF CAKE

1½ cups sugar.	¾ cup butter.
----------------	---------------

Work these together until they form a cream. Add the whites of 5 eggs beaten to a stiff froth, stir and beat until light as foam. Add ½ cup corn starch which has been dissolved in a little sweet milk and 2½ cups flour sifted, 2 teaspoons of baking powder, one of vanilla. Ice with boiled icing flavored with lemon. Bake 4 days before using when it will be rich enough to melt in your mouth. Moderate oven. Never fails.

*Mrs. John Morrow, Wife of Representative Morrow (N. Mex.).*

#### DEVIL'S FOOD CAKE

4 squares (ounces) chocolate.	1½ cups brown sugar.
1 cup sweet milk.	3 egg yolks.

Cut the chocolate into small pieces. Beat egg yolks and sugar until

light color. Mix these ingredients with sweet milk and cook to a thick cream. When cold add to a cake batter made of:

- |                       |                               |
|-----------------------|-------------------------------|
| 1 heaping cup butter. | 4 cups sifted flour.          |
| 2 cups brown sugar.   | 1 level teaspoon baking soda. |
| 4 eggs.               | 1 teaspoon vanilla.           |
| 1 cup sweet milk.     |                               |

Cream butter and sugar. Add eggs, 1 at a time, beating well. Dissolve soda in cup of milk, and add alternately milk and flour into which the baking powder is mixed to the other ingredients. After this is well mixed stir in the chocolate cream and vanilla. Bake in layer cake pans in oven 375 degrees about 35 minutes.

#### Filling

- |                      |                          |
|----------------------|--------------------------|
| 4 squares chocolate. | 1 small piece of butter. |
| 3 cups brown sugar.  | 1 cup pecan meats.       |
| 1 cup sweet milk.    | 1 teaspoon vanilla.      |

Cut chocolate in small pieces and cook with sugar and milk until it makes a soft ball in cold water. Add butter, heat until cool and creamy and then add vanilla. Spread between layers, sprinkling each layer with pecan meats. Cover the top layer and sides of cake with filling.

*Mrs. Zebulon Weaver, Wife of Representative Weaver (N. C.)*

#### DEVIL'S FOOD CAKE

- |   |                                |
|---|--------------------------------|
| $\frac{1}{4}$ pound chocolate melted<br>over hot water. | $\frac{2}{3}$ cup brown sugar. |
| $\frac{1}{2}$ cup sweet milk.                           | 1 egg yolk.                    |

Beat well and boil to consistency of thin custard.

- |                               |   |
|-------------------------------|---|
| 1 cup sugar.                  | 2 cups flour.                           |
| $\frac{1}{2}$ cup butter.     | 1 teaspoon soda in little hot<br>water. |
| $\frac{1}{2}$ cup sweet milk. | 1 teaspoon vanilla.                     |
| 2 eggs well beaten.           |   |

Mix with chocolate and bake in rather slow oven in layers or rectangle pan and cut in two, and ice with white icing or chocolate icing.

*Mrs. Herbert J. Drane, Wife of Representative Drane (Fla.)*

#### DEVIL'S FOOD CAKE

- |  |  |
|--|--|
| 1 scant cup butter and lard<br>(mixed).                    | 1 cup buttermilk.  |
| 2 level cups granulated sugar.                             | 1 level teaspoon soda.                                   |
| 5 eggs.  | $\frac{1}{2}$ cake chocolate (melted over<br>hot water). |
| 3 cups flour, sift once, then<br>measure and sift 3 times. | 1 teaspoon vanilla.                                      |

Cream butter and sugar until very light. Add eggs—one at a time, beating thoroughly—then the flour and  $\frac{3}{4}$  the buttermilk, alternately—next the melted chocolate, mixing well—then add the remaining  $\frac{1}{4}$  cup of buttermilk in which the soda has been thoroughly mixed. Vanilla. Will make 3 layers.

#### Mocha Filling (grand for Devil's Food Cake)

- |                                   |                                |
|-----------------------------------|--------------------------------|
| $\frac{1}{4}$ pound butter.       | $\frac{1}{4}$ teaspoon salt.   |
| $1\frac{1}{2}$ pounds XXXX sugar. | 1 teaspoon vanilla.            |
| 5 rounding tablespoons cocoa.     | $\frac{1}{2}$ cup cold coffee. |
- Cream all together and beat well—do not cook. Delicious.

## White Filling (for Devil's Food Cake)

4 cups granulated sugar.	4 whites of eggs.
2 cups water.	1 teaspoon vanilla.
2 tablespoons vinegar.	

Boil sugar and water and vinegar until it forms a ball in cold water—then pour slowly onto the stiffly beaten egg whites. Beat all until almost creamy—add pinch of salt, then vanilla.

*Mrs. Patrick H. Drewry, Wife of Representative Drewry (Va.).*

## DEVIL'S FOOD CAKE

Cook together in a saucepan the beaten yolk of 1 egg,  $\frac{1}{2}$  cup milk, 2 squares of shaved bitter chocolate. When the mixture is smooth and as thick as cream, remove from the stove. Add a piece of butter the size of an egg and pour this mixture into the second part, which consists of  $\frac{1}{2}$  cup milk, 1 cup sugar,  $\frac{1}{2}$  teaspoon of ground cloves, 1 teaspoon of soda and  $1\frac{1}{2}$  cups of flour. Beat the white of the egg well and fold in at the last. Bake in 2 layers and use brown sugar icing.

*Mrs. W. M. Jardine, Wife of the Secretary of Agriculture.*

## DEVIL'S FOOD

$1\frac{1}{2}$  cups of sugar and  $\frac{1}{2}$  cup of butter creamed well together. Add the beaten yolks of 2 eggs; dissolve 1 cup chocolate in  $\frac{1}{2}$  cup of boiling water and beat into eggs, sugar, etc.  $\frac{1}{2}$  cup sour milk in which 1 teaspoonful of soda has been dissolved and 2 cups of flour. Lastly add the whites of 2 eggs, and bake in 3 layers and put together with caramel, chocolate or cocoanut filling.

*Mrs. Otis Wingo, Wife of Representative Wingo (Ark.).*

## "NEVER FAIL" DEVIL'S FOOD CAKE

2 squares chocolate.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ cup sugar.	
Boil these together, stirring until creamy, and let cool.	
$\frac{1}{2}$ cup butter.	$\frac{3}{4}$ cup milk.
1 cup sugar.	2 spoons baking powder.
2 eggs separated.	2 cups flour, sifted with the
$\frac{1}{2}$ teaspoon salt.	baking powder.
1 teaspoon vanilla.	

Mix all these ingredients after creaming butter and sugar together, except whites of eggs. Add chocolate mixture and beat thoroughly, then add white of eggs which have been beaten stiff. Bake in layers and frost with fudge filling or white boiled icing.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.).*

## DRESDNER CAKE

See Favorite Dishes of All Nations, page 68.

## ELECTION CAKE

2 cups light dough. Work into that 1 cup of butter, 3 eggs, 2 nutmegs, 2 cups sugar, 1 cup raisins (flour them or they will sink to the bottom of the pan.) Put in the dough  $\frac{1}{2}$  cup sweet milk with a teaspoon

of soda in it, 1 cup flour with 2 teaspoons cream tartar. After it is thoroughly mixed put it in a pan and let it rise 1 hour or more. Bake in a slow oven.

*Mrs. C. L. Brumbaugh, Widow of the late Rep. Brumbaugh (Ohio).*

### HARTFORD ELECTION CAKE

- |                   |                          |
|-------------------|--------------------------|
| 3 cups warm milk. | 2 eggs.                  |
| 4 cups sugar.     | 1 pound raisins, citron. |
| 1 cup butter.     | 8 cups pastry flour.     |
| 1 cup lard.       | Nutmeg and mace.         |

1 yeast cake dissolved in  $\frac{1}{2}$  cup water. Work shortening and sugar to a cream. Take half of this with milk and yeast at noon, make into a thick batter and let rise in bread pan until bed time, then add all other ingredients. In the morning put into round pans and let rise an hour. Bake 1 hour—in five loaves.

*Mrs. E. Hart Fenn, Wife of Representative Fenn, (Conn.).*

### FIG CAKE

A large cup butter,  $2\frac{1}{2}$  cups sugar, 1 cup of sweet milk, 3 pints flour with 3 teaspoons baking powder, white of 16 eggs,  $1\frac{1}{4}$  pounds of figs well floured and cut in strips like citron; no flavoring.

*Mrs. James R. Mann, Widow of the late Representative Mann (Ill.).*

### FIG CAKE

- |                            |                                  |
|----------------------------|----------------------------------|
| $1\frac{1}{2}$ cups sugar. | 4 teaspoons Royal baking powder. |
| $\frac{3}{4}$ cup butter.  | Whites of 4 eggs.                |
| 1 cup milk.                | 1 teaspoon lemon extract.        |
| 3 cups pastry flour.       | $\frac{1}{2}$ teaspoon salt.     |

Cream sugar and butter; add milk. Sift flour, salt and baking powder; add one-half of the flour, then well-beaten egg whites, then rest of flour and extract. Take two-thirds of the mixture and add one teaspoon cinnamon, one teaspoon nutmeg,  $1\frac{1}{2}$  cups finely cut and floured figs and one tablespoon of molasses.

Put in a greased and lightly floured round tube pan a spoonful of light mixture and then a spoonful of dark mixture alternately as for marble cake. Bake in moderate oven at 350 degrees F. Increase heat to 360 degrees F. Last half hour decrease to 350 degrees F. Bake about 55 minutes. Makes one 8-inch loaf.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

### FRUIT CAKE

- |                                       |   |
|---------------------------------------|---|
| 2 cups dark brown sugar.              | 1 teaspoon cinnamon.                                |
| 1 cup butter.                         | 1 teaspoon cloves.                                  |
| 1 cup lard.                           | 1 teaspoon allspice.                                |
| $1\frac{1}{2}$ pounds seeded raisins. | $\frac{1}{2}$ pound chopped almonds.                |
| 1 cup grated pineapple—drained.       | $\frac{1}{2}$ cup cooking molasses.                 |
| 1 pound chopped figs.                 | $\frac{1}{2}$ cup sour milk, in which is dissolved, |
| $\frac{1}{4}$ pound peanut butter.    | 1 teaspoon soda.                                    |
| $\frac{1}{2}$ pound chopped citron.   | 6 yolks of eggs, beaten thoroughly.                 |
| 1 grated nutmeg.                      |   |



Mix in exact order as printed and well. Add 2 cups of flour, the whites of 6 eggs beaten stiffly, then 2 more cups of flour. Bake in a moderate oven 2 hours.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## FRUIT CAKE

3 cups sugar.	$\frac{1}{2}$ pound currants.
6 cups flour.	$\frac{1}{2}$ pound figs.
1 cup milk.	3 teaspoons cinnamon.
2 cups butter.	$\frac{1}{2}$ teaspoon nutmeg.
7 eggs.	$\frac{1}{2}$ pound dates.
3 teaspoons baking powder.	$\frac{1}{2}$ pound nuts.
1 teaspoon salt.	1 cup cranberries.
1 pound raisins.	1 cup cocoanut.
$\frac{1}{2}$ pound citron.	

This will make three cakes. Bake  $1\frac{1}{2}$  hours.

*Mrs. John Morrow, Wife of Representative Morrow (N. Mex.).*

## FRUIT CAKE

2 cups sugar.	$\frac{1}{4}$ cup citron (cut into small pieces.)
1 cup butter.	$\frac{1}{2}$ cup Brazilian nuts.
6 eggs.	$\frac{1}{2}$ cup walnuts, chopped fine.
2 cups flour.	1 teaspoon vanilla.
1 cup raisins (cut into small pieces.)	1 teaspoon cassia.
1 cup currants.	1 teaspoon baking powder.
	2 tablespoons milk (if desired.)

Equal parts powdered mace, clove and nutmeg to make a full teaspoon. Cream butter and sugar; add well beaten eggs; flour, fruits and spices. This recipe will make 2 cakes. Bake in a moderate oven for 1 hour.

*Mrs. Louis D. Brandeis, Wife of Justice Brandeis.*

## FRUIT CAKE

1 package raisins.	1 cup boiling water.
2 packages dates.	1 teaspoon soda.
1 pound nuts.	1 teaspoon baking powder.
$1\frac{1}{2}$ cups sugar.	$2\frac{3}{4}$ cups flour.
$\frac{3}{4}$ cup butter.	Pinch salt.

Cream butter and sugar. Then add the very well beaten egg yolks. Beat these until creamy. Add the boiling water and soda to above mixture. Then add the chopped raisins, dates and nuts which have been floured, pinch of salt. Then add the flour with baking powder. Add well beaten whites of the eggs. Bake in three separate loaf tins. Can use marshmallow or any frosting.

*Mrs. John M. Baer, Wife of former Representative Baer (N. D.).*

## EASY FRUIT CAKE

2 cups seedless raisins.	1 teaspoon cinnamon, nutmeg and cloves.
1 cup brown sugar.	$\frac{1}{4}$ teaspoon salt.
1 cup coffee (or water.)	
$\frac{1}{3}$ cup butter.	

Boil the above 3 minutes, when cold add:

- |                            |  |
|----------------------------|--|
| 2 cups flour.              | 1 teaspoon soda, dissolved in a little boiling water. Bake in slow oven over 50 minutes to 1 hour. |
| 1 teaspoon baking powder.  |  |
| 1 cup nut meats, and last, |  |

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

### DOLLY MADISON'S FRUIT CAKE

(As Handed Down)

- |                           |  |
|---------------------------|--|
| 1 pound brown sugar.      | 2 teaspoons cinnamon.                                |
| 1 pound butter.           | 2 grated nutmegs.                                    |
| 1 pound flour.            | 1 gill of molasses (gill equals a fourth of a pint.) |
| 2 pounds raisins, seeded. | 1 teaspoon soda.                                     |
| 2 pounds currants.        | 2 teaspoons cream of tartar.                         |
| 1 pound citron.           | 1 pound of blanched almonds, chopped fine.           |
| 12 eggs.                  |  |
| 1 teaspoon allspice.      |  |

Cream, butter and sugar; beat the yolk of the eggs, and add all ingredients together, except the flour and the white of eggs; add flour and white of eggs alternately. Flour all the fruits, before using. Bake in a moderate oven.

*Mrs. Fred Dennett, Member of Congressional Club.*

### WELSH FRUIT CAKE

- |                            |                      |
|----------------------------|----------------------|
| 1 pound self-rising flour. | 2 eggs.              |
| 1 pound bread flour.       | 1 pound currants.    |
| ½ pound butter.            | 1 pound raisins.     |
| 2 cakes compressed yeast.  | ¾ pound brown sugar. |

1 tablespoon each orange and lemon peel, salt and spice to taste. Rub yeast well into flour, add butter, then dry ingredients and mix into soft dough with warm milk. Bake in a slow oven.

*Mrs. James J. Davis, Wife of the Secretary of Labor.*

### FRUIT CAKE

- |   |                                    |
|---|------------------------------------|
| 1 pound butter.                         | 1 pound blanched almonds cut fine. |
| 1 pound sugar.                          | 1 pound pecans cut fine.           |
| 1 pound flour.                          | 1 tablespoon powdered cinnamon.    |
| 12 eggs beaten separately.              | 1 teaspoon grated nutmeg.          |
| 5 pounds seeded raisins.                | 1 teaspoon allspice.               |
| 1 pound shredded citron.                | ½ teaspoon powdered cloves.        |
| 1 glass grape jelly.                    | 1 glass grape juice.               |
| 2 teaspoons melted chocolate.           | 2 tablespoons rose extract.        |
| 1 pound crystallized cherries.          | ½ teaspoon salt.                   |
| 1 pound crystallized pineapple (diced). |                                    |

Soak almonds in rose extract over night, and the fruit in the grape juice. Cream butter and sugar thoroughly; add well-beaten yolk of eggs, then the spices, grape jelly and chocolate. Next, add the beaten whites of eggs and parts of flour gradually. Roll fruit in rest of flour mixing it into cake—small quantities at a time. Add the nuts last.

Bake or steam the cake from 4 to 6 hours, depending on size of molds used. It is better steamed, and then baked or dried off in a slow oven for 1 hour.

*Miss Elizabeth Dominick, Sister of Rep. Fred H. Dominick (S. C.).*

### FRUIT CAKE

1 pound raisins.	4 cups flour, sifted several times.
1 pound currants.	1 teaspoon soda.
$\frac{1}{4}$ pound citron.	1 tablespoon cinnamon.
2 cups brown sugar.	$\frac{1}{4}$ tablespoon cloves.
1 cup butter.	$\frac{1}{4}$ nutmeg.
1 cup buttermilk.	

### Caramel Frosting

3 cups light brown sugar.	1 tablespoon butter.
1 cup cream.	Vanilla.

Cook slowly to soft ball; then beat until thick.

*Mrs. W. C. Hawley, Wife of Representative Hawley (Oregon).*

### KATE'S WHITE FRUIT CAKE

Cream  $\frac{3}{4}$  cup butter until stiff. Add gradually  $1\frac{1}{2}$  cups of sugar and cream thoroughly. Sift 2 cups pastry flour with  $1\frac{1}{2}$  teaspoons baking powder and  $\frac{1}{4}$  teaspoon salt. Chop together, not too fine, 1 cup nutmeats, 1 cup raisins,  $\frac{1}{2}$  cup citron,  $\frac{1}{2}$  cup candied pineapple. Dredge the fruit and nut mixture lightly with a part of the flour, then add the rest gradually to the butter and sugar, alternating with the stiffly beaten whites of 6 eggs. Stir in the fruit and nuts during the process of adding the flour and egg whites, and add also 1 cup of cocoanut. Beat very hard, and if the mixture seems too stiff, stir in 2 tablespoons of milk. Add  $\frac{1}{2}$  teaspoon lemon extract and  $\frac{1}{2}$  teaspoon vanilla. Bake in well greased and floured angel food cake pan for  $1\frac{1}{2}$  hours in moderate oven.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### WHITE FRUIT CAKE

$2\frac{1}{2}$ cups sugar.	$\frac{1}{2}$ candied lemon peel.
1 cup butter.	$\frac{1}{2}$ candied orange peel.
$3\frac{1}{2}$ cups flour.	1 pint hickory nut or pecan meats.
1 cup milk.	1 nutmeg grated.
5 eggs.	2 teaspoons baking powder.
1 pound seedless raisins.	
$\frac{1}{2}$ pound citron, cut fine.	

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

### MRS. WAUGH'S WHITE FRUIT CAKE

To  $\frac{3}{8}$  cup of butter add  $1\frac{2}{3}$  cups pastry flour sifted with  $\frac{1}{4}$  teaspoon of soda. Add  $\frac{1}{4}$  tablespoon of lemon juice. Beat the whites of 8 eggs until stiff and add  $1\frac{1}{4}$  cups of powdered sugar. Combine mixtures and add  $\frac{2}{3}$  cup of candied cherries cut in pieces;  $\frac{1}{3}$  cup Jordan almonds, blanched and shredded;  $\frac{1}{2}$  cup citron;  $\frac{1}{2}$  cup candied pineapple, sliced; 1 teaspoon of almond extract. Bake very slowly, and ice with icing flavored with almond.

*Mrs. Dan Sutherland, Wife of the Delegate from Alaska.*

## FUDGE CAKE

1 cup butter.	2 cups flour.
2 cups sugar.	4 eggs.
1 cup nuts.	4 squares of chocolate (grated.)

Beat sugar and butter together until light. Add beaten eggs, add flour and chocolate and lastly add chopped nuts which have been rolled in a little flour. Bake in a very slow oven for about 30 to 40 minutes. When well done cut in small squares and serve.

*Mrs. John H. Smithwick, Wife of former Representative Smithwick (Fla.).*

## FUDGE CAKE

$\frac{1}{2}$ cup melted butter.	2 squares grated chocolate.
2 eggs beaten together.	1 cup pecans.
1 cup sugar.	Vanilla.
$\frac{3}{4}$ cup flour.	

Bake 15 or 20 minutes, let cool in pan, cut in squares. Best after several days old.

*Mrs. Dan Moody, Wife of the Governor of Texas.*

## FUDGE CAKE

$\frac{1}{3}$ cup butter.	1 teaspoon baking powder.
1 cup sugar.	$\frac{1}{2}$ cup milk.
3 egg yolks.	3 egg whites.
1 cup flour.	2 squares melted chocolate.

Mix in order given, beat well and bake in moderate oven.

## Fudge Frosting

1 square melted chocolate, 1 tablespoon butter, 3 tablespoons milk and confectioners' XXXX sugar, enough to make of consistency to spread. Vanilla.

*Mrs. Joseph Walsh, Wife of former Representative Walsh (Mass.).*

## FUDGE CAKE

See Favorite Dishes of All Nations, page 46.

## FUDGE CAKE

1 cup sugar.	$\frac{1}{2}$ cup sour milk.
2 tablespoons butter.	1 teaspoon soda.
2 tablespoons cocoa.	$1\frac{1}{2}$ cups pastry flour.
1 egg.	$\frac{1}{4}$ cup boiling water.

## Filling

$\frac{2}{3}$ cup sugar.	2 teaspoons cornstarch dis-
2 tablespoons cocoa.	solved in $\frac{1}{4}$ cup cold water.
1 cup boiling water.	

*Mrs. Charles L. Gifford, Wife of Representative Gifford (Mass.).*

## GRANDMOTHER'S CAKE BASKET

(Selected, by permission, from a collection of recipes of our early days compiled and published privately by Mrs. Morris P. Ferris, Westfield, N. Y.)

KISSES 1780 (*Ten Broeck*)

Whites of as many eggs as you wish, beaten with powdered sugar till it stands alone. Flavor and bake on white paper laid on a shingle.

WHITE SPONGE CAKE 1800 (*Ten Eyck*)

Whites of nine eggs, one tumbler of sugar, one tumbler of flour, one teaspoon of cream tartar in the flour, one teaspoon of bitter almonds, and pinch of salt.

NEW ENGLAND COOKIES 1775 (*Lanman*)

("James Lanman was the last man to wear in the U. S. Senate powdered hair in a queue, and knee breeches."—W. W. Corcoran)

1 teacup of butter, 2 of sugar, 2 eggs, a teaspoon of saleratus dissolved in a cup of milk,  $\frac{1}{2}$  a grated nutmeg, and flour to roll out easily.

BUTTERNUT CAKE 1775 (*Cuyler*)

Three cups of flour,  $3\frac{3}{4}$  cups of sugar, a heaping cup of hard butter, 4 eggs beaten light, 1 teaspoon of saleratus, 1 teacup of raisins,  $\frac{1}{2}$  a teacup of citron,  $\frac{1}{2}$  a cup of candied orange peel, 1 teacup of butternuts, the grated rind of one lemon, and the juice. Chop the fruits small, and mix with the other articles. Beat up the whole with one cup of sour milk and bake in a moderate oven.

MACAROONS 1790 (*Ten Eyck*)

One-half a pound of sweet almonds, blanched and pounded fine with one teaspoon of rosewater; whites of three eggs beaten to a stiff froth, stit in a half pound of powdered sugar and add the almonds. Drop the mixture with a spoon on buttered tin sheets, and bake in a cool oven.

## OLIJKOECKS

(From a Recipe Book of Madame van Rennselaer, A. D., 1730)

At twelve o'clock set a little yeast to rise so as to be ready at 5 P. M. to mix with the following ingredients:—

$3\frac{3}{4}$  pounds of flour, 1 pound of sugar,  $\frac{1}{2}$  a pound of butter and lard mixed, one and a half pints of milk, six eggs, and 1 pint of raised yeast. Warm the butter, milk, and sugar together, grate a nutmeg in the flour, add eggs last. Place in a warm place to rise. If quite light at bed-time, work them down by pressing with the hand. At nine next morning make into small balls with the hand, and place in the center of each a bit of raisin, citron and apple chopped fine. Lay on a well-floured pie board and allow them to raise again. They are frequently ready to boil at 2 o'clock. In removing them from the board use a knife well-floured and give them a little roll with the hand to make them round. Have the fat boiling and boil each one five minutes. When cool roll in sifted sugar.

In olden days they were boiled in oil, hence the name which is literally oil cakes.

BEVERWYCKS 1775 (*Cuyler*)

3 eggs, one cup of butter,  $1\frac{1}{2}$  cups of sugar, one cup of seeded chopped raising, a very little citron chopped fine, 1 teaspoon each of cloves,

allspice, and cinnamon, flour and roll them. Cut in rounds. Will keep a year in a glass.

*BOLLA-BUYSIAS* (An old de Peyster dainty)

To one pound of flour a quarter of a pound of sugar, the same of butter, 4 eggs. Some nutmegs and senamond, milk and yeast: A pint of milk to 2 pounds of flour.

A corruption of a Dutch and Spanish word bollo-bacia—buns baked in a metal pan.

*HARD GINGER BREAD* 1790 (*van Nes*)

1 cup butter, 3 cups brown sugar, 4 of flour, 1 of milk, teaspoon of saleratus, 5 eggs, juice and peel of 1 lemon.

*DOED KOECKS* 1680 (*Douwt*)

2 lbs. flour, 1 lb. sugar,  $\frac{1}{2}$  lb. butter,  $1\frac{1}{2}$  tea cups of milk,  $\frac{1}{2}$  teaspoon of pearl ash, 1 oz. carraway, cut thick and stamped with the name and date of death.

Dead cakes were given to each person attending a funeral and were kept for years as a souvenir.

*Mrs. Louis C. Cramton, Wife of Rep. Cramton (Mich.).*

**GAUTEMALA CAKE**

See Favorite Dishes of All Nations, page 80.

**HEAVENLY CAKE**

$1\frac{1}{4}$ cups egg whites (9 to 11 eggs.)	$\frac{1}{2}$ cup cake flour (white part) sifted first.
1 cup and 2 tablespoons of sugar.	$\frac{1}{2}$ teaspoon vanilla (white part).
$\frac{1}{2}$ teaspoon salt.	$\frac{2}{3}$ cup cake flour (yellow part) sifted first.
1 teaspoon cream of tartar.	$\frac{1}{2}$ teaspoon orange extract (yellow part).
6 egg yolks.	

Put whites of eggs on large platter and beat until foamy. Add salt and cream of tartar. Beat until stiff but not dry. Carefully fold in sugar. Divide the mixture into 2 parts. To 1 part carefully fold in  $\frac{1}{2}$  cup cake flour sifted 5 times, and  $\frac{1}{2}$  teaspoon vanilla. To other part fold in 6 beaten eggs yolks,  $\frac{3}{4}$  cup cake flour sifted 5 times, and  $\frac{1}{2}$  teaspoon orange extract. Put by spoonfuls into ungreased angel pan alternating yellow and white as in marble cake. Bake 60 minutes in a slow oven, 300 to 350 degrees F. Invert pan (cake must not reach top and there should be air space) and let stand 40 minutes before removing from pan. May be covered with a thin frosting and makes a lovely birthday candle cake.

*Mrs. Michael F. Phelan, Wife of former Rep. Phelan (Mass.).*

**HICKORY NUT CUSTARD CAKE**

One cup of sugar,  $\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup sweet milk, whites of 6 eggs, 2 teaspoons of baking powder, 2 cups of flour, bake in layers.

## Custard Filling

Place 1 pint of milk in a double boiler, add 1 tablespoon of corn starch dissolved in a little milk, 2 eggs,  $\frac{1}{2}$  cup of sugar, a little salt, 2 cups of chopped hickory nut meats, mix all together and spread between layers. Ice top.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

## TRENCH CAKE

2 cups brown sugar.	Dash cloves.
2 cups water.	2 tablespoons cocoa.
1 cup shortening.	1 package raisins.
1 teaspoon cinnamon.	

Mix and boil above 3 minutes and cool. Then add to the mixture 1 teaspoon soda in hot water and 4 cups flour, after sifted, 1 cup nuts.

*Mrs. W. T. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

## IMPERIAL CAKE

6 eggs beaten separately.	1 cup pastry flour.
$1\frac{1}{2}$ cups sugar.	$\frac{1}{2}$ teaspoon cream of tartar.
$\frac{1}{2}$ cup water.	

Place sugar and water in pan and boil until it threads. Pour in fine strainer slowly over the stiffly beaten whites of eggs. Beat until cool, then add the well-beaten yolks. Sift flour with cream of tartar and fold in gently. Pour into ungreased tube pan and bake for 50 minutes in a moderately slow oven. Invert to cool, then remove from pan.

*Mrs. Elmer Thomas, Wife of Senator Thomas (Okla.).*

## JAM CAKE

1 cup sugar.	1 level teaspoon soda (scant).
$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ teaspoon nutmeg, if desired.
2 eggs.	2 teaspoons cinnamon.
$\frac{3}{4}$ cup sour or sweet milk.	1 cup jam.
2 cups flour.	

Bake in flat loaf about 30 minutes.

*Mrs. T. S. Williams, Wife of Representative Williams (Ill.).*

## JAM CAKE

1 cup butter.	1 cup of jam, blackberry.
$1\frac{1}{2}$ cups sugar.	1 teaspoon allspice.
6 egg yolks.	1 teaspoon cloves (ground.)
4 whites of eggs.	$\frac{1}{2}$ teaspoon cinnamon.
$3\frac{1}{4}$ cups flour.	$\frac{1}{2}$ teaspoon nutmeg.
$\frac{3}{4}$ cup of sour milk.	1 cup of nuts (pecan.)

$1\frac{1}{2}$  teaspoons soda (dissolved in milk.)

Bake in two or three layers.

## Icing

2 cups sugar.	8 tablespoons boiling water.
---------------	------------------------------

Dissolve sugar with the water. Cook without stirring until it threads

from spoon. Pour slowly upon the well-beaten whites of 2 eggs and beat until smooth and stiff.

*Mrs. Jos. T. Robinson, Wife of Senator Robinson (Ark.).*

### JAM CAKE

- |                            |                   |
|----------------------------|-------------------|
| 2 cups blackberry jam.     | 2 cups sugar.     |
| 6 eggs.                    | 1 cup buttermilk. |
| 5 cups flour.              | 1 teaspoon soda.  |
| 2 teaspoons baking powder. |                   |

Flavor with cinnamon, allspice and nutmeg. Bake in layers and stack with a boiled icing.

*Mrs. K. E. Bailey, Wife of former Representative Bailey (Mo.).*

### JAM CAKE

- |                                       |                                |
|---------------------------------------|--------------------------------|
| $\frac{3}{4}$ cup butter.             | 1 teaspoon cinnamon.           |
| 1 cup sugar.                          | 1 teaspoon cloves.             |
| 3 eggs, beaten separately.            | 1 teaspoon allspice.           |
| $\frac{1}{2}$ cup buttermilk (scant). | $\frac{1}{2}$ teaspoon nutmeg. |
| 1 level teaspoon soda.                | 1 cup jam.                     |
| $2\frac{1}{4}$ cups flour.            | $\frac{1}{2}$ teaspoon salt.   |

Cream butter and sugar until very light. Add buttermilk in which soda has been dissolved. Whip in flour and eggs alternately until batter is smooth, then add salt, spices and jam and bake. This makes 3 layers. Put together with caramel filling and pecans, or white filling if preferred. This cake will keep moist for several days.

*Mrs. Wm. Voris Gregory, Wife of Representative Gregory (Ky.).*

### JAM CAKE

- |  |   |
|--|---|
| 1 cup sugar, 1 cup butter,<br>Cream together | 1 teaspoon each cinnamon,<br>nutmeg and allspice. |
| 4 egg yolks, well beaten.                    | 1 teaspoon soda.                                  |
| 1 cup buttermilk.                            | 1 teaspoon baking powder.                         |
| 1 cup jam.                                   | $3\frac{1}{2}$ cups flour.                        |
|  | 4 whites of eggs.                                 |

### Lemon Filling

- |                           |                      |
|---------------------------|----------------------|
| First Part.               |                      |
| 1 cup sugar.              | 1 tablespoon butter. |
| 2 tablespoons flour.      | 1 cup boiling water. |
| 2 egg yolks, beaten well. |                      |

### Second Part.

- |                            |                           |
|----------------------------|---------------------------|
| 2 egg whites, beaten well. | Juice of one large lemon. |
|----------------------------|---------------------------|

Put first part on to cook and after it begins to thicken, stir in the second part and cook until it is thick enough to spread well.

*Mrs. Richard C. Dillon, Wife of the Governor of New Mexico.*

### LADY BALTIMORE

- |  |                            |
|--|----------------------------|
| $\frac{1}{2}$ cup butter.                          | 3 cups flour.              |
| $1\frac{1}{2}$ cups sugar (sifted).                | 2 teaspoons baking powder. |
| 1 cup cold water.                                  | 4 whites of eggs.          |
| Cream butter and sugar and water little at a time. |                            |

*Mrs. John Morrow, Wife of Representative Morrow (N. Mex.).*

See Favorite Dishes of All Nations, page 97.



## LEMON LOAF CAKE

Cream together 1 cup of butter and 2 cups of sugar. Drop in 4 eggs, one at a time, stirring until well blended each time, but do not beat the eggs. Add 1 cup of milk and 3 cups of flour, with 4 level teaspoonfuls of baking powder. The milk and flour should be added alternately in the usual way. The grated rind of 1 lemon furnishes the flavoring. Bake in a moderate oven for about 45 minutes. The temperature should be even to produce the close, fine grain given by the unbeaten eggs and the scant allowance of baking powder. This cake will keep well.

*Mrs. Joseph E. Ransdell, Wife of Senator Ransdell (La.).*

## LEMON ROLL

4 eggs, whites only.	4 tablespoons water.
1 cup sugar.	1 teaspoon baking powder.
1 cup flour.	

## Filling For Roll

$\frac{1}{2}$ cup sugar.	3 teaspoons flour.
$\frac{1}{2}$ cup boiling water.	1 teaspoon butter.
1 lemon grated.	

Cook all together.

*Mrs. L. M. Gensman, Wife of former Representative Gensman (Okla.).*

## LUDIE CAKE

2 eggs, whites and yellows beaten separately.	1 cup milk.
2 tablespoons butter.	2 teaspoons baking powder.
2 cups flour.	1 teaspoon vanilla.

Butter while hot, sprinkle with cinnamon and sugar and serve hot.  
A good recipe for short cake.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*

## MAPLE SYRUP CAKE

$\frac{1}{2}$ cup butter.	$\frac{2}{3}$ teaspoon soda.
$\frac{1}{2}$ cup sugar.	2 teaspoons baking powder.
2 eggs beaten light.	$\frac{1}{2}$ teaspoon ginger.
1 cup maple syrup.	$\frac{1}{2}$ cup hot water.
$2\frac{1}{2}$ cups Swansdown flour.	

Cream butter and sugar. Add eggs beaten light. Sift flour, measure, add dry ingredients, sift several times, add alternately with maple syrup and hot water. Bake in tube tin about 50 minutes. Serve with maple icing and walnuts.

*Mrs. Charles H. Eaton, Wife of Representative Eaton (N. J.).*

## MARBLE CAKE

## White Part.

$1\frac{1}{2}$ cups white sugar.	$2\frac{1}{2}$ cups flour.
$\frac{1}{2}$ cup butter.	4 whites of eggs.
1 cup milk.	2 teaspoons baking powder.

## Dark Part.

1½ cups brown sugar.  
 ½ cup butter.  
 1 cup strong coffee.  
 2½ cups flour.  
 4 egg yolks.

2 teaspoon baking powder.  
 ½ teaspoon each of cloves,  
 cinnamon, allspice and a lit-  
 tle nutmeg.

Put in large cake pan alternately and bake in moderately hot oven for about 1 hour.

*Mrs. Ben Paulen, Wife of the Governor of Kansas.*

## LIBERIAN MARBLE CAKE

See Favorite Dishes of All Nations, page 91.

## MISSIONARY CAKE

1 pound seeded raisins.  
 3 cups water.  
 2 cups sugar.  
 ½ cup crisco.

1 teaspoon each of cloves, nut-  
 meg, soda and cinnamon.  
 ½ teaspoon salt.  
 4 cups flour.

Cream sugar and crisco. Stew raisins in 2 cups of water for 15 minutes and add 1 cup of cold water. Stir raisins and liquid into creamed mixture. Add dry ingredients, except soda which should be dissolved in 2 tablespoons water and added last. A cupful of chopped nuts may be added and the cake made richer by the addition of 2 eggs, the beaten yolks to be added before raisins and beaten whites before the soda. This cake was named by a Mississippi house wife who made a generous donation every year to the Missionary Society through the sale of the recipe.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## MOCHA CAKE

3 eggs.  
 1 cup sugar.  
 1 cup flour, sifted before  
 measuring.

½ cup sweet milk.  
 2 level teaspoons baking pow-  
 der.

Whip egg whites stiff, add yolks. Add gradually sugar and flour into which has been put baking powder. Bring milk to boil, and add to mixture. Bake in medium oven. When cool, slice in rectangular pieces about 1 by 2½ inches, and spread with following icing:

One-eighth pound butter, creamed. Add enough powdered sugar to make stiff paste. Thin with 1 tablespoon cream. After spreading cakes with icing, roll in finely ground peanuts. A delicious confection to serve with afternoon tea.

*Mrs. W. M. Whittington, Wife of Representative Whittington (Miss.).*

## MOONSHINE CAKE

10 whites of eggs.  
 7 egg yolks.  
 ¼ teaspoon salt.  
 1½ cups sugar.

⅞ teaspoon cream of tartar.  
 1 teaspoon almond extract.  
 1 cup pastry flour.

Add salt to egg whites and beat until light. Sift in cream of tartar and beat until stiff. Beat yolks of eggs until thick and lemon colored

and add 2 heaping tablespoons beaten whites. To remaining whites add gradually sugar measured after 5 siftings. Add almond extract and combine mixtures. Cut and fold in flour, measured after 5 siftings. Bake in angel food pan, first dipped in cold water, in a slow oven 1 hour. Have a pan of hot water in oven during the baking.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

### MORAVIAN SUGAR CAKE

1 cup flour.

Butter size of an egg.

1 cup sugar.

Mix the above with the finger tips. Add

1 cup milk.

2 teaspoons baking powder.

1 cup flour.

Little salt.

Butter holes, sugar and cinnamon to top.

*Mrs. Wm. Radford Coyle, Wife of former Representative Coyle (Penn.).*

### MOR MONSEN CAKE

See Favorite Dishes of All Nations, page 102.

### MOTHER'S FAVORITE CAKE

Beat 3 eggs until light, add  $1\frac{1}{2}$  cups of sugar and beat again. Add  $\frac{1}{2}$  cup of soft butter and beat from 3 to 5 minutes longer. Add 1 cup of milk and beat once more. Measure off 3 cups of flour, add to it 2 heaping teaspoonfuls of baking powder. Sift twice and add in 2 parts to the mixture, stirring in thoroughly each time. Bake in loaf form in a moderate oven. A nice addition to this cake is 1 cup of raisins, currants or nut meats. This cake is fully as good if made a few days before using.

*Mrs. Joseph E. Ransdell, Wife of Senator Ransdell (La.).*

### NEW MEXICO CAKE

Make 3 layers of Angel Food  $\frac{3}{4}$ -inch thick and 3 layers of Sunshine  $\frac{3}{4}$ -inch thick. Put together with the following icing, a layer of sunshine cake first and then alternate the colors:

$\frac{3}{4}$  cup powdered sugar.

4 egg yolks.

Work together until light and smooth. Add, a little at a time.

One cup boiling milk, stirring all the time. Put over the fire and stir to boiling point. Remove from fire when boiling point is reached, strain and flavor. Stir frequently while cooling. When luke warm, add  $\frac{1}{2}$  cup of this custard to  $\frac{1}{4}$  pound of unsalted butter which has been worked to a cream.

*Mrs. Merritt C. Mechem, Wife of former Governor of New Mexico.*

### NEWPORT CAKE

Beat 1 cup butter to a cream, and gradually beat it into  $1\frac{1}{2}$  cups sifted flour. Sift it again with a level teaspoon of baking powder. Beat the yolk of 5 eggs until lemon colored and thick. Gradually beat into them  $1\frac{1}{2}$  cups of sifted powdered sugar. Now gradually beat the yolks and sugar mixture into the butter and flour mixture. Lastly, beat in the whites of the 5 eggs, beaten dry. Bake in a loaf 1 hour. The heat of the oven should be moderate, especially when the cake is first put in. This cake is very fine grained, tender and delicate.

*Mrs. Wells Goodykoontz, Wife of former Rep. Goodykoontz (W. Va.).*

## NUT CAKE

- |                                    |                                    |
|------------------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter (scant.)  | 3 cups flour.                      |
| $1\frac{1}{2}$ cups sugar creamed. | 2 heaping teaspoons baking powder. |
| 1 cup milk.                        | 1 pint nut meats chopped.          |
| 4 eggs well beaten.                |                                    |
- This is a loaf cake.

*Mrs. John Morrow, Wife of Representative Morrow (N. Mex.).*

## NUT CAKE

- |                            |   |
|----------------------------|---|
| 4 egg whites.              | $2\frac{1}{2}$ teaspoons baking powder. |
| $\frac{1}{2}$ cup butter.  | 2 cups flour.                           |
| $1\frac{1}{2}$ cups sugar. | 1 teaspoon vanilla.                     |
| 1 cup sweet milk.          |   |

## Icing

- |                                    |                              |
|------------------------------------|------------------------------|
| $\frac{3}{4}$ cup milk and butter. | $\frac{1}{2}$ cup nut meats. |
| $\frac{3}{4}$ cup sugar.           | 4 egg yolks.                 |

Cream the butter and sugar well, then add the milk and vanilla. Sift the baking powder and flour together and add slowly, beating well. Add the whites of the eggs well beaten. Bake in layers. For the icing boil the sugar, butter and milk until it threads when poured from a spoon. Then add the chopped nut meats, remove from the fire and slowly add the egg yolks well beaten. When cool ice the cake.

*Mrs. Arthur G. Sorlie, Wife of the Governor of N. Dak.*

## NUT CAKE

- |               |                                 |
|---------------|---------------------------------|
| 1 cup butter. | 3 teaspoons baking powder.      |
| 2 cups sugar. | 4 cups flour.                   |
| 3 eggs.       | 2 cups chopped English walnuts. |
| 1 cup milk.   |                                 |

Cream 1 cup butter and 2 cups of sugar. Add 3 eggs, well beaten, and 1 cup milk. Sift a little flour over the nuts. Add 3 teaspoons baking powder to the remainder of the flour and add to mixture. Then add the nuts. Pour in deep tube pan. Bake 1 hour.

*Mrs. Guy E. Campbell, Wife of Representative Campbell (Penna.).*

## BLACK WALNUT CAKE

- |  |                                  |
|--|----------------------------------|
| 2 pounds of black walnut kernels.          | $1\frac{1}{4}$ pounds of butter. |
| $1\frac{1}{2}$ pounds of sugar.            | 1 pound flour.                   |
| Mix as other cakes, and bake in slow oven. | 12 eggs.                         |

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

## WALNUT CAKE

See Favorite Dishes of All Nations, page 102.

## CALIFORNIA NUT AND RAISIN CAKE

- |  |  |
|--|--|
| 1 cup seeded raisins.  | $1\frac{1}{2}$ cups flour.                               |
| 1 cup sugar.   | $\frac{1}{2}$ teaspoon salt.                             |
| $\frac{1}{2}$ cup shortening.                                      | $\frac{3}{4}$ cup of liquid in which raisins are cooked. |
| 2 eggs.  | 1 cup walnuts.   |
| $\frac{1}{2}$ teaspoon each cinnamon, allspice, cloves and nutmeg. | 1 teaspoon soda.   |
| $\frac{1}{2}$ teaspoon vanilla.                                    |  |

Simmer the raisins 20 minutes in  $1\frac{1}{2}$  cups water. Let cool. Mix sugar and shortening thoroughly. Add eggs well beaten, spices and vanilla. Beat hard. Add the flour, salt and liquor from raisins. Beat thoroughly. Add chopped raisins and nuts and beat hard. Just before putting in layer tins add soda dissolved in little hot water.

Filling: Beat 1 egg. Add  $\frac{1}{8}$  pound melted butter, 2 cups powdered sugar. Flavor with vanilla.

*Mrs. A. E. Carter, Wife of Representative Carter (Cal.).*

### HICKORY NUT CAKE

$\frac{1}{2}$ cup butter.	Whites of 4 eggs.
$1\frac{1}{2}$ cups sugar.	1 teaspoonful cream of tartar.
2 cups flour.	$\frac{1}{2}$ teaspoonful soda (on no account substitute baking powder).
$\frac{3}{4}$ cup sweet milk.	
1 cup hickory nut meats.	

*Mrs. Adam M. Wyant, Wife of Representative Wyant (Pa.).*

### PECAN CAKE

6 eggs.	1 quart of picked pecans.
1 pound of flour.	1 nutmeg.
1 pound of sugar.	2 teaspoons baking powder.
$\frac{3}{4}$ pound of butter.	1 wine glass fruit juice.
$1\frac{1}{2}$ pounds seeded raisins.	

*Mrs. John N. Sandlin, Wife of Representative Sandlin (La.).*

### SOUR MILK NUT CAKE

$\frac{1}{2}$ cup butter.	1 cup nuts.
$1\frac{1}{4}$ cups sugar.	2 eggs.
$\frac{1}{2}$ cup sour milk.	$\frac{1}{2}$ teaspoon saleratus.
2 cups flour.	Pinch of salt.

*Mrs. Chas. Underhill, Wife of Representative Underhill (Mass.).*

### WALNUT CAKE

Grate 5 Uneeda biscuits.	5 yolks of eggs.
1 cup grated walnuts.	2 cups of sugar.
1 heaping teaspoon baking powder.	2 teaspoonfuls of vanilla.
	5 eggs, whites beaten stiff.

Put the above together. Add whites last. Bake in 3 layers. Use whipped cream filling.

*Mrs. Royal S. Copeland, Wife of Senator Copeland (N. Y.).*

### ONE, TWO, THREE, FOUR CAKE

1 cup of butter.	1 cup of milk.
2 cups of sugar.	3 teaspoonfuls of baking powder.
3 cups of flour.	
4 eggs.	

*Mrs. James T. McCleary, Widow of the late Rep. McCleary (Minn.).*

### OLD-FASHIONED CAKE

1 cup butter.	4 eggs.
2 cups sugar.	$\frac{1}{2}$ cup milk.
3 cups flour.	1 cup raisins.

Cream butter and sugar. Add eggs separately and continue beating until the four eggs are used. Add flour and milk alternately and raisins well floured. Beat very hard. Bake in a moderate oven  $1\frac{1}{2}$  hours.

*Mrs. Franklin S. Billings, Wife of former Governor Billings (Vt.).*

### ORANGE CAKE

1 cup of butter.	$3\frac{1}{2}$ cups flour (sifted 3 times).
2 cups of sugar (sifted 3 times).	2 heaping teaspoonfuls of baking powder.
1 cup sweet milk.	
8 eggs (whites only).	

Butter and sugar thoroughly mixed until very light, then add milk, then part of the flour, then the whites of the eggs, then add the balance of the flour.

*Mrs. Miriam A. Ferguson, former Governor of Texas.*

### ORANGE CAKE

$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ cup milk.
1 cup sugar.	$1\frac{2}{3}$ cups flour.
2 eggs.	$2\frac{1}{2}$ teaspoons baking powder.

Cream butter and add sugar gradually, eggs well beaten, and milk. Add flour mixed and sifted with baking powder. Bake in thin pans. Fill and cover with orange filling as follows:

#### Orange Filling

$1\frac{1}{2}$ cups sugar.	1 tablespoon orange juice.
$\frac{3}{4}$ cup water.	Grated rind of 1 orange.
Whites of 2 eggs.	

Add rind to orange juice and let stand 15 minutes. Boil water and sugar together until syrup will thread. Pour on whites of eggs beaten stiff. Gradually add orange juice which has been strained. Continue beating until right consistency to spread on cake.

*Mrs. Randolph Perkins, Wife of Representative Perkins (N. J.).*

### ORANGE CAKE

$1\frac{1}{2}$ cups of sugar.	4 eggs, beaten separately.
$\frac{1}{2}$ cup of butter.	$\frac{1}{2}$ cup of water.
2 heaping cups pastry flour sifted several times with 1 teaspoon baking powder (not heaping).	

Grated rind and juice of large orange.

Cream sugar and butter. Add well-beaten yolks and beat until this mixture is creamy. Add grated rind and orange juice. Then add the water and flour mixture alternately. Add well-beaten whites of eggs. Cook in three layer cake tins.

Filling:  $1\frac{1}{8}$  cups of sugar. Grated rind of 1 orange, then add water to fill a cup. 2 tablespoons cornstarch. 3 eggs well beaten. Mix cornstarch with a little of orange juice and water, put all above ingredients in double boiler and boil until thick enough to spread between the layers.

Ice with the following:  $\frac{7}{8}$  cup of sugar. Whites of 2 eggs (not beaten) and 4 tablespoons of orange juice. Place these ingredients in double boiler

(water boiling) and stir briskly and continuously for seven minutes with egg beater. Remove from stove and add 14 heated marshmallows and beat until all is creamy. Add 3 drops of confectioners' yellow fruit coloring.

*Mrs. John M. Baer, Wife of former Representative Baer (N. D.).*

### ORANGE CAKE

1 cup butter.

2 cups sugar.

1 cup sweet milk.

3 cups flour.

2 teaspoonfuls baking powder.

Whites of 5 eggs.

Filling: Mix juice and grated rind of 2 oranges, 2 cups of sugar, 2 tablespoons of flour and 2 tablespoons of cold water. Set in vessel of boiling water. When scalding hot stir in yolks of 2 well-beaten eggs. Just before taking from fire stir in well-beaten white of 1 egg, beat until thick enough to spread on cake.

*Mrs. Riley J. Wilson, Wife of Representative Wilson (La.).*

### ARIZONA ORANGE CAKE

3 eggs.

1½ cups sugar.

2 rounded cups sifted pastry flour.

½ cup butter.

½ cup milk.

¼ cup juice and grated rind of 1 Arizona orange.

2 level teaspoons baking powder.

Cream butter and sugar, add flour and milk alternately. Then add orange juice. Beat eggs separately and add last. Bake in three layers.

#### Filling Between Layers

1 egg beaten.

¾ cup sugar (to which add large tablespoon of flour).

½ cup milk (scant).

Sift the sugar and flour together. Add the other ingredients and cook in double boiler till thick. Cool before spreading on cakes, which must also be cool.

Juice and grated rind of 1 Arizona orange.

Juice of 1 Arizona lemon.

1 tablespoon of butter.

#### Icing For Top

1 cup powdered sugar.

2 tablespoons butter.

Cream butter and sugar and add grated rind and juice of Arizona orange to make it right consistency to spread on top.

*Mrs. Carl Hayden, Wife of Senator Hayden (Ariz.).*

### PERFECTION CAKE

½ cup butter.

2 cups sugar.

1 cup warm water.

2½ cups flour.

Mix well together and beat 5 minutes. Add the whites of 5 eggs beaten stiff. Scant ½ cup flour with 3 level teaspoons baking powder. Beat very little. Bake in 2 layers. Put together with any filling.

*Mrs. James G. Strong, Wife of Representative Strong (Kan.).*

### PINEAPPLE CAKE

6 eggs, less 3 whites.

½ pound of butter.

1 pound flour.

1 pound sugar.

2 teaspoons baking powder.

Bake in 4 layers and put together with boiled icing made of 3 whites and 1 pound of sugar. Spread between the layers using as much grated pineapple as you like. (1 can of grated pineapple can be used).

*Mrs. John A. M. Adair, Wife of former Representative Adair (Ind.).*

### PINEAPPLE CAKE

2 cups sugar.	$\frac{2}{3}$ cup butter.
1 cup water.	$3\frac{1}{2}$ cups flour.
2 teaspoonfuls lemon extract.	3 teaspoonfuls baking powder.

Bake in layers.

### Filling For Pineapple Cake

2 cups powdered sugar.	1 tablespoon butter.
------------------------	----------------------

Mix the sugar and butter together, then moisten with two heaping tablespoonfuls of grated pineapple.

*Mrs. Ralph E. Bailey, Wife of former Representative Bailey (Mo.).*

### PORK CAKE

1 pound fat pork, chopped fine.	1 nutmeg, grated.
1 pint boiling water poured over it.	Add flour enough for a stiff batter.
2 cups brown sugar.	1 pound raisins.
1 cup molasses.	1 pound currants.
1 teaspoon each of cinnamon, ginger and cloves.	1 pound citron.
	2 pounds chopped nuts.

Bake in greased tins for  $\frac{3}{4}$  hour or longer depending on size of the cake.

*Mrs. Daniel C. Reed, Wife of Representative Reed (N. Y.).*

### POTATO CAKE

4 eggs.	2 teaspoons baking powder.
2 cups sugar.	1 cup hot mashed potatoes.
$\frac{1}{2}$ cup milk.	1 cup grated chocolate.
2 cups flour.	2 teaspoons ground cloves.
1 cup butter.	1 teaspoon cinnamon.
1 cup cut Sun-Maid raisins.	1 teaspoon nutmeg.
1 cup English walnuts (broken).	

Sift some of the flour with the raisins and nuts. Cream butter and sugar together, add yolks of eggs, well beaten. Then add milk, potato, chocolate, rest of flour and the well beaten whites of the eggs. Nuts and raisins are added last. Bake in a very slow oven one hour.

*Mrs. H. E. Barbour, Wife of Representative Barbour (Cal.).*

### POUND CAKE

1 dozen eggs.	1 pound butter.
1 pound flour.	1 pound sugar.

Cream butter well, add flour, after being well sifted, very slowly. Beat yolks well and to this gradually add the sugar, beat well. Add the yolks and sugar to the creamed butter and flour. Fold into the above the well beaten whites of the eggs. Cook in a loaf pan with funnel. Put into a moderate oven for twenty minutes, increasing the heat for the



next thirty minutes, let finish cooking for thirty minutes with heat you have. When the cake is put in the oven cover with a pan and keep covered until taken out of the oven. Turn out immediately to cool.

## Icing

2 cups of sugar.

Whites of 2 eggs.

1 cup boiling water.

Pinch cream of tartar.

Method: Put sugar in boiler (keep out 1 tablespoonful) with cup of boiling water and pinch of cream tartar on to cook.

Beat whites of egg stiff, gradually beating in the tablespoon of sugar left out of the 2 cups. Let sugar and water cook until it makes a thread, pour into whites. Beat this until creamy and put over the cake.

*Mrs. L. G. Hardman, Wife of the Governor of Georgia.*

## ALLIE'S CAKE

1 cup butter.

1¾ cups sugar.

Cream well, add 5 eggs without beating, one at a time, alternating with 2 cups flour. Flavor. Bake in stove pan 45 minutes in slow oven. (This is very much like old fashioned pound cake).

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

## SOUTHERN POUND CAKE RECIPE

Cream together 1 lb. of sugar and ¾ lb. of butter. Add yolks of 10 eggs, one at a time, beating well. Add gradually 1 lb of flour, beating all the while, then the whites beaten stiff, stir in thoroughly 1 tablespoon of any flavoring desired. Bake slowly one hour.

*Mrs. M. E. Rhodes, Wife of former Representative Rhodes (Mo.).*

## POUND CAKE

1½ cups flour.

1 scant cup butter.

1½ cups sugar.

½ teaspoon baking powder.

1 cup eggs.

2 teaspoons vanilla.

Mix flour and butter first, then sugar and eggs, then all together.

*Mrs. Henry Allen Cooper, Wife of Representative Cooper (Wis.).*

## PRUNE LAYER CAKE (2 layers)

1 cup sugar.

4 tablespoons sour milk or water.

¾ cup butter or drippings.

1 teaspoon soda.

1 teaspoon each of cinnamon, cloves, nutmeg.

1½ cups flour.

3 eggs.

1 cup chopped cooked prunes.

Put together in order given. Bake 25 minutes in quick oven.

*Mrs. Wm. Williamson, Wife of Representative Williamson (S. D.).*

## QUICK CAKE

⅓ cup soft butter.

2 cups of flour.

1½ cups brown sugar.

3 level teaspoons baking powder.

2 eggs.

½ teaspoon cinnamon.

½ cup milk.

½ teaspoon nutmeg.

1 cup dates or raisins.

Put everything in together and stir up at once. Bake 45 minutes. Good fresh.

*Mrs. John W. Summers, Wife of Representative Summers (Wash.).*

## PRUNE CAKE

Once more the plebeian prune is lifted out of the boarding house atmosphere and given an air of distinction. The following recipe makes a delicious cake—the kind that every woman who eats it asks: "How do you make this delicious cake?"

- |   |   |
|---|---|
| 1 cupful sugar.                                     | 1 level teaspoonful soda, dissolved in 1 tablespoonful boiling water.           |
| $\frac{1}{4}$ cupful shortening.                    |   |
| 1 egg well beaten.                                  |   |
| 1 cupful of well cooked prunes cut in small pieces. | $\frac{1}{2}$ teaspoonful each of ground nutmeg, cloves, cinnamon and allspice. |
| $\frac{1}{2}$ cupful of prune juice.                |   |
| $1\frac{3}{4}$ cupfuls flour.                       |   |

Mix in the usual way. Bake in two layers and put together with the following:

- |                    |                             |
|--------------------|-----------------------------|
| 1 cupful of sugar. | $\frac{1}{2}$ cup of water. |
|--------------------|-----------------------------|

Boil together until it threads. Pour over the well beaten whites of two eggs, beating in thoroughly a small portion at a time. Flavor with vanilla.

*Mrs. Tom McKeown, Wife of Representative McKeown (Okla.).*

## ENGLISH RAISIN CAKE

- |   |                              |
|---|------------------------------|
| 1 pound flour.                                    | $\frac{1}{2}$ pound raisins. |
| $\frac{1}{2}$ pound butter.                       | 1 teaspoon baking powder.    |
| $\frac{3}{4}$ pound sugar ( $1\frac{1}{2}$ cups). | 4 eggs, well beaten.         |
| 1 cup milk.                                       | Grated rind of lemon.        |

Beat butter and sugar with the hand to a cream.

Add beaten yolks and whites of eggs and milk, flour, lemon rind, baking powder and raisins (roll the latter in part of the flour).

Bake  $1\frac{1}{2}$  hours in moderate oven. Do not open oven door during first hour.

This is better the second day and will keep a long time.

*Mrs. Morton Hull, Wife of Representative Hull (Ill.).*

## REPUBLICAN CAKE

- |                             |                              |
|-----------------------------|------------------------------|
| 1 pound flour.              | 1 teaspoon soda.             |
| 1 pound brown sugar.        | 5 eggs.                      |
| $\frac{1}{2}$ pound butter. | $\frac{1}{2}$ pound raisins. |
| 1 cup sour milk.            | Spices to taste.             |

*Mrs. Chas. R. Davis, Wife of former Representative Davis (Minn.).*

## RICE CAKE

See Favorite Dishes of All Nations, pages 82, 91.

## SACHER CAKE

See Favorite Dishes of All Nations, page 23.

## SCRIPTURE CAKE

$3\frac{1}{2}$  cups 1st Kings IV, 22;  $\frac{1}{2}$  cup of Judges V, 25, (last clause); 2 cups of Jeremiah VI, 20; 2 cups of 1st Samuel XXX, 12; 2 cups of Nahus III, 12; 2 cups of Numbers XVII, 8;  $\frac{1}{2}$  cup of Judges IV, 19 (last

clause); 2 tablespoonfuls of 1st Samuel XIV, 25; 2 teaspoonfuls of Amos IV, 5,

Season to taste with II Chronicles IX, 9; a pinch of Leviticus 11-13; six of Jeremiah XVII, 11.

A nice way is to make the cake, sell slices including the recipe.

*Mrs. Thomas Hall, Wife of Representative Hall (N. D.).*

### SCOTCH LUNCHEON CAKE

See Favorite Dishes of All Nations, page 98.

### SPANISH BUN

2 cups brown sugar.	1 teaspoon soda dissolved in it.
$\frac{3}{4}$ cup butter, cream well.	Spice to taste.
Yolks of 4 eggs.	$2\frac{1}{4}$ cups Swansdown flour with
1 cup buttermilk.	1 teaspoon baking powder.

Beat egg whites, add  $\frac{1}{2}$  to cake-batter, put batter in shallow pans, to remaining whites add 1 cup brown sugar, beat, spread over top of batter in pans, sprinkle chopped nuts on top, bake in moderate oven.

*Mrs. S. A. Kendall, Wife of Representative Kendall (Pa.).*

### SPICE CAKE

1 cup sugar.	2 cups flour.
$\frac{1}{2}$ cup butter.	1 teaspoon soda.
1 egg.	$\frac{1}{2}$ teaspoon cloves.
1 cup sour milk.	$\frac{1}{2}$ teaspoon cinnamon.
1 large cup raisins, cut.	$1\frac{1}{2}$ teaspoons salt.

Frost with white icing.

*Mrs. Porter H. Dale, Wife of Senator Dale (Vt.).*

### SPICE CAKE

$1\frac{1}{2}$ cups brown sugar.	1 tablespoon cinnamon.
1 cup coffee, strong.	$\frac{1}{2}$ tablespoon cloves.
$\frac{1}{2}$ cup sour milk.	1 box currants.
$\frac{1}{2}$ cup butter.	1 box raisins, seedless.
2 eggs.	Flour to thicken, 3 or $3\frac{1}{2}$ cups.
1 tablespoon nutmeg.	

*Mrs. John M. Rose, Widow of the late Representative Rose (Pa.).*

### SPICE BLOCKS (Cake)

$\frac{1}{2}$ cup shortening.	1 teaspoon ground cloves.
1 cup molasses.	2 teaspoons cinnamon.
3 egg yolks.	$1\frac{1}{2}$ teaspoons ginger.
$\frac{1}{2}$ cup sugar.	1 teaspoon soda dissolved in
1 cup hot water.	hot water or
2 cups flour.	2 teaspoons baking powder.

Method: Cream shortening and sugar. Add beaten egg yolks and molasses. Mix spices with sifted flour and add to mixture alternately with hot water. Stir in soda. If baking powder is used, sift it with flour. Bake in shallow pan and when cold cut into blocks.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## SPICE LAYER CAKE

- |                               |  |
|-------------------------------|--|
| 2 cups of brown sugar.        | 1 small teaspoon cinnamon.               |
| $\frac{1}{2}$ cup butter.     | 1 small teaspoon clove.                  |
| $\frac{1}{2}$ cup sour cream. | 1 small teaspoon nutmeg.                 |
| 2 cups flour.                 | 5 eggs (whites of 2 reserved for icing). |
| 1 small teaspoon of soda.     |  |

Cream sugar and butter; add yolks of eggs beaten light, then the spices, milk and flour alternately. Dissolve soda in a tablespoon of hot water, allow to cool. Flavor with either lemon or orange. Bake in a quick oven.

*Mrs. Robert G. Houston, Wife of Representative Houston (Del.).*

## SPICE CAKE

- |                            |                      |
|----------------------------|----------------------|
| 1 cup butter.              | 4 eggs.              |
| 2 cups sugar.              | 1 teaspoon soda.     |
| 1 cup sour milk.           | 1 teaspoon allspice. |
| 1 cup nuts.                | 1 teaspoon cloves.   |
| $2\frac{1}{2}$ cups flour. | 1 teaspoon cinnamon. |

Cream sugar and butter; add sour milk and soda, flour and spices, eggs without beating. Stir well and bake in moderate oven.

## Caramel Icing for Spice Cake

- |                     |                  |
|---------------------|------------------|
| 2 cups white sugar. | 1 cup rich milk. |
|---------------------|------------------|

Cook this in stew pan until dissolved. Have skillet hot and brown one cup of sugar. Then add to first mixture. Cook to candy stage. Flavor with vanilla and  $\frac{1}{4}$  cup of butter. Cream until thick enough to spread.

*Mrs. Thos. A. Chandler, Wife of former Representative Chandler (Okla.).*

## SIMSBURY SPICE CAKE

- |                           |                      |
|---------------------------|----------------------|
| 2 cups brown sugar.       | 1 cup sour milk.     |
| 1 cup butter.             | 2 cups flour.        |
| Yolks of 4 eggs.          | 1 teaspoon cinnamon. |
| Whites of 2 eggs.         | 1 teaspoon cloves.   |
| 1 nutmeg.                 | 1 teaspoon allspice. |
| 1 teaspoon baking powder. |                      |
- Bake in shallow pans.

## Frosting

- |                            |                      |
|----------------------------|----------------------|
| Whites of 2 eggs, beaten.  | 1 teaspoon cloves.   |
| 6 tablespoons brown sugar. | 1 teaspoon allspice. |
| 1 teaspoon cinnamon.       | 1 teaspoon nutmeg.   |

*Mrs. George Payne McLean, Wife of Senator McLean (Conn.).*

## SPICE CAKE

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 1 cup sugar.                   | $\frac{1}{2}$ teaspoon allspice.     |
| 1 heaping tablespoon butter.   | 1 teaspoon soda.                     |
| 1 egg.                         | $\frac{1}{2}$ cup raisins.           |
| 1 cup sour milk.               | $\frac{1}{2}$ cup nuts if preferred. |
| 1 teaspoon cinnamon.           | $1\frac{1}{2}$ cups flour.           |
| $\frac{1}{2}$ teaspoon cloves. |                                      |

Cream butter and sugar, add egg. Sift dry ingredients together and add alternately with the milk to the creamed butter and sugar. Add raisins and nuts and bake in a moderate oven about 40 minutes.

*Hon. Sam Rayburn, Member of Congress (Texas).*

### SOFT SPICE CAKE

$\frac{2}{3}$ cup of sugar.	which 1 teaspoon of soda has
$\frac{1}{2}$ cup molasses.	been thoroughly dissolved.
$\frac{1}{2}$ cup lard and butter mixed.	2 tablespoonfuls of ground
2 eggs, well beaten.	cinnamon and
$1\frac{1}{2}$ cupfuls of sifted flour.	1 tablespoon of cloves.
$\frac{1}{2}$ cupful of boiling water in	1 teaspoonful vanilla.

This makes a very thin mixture but when thoroughly baked in a slow oven is very nice. I think the addition of other spices an improvement.

*Mrs. J. Banks Kurtz, Wife of Representative Kurtz (Pa.).*

### SPONGE CAKE

Boil together  $\frac{3}{4}$  pound of sugar,  $\frac{1}{3}$  cup of water; use 7 eggs, leaving out two whites for icing; beat the yolks until light, then add the well-beaten whites, pour the boiling sugar on the eggs slowly, beating all the while until cool, then add the juice of one lemon. Grate the rind of one lemon into one-half pound of sifted flour, stir, or fold rather, the flour into the eggs and sugar and get the cake into the oven as rapidly as possible after the flour is added. Bake in a moderate oven.

The success of this cake lies in the mixing. Everything should be prepared before one begins to beat the yolks.

It is even better to have another beat the whites so that the yolks need not stand one moment after being beaten.

*Mrs. Thomas R. Marshall, Widow of former Vice President Marshall.*

### GOLDEN ANGEL FOOD OR SPONGE CAKE

6 eggs, (should be fresh and very cold).	1 cup of sugar.
Juice of one lemon.	1 cup of flour.

Separate whites and yolks of 6 eggs. Add to the yolks the juice of 1 lemon and beat to a very thick creamy consistency. Beat the whites very stiff. Separate 1 cup of sugar in half. Add  $\frac{1}{2}$ , sifting slowly into the yolks and beating constantly to a very thick consistency. Beat the other half of the sugar into the whites until they are of a very thick consistency. Fold yolks into whites very slowly and carefully with spatula or pancake turner. Then fold in the cup of flour in the same manner very slowly, sifted three times. Place in slightly buttered sponge cake tin and bake in oven of about 235 degrees for about 40 minutes.

*Mrs. John F. Miller, Wife of Representative Miller (Wash.).*

### SPONGE CAKE

3 eggs.	Pinch of salt.
$1\frac{1}{8}$ cups sugar.	$\frac{1}{2}$ cup boiling water the last thing.
3 teaspoons baking powder.	Extract of any kind.
$1\frac{3}{4}$ cups flour.	
Bake in thin flat tins.	

*Mrs. John E. Weeks, Wife of the Governor of Vermont.*

## SPONGE CAKE

- |  |                                      |
|--|--------------------------------------|
| 1 cup sugar.   | Yolks of 5 eggs.                     |
| $\frac{3}{4}$ cup flour, (sifted separately<br>ten times). | $\frac{1}{4}$ teaspoon cream tartar. |
|  | Whites of eggs.                      |

After beating of whites, half done, add cream of tartar. Fold in and bake  $\frac{3}{4}$  hour.

*Mrs. Harry Hull, Wife of former Representative Hull (Iowa).*

## SPONGE CAKE

- |                           |                           |
|---------------------------|---------------------------|
| 3 egg yolks.              | 1 cup flour.              |
| 3 tablespoons warm water. | 1 teaspoon baking powder. |
| Beat together.            | Beaten whites last.       |
| A little salt.            | Flavoring.                |
| 1 cup sugar.              |                           |

Bake in moderate oven.

*Mrs. Joseph Walsh, Wife of former Representative Walsh (Mass.).*

## SPONGE CAKE

- |                     |                                 |
|---------------------|---------------------------------|
| 2 cups sugar.       | 2 cups flour.                   |
| 4 eggs.             | $\frac{1}{2}$ teaspoonful salt. |
| 1 cup scalded milk. | 2 teaspoonfuls baking powder.   |

Beat each egg 2 minutes as you put it in sugar. Stir scalded milk into eggs and sugar. Add flour sifted several times.

*Mrs. Alfred Lee Bulwinkle, Wife of Representative Bulwinkle (N. C.).*

## SPONGE CAKE

- |   |   |
|---|---|
| 6 large or 7 small eggs.  | 1 level cup flour (sift flour 7<br>times before measuring.) |
| 1 heaping cup of sugar (sift<br>sugar 7 times before measur-<br>ing). | $\frac{3}{4}$ teaspoon cream of tartar.                     |
|   | 2 tablespoons cold water.                                   |
|   | Vanilla.  |

Separate eggs; beat yolks with cup of sugar until very light. Add cold water and flour, vanilla. Fold in stiffly beaten whites to which cream of tartar has been added. Light oven when cake is put in and bake very slowly.

*Mrs. William L. Nelson, Wife of Representative Nelson (Mo.).*

## SPONGE CAKE

- |                           |                                    |
|---------------------------|------------------------------------|
| 3 eggs.                   | 1 cup flour.                       |
| 1 cup sugar.              | 1 teaspoonful baking powder.       |
| 3 tablespoons cold water. | $\frac{1}{2}$ teaspoonful of salt. |

Process: Beat eggs and sugar until quite thick, add the water, then the flour, baking powder and salt sifted three times.

Line pan with oiled paper, pour in batter, bake in quick oven twelve or fifteen minutes. Turn out on cloth sprinkled with confectioners sugar.

May be rolled with any filling you wish.

*Mrs. John E. Raker, Widow of the late Representative Raker (Cal.).*

## SPONGE CAKE

2 eggs.  
 $\frac{2}{3}$  cup of sugar.  
 $\frac{1}{3}$  cup of cold water.  
 1 even cup of flour.  
 1 teaspoon of baking powder.

A little salt.  
 Season with vanilla and almond flavoring mixed if desired.

Beat the eggs to a froth, add the sugar, then beat five minutes, stir in the flour and water lightly. Bake slowly.

*Mrs. Jas. W. Dunbar, Wife of former Representative Dunbar (Ind.).*

## SPONGE CAKE

Yolks of 4 eggs beaten with 1 cup sugar. 1 tablespoon water for 5 minutes.  
 Add:  
 3 tablespoons cold water. 1 teaspoon baking powder.  
 1 cup sifted flour. 1 tablespoon cornstarch.

Fold in 4 stiffly beaten whites. Bake in medium oven slowly  $\frac{3}{4}$  hour in angel food tin.

*Mrs. John M. Nelson, Wife of Representative Nelson (Wis.).*

## SPONGE CAKE

Weight of eleven eggs in sugar; weight of six eggs in flour; juice of one lemon.

Beat eggs separately. Add lemon to yolks and then add sugar and fold the whites and flour in, a little of each at a time. Bake in muffin tins or a sheet (either) in moderate oven.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

## SPONGE CAKE

4 egg yolks. 4 egg whites.  
 1 cup sugar. 1 cup flour.  
 $\frac{1}{4}$  teaspoon lemon juice. 1 teaspoon baking powder.  
 Pinch of salt. 5 tablespoons warm water.

Add salt to egg whites, beat very stiff and set aside. Whip yolks well, then add half of the sugar; beat well and add remainder of sugar. Add water, lemon juice and flour; beat thoroughly after adding baking powder. Stir in carefully the whites of the eggs. Place batter in two round cake tins and bake in a hot oven fifteen minutes.

Delicious with either ice cream or whipped cream.

*Mrs. Frank Clague, Wife of Representative Clague (Minn.).*

## QUICK SPONGE CAKE

1 cup of sugar. 1 egg.  
 1 cup of flour. Milk.  
 1 teaspoon baking powder.

Mix the dry ingredients.

Place one egg in measuring cup, fill cup with milk and add to the dry ingredients; beat well and bake in medium hot oven.

*Mrs. Lloyd Thurston, Wife of Representative Thurston (Iowa).*

## ORANGE SPONGE CAKE

- |                                   |   |
|-----------------------------------|---|
| 5 eggs, beat whites.              | Large juicy orange.                     |
| 2 cups sugar, beat again.         | Grate $\frac{3}{4}$ of skin and add     |
| Add yolks, beat again.            | $\frac{1}{2}$ cup of cold water.        |
| $2\frac{1}{2}$ cups sifted flour. | Balance $\frac{1}{4}$ orange grated for |
| 2 teaspoonfuls baking powder.     | icing.                                  |

*Mrs. Geo. W. Edmonds, Wife of former Representative Edmonds (Pa.).*

## VELVET SPONGE CAKE

Beat well yolks of 6 eggs; add 2 cups of sugar and beat; add  $\frac{3}{4}$  cup of hot water; fold in 2 cups of flour measured after sifting. Beat well. Beat whites of three eggs, and fold in lightly, with half a cup of flour mixed with 2 teaspoons of baking powder. Bake in layers and use boiled icing.

*Mrs. Edward C. Little, Widow of the late Representative Little (Kan.).*

## SUCCESS CAKE

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 2 cups sifted pastry flour.           | 3 level teaspoonfuls baking      |
| $1\frac{1}{2}$ cups pulverized sugar. | powder.                          |
| $\frac{1}{2}$ cup butter.             | 1 teaspoonful flavoring extract. |
| Whites of five eggs.                  | $\frac{1}{2}$ cup water.         |

Cream the butter and sugar and add the water. Never mind its looks. Then add the flour and baking powder, after sifting them, mixed together. Stir this thoroughly and then add the stiffly beaten whites of the eggs. After that, beat it for five minutes. Finally add the flavoring extract, whichever one you prefer, and bake immediately.

This will make either a loaf cake or a layer cake. Use any kind of icing.

*Mrs. Frank P. Bohn, Wife of Representative Bohn (Mich.).*

## SUNSHINE CAKE

Boil  $1\frac{1}{2}$  cups sugar and  $\frac{1}{2}$  cup water till it forms soft ball. Beat whites of 6 eggs and add slowly to syrup. Beat till cool. Beat yolks of 6 eggs and add slowly. Take 1 cup Swansdown flour sifted 4 times and add 1 teaspoon cream tartar, add slowly to the mixture the flour and pinch of salt with  $\frac{1}{4}$  teaspoon lemon.

*Mrs. W. T. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

## SUNSHINE CAKE

- |                              |   |
|------------------------------|---|
| 8 eggs.                      | 1 cup sugar.                            |
| $\frac{1}{2}$ teaspoon salt, | $\frac{3}{4}$ cup pastry flour.         |
| 1 teaspoon lemon flavoring.  | $\frac{1}{2}$ teaspoon cream of tartar. |

Separate eggs; beat yolks and salt until thick and lemon colored, add flavoring.

Beat whites to a stiff froth; fold in sugar; then combine with beaten yolks. Fold in flour which has been sifted several times with cream of tartar. Bake in an ungreased tube pan in a moderate oven for 50 minutes.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*



## SUNSHINE CAKE

- |  |                           |
|--|---------------------------|
| 2 egg yolks beaten.                            | 1 cup sifted flour.       |
| 1 cup sugar, added gradually.                  | 1 teaspoon baking powder. |
| Add beaten whites.                             | Salt and flavoring.       |
| Slowly add $\frac{1}{2}$ cup of boiling water. |                           |

Bake in moderate oven.

*Mrs. Harold S. Tolley, Wife of former Representative Tolley (N. Y.).*

## SUNSHINE CAKE

- |                               |                                      |
|-------------------------------|--------------------------------------|
| Whites of 7 small fresh eggs. | $\frac{2}{3}$ cup flour.             |
| Yolks of 5 eggs.              | $\frac{1}{3}$ teaspoon cream tartar. |
| 1 cup granulated sugar.       | 1 pinch salt.                        |

Sift, measure and set aside flour and sugar as for Angel cake.

Add pinch of salt to whites when they are half beaten, add cream of tartar and beat until very, very stiff. Stir in sugar lightly, then beaten yolks thoroughly, and lastly fold in flour. Put in oven at once. Will bake in 35 to 50 minutes.

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## IMPERIAL SUNSHINE CAKE

- |                              |                                      |
|------------------------------|--------------------------------------|
| $1\frac{1}{2}$ cups sugar.   | 1 cup Swansdown cake flour.          |
| $\frac{1}{2}$ cup water.     | $\frac{3}{4}$ teaspoon cream tartar. |
| 6 eggs beaten separately.    | 1 teaspoon orange extract.           |
| $\frac{1}{4}$ teaspoon salt. |                                      |

Boil sugar and water until it threads. Pour over whites of eggs, beat until cool, add beaten yolks, add cream of tartar and flour sifted together 4 times, then extract. Bake 50 to 60 minutes, and ice with—

## Orange Frosting

The juice of 1 small orange; the white of 1 egg; 1 cup of granulated sugar.

Put in double boiler and cook for 7 minutes. Beat when start to boil until thick, add 2 tablespoons of powdered sugar and spread when cool.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

## YELLOW CAKE (Lemon)

After making an Angel cake one has the yolks of 12 eggs left, which may be used in this cake.

- |                           |                                  |
|---------------------------|----------------------------------|
| $\frac{1}{2}$ cup butter. | 8 egg yolks.                     |
| 1 cup milk.               | 3 teaspoons Royal baking powder. |
| 2 cups sugar.             | 1 teaspoon lemon extract.        |
| 3 cups flour.             |                                  |

Cream butter and sugar, add flour and milk alternately, then flavoring, and well beaten yolks last.

## Icing

Boil 2 cups sugar and  $\frac{1}{3}$  cup water until it threads. Set aside and let stand while you beat the remaining 4 yolks. Pour syrup over beaten

yolks and beat until the mixture becomes creamy. Flavor with lemon and spread on cake.

If syrup is cooked enough this icing hardens quickly, so be careful. If too hard to spread it may be thinned with a little sweet cream.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

#### FRENCH TEA CAKE RECIPE

2 cups flour.	2 eggs.
1 cup sugar.	2 level teaspoonfuls baking powder.
1 tablespoon butter heaping, with pinch of Crisco, mixed thoroughly.	$\frac{1}{4}$ teaspoon salt.

Roll very thin, as paper, beat up whole eggs, brush over top and sprinkle with crushed nuts or berry seed.

*Mrs. John E. Rankin, Wife of Representative Rankin (Miss.).*

#### CINNAMON TEA CAKE

$\frac{1}{2}$ cup butter.	$1\frac{1}{4}$ cups pastry flour.
1 cup sugar.	2 teaspoons baking powder.
2 eggs.	1 teaspoon vanilla.
$\frac{1}{2}$ cup milk.	$\frac{1}{2}$ teaspoon cinnamon.

Cream butter, add sugar and eggs and beat well. Alternate milk and flour and baking powder sifted together. Add vanilla and cinnamon. Spread in well greased pan 14 by 14 inches.

Mix and sprinkle on top of cake before baking:

$\frac{1}{2}$ cup chopped walnut meats.	$1\frac{1}{4}$ teaspoons cinnamon.
$\frac{1}{2}$ cup sugar.	

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Me.).*

#### SOFT TEA CAKE

1 cup flour.	1 teaspoon salt.
1 cup sugar.	1 teaspoon soda.
1 cup nuts, broken.	1 teaspoon almond or lemon flavor.
1 cup dates, cut in small pieces.	2 eggs.

Mix, spread  $\frac{1}{2}$  inch thick on flat, square baking tins. Sprinkle with granulated sugar.

Bake in slow oven 20 minutes, under done rather than over done. Cut in squares before it cools.

*Mrs. Wallace H. White, Wife of Representative White (Me.).*

#### TAFT'S CAKE

2 cups of flour.	$\frac{1}{2}$ teaspoonful cloves, also nutmeg.
1 cup sugar.	3 tablespoonfuls chocolate.
2 level teaspoonfuls soda.	1 tablespoonful cornstarch.
1 teaspoonful cinnamon and	Sift all together.

Now toss in 1 cupful of nut meats and 1 cupful of raisins into the dry ingredients and stir well with a spoon; then add  $1\frac{1}{2}$  cupfuls apple sauce and half a cupful melted butter; beat well and bake in large granite, paper lined pan for one hour. This makes a fine, large cake, in every respect worthy of the name.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## TUTTI FRUTTI CAKE

- |  |                               |
|--|-------------------------------|
| 1 cup sugar.                           | 1 cup milk, and               |
| $\frac{1}{2}$ cup butter.              | 1 even teaspoonful of soda in |
| $\frac{1}{4}$ cup melted chocolate.    | milk.                         |
| 1 cup raisins.                         | 2 cups flour.                 |
| $\frac{1}{2}$ cup nut meats, cut fine. |                               |

*Mrs. Gale H. Stalker, Wife of Representative Stalker (N. Y.).*

## SILVER OR BRIDE'S CAKE

- |                             |                            |
|-----------------------------|----------------------------|
| 1 pound flour.              | 16 eggs (whites only).     |
| 1 pound sugar.              | 2 teaspoons baking powder. |
| $\frac{3}{4}$ pound butter. |                            |

Process: Cream butter and flour until perfectly smooth, add the whites of eggs which have been well beaten; add baking powder last. Bake in moderate oven.

*Mrs. John E. Rankin, Wife of Representative Rankin (Miss.).*

## VELVET CAKE

- |                                    |                               |
|------------------------------------|-------------------------------|
| 2 cups granulated sugar.           | 1 cup cornstarch.             |
| $\frac{3}{4}$ cup butter.          | 1 cup sweet milk.             |
| Whites of seven eggs beaten stiff. | 3 teaspoonfuls baking powder. |
| 2 cups flour.                      | 1 teaspoon almond flavoring.  |

Cream sugar and butter; add milk; sift together flour, cornstarch, and baking powder; add part of the flour and part of the whites of eggs. Then add remainder of flour and eggs. Flavor with almond. Bake in loaf.

*Mrs. David Meekison, Wife of former Representative Meekison (Ohio).*

## WHITE CAKE

- |   |                            |
|---|----------------------------|
| 2 cups sugar and                            | 1 cup sweet milk.          |
| $\frac{1}{2}$ cup butter, creamed together. | 3 cups flour.              |
| 4 egg whites.                               | 3 teaspoons baking powder. |

Bake in 3 layers.

*Mrs. Royal S. Copeland, Wife of Senator Copeland (N. Y.).*

## WHITE CAKE

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 cup sugar.                        | 1 teaspoon Rumford baking powder. |
| $\frac{1}{2}$ cup butter (creamed). | Whites 5 eggs.                    |
| $\frac{1}{2}$ cup sweet milk.       | 2 cups Swansdown flour.           |

*Mrs. Chas. R. Davis, Wife of former Representative Davis (Minn.).*

## WHITE CAKE

- |                         |                                    |
|-------------------------|------------------------------------|
| 1 cup butter.           | 1 $\frac{1}{2}$ teaspoons vanilla. |
| 2 cups sugar.           | Whites 6 eggs.                     |
| 3 cups flour.           | 3 teaspoons baking powder.         |
| $\frac{3}{4}$ cup milk. |                                    |

Cream together butter and sugar, mix baking powder with flour, add milk and flour alternately after beating until light, add egg whites beaten stiff, add vanilla last. Bake in loaf or layers.

*Mrs. Edgar Howard, Wife of Representative Howard (Neb.).*

## WHITE CAKE

- |                            |                              |
|----------------------------|------------------------------|
| $\frac{1}{2}$ cup butter.  | $\frac{1}{4}$ teaspoon salt. |
| $1\frac{3}{4}$ cups sugar. | 1 cup sweet milk.            |
| 3 cups Swansdown flour.    | Whites of five eggs.         |
| 3 teaspoons baking powder. | Flavoring.                   |

## Icing

- $1\frac{1}{2}$  cups sugar.  
 $\frac{1}{2}$  cup water.  
 Beat 2 egg whites stiff, then add 1 tablespoonful sugar for each egg. Beat again, then add  $\frac{1}{8}$  teaspoon baking powder. Beat again.  
 Pour hot syrup gradually over egg whites, beat, add 5 or 6 marshmallows, and beat again.

Cook until it threads.

*Mrs. C. Ellis Moore, Wife of Representative Moore (Ohio).*

## WHITE CAKE

- |                             |                               |
|-----------------------------|-------------------------------|
| Whites of 16 eggs.          | 1 cup sweet milk.             |
| $\frac{1}{2}$ pound butter. | 1 tablespoon baking powder or |
| 1 pound sugar.              | 1 teaspoon soda and           |
| 1 pound flour.              | 2 teaspoons cream tartar.     |

*Mrs. C. L. Brumbaugh, Widow of the late Representative Brumbaugh (Ohio).*

## WHITE CAKE

- |  |                     |
|--|---------------------|
| $\frac{1}{2}$ cup butter (large).        | 1 teaspoon soda.    |
| $1\frac{1}{2}$ cups sugar.               | 1 teaspoon vanilla. |
| 1 cup milk.                              | Little salt.        |
| $2\frac{1}{2}$ cups flour.               | Whites of 5 eggs.   |
| 2 teaspoons cream of tartar,<br>(large). |                     |

Cream butter and sugar. Sift cream tartar into flour. Beat whites of eggs stiff. Dissolve soda in milk. Add whites of eggs last.

*Mrs. Arthur R. Gould, Wife of Senator Gould (Me.).*

## WHITE CAKE

- |                            |                            |
|----------------------------|----------------------------|
| $\frac{1}{2}$ cup butter.  | 3 cups flour.              |
| $1\frac{1}{2}$ cups sugar. | Whites of three eggs.      |
| 1 cup milk.                | 2 teaspoons baking powder. |
| 1 teaspoon flavoring.      |                            |

Cream butter and sugar. Sift flour three times. Add milk, then flour a little at a time. Last fold in well beaten whites of eggs.

## Chocolate Icing

- |                                     |                           |
|-------------------------------------|---------------------------|
| 2 large spoons of grated chocolate. | 2 large spoons of butter. |
|-------------------------------------|---------------------------|

Melt chocolate and butter, add  $\frac{1}{3}$  cup cream, confectioners' sugar, beat well.

*Mrs. Albert H. Vestal, Wife of Representative Vestal (Ind.)*

## WHITE CAKE WITH CHOCOLATE MARSHMALLOW ICING

See Favorite Dishes of All Nations, page 121.

## DELICATE WHITE CAKE

- |                                 |   |
|---------------------------------|---|
| $\frac{3}{4}$ cup butter.       | 2 slightly heaping teaspoonfuls of baking powder. |
| 2 cups confectioners' sugar.    | Whites of 6 eggs.                                 |
| Grated yellow peel of 1 orange. | Pinch of salt.                                    |
| 1 cup sweet milk.               | $2\frac{1}{2}$ cups Swansdown flour.              |

Sift sugar through wire sieve five times. Add butter to the sugar and cream thoroughly. Grate in the orange peel. Sift the flour mixed with the baking powder 10 times through wire sieve. Add the flour and sweet milk alternately. Whip the whites of eggs to very stiff froth, add pinch of salt, and fold in last. Grease pan, line with waxed paper, and grease the paper. Cake may be baked in a flat pan to be cut into square or may be baked in 3 layer pans.

*Mrs. Henry R. Rathbone, Wife of Representative Rathbone (Ill.).*

## FIVE-MINUTE WHITE CAKE

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| $1\frac{1}{2}$ cups sifted flour. | 1 heaping teaspoonful baking powder. |
| 1 cup sugar.                      |                                      |

(Sift the above together 3 or 4 times)

Place unbeaten whites of 2 eggs in cup, add butter until cup is half full; then fill cup even full with milk. Add flour, sugar and baking powder, stirring constantly. Beat vigorously for 5 minutes or over. Bake in 2 layers in medium sized cake tins. Cover with boiled white icing. Either caramel or chocolate icing and filling makes a delicious and attractive change from the all-white.

*Mrs. Charles J. Thompson, Wife of Representative Thompson (Ohio).*

## WHITE CAKE

- |                               |                              |
|-------------------------------|------------------------------|
| $\frac{1}{2}$ cup shortening. | 2 teaspoons baking powder.   |
| 1 cup sugar.                  | $\frac{1}{4}$ teaspoon salt. |
| 2 eggs.                       | 1 teaspoon vanilla.          |
| $\frac{1}{2}$ cup milk.       | Cream, shortening and sugar. |
| $1\frac{3}{4}$ cups flour.    |                              |

Beat in egg yolks, milk, salt, flour and baking powder, then add whites of eggs beaten stiff, and vanilla. Bake in layers.

## Filling

One can grated pineapple,  $\frac{1}{2}$  cup sugar and 1 teaspoon cornstarch or flour, and one egg yolk. Put in double boiler and cook until thick. Put between layers; use whites for frosting.

*Mrs. Allen J. Furlow, Wife of Representative Furlow (Minn.).*

## THREE-MINUTE NEVER-FAIL WHITE CAKE

- |                                  |  |
|----------------------------------|--|
| 1 cup sugar.                     | 2 whites of eggs in bottom of measuring cup. |
| 1 cup Swansdown flour.           | 2 tablespoons melted butter over eggs.       |
| $\frac{1}{2}$ cup common flour.  | Fill remainder of cup with milk.             |
| 2 level teaspoons baking powder. |  |
| Pinch of salt.                   |  |

Take out 1 tablespoon of the flour, to which add baking powder and salt. Add the cup of wet ingredients to the dry ingredients and stir briskly

for 2 minutes. Add the tablespoon of flour taken out and stir again briskly for another minute. Flavor to suit taste. Will make 2 layers or 1 small loaf.

*The late Mrs. O. J. Kvale, Wife of Representative Kvale (Minn.).*

### SMALL WHITE CAKE

$\frac{1}{2}$ cup of butter.	$2\frac{1}{2}$ cups of flour.
$1\frac{1}{2}$ cups of sugar.	2 teaspoons baking powder.
1 cup of water.	3 egg whites, beaten.

### Mochota Filling

1 large tablespoon butter.	2 teaspoons cocoa.
1 cup of powdered sugar.	Vanilla.
2 tablespoons coffee.	

*Mrs. Daniel F. Steck, Wife of Senator Steck (Iowa).*

### YUM-YUM CAKE

$2\frac{1}{2}$ cups water.	A pinch of ginger or cloves.
2 tablespoonfuls of lard.	Boil 10 minutes. Cool.
1 cup sugar.	Add 3 cups flour.
1 package raisins.	1 teaspoonful of baking powder.
2 teaspoonfuls cinnamon.	

Bake 1 hour.

*Mrs. J. Hampton Moore, Wife of former Representative Moore (Pa.).*

### ZWEIBACK CAKE

3 large eggs, well beaten, separately.	1 cup chopped walnuts.
1 cup sugar.	1 teaspoon baking powder.
1 cup grated zweiback.	Pinch of salt.

Bake 30 minutes in moderate oven. Spread over with raspberry jam and whipped cream.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### ZWEIBACK CAKE

1 pound English walnuts, un- shelled.	1 cup sugar.
10 small zweiback.	1 teaspoon baking powder.
5 eggs.	1 teaspoon cinnamon.
	1 teaspoon allspice.

Grind nuts and zweiback fine; mix powder and spices together with nuts and whip eggs separate. Add sugar to yolks and half nuts and zweiback; add half whites of eggs and remaining of mixture, and last remaining whites of eggs. Bake in 2 layers, cool. Whip half pint of cream, sweeten and flavor, to put as filling between layers.

*Mrs. Robert L. Bacon, Wife of Representative Bacon (N. Y.).*

### FROSTING

2 cups sugar.	2 egg whites.
$\frac{1}{3}$ cup boiling water.	

Boil sugar and water without stirring until it will spin a thread when dropped from the tip of a spoon. Pour syrup gradually over the beaten

whites and continue beating until mixture is stiff enough to hold its shape. Flavor with  $\frac{1}{2}$  teaspoonful of vanilla.

*Mrs. Homer L. Lyon, Wife of Representative Lyon (N. C.).*

#### FROSTING—Delicious White

1 cup sugar.	1 teaspoon vanilla, almond or lemon.
$\frac{1}{2}$ cup boiling water.	
White of 1 egg.	

Put sugar and water in saucepan; stir to prevent sugar from adhering to saucepan; heat gradually to boiling point until syrup will thread when dropped from tip of spoon. Pour syrup gradually on beaten white of egg, beating mixture constantly and continue heating until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with the back of a spoon. Half a cup of chopped walnuts may be added to this frosting and is very nice.

*Mrs. Porter H. Dale, Wife of Senator Dale (Vt.).*

#### BOILED ICING

2 cups granulated sugar.	$\frac{1}{2}$ cup water.
--------------------------	--------------------------

Boil until it threads, then take from fire and add 1 tablespoonful of light Karo syrup. While sugar is cooking beat the whites of 2 eggs very stiff and add the above liquid to it boiling hot, a little at a time and stirring hard. The addition of syrup keeps it from going back to sugar. Karo syrup either dark or light, added to fudge makes it smooth and creamy.

*Mrs. William A. Rodenberg, Wife of former Representative Rodenberg (Ill.).*

#### ICING

2 cups of granulated sugar.	$\frac{1}{2}$ teaspoon cream of tartar.
$\frac{1}{2}$ cup water.	1 teaspoon vinegar.

Boil together until it hairs from the spoon. Beat whites of 3 eggs very light; add boiled mixture slowly, and last  $\frac{1}{2}$  teaspoon baking powder.

*Mrs. Thomas W. Phillips, Jr., Wife of former Representative Phillips (Pa.).*

#### BOILED FROSTING

Whites of 3 eggs, beaten very light.	$1\frac{1}{2}$ tablespoons water, mixed together.
--------------------------------------	---

$1\frac{1}{2}$  cups granulated sugar.

Have double boiler hot; put mixture in and cook eight minutes, stirring all the time. Take from the fire and beat until it thickens. Flavor to taste.

*Mrs. Chas. R. Davis, Wife of former Representative Davis (Minn.).*

#### CHOCOLATE FROSTING

2 cups confectioners' sugar XXXX.	2 tablespoons hot water, or more if necessary to make smooth.
2 tablespoons cocoa.	1 teaspoon vanilla.
2 tablespoons butter.	
2 tablespoons coffee (black).	

*Mrs. George W. Pepper, Wife of former Senator Pepper (Pa.).*

#### CHOCOLATE FROSTING

2 cups sugar.	1 teaspoonful vinegar.
2 whites of eggs.	$\frac{1}{4}$ teaspoonful cream of tartar
$\frac{1}{2}$ cup boiling water.	$\frac{1}{2}$ cup cocoa.

Mix chocolate, vinegar, sugar and water together; boil until it forms a soft ball when dropped in ice water. Have egg whites beaten until very stiff, having added cream of tartar. Pour hot syrup made from chocolate and sugar over eggs slowly and beat until stiff. This same recipe makes a delicious white frosting by leaving out chocolate.

*Mrs. John H. Smithwick, Wife of former Representative Smithwick (Fla.).*

### CHOCOLATE FROSTING

Cut in small pieces 2 squares unsweetened chocolate and put in small saucepan over hot water to melt. Put in bowl 1 pound XXX confectioner's sugar and add to it piece of butter size of egg. Pour on this a little boiling water and beat up butter, hot water and sugar. Beat until it is creamy, not too soft, and spread over cake. Then on top of this spread layer of unsweetened melted chocolate.

*Mrs. Sherman E. Burroughs, Wife of former Rep. Burroughs (N. H.).*

### CHOCOLATE ICING

$\frac{1}{2}$ cup cocoa.	1 cup sweet milk (part cream is better).
2 cups sugar.	Butter size of walnut.

Boil all together until it forms a soft ball. Spread.

*Mrs. Charles J. Thompson, Wife of Representative Thompson (Ohio).*

### SOFT CHOCOLATE ICING

2 cups of boiling water.	Pinch of salt.
$\frac{3}{4}$ cake of chocolate.	1 full teaspoon of vanilla.
2 cups of sugar.	$\frac{1}{2}$ teaspoonful of baking powder.
3 heaping tablespoonfuls of flour.	

Put the chocolate in boiling water and stir until nice and smooth. Sift the sugar and flour thoroughly together, then add to the water and chocolate and boil thoroughly, stirring constantly or it will be lumpy. Be careful not to burn. Add pinch of salt and a teaspoonful of vanilla. Just before taking off the fire add and beat in thoroughly  $\frac{1}{2}$  teaspoonful of baking powder. Beat until cool. Especially good on devil's food cake.

*Mrs. Milton W. Shreve, Wife of Representative Shreve (Pa.).*

### CHOCOLATE FUDGE ICING

1 cup granulated sugar.	2 squares chocolate or
1 cup light brown sugar.	3 tablespoonfuls cocoa.
1 cup milk.	

Cook until it forms a soft ball when tried in cold water. Add 1 tablespoonful butter and 1 teaspoonful vanilla. Remove from fire and test until the right consistency to spread.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

### CREAM ICING

2 cups sugar.	Flavor to suit taste.
1 cup sweet cream.	

Cook until it forms a soft ball in water. When cool beat until thick. Very nice.

*Mrs. Charles J. Thompson, Wife of Representative Thompson (Ohio).*



## QUICK MAPLEINE ICING

$\frac{1}{2}$  teaspoon butter.  $1\frac{1}{2}$  cups powdered sugar.  
2 tablespoons hot milk.  $\frac{1}{2}$  teaspoon Mapleine.

Mix the butter with hot milk; add the sugar, and gradually through a sifter, until good consistency, add Mapleine and spread on cake. All measurements level.

*Mrs. William E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

## MARSHMALLOW ICING

Boil together until a soft ball degree is reached, 1 cup of granulated sugar, and  $\frac{1}{4}$  cup of water. Pour over, beating constantly, the whites of 2 eggs that have been previously whipped. Beat in  $\frac{1}{4}$  pound of marshmallows, add  $\frac{1}{2}$  teaspoonful of vanilla, and beat until cold. This makes a light, fluffy icing that will not run from the cake.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## NEVER FAIL ICING

4 tablespoons of butter. 4 tablespoons of liquid coffee.  
4 tablespoons of cocoa (pow- 2 tablespoons vanilla.  
dered). 1 pound of powdered sugar.

Cream butter; add cocoa; add other ingredients and beat until it thickens, so as to spread.

*Mrs. Robert N. Page, Widow of the late Representative Page (N. C.).*

## ONE, TWO, THREE ICING

1 cup sugar. 3 tablespoonfuls cold water.  
2 egg whites.

Mix sugar, eggs and water in double boiler. Have water in lower part of boiler boiling vigorously; set top part in and beat mixture with Dover beater constantly for 7 minutes.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

## RED APPLE ICING

Grate very red apples, peeling and all; cover till thick with sugar, butter and a bit of lemon juice, and ice plain yellow cake. Very attractive and good.

*Mrs. John B. Kendrick, Wife of Senator Kendrick (Wyo.).*

## SEVEN-MINUTE FROSTING

$1\frac{1}{2}$  cups of sugar. 1 egg white.  
 $4\frac{1}{2}$  tablespoons of cold water.  $\frac{1}{2}$  teaspoon of cream of tartar.

Put all in a double boiler together and beat constantly with an egg beater for 7 minutes. (Have the water boiling when you start beating). Take from the fire and add 1 teaspoon of vanilla.

*Mrs. Gale H. Stalker, Wife of Representative Stalker (N. Y.).*

## SEVEN-MINUTE FROSTING

$\frac{7}{8}$  cup granulated sugar. 3 tablespoons water.  
1 white of egg. Flavoring.  
Pinch of cream of tartar.

Put all in double boiler together and beat constantly with an egg-beater exactly 7 minutes.

*Mrs. Joseph L. Hooper, Wife of Representative Hooper (Mich.).*

#### WHITE ICING (Also good for filling)

2 cups sugar.

1 egg white.

1 cup boiling water.

$\frac{1}{2}$  teaspoon vanilla.

$\frac{1}{4}$  teaspoon cream of tartar.

Boil sugar and water until it threads. Do not stir. Partly beat white of egg; add cream tartar, vanilla. Add boiling sugar slowly and beat until mixture is ready to spread. Usually about three minutes. Nuts or fruit can be added if liked.

*Mrs. Charles J. Thompson, Wife of Representative Thompson (Ohio).*

#### APP-LEM-CO CAKE FILLING

Make a light batter as for the usual layer cake. Grate 1 savory apple, 1 lemon with rind, and 2 large fresh cocoanuts. Beat the white of 1 egg to stiff froth. Cook slowly 2 cups sugar and  $\frac{3}{4}$  cup water to sufficient thickness for icing. Then beat in white of egg. Add grated apple, lemon and cocoanut. Spread thickly between layers, and over top and sides. This makes a most delicious cake—the apple and lemon giving a rare flavor, and serving to keep it fresh and moist.

*Mrs. N. B. Dial, Wife of former Senator Dial (S. C.).*

#### CAKE FILLING

1 $\frac{1}{2}$  cups sugar.

2 eggs.

$\frac{3}{4}$  cup water.

1 tablespoon Karo syrup.

Cook sugar and water until boils. Beat whites of 2 eggs till stiff and add  $\frac{1}{3}$  of syrup. Heat rest of syrup, cook until threads; add these; place over hot water till stiff enough not to run.

*Mrs. John McDuffie, Wife of Representative McDuffie (Ala.).*

#### CARAMEL FILLING

2 cups brown sugar.

2 teaspoons butter.

$\frac{1}{2}$  cup milk.

1 teaspoon vanilla.

Boil ingredients together, stirring constantly, until the mass forms a soft ball in cold water. Take from stove and beat until thick enough to spread. Add flavoring just before spreading on the cake.

*Mrs. Earl C. Michener, Wife of Representative Michener (Mich.).*

#### CARAMEL FILLING FOR CAKE

2 $\frac{1}{2}$  cups brown sugar.

1 cup water.

1 cup white sugar.

White of 1 egg, beaten stiff.

$\frac{1}{4}$  pound butter.

1 cup nut meats.

Cook brown sugar and water until it forms a soft ball in cold water. Beat a little in the egg, then pour back into the caramel and beat and beat. Put in nuts broken up at the last, just before spreading.

*Mrs. Wells Goodykoontz, Wife of former Rep. Goodykoontz (W. Va.).*

#### CARAMEL FILLING

2 pounds brown sugar.

1 pound English walnut meats.

1 cup butter.

Whites of 2 eggs.

2 cups milk.

Cook sugar, butter and milk together slowly until it hairs or tests in water. Stir frequently while cooking. Add nut meats 20 minutes before removing from fire. Stir into beaten egg whites. Note: One-half recipe is sufficient for ordinary cake filling, but the whole recipe makes a special filling.

*Mrs. Thaddeus C. Sweet, Wife of Representative Sweet (N. Y.).*

### COCOANUT CUSTARD FILLING

1 pint of cream, sweetened to taste and whipped.      1 package of gelatine soaked.

When dissolved whip the whites of 2 eggs stiff and beat in the whipped cream. Then stir in the gelatine and a small box of prepared cocoanut. Make enough plain icing for the top and sides. Then grate a small fresh cocoanut for the top and sides.

*Mrs. C. L. Brumbaugh, Widow of the late Representative Brumbaugh (Ohio).*

### CHOCOLATE CREAM FILLING

(For Angel Food Cake to be used as a Dessert)

Into 1 pint of heavy cream put 6 tablespoons cocoa and  $\frac{1}{2}$  cup sugar—blend well and keep in refrigerator about 2 hours—when ready to serve, add teaspoon vanilla and whip as any other cream. Split the cake in half and put the whipped chocolate cream between the 2 halves and all over the outside, and serve.

*Mrs. Patrick H. Drewry, Wife of Representative Drewry (Va.).*

### ORANGE FILLING

Juice of one orange and a little grated peel.

1 tablespoon of lemon juice.      1 teaspoon of butter.

Heat to near boiling point then add  $\frac{1}{3}$  cup of sugar, 2 tablespoons flour and pinch of salt—sifted together—add to hot liquid, cook a few minutes, then add 1 egg well beaten and cook a little longer. This is fine to be used as follows: Bake angel food cake and when cool cut across and add filling and put together.

*Mrs. J. L. Nugent, Wife of former Senator Nugent (Idaho).*

### FILLING FOR ORANGE CAKE

Juice of 2 oranges and  $\frac{1}{4}$  cup of water; bring to boil; add 2 heaping teaspoons of cornstarch, mixed smooth in cold water; cook orange juice with cornstarch, stirring constantly, until thick and smooth, then add  $\frac{1}{2}$  cup of sugar, a small piece of butter; take from fire and cool, adding a few drops of vanilla extract. When cool spread between layers of cake while cake is still warm. Ice top and sides with boiled icing.

*Miriam A. Ferguson, former Governor of Texas.*

### MOCHA FILLING

$\frac{1}{4}$  pound creamery butter.      3 tablespoonfuls strong per-  
1 pound package powdered      colated coffee.  
sugar.

Cream butter with sifted sugar, thin with the coffee to the consistency of spreading.

*Mrs. W. B. Bowling, Wife of Representative Bowling (Ala.).*

## COOKIES AND SMALL CAKES

### COOKIES

- $\frac{1}{2}$  cup of butter. 3 eggs.  
 $\frac{1}{2}$  cup of lard. 2 teaspoons of cream of tartar.  
 $2\frac{1}{2}$  cups of brown sugar. 1 teaspoon of soda.  
1 quart of flour.  
Flavor with vanilla. Roll very thin.  
*Miss Jennie M. Moore, Sister of Representative Walton Moore (Va.).*

### COOKIES

- $\frac{1}{2}$  cup butter.  $4\frac{1}{2}$  cups flour sifted with  
 $1\frac{1}{2}$  cups sugar.  $\frac{1}{2}$  teaspoon soda.  
2 eggs.  
Make into dough adding a little water if necessary. Roll very thin  
and bake in quick oven.  
*Mrs. Jas. F. Byrnes, Wife of former Representative Byrnes (S. C.).*

### ALMOND COOKIES

- $1\frac{1}{2}$  cups granulated sugar. 3 heaping tablespoons flour.  
Whites of 5 eggs.  $\frac{1}{2}$  teaspoon salt.  
1 pound salted almonds.  
Drop by teaspoonful on a greased pan. Moderate oven.  
*Mrs. Fred S. Purnell, Wife of Representative Purnell (Ind.).*

### ALMOND COOKIES

- $1\frac{1}{4}$  pounds brown sugar.  $\frac{1}{2}$  pound almonds (through  
 $\frac{1}{2}$  pound butter. food chopper).  
3 eggs.  $\frac{1}{2}$  teaspoon cinnamon.  
1 teaspoon soda.  $1\frac{1}{2}$  pounds flour.  
Roll out like sausages. Let dough stand over night in a cold place.  
*Mrs. James T. Begg, Wife of Representative Begg (Ohio).*

### AUNT MOLLIE'S COOKIES

- 1 egg. 1 level teaspoon soda.  
1 cup granulated sugar. 2 level teaspoons baking powder.  
 $\frac{1}{2}$  cup milk or cream.  $\frac{1}{2}$  level teaspoon salt.  
 $3\frac{1}{2}$  cups flour.  
1 teaspoon flavoring (vanilla).  
Cream butter and sugar. Add egg, milk and flavoring. Mix flour,  
soda, baking powder and salt and sift into liquid mixture. A little more

flour may be added if dough is too soft to handle. Roll thin. Cut with cookie cutter. Place on well greased sheet, not quite touching each other. Bake until delicately brown.

*Mrs. M. M. Neely, Wife of Senator Neely (W. Va.).*

**BALDRIDGE COOKIES (Original)**

- |                            |                                     |
|----------------------------|-------------------------------------|
| 2 eggs.                    | 3 cups flour.                       |
| 2 scant cups sugar.        | 1 teaspoon soda dissolved in water. |
| 1 cup sweet milk.          | Vanilla or lemon extract.           |
| 1 cup shortening.          | 1 cup nuts or raisins.              |
| 2 teaspoons baking powder. |                                     |

*Mrs. H. C. Baldrige, Wife of the Governor of Idaho.*

**BOSTON COOKIES**

- |                 |                  |
|-----------------|------------------|
| 1 cup butter.   | ¾ cup nuts.      |
| 2½ cups flour.  | 3 eggs.          |
| ¾ cup raisins.  | 1 teaspoon soda. |
| ¾ cup currants. | ¼ teaspoon salt. |
| 1½ cups sugar.  | Spices to taste. |

Cream butter and sugar. Add eggs well beaten, then the flour and soda and beat as you would a cake. Add the fruit and nuts floured, and salt and spices to taste.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

**BREAD CRUMB COOKIES**

Cream 1 cup brown sugar with ½ cup lard. Add 2½ cups bread crumbs, ½ cup molasses, ½ cup cold water or coffee, 2 eggs beaten, 1 teaspoon soda, 1 teaspoon cinnamon, ½ teaspoon cloves, 2½ cups sifted flour, ½ cup raisins. Drop mixture from spoon on greased pan and bake.

*Mrs. Dan Waugh, Wife of former Representative Waugh (Ind.).*

**BROWN COOKIES**

- |                        |  |
|------------------------|--|
| 1 cupful brown sugar.  | 1 heaping teaspoonful cinnamon.                        |
| ¾ cupful butter.       | 1 level teaspoonful salt.                              |
| 1 cupful white sugar.  | 1 teaspoonful vanilla.                                 |
| ¾ cupful lard.         | 1 level teaspoonful soda, mixed in first cup of flour. |
| 3 eggs.                | 4 cupfuls flour; mix.                                  |
| 1 cupful walnut meats. |  |

Put on ice for few hours, slice and bake. Will keep for several days in ice box. Can cook few at a time.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

**BUTTER COOKIES**

- |                 |   |
|-----------------|---|
| 1 pound butter. | 1½ teaspoon baking powder.                      |
| 2 cups sugar.   | 3½ cups of flour or enough to make stiff dough. |
| 2 eggs.         |   |

Let stand over night. Roll real thin, brush top with egg, cinnamon and nuts.

*Mrs. William L. Nelson, Wife of Representative Nelson (Mo.).*

## BUTTER COOKIES

1 cup butter.

1½ cups flour.

1 cup powdered sugar.

1 egg.

1 teaspoon vanilla.

Method for mixing—Mix the butter and flour, add powdered sugar and egg beaten stiffly. 3 dozen cookies.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.)*

## BUTTER SCOTCH COOKIES

Four cups brown sugar and 1 cup butter, creamed. Four eggs beaten separately, 6 cups sifted flour, 1 level teaspoonful soda dissolved in 2 teaspoons of water, 1 level teaspoon vanilla, 1 cup black walnut meats. Mold into 2 loaves, 1¼ inches thick by 2½ inches wide. Put in refrigerator until morning, slice about ½ inch thick and bake in medium oven.

*Mrs. Scott Leavitt, Wife of Representative Leavitt (Mont.)*

## CAMEL COOKIES

2 eggs.

1 cup butter.

2 cups dark brown sugar.

1 teaspoon each soda and cream of tartar.

3½ cups flour.

Cream, butter and sugar, add beaten eggs, then add flour with soda and cream of tartar. Make into a roll and let stand over night. Slice with knife and bake.

*Mrs. Edward Jackson, Wife of the Governor of Indiana.*

## CHOCOLATE COOKIES

1 cup sugar.

2 squares chocolate, melted.

½ cup melted butter.

2 eggs, yolks and whites, beaten separately, then together.

¾ cup flour; mix.

Spread thin in the baking tin and sprinkle with nuts; bake while warm, cut in squares.

*Miss Doris Gibson, Daughter of Representative Gibson (Vt.)*

## CHOCOLATE COOKIES

1 cup sugar.

½ cup butter.

1 egg, well beaten.

2 squares melted chocolate.

½ cup milk.

1½ cups flour.

1½ teaspoon baking powder.

1 cup chopped nuts.

1 teaspoon vanilla.

Cream butter and sugar. Add other ingredients in order given. Drop by teaspoonful on buttered pan and bake in moderate oven.

*Mrs. A. W. Bissell, Daughter of the Secretary of the Interior.*

## CHOCOLATE COOKIES

Eggs, whites of 6.

Sugar, powdered, ½ pound  
sifted.

Chocolate, ½ pound Whit-  
man's Instantaneous.

Flour, ¼ pound, sifted several  
times.

Beat eggs until very light and add very slowly the other ingredients. Drop on buttered pans or paper and bake.

*Mrs. George W. Pepper, Wife of former Senator Pepper (Penna.)*

## CHRISTMAS COOKIES (Springilis)

- |                |   |
|----------------|---|
| 4 eggs.        | 1 teaspoon aniseed.                       |
| 1 pound sugar. | $\frac{1}{2}$ teaspoon carbonate ammonia. |
| 1 pound flour. |   |

Beat eggs well, add grated aniseed and sugar. Add grated ammonia and flour. Use cake forms, cut into different shapes, let stand on floured board in warm room over night. Bake in moderate oven in the morning. Very good cookies.

*Mrs. Stewart Appleby, Wife of former Representative Appleby (N. J.).*

## MORAVIAN CHRISTMAS COOKIES

- |                                      |   |
|--------------------------------------|---|
| 2 pounds flour.                      | 1 tablespoon cinnamon.  |
| 1 pound brown sugar.                 | 1 quart New Orleans molasses.                                 |
| 1 pound shortening (butter or lard). | $\frac{1}{2}$ teaspoon soda dissolved in very little vinegar. |
| Mix soda and molasses.               | 1 teaspoon ginger.  |
| 1 tablespoon cloves.                 |   |

Mix flour, sugar, shortening and spices, and work well with hands until mixed. Add soda and molasses. Roll thin and cut in shapes.

*Mrs. Wm. Radford Coyle, Wife of former Representative Coyle (Penna.).*

## MORAVIAN WHITE CHRISTMAS COOKIES

- |                          |   |
|--------------------------|---|
| 1 pound butter.          | 1 teaspoon soda dissolved in hot water. |
| 3 cups granulated sugar. |   |
| 5 eggs.                  | Enough flour to make stiff dough.       |
| 1 cup sweet cream.       |   |
| Flavor with vanilla.     |   |

Roll thin and cut with fancy cake cutters. Dough must be cold.

*Mrs. Wm. Radford Coyle, Wife of former Representative Coyle (Penna.).*

## CARAMEL COOKIES

- |                                   |   |
|-----------------------------------|---|
| Don't "monkey with this recipe!   | 2 cups brown sugar.                               |
| Mix in this order:                | Mix well and add $\frac{1}{2}$ cup melted butter. |
| $3\frac{1}{2}$ cups pastry flour. | 2 unbeaten eggs.                                  |
| 1 level teaspoon soda.            |   |
| 1 level teaspoon cream of tartar. |   |

Knead into loaf to make a roll as big around as your wrist. Put in refrigerator and slice off cookies very thin and bake a delicate brown in medium oven—as wanted. Dough will keep until used. Delicious!

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## LEBKUCHEN

- |                               |   |
|-------------------------------|---|
| 1 pound brown sugar.          | 1 teaspoon cloves.                              |
| 1 teaspoon cinnamon.          | $\frac{1}{4}$ pound almonds, without blanching. |
| $\frac{1}{2}$ nutmeg, grated. | $1\frac{1}{2}$ cups sifted flour.               |
| 3 ounces citron.              |   |
| 4 eggs.                       |   |

Grind your almonds, not too fine—also citron. Mix all ingredients thoroughly and spread *very thin* in a shallow pan. Bake in a moderate

oven, and watch closely so that it doesn't brown. After it is baked, mark with a sharp knife into squares, and, without removing from pan, frost with a frosting made of powdered sugar, water and a little white of egg. This can be spread nicely with a paint brush. Set back in the oven for a few moments only to dry. It is better not to keep these cakes in tin.

*Mrs. William E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

### GERMAN LEBKUCHEN

3 cups sugar.	3 eggs.
1 cup N. O. Molasses.	4 cups flour.
1 cup honey.	1 rounding tablespoon cinnamon.
1 large cup butter.	1 scrimped tablespoon cloves.
1 large cup hickorynut (or	1 tablespoon soda.
other) meats.	1 cup boiling water.
$\frac{1}{2}$ cup almonds.	$\frac{1}{2}$ cup citron.

Boil together sugar, molasses, and honey for about 10 minutes. Into hot mixture put butter, put spices in sieve with 4 cups of flour and sift in, adding hickory nuts, almonds, and citron, chopped fine. Then add 1 tablespoon soda dissolved in 1 cup boiling water; beat. Lastly add well beaten eggs and enough more flour to make a very stiff dough.

Put in large earthen bowl, cover and let stand 3 or 4 days.

Roll out thin, cut in strips or squares, place a nut meat or a bit of citron on top of each and bake. Have ready a cup of hot honey, brush over tops, lightly, as taken from oven. Keeps for 3 or 4 months.

*Mrs. James H. Davidson, Widow of the late Representative Davidson (Wis.).*

### CHOCOLATE COCOANUT COOKIES

1 can Eagle Brand milk.	$\frac{1}{2}$ pound shredded cocoanut.
-------------------------	--

One square unsweetened chocolate—melted. Mix together and drop 1 tablespoonful at a time on buttered pans. Bake about 15 minutes in moderate oven.

*Mrs. T. J. Geary, Wife of former Representative Geary (Calif.).*

### COCOANUT COOKIES

$\frac{3}{4}$ cup sugar.	$\frac{1}{2}$ can cocoanut.
$\frac{1}{2}$ cup butter.	$1\frac{1}{2}$ cups flour.
Cream, sugar and butter. Add	$\frac{1}{4}$ teaspoon salt.
2 well beaten eggs.	$1\frac{1}{2}$ teaspoons baking powder.

Roll quite thin; cut. Brush with egg and cocoanut. Bake in hot oven.

*Mrs. Charles A. Eaton, Wife of Representative Eaton (N. J.).*

### CREAM COOKIES

$1\frac{1}{2}$ cups soft sugar.	2 teaspoons baking powder.
$\frac{3}{4}$ cup butter.	$\frac{1}{3}$ cup cream.
3 eggs.	Flour to make stiff dough.
Salt.	

*Mrs. William Arnold, Wife of Representative Arnold (Ill.).*



## DATE COOKIES

- |   |                            |
|---|----------------------------|
| 1½ cups brown sugar.                    | 2½ cups quick Quaker oats. |
| 1 cup shortening (½ butter,<br>½ lard). | 1 teaspoon cream tartar.   |
| 2 eggs.                                 | ½ cup hot water.           |
| 1 teaspoon soda.                        | Pinch salt.                |
| 2 cups flour.                           | ½ teaspoon vanilla.        |

Cream together sugar and shortening. Then break in 2 eggs. Add 1 teaspoon soda dissolved in a small half cup of hot water. Pinch of salt. Vanilla. Add 2 cups flour and 2½ cups of quick Quaker oats and the teaspoon of cream tartar. Let stand until morning. Then roll thin and spread the following filling over. Cut in squares and bake.

Filling—One pound dates cut up, add 1 cup sugar and 1 cup cold water. Let cook until soft.

*Mrs. John M. Baer, Wife of former Representative Baer (N. D.).*

## DATE COOKIES

Whites of 4 eggs beaten with 1 cupful powdered sugar for 15 minutes. Add 1 pound dates cut. 1 cupful walnuts. Bake in slow oven.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## DATE AND NUT COOKIES

- |                               |                        |
|-------------------------------|------------------------|
| 1 cup powdered sugar.         | 1 cup dates, cut fine. |
| 1 cup broken English walnuts. |                        |

Two egg whites beaten until stiff, then add sugar, beat again, add nuts, dates and pinch of salt. Drop on buttered tins, bake in slow oven until brown, about 20 minutes.

*Mrs. T. Frank Appleby, Widow of the late Representative Appleby (N. J.).*

## DELICIOUS COOKIES

Rub together 2 cupfuls flour and ½ cup butter. Add pinch salt and 1½ teaspoonfuls baking powder, sifted with 1 cup sugar. Beat 2 eggs and add to the mixture. Add 2 tablespoonfuls sweet milk. Flavor with cinnamon and nutmeg. Mix and let stand over night in a cool place. In the morning roll thin, and place nuts, cinnamon and sugar or raisins on top of each cookie, and bake in moderate oven.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Penna.)*

## DROP COOKIES

- |                              |                               |
|------------------------------|-------------------------------|
| 1½ cups of brown sugar.      | 1 cup nut meats.              |
| 1 cup of butter.             | 1 teaspoon baking powder, and |
| 2 eggs.                      | mix with                      |
| 1 teaspoon soda dissolved in | 2½ cups of flour.             |
| ½ cup of hot water.          | 1 tablespoon of cinnamon, or  |
| ½ pound of raisins.          | more.                         |

Drop from spoon and bake.

*Mrs. Gale H. Stalker, Wife of Representative Stalker (N. Y.).*

## DELICIOUS FIG COOKIES

- |                            |               |
|----------------------------|---------------|
| 1 pound (or one large cup) | 2 cups sugar. |
| figs, cut fine.            | 2 eggs.       |

1 cup butter.

Flour to roll out well.

*Mrs. A. A. Jones, Wife of Senator Jones (N. Mex.).*

## FILLED COOKIES

- |                               |                              |
|-------------------------------|------------------------------|
| $\frac{1}{3}$ cup shortening. | 1 teaspoon vanilla extract.  |
| 1 cup sugar.                  | $3\frac{1}{2}$ cups flour.   |
| 1 egg.                        | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ cup milk.       | 4 tsp. Royal baking powder.  |

Cream shortening, add flour, salt and baking powder, which have been sifted together; add to dough  $\frac{1}{4}$  teaspoon soda in tablespoon vinegar. Roll out thin on slightly floured board and cut with cookie cutter. Place 1 teaspoon filling on cookie, cover with another cookie and press edges together. Bake in moderate oven 12 to 15 minutes.

## Filling

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 2 teaspoons flour.                 | $\frac{1}{2}$ cup water.        |
| $\frac{1}{2}$ cup sugar.           | $\frac{1}{2}$ cup chopped nuts. |
| $\frac{1}{2}$ cup chopped raisins. |                                 |

Mix flour and sugar together, add water and fruit. Cook until thick and add nuts.

*Mrs. Edward Jackson, Wife of the Governor of Indiana.*

## STUFFED COOKIES

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 cup sugar.                  | $3\frac{1}{2}$ cups sifted flour. |
| $\frac{1}{2}$ cup shortening. | 3 teaspoons baking powder.        |
| $\frac{1}{2}$ cup sweet milk. | 1 egg.                            |
- Roll thin, put filling between, bake quickly, makes 2 dozen.

## Filling

- |                          |                    |
|--------------------------|--------------------|
| 1 cup cut raisins.       | 1 cup hot water.   |
| $\frac{3}{4}$ cup sugar. | Vanilla.           |
| 1 tablespoon flour.      | Let boil and cool. |

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## STUFFED CREAM CAKES

See Favorite Dishes of All Nations, page 106.

## FINNISH COOKIES (Very Good)

- |                             |                                 |
|-----------------------------|---------------------------------|
| $\frac{1}{2}$ pound butter. | $\frac{3}{4}$ pound flour.      |
| $\frac{1}{2}$ cup sugar.    | $\frac{1}{2}$ teaspoon vanilla. |

Method—Roll dough in a long roll, and cut off small pieces about  $\frac{1}{8}$  of an inch thick and 2 inches across. Brush top with yolk of egg and a mixture of sugar, cinnamon and chopped almonds. Bake on sheets of metal.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

## FINNISH COOKIES

See Favorite Dishes of All Nations, page 61.

## FRUIT COOKIES

- |                                     |                              |
|-------------------------------------|------------------------------|
| $\frac{3}{4}$ cupful butter.        | 1 cupful currants.           |
| $1\frac{1}{2}$ cupfuls brown sugar. | 1 teaspoonful each cinnamon, |
| 3 eggs.                             | cloves and allspice.         |
| 1 cupful almonds.                   | 2 cupfuls flour.             |
| 1 cupful raisins.                   | 1 teaspoonful baking soda.   |

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## SAND COOKIES

See Favorite Dishes of All Nations, page 98.

## FUDGE COOKIES

- |                               |                               |
|-------------------------------|-------------------------------|
| 1/2 cup butter.               | 1/2 cup raisins.              |
| 1 1/4 cups brown sugar.       | 1 teaspoon vanilla.           |
| 2 eggs.                       | 1 1/2 teaspoons baking powder |
| 2 squares chocolate (melted.) | sifted with about 2 cups of   |
| 1/2 cup milk.                 | flour or enough to make a     |
| 1 cup English walnuts.        | stiff batter.                 |

Cream butter and sugar, add eggs, chocolate, vanilla, milk, flour, then nuts and raisins which have been floured. Drop in spoonfuls on buttered tins. Bake in moderate oven about ten minutes.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## HERMIT COOKIES

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 cup of butter.                | 3 eggs, beaten together.   |
| 1 1/2 cups of brown sugar.      | 1 teaspoonful cinnamon.    |
| 1 cup of raisins, chopped fine. | 1 teaspoonful cloves.      |
| 1 cup of English walnuts,       | 1 teaspoonful allspice.    |
| chopped fine.                   | 2 teaspoonfuls soda in hot |
| 1 1/3 cups of flour (browned).  | water.                     |

Cream butter and sugar together. Then add all the other ingredients. Drop from tip of spoon in small portions into pans. Bake in hot oven.

*Mrs. Thomas S. Crago, Wife of former Representative Crago (Penna.).*

## HERMIT COOKIES

- |                     |                                  |
|---------------------|----------------------------------|
| 1 1/2 cups sugar.   | 2 level teaspoons baking powder. |
| 3/4 cup butter.     | 1 teaspoon cinnamon.             |
| 3 eggs.             | Little salt.                     |
| 2 tablespoons milk. |                                  |
| 2 cups flour.       |                                  |

Cream sugar and butter together, then beat in eggs. Add milk and stir in flour gradually. Drop from a spoon or roll out thin.

*Mrs. John H. Trumbull, Wife of the Governor of Conn.*

## ICE BOX COOKIES

- |                           |                            |
|---------------------------|----------------------------|
| 3 eggs.                   | 1 cup lard.                |
| 1 teaspoon baking powder. | 3 1/2 cups flour (sifted.) |
| 2 cups sugar.             | 1/2 cup butter.            |
| 1 teaspoon soda.          | 1 cup dates.               |
| 1 teaspoon vanilla.       | 1 cup nuts.                |
| 1 teaspoon cinnamon.      |                            |

Mix sugar with butter and lard and then add eggs (unbeaten). Chop nuts, dates and cinnamon together and add to mixture. Finally add flour, baking powder and vanilla, in which soda has been dissolved. Fold in two long rolls and keep in icebox. Cut thin slices and bake when desired.

*Mrs. Robert Beecher Howell, Wife of Senator Howell (Neb.).*

## ICE BOX COOKIES

- |                     |                             |
|---------------------|-----------------------------|
| 2 cups brown sugar. | 4 cups flour.               |
| 2 eggs.             | 1 teaspoon soda.            |
| 1 cup butter.       | 1 teaspoon baking powder.   |
| 1 cup raisins.      | 1 teaspoon cream of tartar. |
| 1 cup chopped nuts. | 1 teaspoon vanilla.         |

Mix dough; make in form of a roll and place in ice box until chilled through; slice and bake.

*Mrs. M. E. Trapp, Wife of former Governor Trapp (Okla.).*

### ICE BOX COOKIES

1 cup brown sugar. ½ pound melted butter.  
1 cup white sugar. 2 unbeaten eggs.

Sift flour several times. 3 cups flour, to which add ½ teaspoon of soda; then add flour to butter. Mix well ½ lb. unbroken walnuts.

Make a long roll of dough and put in icebox. Let freeze and cut very thin slices with sharp knife. Bake in moderate oven.

*Mrs. Arthur M. Free, Wife of Representative Free (Cal.).*

### ICE BOX COOKIES

1 pound butter. 2 eggs.  
1 cup dark brown sugar. 1 level teaspoon soda dissolved  
1 cup white granulated sugar. in 1 tablespoon hot water.  
3 cups flour. ½ teaspoon lemon extract.  
1 pound of blanched almonds ½ teaspoon vanilla extract.  
(or pecans, or almost any  
kind of nuts.)

Cream the butter and sugar together; add the eggs not beaten; add the baking soda and extract and then the flour in which the nuts have been well dredged.

Mix all together well and divide into three parts. Roll each part into a large size roll (size of a small jelly roll) and wrap in a wax paper and put into ice box, and when needed the cookies can be sliced off with a sharp knife—to be baked in a moderate oven quickly for they burn easily. This dough will keep sweet for two months or longer.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

### FROZEN NUT COOKIES

2 cups brown sugar. 1 cup nuts.  
1 cup butter. 2 eggs (beaten separately.)  
3½ cups flour.

Shape into a loaf and leave in the refrigerator over night. Slice with a knife and bake.

*Mrs. John M. Wolverton, Wife of Representative Wolverton (W. Va.).*

### DELICIOUS ICE BOX NUT COOKIES

2 cups sugar. 1 teaspoon baking powder.  
1½ cups butter. ½ teaspoon salt.  
4 cups flour. 1 cup chopped nuts.  
3 eggs well beaten.

Cream butter and sugar, add well beaten eggs and flour little at a time. Beat thoroughly when all is added.

Make into long round loaf, wrap in cloth; place in cold place over night; then slice thin and bake in quick oven.

*Mrs. Edw. T. Taylor, Wife of Representative Taylor (Col.).*

## LIGHT COOKIES

- |                              |                                 |
|------------------------------|---------------------------------|
| $\frac{3}{4}$ cupful butter. | $\frac{1}{3}$ cupful sour mik.  |
| 1 cupful sugar.              | $\frac{1}{2}$ teaspoonful soda. |
| 2 eggs.                      | 1 teaspoonful nutmeg.           |
| 1 cupful raisins.            | $\frac{1}{2}$ teaspoonful salt. |
| 1 teaspoonful vanilla.       |                                 |

Add soda and salt to flour, enough for stiff batter; drop from spoon and bake.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## MEASURE COOKIES

1 egg, broken into measuring cup. Put into same cup butter, size of an egg. Fill cup with brown sugar.

1 tablespoon thick sour milk or cream. Double the above measurements and add  $\frac{1}{3}$  teaspoon soda to each spoonful of sour milk.

Use about  $2\frac{3}{4}$  cups cake flour and  $1\frac{1}{2}$  teaspoons vanilla.

Roll thin and cut with cutter and bake in medium oven.

*Mrs. J. F. Nugent, Wife of former Senator Nugent (Idaho).*

## MOLASSES COOKIES

- |   |                               |
|---|-------------------------------|
| $\frac{1}{2}$ cup of butter and lard mixed. | 1 egg.                        |
| 1 cup sugar.                                | 1 teaspoon soda.              |
| 1 cup molasses.                             | Flour to make stiff. Roll and |
| $\frac{1}{4}$ teaspoon cinnamon.            | cut out.                      |

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Penna.).*

## SOFT MOLASSES COOKIES

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 cup molasses.                   | $\frac{1}{2}$ cup butter.    |
| 1 tablespoon ginger.              | Flour to mix to soft consis- |
| 1 teaspoon soda.                  | tency.                       |
| 2 tablespoons warm water or milk. |                              |

Mix in order given, dissolving soda in the milk. Roll out one-third of an inch thick and cut and bake.

*Mrs. Franklin S. Billings, Wife of former Governor Billings (Vt.).*

## NUT COOKIES

- |  |   |
|--|---|
| 1 cup brown sugar.   | 1 cup sour milk with $\frac{1}{4}$ teaspoon |
| 1 cup white (granulated) sugar.                                      | soda.                                       |
| 1 cup (scant) Crisco and butter ( $\frac{1}{2}$ and $\frac{1}{2}$ ). | 2 eggs, beaten.                             |

Mix the sugar and shortening and add eggs (well beaten), then the milk to which the soda has been added. Sift 2 cups of flour, 2 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt, and add to mixture, stirring constantly. Then add 1 cup black walnuts, chopped, and enough flour to stiffen and roll. Bake in a hot oven.

*Mrs. Joseph L. Hooper, Wife of Representative Hooper (Mich.).*

## NUT COOKIES

- |                     |                      |
|---------------------|----------------------|
| 2 egg yolks.        | 2 egg whites.        |
| 1 cup brown sugar.  | 6 tablespoons flour. |
| 1 cup chopped nuts. | 1 teaspoon salt.     |

Beat yolks until creamy, add sugar and nut meats. Thoroughly beat the flour into this mixture then add the well beaten whites and salt. Drop from spoon on buttered sheet. Bake in moderate oven.

*Mrs. Frank Clague, Wife of Representative Clague (Minn.).*

### NUT COOKIES

- |                            |   |
|----------------------------|---|
| 1 cup sugar.               | 1 cup walnuts.  |
| $\frac{3}{4}$ cup butter.  | 1 teaspoon cinnamon.  |
| 2 cups flour.              | $\frac{3}{4}$ teaspoon soda in $\frac{1}{2}$ cup boiling water. |
| 1 cup oatmeal.             | 3 eggs.   |
| $\frac{2}{3}$ cup raisins. |   |

Stir all together and drop with spoon on pan; bake.

*Mrs. Homer Hoch, Wife of Representative Hoch (Kan.).*

### DELICIOUS WALNUT COOKIES

Beat 3 eggs very light. Add 2 cups of brown sugar, and beat again until very light, and foamy. Mix in 9 heaping tablespoonfuls of flour and 2 cups of black walnut kernels, chopped fine. Drop in small bits from teaspoons, on greased tins, and bake in moderate oven.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Penna.).*

### OATMEAL DROP COOKIES

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| $\frac{1}{2}$ cup butter.        | $\frac{1}{2}$ cup chopped nuts.       |
| 1 cup sugar.                     | $\frac{1}{2}$ teaspoon soda.          |
| 1 egg.                           | $\frac{1}{2}$ teaspoon salt.          |
| 3 tablespoons milk.              | $\frac{1}{2}$ teaspoon cloves.        |
| $1\frac{2}{3}$ cups rolled oats. | $\frac{1}{2}$ teaspoon allspice.      |
| $1\frac{1}{2}$ cups flour.       | 1 teaspoon cinnamon, (scant measure). |
| $\frac{1}{2}$ cup cut raisins.   |                                       |

Cream the butter, beat egg light, sift together flour, sugar, spices, salt and soda; mix. Drop from teaspoon into well greased pan, leaving space for spreading.

*Mrs. Ralph H. Cameron, Wife of former Senator Cameron (Ariz.).*

### OATMEAL COOKIES

- |   |  |
|---|--|
| 1 cup sugar.  | $\frac{3}{8}$ tablespoonful baking soda mixed with a little water. |
| 1 cup bacon drippings (butter or lard may be used, but drippings are better.) | $\frac{1}{2}$ box of seeded raisins.                               |
| 2 eggs.   | 2 cups uncooked rolled oats.                                       |
| 5 tablespoonfuls sweet milk.  | 2 cups flour.  |
|   | A pinch of salt.   |
|   | 1 teaspoonful cinnamon.  |

Mix drippings, sugar, milk, flour, soda, eggs and rasins, adding oatmeal last. 1 cup chopped nuts adds very greatly to this recipe. When all well mixed drop from spoon on greased tins and bake very slowly. It is easier to flour the fingers and roll into small balls and place far apart in the tins, then every cookie is well rounded and browned. About 20 minutes will cook one panful.

*Mrs. T. H. Caraway, Wife of Senator Caraway (Ark.).*

## OATMEAL COOKIES

- |                                  |                              |
|----------------------------------|------------------------------|
| 2 tablespoons butter.            | 1 teaspoon baking powder.    |
| 1 cup powdered sugar.            | $\frac{1}{4}$ teaspoon salt. |
| 2 eggs.                          | $\frac{1}{2}$ cup nut meats. |
| $2\frac{1}{2}$ cups rolled oats. | 1 teaspoon vanilla.          |

Drop small quantities on a greased pan and bake in a slow oven.

*Mrs. J. J. Kindred, Wife of Representative Kindred (N. Y.).*

## OATMEAL COOKIES

- |   |   |
|---|---|
| 1 cup brown sugar   | 2 cups rolled oats.                     |
| 1 cup shortening (melted after measuring).                          | 2 cups wheat flour.                     |
| 2 eggs.   | $1\frac{1}{2}$ teaspoons baking powder. |
| $\frac{1}{2}$ teaspoon cinnamon.                                    | 1 cup chopped raisins.                  |
| $\frac{1}{2}$ teaspoon soda in four table-<br>spoons boiling water. | 1 cup chopped nuts.                     |

Drop from spoon and bake in rather quick oven.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

## OATMEAL COOKIES

- |   |                     |
|---|---------------------|
| $3\frac{1}{2}$ cups granulated oatmeal or<br>steel cut. | 1 cup sour milk.    |
| 1 cup shortening.                                       | 1 cup brown sugar.  |
| 2 cups flour.   | 1 teaspoon of soda. |

Rub shortening into the oatmeal and flour. Add milk, sugar and soda and let it stand for 3 or 4 hours before rolling out very thin. Cut with small cutter and bake in moderate oven to a light brown. Nice for cheese sandwiches.

*Mrs. Louis Cramton, Wife of Representative Cramton (Mich.).*

## OATMEAL FROSTED COOKIES

- |  |  |
|--|--|
| $\frac{1}{2}$ cup fat.                 | $\frac{1}{2}$ teaspoon mace.   |
| $1\frac{1}{2}$ cups light brown sugar. | $\frac{1}{4}$ teaspoon salt.   |
| 2 eggs.                                | 1 cup chopped raisins.   |
| $\frac{1}{3}$ cup sour milk.           | 1 teaspoon soda.   |
| 1 teaspoon vanilla.                    | 1 cup browned oatmeal flakes<br>(to brown, place in a moder-<br>ate oven). |
| 2 teaspoons cinnamon.                  |  |
| $\frac{1}{2}$ teaspoon cloves.         |  |

Cream the fat and add the sugar, eggs and milk. Add all the rest of the ingredients and blend well. Place portions upon a greased baking sheet. Flatten down with a knife. Bake in a moderate oven for ten minutes. Cool and frost.

## Frosting

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1 teaspoon butter.        | $\frac{1}{8}$ teaspoon salt.        |
| 4 tablespoons hot coffee. | $1\frac{1}{2}$ cups powdered sugar. |
| 1 teaspoon vanilla.       |                                     |

Mix the butter, hot coffee, vanilla and salt. Add the sugar and beat until stiff enough to spread. Carefully frost the cookies.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

## MARY'S OATMEAL COOKIES

See Favorite Dishes of All Nations, page 39.

## OLD FASHIONED COOKIES

- |                           |                              |
|---------------------------|------------------------------|
| 1 cup sugar.              | 2 teaspoons baking powder.   |
| 2 eggs.                   | Flour to make soft dough.    |
| $\frac{1}{2}$ cup butter. | Nutmeg or vanilla flavoring. |
| 2 tablespoons sweet milk. |                              |

Cream butter and sugar well, add eggs. Add baking powder to flour, sift, and add to butter-sugar mixture. Keep adding flour if necessary until dough can be rolled very thin. Cut with biscuit or fancy cutter. Sprinkle top with sugar and bake in hot oven.

*Mrs. James H. Patten, Daughter of the late Senator Latimer (S. C.).*

## OVERNIGHT COOKIES

- |   |                                     |
|---|-------------------------------------|
| 1 cup brown sugar.                              | 1 teaspoon salt.                    |
| 1 cup white sugar.                              | 2 teaspoons soda sifted with flour. |
| $1\frac{1}{2}$ cups melted crisco or butterine. | 1 teaspoon vanilla.                 |
| 3 eggs well beaten.                             | $4\frac{1}{2}$ cups flour.          |
|   | 1 cup chopped nuts.                 |

Cream sugar and shortening. Add eggs slowly. Add nuts and the other dry ingredients. Mix and roll out to about one-half inch thickness. Begin at one edge and roll into a long roll and allow to stand over night in ice-box or cool place. Slice off with a knife and bake in moderately hot oven.

*Mrs. P. T. Chapman, Wife of former Representative Chapman (Ill.).*

## PEANUT COOKIES

- |                               |  |
|-------------------------------|--|
| Mix 2 tablespoons butter with | 3 level teaspoons baking powder                |
| 4 tablespoons sugar.          | $\frac{1}{2}$ teaspoon salt.                   |
| 4 tablespoons milk.           | $\frac{1}{2}$ teaspoon vanilla.                |
| 2 eggs (whole).               | 1 cup crushed peanuts (or whole if preferred). |
| 1 cup flour.                  |  |
- Drop and bake slowly.

*Mrs. Andrieus A. Jones, Wife of Senator Jones (N. Mex.).*

## PEANUT COOKIES

- |                              |   |
|------------------------------|---|
| 2 tablespoons butter.        | $\frac{1}{2}$ cup flour.                  |
| $\frac{1}{4}$ cup sugar.     | 2 tablespoons milk.                       |
| 1 egg.                       | $\frac{1}{2}$ cup finely chopped peanuts. |
| 1 teaspoon baking powder.    | $\frac{1}{2}$ teaspoon lemon juice.       |
| $\frac{1}{4}$ teaspoon salt. |   |

Cream butter and sugar, mix sifted dry ingredients, then add milk, peanuts and lemon juice. Drop from spoon on unbuttered sheet about one inch apart, place peanuts on top of each. Bake twelve to fifteen minutes in a slow oven. This makes two dozen cookies.

*Mrs. John C. Allen, Wife of Representative Allen (Ill.).*

## RICH COOKIES

- |                          |                                 |
|--------------------------|---------------------------------|
| 6 tablespoons butter.    | $\frac{3}{4}$ cup flour.        |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{2}$ teaspoon vanilla. |
| 1 egg well beaten.       |                                 |



Drop very small portion on pan, place raisins or nuts on top and bake in rather quick oven.

*Mrs. Clarence J. Morley, Wife of former Governor Morley (Col.).*

**SOUR CREAM COOKIES**

1 cup thick sour cream. 1 cup sugar, vanilla.  
1 cup butter.

1 teaspoonful soda dissolved in a little warm water and add to cream, then add butter and sugar and flavoring and beat in flour to make a soft dough, roll thin, sprinkle with sugar, cut out and bake. Will keep fresh a long time.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

**CREAM SUGAR COOKIES**

1 egg. 3/4 cup sour cream.  
1 cup sugar. 1 teaspoon soda.  
1/4 cup melted butter. Flour to roll soft.

Roll thin. Sprinkle with sugar and nutmeg.

*Mrs. S. E. Burroughs, Widow of the late Rep. Burroughs (N. H.).*

**SUGAR COOKIES**

1/2 cup butter. 2 eggs.  
1 1/2 cups sugar. Flour enough to roll.

Cream sugar and butter, add eggs beaten together, add flour enough to make a stiff dough; roll thin and cut out with a biscuit cutter.

Cook in quick oven.

*Mrs. Daniel E. Garrett, Wife of Representative Garrett (Tex.).*

**BROWN SUGAR COOKIES**

2 cups brown sugar. 1 teaspoon soda (level).  
1 cup butter. 1 heaping teaspoon baking powder.  
4 eggs. Flour.  
8 tablespoons boiling water.

Place the sugar, butter and eggs in a large bowl. Pour boiling water on the soda and turn in the butter. Mix with the hands until smooth. Add flour sufficient to make a fairly soft cookie dough. Put in the refrigerator and leave over night. Roll thin for plain cookie. Two cups of chopped raisins put in the dough makes a good fruit cookie, or a quarter of the dough rolled into a very thin sheet placed on a dripping pan covered with a sheet made of a pound of dates chopped and rolled thin, and these in turn covered with another thin sheet of the quarter of the dough and baked slowly and long, when cut into squares or oblong shapes make a fine teacake.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

**BROWN SUGAR COOKIES**

2 cups brown sugar. 1 teaspoon soda dissolved in  
1 cup lard and butter mixed. 2 tablespoons of milk.  
2 eggs. 1 teaspoon vanilla.  
1 cup chopped walnuts. Salt.  
3 1/2 cups bread flour.

Grease bread tin and put in dough. Leave in ice box until next day. Turn out on bread board, slice thin and bake.

*Mrs. Ira G. Hersey, Wife of Representative Hersey (Maine).*

### BROWN SUGAR COOKIES

2 cups brown sugar.	1 teaspoon soda (dissolved in $\frac{1}{3}$ cup cold water).
2 eggs (not beaten).	Add flour to make a stiff dough.
1 cup butter.	
1 large nutmeg grated or 1 teaspoon nutmeg.	

*Mrs. Asle J. Gronna, Widow of the late Senator Gronna (N. D.).*

### WHITE SUGAR COOKIES (Delicious)

1 cup butter.	2 heaping teaspoons baking powder.
$1\frac{1}{2}$ cups sugar.	$\frac{1}{2}$ cup milk.
2 eggs.	
1 teaspoon lemon juice.	

Flour enough to roll; sprinkle with sugar and roll lightly with roller; cut and bake.

*Mrs. A. P. Nelson, Wife of former Representative Nelson (Wis.).*

### BRICELETS—SWISS COOKIES

See Favorite Dishes of All Nations, page 132.

### BERLINER KRANSAR OR BERLIN RINGS (Swedish)

3 hard-boiled eggs.	$1\frac{1}{2}$ pounds flour.
4 raw eggs.	1 pound butter
$\frac{1}{2}$ pound sugar.	

Rub the hard-boiled eggs through a coarse strainer. Mix in the remaining ingredients. Roll into small rings, dip these in whites of eggs and then in coarse sugar. Bake a light brown.

*Mrs. Carl R. Chindblom, Wife of Representative Chindblom (Ill.).*

### BERLINER

$\frac{1}{2}$  cup sugar, whites of 2 eggs, yolks of 2 hard boiled eggs, 2 scant cups flour. Mix egg yolks into a paste, add sugar and flour. Roll mixture out into strips of about the thickness of a finger. Cut in lengths of about six or eight inches. Roll again with hand and make into rings with ends overlapping. Dip in egg whites and crush loaf sugar. Bake in moderate oven to a light brown. All rolling should be done by hand and the baking should be done in a cool room.

*The late Mrs. O. J. Kvale, Wife of Representative Kvale (Minn.).*

### BROWNIES

1 cup sugar.	1 teaspoon vanilla.
$\frac{1}{2}$ cup butter (melted).	$\frac{1}{2}$ teaspoon baking powder.
$\frac{1}{2}$ cup flour.	2 whole eggs.
$\frac{1}{2}$ cup nut meats.	2 squares chocolate.

Bake in one cake tin 20 minutes and cut in 2 inch squares.

*Mrs. James T. Begg, Wife of Representative Begg (Ohio).*

## BROWNIES

- |                           |                            |
|---------------------------|----------------------------|
| 1 cup sugar.              | 1 cup nut meats (chopped). |
| $\frac{1}{2}$ cup butter. | 1 teaspoon vanilla.        |
| 3 tablespoons cocoa.      | Milk to make stiff batter. |
| 2 eggs.                   |                            |
- Bake  $\frac{1}{2}$  inch thick in hot oven 15 minutes.

*Mrs. David Hogg, Wife of Representative Hogg (Ind.).*

## BROWNIES

- |                                  |  |
|----------------------------------|--|
| 1 cup sugar.                     | $\frac{1}{2}$ teaspoonful vanilla.     |
| $\frac{1}{4}$ cup melted butter. | $\frac{1}{2}$ cup flour.               |
| 1 egg.                           | $\frac{1}{2}$ cup nuts (broken small). |
| 2 squares melted chocolate.      |  |
- Mix in order; spread in shallow pan greased very well. Bake in moderate oven until firm; cut in squares.

*Mrs. Geo. W. Edmonds, Wife of former Representative Edmonds (Penna.).*

## BROWNIES

- |  |                             |
|--|-----------------------------|
| 1 cup sugar.                               | 2 squares chocolate melted. |
| $\frac{1}{3}$ cup butter creamed together. | 1 cup chopped nuts.         |
| 2 eggs beaten.                             | 1 teaspoon vanilla.         |
| 1 cup flour.                               | Little salt.                |
- Bake in moderate oven about 25 minutes.

*Mrs. John H. Trumbull, Wife of the Governor of Connecticut.*

## BROWNIES

- |                          |  |
|--------------------------|--|
| 1 cup sugar.             | $\frac{1}{2}$ cup melted butter.         |
| 2 eggs.                  | $\frac{1}{2}$ cup coarsely chopped nuts. |
| $\frac{3}{4}$ cup flour. | 3 heaping teaspoonfuls cocoa.            |
| Salt.                    |  |
- Spread in tin; bake 25 minutes and cut in squares about 2 inches while warm.

*Mrs. C. D. Carter, Wife of former Representative Carter (Okla.).*

## BROWNIES

- |                           |                          |
|---------------------------|--------------------------|
| 1 cup granulated sugar.   | 1 cup chopped walnuts.   |
| $\frac{1}{2}$ cup butter. | $\frac{1}{2}$ cup flour. |
| 2 squares chocolate.      | 1 tablespoon vanilla.    |
| 2 eggs.                   |                          |
- Cream butter and sugar and add eggs. Melt chocolate and stir in flour. Add vanilla and nuts. Bake in hot oven for twenty minutes and cut into squares before quite cool.

*Mrs. Nellie Taylor Ross, former Governor of Wyoming.*

## BROWNIES

- |                           |                              |
|---------------------------|------------------------------|
| 1 cup sugar.              | $\frac{1}{4}$ teaspoon salt. |
| $\frac{1}{4}$ cup Crisco. | 1 teaspoon vanilla.          |
| 4 eggs.                   | 2 squares (large) chocolate. |
| $\frac{3}{4}$ cup flour.  | 1 cup walnut meats.          |

Cream Crisco and sugar. Add well beaten eggs, stir in sifted flour, salt and vanilla. Add melted chocolate and nut meats. Spread in thick sheet on greased pan. Bake in a moderate oven 20 minutes.

*Mrs. James Couzens, Wife of Senator Couzens (Mich.).*

### CHOCOLATE BROWNIES

1 cup sugar.	2 squares chocolate.
$\frac{1}{2}$ cup flour.	1 teaspoon vanilla.
2 eggs, beaten.	$\frac{1}{2}$ cup nuts.
$\frac{1}{2}$ cup melted butter.	

Mix together and put in a shallow pan. Bake 20 minutes. Sprinkle with powdered sugar.

*Mrs. Allen J. Furlow, Wife of Representative Furlow (Minn.).*

### NEBRASKA BROWNIES

$2\frac{1}{2}$ cups sugar.	5 eggs, beaten separately then together.
$1\frac{1}{4}$ cups flour.	$\frac{1}{2}$ cake bitter chocolate, melted.
$\frac{1}{2}$ teaspoon baking powder.	$1\frac{1}{2}$ cups chopped pecan meats.
$1\frac{1}{4}$ cups butter.	

Cream butter and sugar, add beaten eggs, sifted flour, melted chocolate and chopped nuts. Bake in moderate oven in square pan with buttered paper in bottom. Let cool before cutting. Cut in squares like fudge.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

### CHINESE CHEW

1 cup of dates chopped fine.	2 eggs.
1 cup of pecans cut up.	1 teaspoon baking powder in flour.
1 cup of sugar.	1 pinch of salt.
$\frac{3}{4}$ cup of flour.	

Beat eggs and add to sugar. Sift flour over dates and nuts. Add sugar and eggs to flour and nuts. Spread this thick mixture thinly on buttered pans and cook in a slow oven. Cut in 1 inch squares while hot. Roll in powdered sugar, if desired.

*Mrs. James P. Buchanan, Wife of Representative Buchanan (Texas).*

### MAPLE CRACKERS FOR THE TEA HOUR

Boil  $\frac{1}{2}$  cup of water and  $1\frac{1}{2}$  cups of brown sugar until it will form in a soft ball. Add  $\frac{1}{2}$  teaspoon of good maple flavoring. Allow to cool slightly and turn into the stiffly beaten white of 1 egg. Beat until it is the consistency to spread. Add 1 tablespoon of finely chopped walnuts. Spread on crackers and sprinkle more chopped nuts on top.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

### CINNAMON CRISPS

$\frac{1}{2}$ cup flour.	1 teaspoonful cinnamon.
1 teaspoonful baking powder.	$\frac{1}{3}$ cup butter.
$\frac{2}{3}$ cup sugar.	$\frac{1}{3}$ cup milk.

Mix ingredients thoroughly, using enough flour if more is needed to make a stiff dough, roll lightly and cut into cakes. Bake on greased pans in moderate oven.

*Mrs. J. Hampton Moore, Wife of former Representative Moore (Penna.).*

## SCOTTISH CRISPS

Beat 1 egg until light, add gradually  $\frac{1}{2}$  cupful sugar. Then add  $\frac{3}{4}$  tablespoon of melted butter, 1 cupful rolled oats,  $\frac{1}{8}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful vanilla. Drop the mixture by teaspoonfuls on a thoroughly greased inverted dripping pan, 1 inch apart. Spread into circular shape with case knife first dipped in cold water. 2 or 3 raisins may be put on top of each or  $\frac{1}{3}$  cup of cocoanut may be used instead of full cups of rolled oats.

*Mrs. Thaddeus C. Sweet, Wife of Representative Sweet (N. Y.).*

## CREAM PUFFS

1 cup hot water.  
 $\frac{1}{2}$  cup butter.

1 cup flour.  
3 eggs, unbeaten.

Put hot water and butter in saucepan, when boiling add flour and stir quickly together, remove and beat until smooth. When cool add eggs and beat 5 minutes. Drop on buttered tins, and bake 25 minutes in well heated oven. Do not open oven door for 10 minutes, then carefully. This makes 1 dozen puffs.

## Cream

1 cup of milk.  
1 cup of sugar.

1 tablespoon cornstarch.  
1 egg.

Heat milk in double boiler and add sugar, cornstarch and egg. When cool add a little salt and flavor with vanilla.

*Mrs. Ira G. Hersey, Wife of Representative Hersey (Maine).*

## CREAM PUFFS

$\frac{1}{2}$  cup butter.  
1 cup boiling water.  
4 eggs.

1 cup flour.  
Dash of salt.

Put butter, water and salt in a saucepan and place on the range. When boiling point is reached, add flour all at once and stir vigorously until batter is smooth. Remove from the fire and add unbeaten eggs, one at a time, beating until well mixed and smooth. Drop on buttered cookie pan  $1\frac{1}{2}$  inches apart. Use about 2 tablespoons of the batter for each puff. Bake 35 minutes in a hot oven. When cold, fill with whipped cream and sprinkle a little powdered sugar over each puff.

*Mrs. August H. Andresen, Wife of Representative Andresen (Minn.).*

## CRY BABIES

1 cup granulated sugar.  
1 cup lard.  
1 egg.  
1 cup molasses.  
2 teaspoons cinnamon and nutmeg.

$\frac{1}{2}$  teaspoon salt.  
1 heaping teaspoon soda dissolved in one measuring cup hot water.  
5 cups flour.  
1 cup raisins.

Drop on baking sheet but do not let touch. Bake in rather slow oven for about 15 minutes or until done.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Penna.).*

## CRY FORS

- |                         |                      |
|-------------------------|----------------------|
| 1 cup molasses.         | 1 egg.               |
| 1 cup sugar.            | 1 teaspoon soda.     |
| 1 cup butter.           | 2 teaspoon cinnamon. |
| $\frac{1}{2}$ cup milk. |                      |
- Flour to make quite stiff. Drop by teaspoons on greased paper.

*Mrs. Charles A. Eaton, Wife of Representative Eaton (N. J.).*

## CORNFLAKE DAINTIES

- |                             |                              |
|-----------------------------|------------------------------|
| 2 egg whites.               | $\frac{1}{2}$ cup sugar.     |
| $\frac{1}{2}$ cup cocoanut. | $\frac{1}{3}$ teaspoon salt. |
| 3 cups cornflakes.          | $\frac{1}{2}$ cup nuts.      |

Beat egg whites until stiff. Beat in sugar and salt and fold in cocoanut, nuts and cornflakes. Drop by teaspoonfuls on a well-greased pan. Bake for about 5 minutes.

*Mrs. Earle B. Mayfield, Wife of Senator Mayfield (Texas).*

## CRAB DAINTIES

- |  |                              |
|--|------------------------------|
| 3 egg yolks.                             | 1 teaspoon vanilla.          |
| 2 whole eggs.                            | $\frac{1}{4}$ teaspoon salt. |
| 5 tablespoons powdered sugar.            | Flour.                       |
| $\frac{1}{2}$ cup cream (sweet or sour). |                              |

Beat eggs well, add powdered sugar, then cream, vanilla and salt, and mix well. Use enough flour so as to have batter as for pie crust. Roll out thin and cut into strips about 5 inches long and  $1\frac{1}{2}$  inches wide. Slit each strip 1 inch in center. Take corner of strip and pull through slit so as to form a knot. Fry in deep fat until light brown and drain on paper. Then sprinkle with powdered sugar and serve.

*Mrs. John B. Sosnowski, Wife of former Representative Sosnowski (Mich.).*

## DATE CAKE BAR

- |                 |                              |
|-----------------|------------------------------|
| 1 cup sugar.    | 1 cup flour.                 |
| 3 eggs.         | 1 teaspoonful baking powder. |
| 1 cup nut meat. | Pinch salt.                  |
| 1 lb. dates.    | 1 teaspoonful vanilla.       |

Beat egg yolks, cream in sugar, add flour, then the stiffly beaten whites, and last nuts and dates. Bake and cut in bars, sprinkle with pulverized sugar.

*Mrs. Lindsay C. Warren, Wife of Representative Warren (N. C.).*

## DATE BARS

- |                            |                              |
|----------------------------|------------------------------|
| 1 cup butter.              | 1 teaspoon soda.             |
| 1 cup sugar.               | $1\frac{1}{2}$ cups flour.   |
| 2 eggs, beaten separately. | $1\frac{1}{2}$ cups oatmeal. |
| 2 tablespoons sour milk.   | 1 pound of dates.            |

Cook dates until tender. Roll cookies out thin and cut in rounds. Put one date in center of round, fold over, like a turnover, press down with a fork and bake.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.)*

## DATE BARS

- |  |                              |
|--|------------------------------|
| 1¼ cups flour, (sift once before measuring.) | 1 cup rolled oats.           |
| 1 teaspoon soda.                             | Combine all dry ingredients. |
| ½ teaspoon salt.                             | ½ cup shortening.            |

Blend dry ingredients in with butter. Then add ½ cup sour milk or buttermilk. Roll out the dough as in pie crust ⅛ inch thick and cut size of pan. Cook together until jell like consistency.

- |                  |              |
|------------------|--------------|
| 1 package dates. | 1 cup water. |
| 1 cup sugar.     | Let cool.    |

Spread the filling between layers. Cut in squares before it cools.

*Mrs. Asle J. Gronna, Widow of the late Senator Gronna (N. D.).*

## DATE BARS

- |                           |                                      |
|---------------------------|--------------------------------------|
| 2 eggs.                   | ½ teaspoon salt.                     |
| 1 cup brown sugar.        | 1 cup dates (cut into small pieces). |
| ¾ cup flour.              | ½ cup chopped nut meats.             |
| ½ teaspoon baking powder. |                                      |

Mix baking powder, salt and flour. Mix in nuts and dates. Beat eggs until foamy and gradually beat in the brown sugar, then stir in the dry ingredients. Spread in well greased cake pan to a depth of about ½ inch. Bake in moderate oven about 30 or 40 minutes. Remove from pan while warm, cut into strips and roll in powdered sugar.

*Mrs. Sam A. Baker, Wife of the Governor of Missouri.*

## FRUIT BARS

- |                    |  |
|--------------------|--|
| 1 cup brown sugar. | ½ teaspoon salt.                             |
| ⅓ cup shortening.  | 2 teaspoons baking powder.                   |
| 2 eggs.            | 1¼ cups flour.                               |
| ½ cup buttermilk.  | 1 pound Sun-Maid prunes, seeded and chopped. |
| ½ teaspoon soda.   |  |

Remove seeds from prunes and put through food chopper, using coarse cutter. Cream sugar and shortening, add well beaten eggs and buttermilk. Sift remaining dry ingredients and sprinkle a portion of this over the chopped prunes. Mix altogether and beat thoroughly. Pour into a shallow tin and bake 15 minutes in a moderate oven (325 to 350 degrees F.). When cool cut in bars and roll in powdered sugar.

*Mrs. Henry E. Barbour, Wife of Representative Barbour (Cal.).*

## CARRIE'S OATMEAL BARS

- |                      |                           |
|----------------------|---------------------------|
| 1½ cups rolled oats. | 1 teaspoon soda in flour. |
| 1½ cups flour.       | 1 teaspoon salt.          |
| ½ cup shortening.    | 1 cup brown sugar.        |

Work together like biscuit dough, moisten with 3 tablespoons water. Spread layer of dough in pan; layer of cooked dates, cover with rest of dough. Bake 15 or 20 minutes in rather fast oven.

*Mrs. Louis A. Cramton, Wife of Representative Cramton (Mich.).*

## LADY FINGERS

- |               |                             |
|---------------|-----------------------------|
| ½ cup butter. | ½ teaspoonful soda.         |
| 1 cup sugar.  | 1 teaspoonful cream tartar. |
| ¼ cup milk.   | ¼ teaspoonful vanilla.      |
| 1 egg.        |                             |

Enough flour to stir stiff with a spoon. Cut in little strips, roll in sugar and bake in a quick oven.

*Mrs. Ira G. Hersey, Wife of Representative Hersey (Maine).*

## DATE NUT FINGERS

- |                             |                              |
|-----------------------------|------------------------------|
| 1¼ cup pulverized sugar.    | 1 cup flour.                 |
| 2 eggs.                     | 1 teaspoonful baking powder. |
| 1 cup chopped walnut meats. | ½ teaspoonful vanilla.       |
| 1 cup floured dates.        | Salt.                        |

To salt and sugar add 1 at a time the well beaten eggs, beating mixture well. To this add remaining ingredients and bake slowly for 12 to 15 minutes. Cut in strips while hot and roll in confectioners sugar.

*Mrs. Louis W. Fairfield, Wife of former Representative Fairfield (Ind.).*

## FUDGE SQUARES

- |  |                           |
|--|---------------------------|
| 3 tablespoons shortening.              | ½ teaspoonful vanilla.    |
| 1 cup sugar.                           | 1 cup flour.              |
| 1 egg.                                 | 1 teaspoon baking powder. |
| 2 ounces melted unsweetened chocolate. | ¼ teaspoon salt.          |
|  | ½ cup nut meats chopped.  |

Melt shortening, add sugar and unbeaten egg, mix well; add chocolate, vanilla, milk and flour, into which baking powder and salt have been mixed. Add nut meats, mix well and spread about ½ inch thick in greased shallow cake pan. Bake in slow oven from 20 to 30 minutes. Cut into 2-inch squares before removing from pan.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## FUDGE SQUARES

- |                      |                            |
|----------------------|----------------------------|
| 1 cup sugar.         | ¾ teaspoon vanilla.        |
| ¼ cup melted butter. | ½ cup flour.               |
| 1 unbeaten egg.      | ½ cup nut meats, cut fine. |
| 2 squares chocolate. |                            |

Mix in order given. Spread out to about an inch thickness in a baking pan, preferably square in shape. When cold, cut in squares.

*Mrs. W. M. Jardine, Wife of the Secretary of Agriculture.*

## FUDGE SQUARES

- |                                 |                            |
|---------------------------------|----------------------------|
| 3 tablespoons jewel shortening. | ⅓ cup milk.                |
| 1 cup sugar.                    | 1 cup flour.               |
| 1 egg.                          | 1 teaspoon baking powder.  |
| 2 ounces melted chocolate.      | ½ teaspoon salt.           |
| ½ teaspoon vanilla.             | ½ teaspoon chopped pecans. |

Method—Cream sugar and shortening. Add beaten egg and milk. Sift baking powder with flour, also salt, and add to mixture. Stir in melted chocolate, vanilla and nuts. Bake in moderate oven about 20 minutes.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*



WALNUT FUDGE SQUARES

- |  |                                       |
|--|---------------------------------------|
| 1 cup walnut meats, cut in large pieces. | 1 cup sugar.                          |
| 2 squares chocolate.                     | $\frac{3}{4}$ cup flour.              |
| $\frac{1}{2}$ cup butter.                | $\frac{1}{2}$ teaspoon baking powder. |
| 3 eggs.                                  | $\frac{1}{2}$ teaspoon vanilla.       |

Melt chocolate, add butter; stir till butter melts, set aside. Beat eggs, add gradually sugar, all flour, baking powder, salt and vanilla. Lastly chocolate, mix. Bake in shallow pan 10 minutes, cut in squares while warm. Dust with powdered sugar.

*Mrs. Andrius A. Jones, Wife of Senator Jones (N. Mex.).*

GINGER DREAMS

- |                    |                       |
|--------------------|-----------------------|
| 1 cup brown sugar. | 1 dessert spoon soda. |
| 1 cup lard.        | 1 tablespoon ginger.  |
| 1 cup molasses.    | 1 teaspoon cinnamon.  |
| 1 cup hot water.   | Dash of salt.         |

Flour enough to make a soft dough. Mix batter in the evening and let stand over night. Bake in the morning. Roll  $1\frac{1}{4}$  inch thick and cut with cocoa can cover. Bake at 350 degrees. Cover with the following white frosting:

- |                     |                   |
|---------------------|-------------------|
| 3 cups white sugar. | 1 cup sweet milk. |
|---------------------|-------------------|

Boil until it sticks together when a little is dropped in cold water. Take off the stove and set in a pan of cold water to cool. Add butter the size of an egg and beat until thick enough to spread on the cookies.

*Mrs. August H. Andresen, Wife of Representative Andresen (Minn.).*

GINGER SNAPS

- |                        |                          |
|------------------------|--------------------------|
| 1 cup butter.          | $\frac{1}{2}$ cup water. |
| 1 cup brown sugar.     | 1 teaspoon soda.         |
| 1 cup baking molasses. | 1 tablespoon ginger.     |

Mix well together and stir in a pint of flour, mix stiff. Bake in quick oven.

*Mrs. John M. Rose, Widow of the late Representative Rose (Penna.).*

OLD FASHIONED GINGER SNAPS

- |  |  |
|--|--|
| 1 cup sugar.   | A little salt (about $\frac{1}{8}$ teaspoonful). |
| $\frac{1}{2}$ cup shortening.                                | 1 tablespoon ginger, flour to handle.            |
| 2 cups syrup (Northern grown sorghum best).                  |  |
| 2 teaspoons soda, dissolved in $\frac{1}{2}$ cup warm water. |  |

Cream sugar and shortening; salt; dissolve soda in warm water, add to molasses, beating well, then mix with foregoing ingredients; add ginger to some sifted flour, to avoid lumping, and adding enough flour to handle. Roll very thin and bake carefully not to scorch. They keep nicely.

*Mrs. James H. Davidson, Widow of the late Representative Davidson (Wis.).*

HEAVEN'S FOOD

- |                          |                                       |
|--------------------------|---------------------------------------|
| 2 eggs.                  | 3 tablespoonfuls flour.               |
| 1 cup walnuts.           | $\frac{1}{2}$ teaspoon baking powder. |
| 1 cup dates.             | Pinch of salt.                        |
| $\frac{1}{2}$ cup sugar. |                                       |

Bake 15 minutes and cut while hot.

*Mrs. Frederick W. Dallinger, Wife of Representative Dallinger (Mass.).*

### HERMITS

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| $\frac{1}{3}$ cup butter.            | 1 teaspoon baking powder.        |
| $\frac{2}{3}$ cup sugar.             | $\frac{3}{4}$ teaspoon cinnamon. |
| 1 egg.                               | $\frac{1}{2}$ teaspoon cloves.   |
| 2 tablespoons milk.                  | $\frac{1}{4}$ teaspoon mace.     |
| $\frac{1}{2}$ cup All-Bran.          | $\frac{1}{4}$ teaspoon nutmeg.   |
| $\frac{1}{3}$ cup raisins.           | $\frac{1}{2}$ teaspoon salt.     |
| $1\frac{3}{4}$ cups flour (or more). |                                  |

Cream the butter, add the sugar and egg, and beat well. Add the milk and All-Bran, raisins and flour, which has been sifted with the spices. Chill, roll thin, cut, and bake in a moderate oven, 400 degrees F. When the cakes are cool, they may be frosted with confectioner's sugar frosting, and chopped nuts or All-Bran sprinkled over the top.

*Mrs. Jos. L. Hooper, Wife of Representative Hooper (Mich.).*

### JUMBLES

- |               |                              |
|---------------|------------------------------|
| 1 cup sugar.  | 1 teaspoon of soda dissolved |
| 1 cup butter. | in a good tablespoonful of   |
| 2 eggs.       | sweet milk.                  |
|               | 3 cups of flour.             |

Put flour in mixing bowl, add sugar, butter and eggs (beaten), milk and soda. Mix well until flour is all absorbed and mixture smooth, roll thin and cut not too large. Bake in quick oven.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

### AUNTY FAULKNER'S JUMBLES

- |                              |                            |
|------------------------------|----------------------------|
| 2 cups granulated sugar.     | 1 cup rich sour cream.     |
| $\frac{3}{4}$ cup of butter. | 1 even teaspoonful of soda |
| 3 eggs.                      | dissolved in cold water.   |
| 1 whole grated nutmeg.       |                            |

Flour enough to make a batter sufficiently stiff to drop from a spoon; try 3 cups of sifted flour, add more if needed. Drop the batter on shallow biscuit tins. The Jumbles should be rich enough to run together.

*Mrs. Henry W. Seymour, Widow of the late Rep. Seymour (Mich.).*

### SCHENEC-A-NOODLES

- |                            |                              |
|----------------------------|------------------------------|
| 1 cup butter.              | 4 eggs.                      |
| 2 cups sugar.              | $\frac{1}{2}$ teaspoon soda. |
| $\frac{1}{2}$ cup milk.    | 1 teaspoon cream tartar.     |
| $2\frac{1}{2}$ cups flour. |                              |

Mix—drop from a teaspoon upon a well buttered tin, and sprinkle with cinnamon and sugar on top.

*Mrs. James S. Parker, Wife of Representative Parker (N. Y.).*

### POTCHEESE KIEFLI

- |                                |                      |
|--------------------------------|----------------------|
| $\frac{1}{2}$ pound potcheese. | 2 tablespoons sugar. |
| $\frac{1}{2}$ pound butter.    | 2 cups flour.        |

## Filling:

raisins. 1 egg.  
 ¼ pound potcheese. small sugar.  
 Work cheese, butter, sugar and flour together. Shape in horseshoes,  
 fill and bake.

*Mrs. Randolph Perkins, Wife of Representative Perkins (N. J.).*

## DATE KISSES

2 egg whites. 1 cup broken walnut meats.  
 1 cup powdered sugar. 1 cup chopped dates.  
 Beat egg whites stiff; add other ingredients in the order given.  
 Drop from teaspoon onto buttered pans, and bake in slow oven until  
 delicately brown.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*

## EGG KISSES

Beat the whites of five eggs until very dry. Add slowly while beating  
 1 pint sugar, flavor with vanilla and bake in very cool oven.

*Mrs. Virgil Chapman, Wife of Representative Chapman (Ky.).*

## LOVE AND TANGLE

3 eggs. 3 tablespoons of water or milk.  
 3 tablespoons of sugar.  
 Mix with flour thick enough to roll.  
 Roll in thin strips about 6 inches long and 3 inches wide, fold double,  
 cut in narrow strips to an inch or half inch of one end. Drop in hot grease  
 and cook until light brown. Take out of grease and sprinkle with pulverized  
 sugar.

*Mrs. Frank Gardner, Wife of Representative Gardner (Ind.).*

## MACAROONS

2 egg whites, beaten stiff. 1 cup cocoanut.  
 1 cup sugar. 2 cups corn flakes.

*Mrs. W. T. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

## COCOANUT MACAROONS

To the whites of three eggs add one cup of powdered sugar and beat  
 until very light. Flavor with vanilla and add one-half pound package of  
 prepared cocoanut, or more if necessary. It should be very stiff.

Drop mixture about the size of a hickory nut on buttered tins and bake  
 in slow oven.

*Mrs. Arthur T. Hannett, Wife of the former Governor of N. Mex..*

## CORN FLAKE MACAROONS

2 egg whites. 1 cup cocoanut.  
 1 cup sugar. 2 cups Kellogg's Corn Flakes.  
 ½ teaspoon vanilla. ½ cup nut meats (chopped).

Beat the egg whites until stiff, add the sugar gradually, then add the  
 vanilla, cocoanut, Corn Flakes, and nut meats. Drop by spoonfuls on a  
 buttered pan, and bake in a moderate oven (400 degrees F.) until the  
 macaroons are a delicate brown.

*Mrs. Jos. L. Hooper, Wife of Representative Hooper (Mich.).*

## CORN FLAKE MACAROONS

2 cups brown sugar.	1 cup cocoanut.
$\frac{1}{2}$ cup butter.	1 cup walnut meats.
1 egg.	5 cups corn flakes.

Cream butter and sugar, add the well beaten egg, and whip until creamy. Chop nut meats coarsely and add them with cocoanut to the mixture, then mix cornflakes in lightly and quickly and pile the mixture in little heaps on a greased baking sheet.

Bake in hot oven for six or seven minutes.

*Mrs. Jos. Walsh, Wife of former Representative Walsh (Mass.).*

## HICKORY NUT MACAROONS

(Will keep two weeks, if hidden)

Four eggs well beaten, one pint granulated sugar, one pint flour, one pint kernels. Stir together and drop on a buttered pan turned upside down. Bake slowly for about twenty minutes.

*Mrs. W. F. Kopp, Wife of Representative Kopp (Iowa).*

## OATMEAL MACAROONS

2 eggs.	2 cups oatmeal.
1 cup sugar.	2 tablespoons wheat flour.
$1\frac{1}{2}$ tablespoons melted butter.	1 teaspoon vanilla.

Drop from a teaspoon, press down with knife blade dipped in cold water.

*Mrs. Franklin Menges, Wife of Representative Menges (Pa.).*

## PECAN MACAROONS

1 cup pecans.	$\frac{1}{2}$ cup granulated sugar.
1 egg white.	$\frac{1}{2}$ cup brown sugar.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{2}$ teaspoon Mapleine.

Dry and chop the pecans and sprinkle with the salt. Beat the egg stiff and beat the sugar in gradually, then fold in the pecans. Drop the cakes from the tip of a spoon one inch apart on a buttered baking sheet. Bake in a very moderate oven until a delicate brown is secured. If the oven is too hot the cakes will spread too much.

All measurements level.

*Mrs. W. E. Humphrey, Wife of former Representative Humphrey (Wash.).*

## MARGUERITES

Take one cup of finely chopped nuts, pecans, English walnuts and almonds mixed, put into well beaten white of egg to which sugar has been added to make a thick icing, spread on long saltines and brown slightly in oven.

*Mrs. W. M. Geddes, Member of Congressional Club (Ill.).*

## MARGUERITES

White of 1 egg,  $\frac{3}{4}$  cup granulated sugar mixed with  $\frac{1}{2}$  cup water to which has been added 1 teaspoon of vinegar. Boil until it threads. Then stir into beaten egg white. Beat, add chopped nuts, spread on crackers and brown in a hot oven.

*Mrs. Harry E. Rowbottom, Wife of Representative Rowbottom (Ind.).*

MARGUERITES

- |                         |                                     |
|-------------------------|-------------------------------------|
| Package saltines.       | Whites of three eggs, beaten stiff. |
| Package dates.          | Sweetened with XXXX sugar.          |
| Any nut meat preferred. |                                     |

Fill dates with nut meat, spread on saltines, cover with beaten egg whites, place in oven for few moments until golden brown.

*Mrs. Stewart Appleby, Wife of former Representative Appleby (N. J.).*

CHOCOLATE NUGAT

- |   |                                  |
|---|----------------------------------|
| 2 squares chocolate, melt in double boiler. | $\frac{1}{2}$ cup of flour.      |
| $\frac{1}{2}$ cup of butter.                | 1 teaspoon of vanilla.           |
| 2 eggs beaten very light.                   | $\frac{3}{4}$ cups of nut meats. |
| 1 cup of sugar added.                       | pinch of salt.                   |

Bake in a moderate oven  $\frac{3}{4}$  hour, in a pan 3x7 in. and cut in squares and rolled in powdered sugar.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

ROCKS

- |                              |  |
|------------------------------|--|
| $1\frac{1}{2}$ cups sugar.   | 2 teaspoons of ground cinnamon.                |
| 1 scant cup of butter.       | 3 cups of flour.                               |
| 3 eggs.                      | $1\frac{1}{2}$ cups of chopped raisins (fine). |
| 2 tablespoons of sweet milk. | 1 pound walnut meats.                          |
| 1 teaspoon soda.             |  |

*Mrs. John N. Sandlin, Wife of Representative Sandlin (La.).*

ROCKS

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 cup butter.                    | $\frac{1}{2}$ teaspoon cloves.   |
| $1\frac{1}{2}$ cups brown sugar. | $\frac{1}{2}$ teaspoon allspice. |
| 3 eggs.                          | $\frac{1}{2}$ teaspoon nutmeg.   |
| 2 cups chopped walnuts.          | 1 teaspoon salt.                 |
| 1 cup chopped seedless raisins.  | 1 teaspoon soda.                 |
| 2 cups flour scant.              | $\frac{1}{3}$ cup hot water.     |
| 1 teaspoon cinnamon.             |                                  |

Cream butter, add sugar and eggs well beaten; dissolve soda in hot water; sift flour with the spices; add walnuts and raisins; drop from spoon in buttered pans.

*Mrs. John M. Rose, Widow of the late Representative Rose (Pa.).*

ROCK COOKIES

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 cup butter.                    | 2 cups flour.                    |
| $1\frac{1}{2}$ cups brown sugar. | 3 eggs, (beaten separately).     |
| 1 cup raisins.                   | 1 teaspoon of soda, dissolved in |
| 1 cup English walnut (cut fine). | 1 tablespoon of water.           |
| 1 teaspoon cinnamon.             |                                  |

Bake in slow oven, dropped from teaspoon.

*Mrs. Ben Paulen, Wife of the Governor of Kansas.*

## DATE ROCKS

- |   |   |
|---|---|
| 2 cups sugar.                           | 1 teaspoon cinnamon.                    |
| 1 cup butter.                           | $\frac{1}{2}$ teaspoon soda.            |
| 4 eggs.                                 | $\frac{1}{2}$ teaspoon cream of tartar. |
| 2 boxes dates.                          | 4 cups flour.                           |
| $\frac{1}{2}$ lb. English walnut meats. |   |

Sift dry ingredients together. Cream butter and sugar. Add well beaten eggs. Cut dates in quarters and nuts in small pieces. Add flour, dates and nuts. Drop with a teaspoon and bake in a moderate oven. No water or milk required in this recipe. These are fine.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

## PRINCETON ROCKS

- |  |   |
|--|---|
| 1 cup butter.                                      | 2 eggs.                                 |
| $3\frac{1}{2}$ cups flour.                         | 1 teaspoon soda dissolved in hot water. |
| $\frac{1}{2}$ cup hot water.                       | 1 teaspoon ground cloves.               |
| 1 rounding teaspoon baking powder sifted in flour. | 3 teaspoons cinnamon.                   |
| $1\frac{1}{2}$ cups sugar.                         | $1\frac{1}{2}$ lbs. chopped nuts.       |

Mix and drop from a teaspoon, far apart, on buttered pans. These are delicious.

*Mrs. W. J. Driver, Wife of Representative Driver (Ark.).*

## RUSSIAN ROCKS

- |   |  |
|---|--|
| 1 scant cup butter.                             | 1 lb. English walnuts, chopped very fine.                    |
| $1\frac{1}{2}$ cups brown sugar.                | 1 teaspoon cinnamon.   |
| Rub butter and sugar together.                  | pinch of salt.   |
| Three eggs, whites and yolks beaten separately. | 1 teaspoon soda dissolved in $\frac{1}{2}$ cup of hot water. |
| $2\frac{1}{2}$ cups flour.                      |  |
| $\frac{3}{4}$ lb. raisins.                      |  |

Drop into buttered and floured tins and bake in hot oven. If they spread too much add more flour.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*

## MRS. WALKER'S ROCKS

- |  |   |
|--|---|
| 1 cup brown sugar.                         | $2\frac{1}{2}$ cups flour.                  |
| 1 cup butter.                              | 1 teaspoonful cinnamon.                     |
| 3 eggs, beaten separately.                 | 1 teaspoonful soda, dissolved in hot water. |
| $1\frac{1}{2}$ cups raisins, chopped fine. | 1 teaspoonful of vanilla.                   |
| 1 cup of walnuts, chopped.                 |   |

Drop from spoon into buttered pans and bake in moderate oven. This will make fifty cakes.

*Mrs. Dan. Sutherland, Wife of Delegate Sutherland (Alaska).*

## MAPLEINE ROSETTES

- |                                     |   |
|-------------------------------------|---|
| 2 cups flour.                       | 1 egg.                                  |
| $\frac{1}{2}$ teaspoon salt.        | $\frac{3}{4}$ cup milk.                 |
| 3 teaspoons Crescent baking powder. | $\frac{1}{4}$ cup butter or substitute. |
| $\frac{3}{4}$ cup sugar.            | $1\frac{1}{2}$ teaspoons Mapleine.      |

Sift flour, salt and baking powder. Cut in 2 tablespoons fat. Add beaten egg. Add milk to make a soft dough. Roll out  $\frac{1}{2}$  inch thick.

Cream  $\frac{1}{4}$  cup butter or substitute and sugar. Add Mapleine. Spread on dough. Roll the dough like a jelly roll. Cut in  $\frac{1}{2}$  inch slices. Place in pan flat side down. Bake in a hot oven.

All measurements level.

*Mrs. W. E. Humphrey, Wife of former Representative Humphrey (Wash.).*

### ANISE STICKS

2 cups flour.	$\frac{3}{4}$ cup sugar.
1 teaspoon Royal Baking Powder.	4 tablespoons shortening.
$\frac{1}{4}$ teaspoon salt.	2 eggs.
	1 or 2 drops anise oil.

Mix and sift dry ingredients. Add shortening and mix in lightly. Add well-beaten eggs and flavoring. Knead lightly on floured board and roll to  $\frac{1}{4}$ -inch thick. Cut into bars, 4 inches long and  $\frac{1}{2}$  inch wide. Place side by side on greased pan; brush tops with melted butter and bake in moderate oven at 325 degrees F. for 15 minutes. Makes 3 dozen.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

### CASSAVA TARTS

See Favorite Dishes of All Nations, page 105.

### MOCHA TART

4 eggs.	1 cup granulated sugar.
1 tablespoon essence of Mocha.	1 cup flour.
Few grains salt.	1 teaspoon Royal Baking Powder.

Separate eggs, beat yolks until very light; add mocha, salt and sugar gradually, beating continually; add flour and baking powder sifted together; fold in stiffly beaten whites; mix thoroughly without beating. Spread on two well-buttered layer cake pans and bake in moderate oven 10 to 15 minutes, starting at 300 degrees F. and increasing temperature last half of baking to 375 degrees F. Whip  $\frac{1}{2}$  pint cream; sweetened with  $\frac{1}{2}$  cup powdered sugar and flavor with mocha essence. Spread between layers and on top of cake. The top may be sprinkled with browned and chopped almonds. Makes one two-layer cake (9-inch pans.)

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

### SAND TARTS

$\frac{1}{2}$ pound butter.	4 eggs.
$\frac{3}{4}$ pound sugar.	2 teaspoons baking powder.
1 pound flour.	

Cream butter and sugar, add yolks of eggs well beaten, then flour and beaten whites, and  $\frac{1}{2}$  teaspoon vanilla. Place on ice 24 hours. Roll very thin, cut in diamonds, brush top with beaten yolks of egg to which a little water has been added. Dust with cinnamon and place  $\frac{1}{2}$  nut in center.

*Mrs. A. W. Bissell, Daughter of Hon. Hubert Work, Sec. of the Interior.*

## SAND TARTS

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1¼ cups butter.                    | 5 cups flour.                   |
| 3 cups sugar.                      | 1 teaspoon (scant) soda dis-    |
| 4 eggs, keep whites of 2 for tops. | solved in 2 tablespoons boiling |
| ½ cup milk.                        | water.                          |

Bake in very hot oven.

*Mrs. S. A. Kendall, Wife of Representative Kendall (Pa.).*

## SAND TARTS

- |               |               |
|---------------|---------------|
| 2 cups sugar. | 4 cups flour. |
| 1 cup butter. | 2 eggs.       |
- Mix and roll thin. Cut into small cakes, wet with egg and sprinkle with cinnamon. Bake.

*Mrs. Clarence Morley, Wife of the former Governor of Colorado.*

## SAND TARTS

- |                                  |          |
|----------------------------------|----------|
| 1 cup brown sugar.               | 1 egg.   |
| ½ cup butter.                    | Vanilla. |
| 2½ cups flour.                   | Salt.    |
| 2 teaspoonfuls of baking powder. |          |

Procedure: Cream sugar and butter. Then add the egg well beaten, and the vanilla. Next add the flour which has been sifted with the baking powder and a little salt. Shape into a roll of dough and chill in the refrigerator for at least an hour. Roll very thin and cut with a floured cutter (star shaped.) Place on greased baking sheets, brush the top of each with slightly beaten egg white, sprinkle with a mixture of 1 tablespoonful of sugar and ¼ teaspoonful of cinnamon. Place a blanched almond, ½ pecan, a raisin or candied cherry in the center of each. Bake at 450 degrees F. for 10 minutes.

*Mrs. Arthur G. Sorlie, Wife of the Governor of North Dakota.*

## MORAVIAN SAND TARTS

- |                         |         |
|-------------------------|---------|
| 1 pound powdered sugar. | 5 eggs. |
| 1 pound butter.         |         |
- Add eggs one at a time and mix thoroughly with the butter and sugar until very creamy. Add and mix thoroughly:
- |                |                          |
|----------------|--------------------------|
| 1 pound flour. | 1 teaspoon (scant) soda. |
|----------------|--------------------------|
- Mix the day before desired and chill thoroughly. Roll out thin, cut in forms, put nuts on top and bake.

*Mrs. Wm. Radford Coyle, Wife of former Representative Coyle (Pa.).*

## CHESS CAKES

- |                        |                                 |
|------------------------|---------------------------------|
| 1 cup butter (washed). | 2 tablespoons cream.            |
| 3 cups sugar.          | 1 tablespoon of corn meal.      |
| 8 yolks eggs.          | Whites of 2 eggs, beaten stiff. |
- Cream butter and sugar, add beaten eggs, meal and flour. Bake in small crusts that have been partly cooked.

*Mrs. Edward E. Eslick, Wife of Representative Eslick (Tenn.).*



## DELICIOUS CHOCOLATE CAKES

4 tablespoons cocoa,  $\frac{1}{2}$  cup sweet milk, 2 eggs. Do not beat, but stir all together and cook in double boiler until thick and smooth. Remove from fire and add butter size of egg. Let cool. Then add  $\frac{1}{2}$  cup sweet milk, 1 cup sugar,  $1\frac{1}{2}$  cups flour, 1 teaspoon vanilla. Beat again. Then add 1 teaspoon soda dissolved in 2 tablespoons boiling water. Bake in small gem tins and ice with—

## Mocha Icing

2 to 4 tablespoons butter.	2 tablespoons cocoa or 2 squares
$1\frac{1}{2}$ cups powdered sugar.	chocolate.
	$\frac{1}{2}$ teaspoon vanilla.

Melt butter and chocolate together. Stir in sugar. Add enough hot coffee to make mixture spread nicely. Nuts may be added.

*Mrs. John B. Kendrick, Wife of Senator Kendrick (Wyo.).*

## COCOANUT CAKES

Whites of three eggs beaten very stiff. Mix together one level cup sugar, two of shredded cocoanut, and two or three tablespoons of flour and add very, very lightly to beaten egg whites; drop about a large teaspoon of mixture on buttered tins and cook slowly until a golden brown.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## LITTLE GEM CAKES

Cream together  $\frac{1}{2}$  cup butter and  $1\frac{1}{2}$  cups sugar. Add 3 well beaten eggs, 1 cup sweet milk, pinch of salt, 2 tablespoonfuls baking powder sifted in  $2\frac{1}{2}$  cups flour. Flavor with vanilla. Bake in quick oven.

*Mrs. Carl C. Bachmann, Wife of Representative Bachmann (W. Va.).*

## GINGER CAKES

1 cup brown sugar.	4 cups flour.
1 cup butter and lard mixed,	1 teaspoon ginger.
2 eggs.	1 teaspoon soda dissolved in
1 cup molasses.	tablespoon boiling water.
1 cup sour milk.	Bake in gem pans.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Pa.).*

## LACE CAKES

Butter, size of an egg.	3 tablespoons flour.
1 cup sugar ( $\frac{1}{2}$ brown, $\frac{1}{2}$	1 cup walnuts.
white.)	1 egg.
Pinch of salt.	Vanilla.

Mix egg, butter and sugar, vanilla, flour, salt. Drop on cookie pan. Cook in moderate oven.

*Mrs. Albert W. Bissell, Daughter of the Secretary of the Interior.*

## MOLASSES CAKES

- |                  |                         |
|------------------|-------------------------|
| ½ cup butter.    | 1 teaspoon ginger.      |
| 1 cup sugar.     | 1 teaspoon cinnamon.    |
| 1 cup molasses.  | 3 cups flour.           |
| 1 cup sour milk. | ½ cup nutmeg, grated.   |
| 1 teaspoon soda. | ½ cup seedless raisins. |
| 1 egg.           |                         |

Bake in moderate oven in gem pans.

*Mrs. T. Frank Appleby, Widow of the late Representative Appleby (N. J.).*

## MOLASSES DROP CAKES

- |                    |                                |
|--------------------|--------------------------------|
| 1 cup molasses.    | 1 teaspoon soda dissolved in 1 |
| ½ cup brown sugar. | teaspoon boiling water.        |
| 1 egg.             | 1 teaspoon cinnamon and flour  |
| 1 teaspoon ginger. | to thicken.                    |

Have batter rather thin. Drop on greased pan and bake.

*Mrs. John A. M. Adair, Wife of former Representative Adair (Ind.).*

## NUT CAKES

Beat whites of two eggs to a stiff froth, add one cup of very light brown sugar, 2 level tablespoons of flour beaten in well. Then stir in 2 cups of pecan nuts. Grease pan after warming and drop by the teaspoonful. Bake in slow oven.

*Mrs. Charles R. Crisp, Wife of Representative Crisp (Ga.).*

## PEANUT CAKES

See Favorite Dishes of All Nations, page 36.

## NUTLETS

- |                     |                            |
|---------------------|----------------------------|
| 1 cup shortening.   | 2 level teaspoons soda.    |
| 1 cup honey.        | 1 level teaspoon salt.     |
| 1 cup brown sugar.  | 1 level teaspoon cinnamon. |
| 1 cup chopped nuts. | 4 cups flour.              |
| 1 egg.              |                            |

Cream butter, add sugar, stir in egg, then honey, nuts and cinnamon. Sift soda and salt with flour. Make little balls with hands and bake in moderate oven.

*Mrs. Geo. A. Welsh, Wife of Representative Welsh (Pa.).*

## OATMEAL CAKES

- |                                |                           |
|--------------------------------|---------------------------|
| ½ cup butter.                  | 1 teaspoon baking powder. |
| ½ cup sugar.                   | cinnamon and nutmeg to    |
| 1 egg.                         | season.                   |
| 1 cup oat meal (heaping full.) | 1 cup chopped raisins.    |
| 1 cup flour.                   | 1 cup of nuts.            |

*Mrs. Addison T. Smith, Wife of Representative Smith (Idaho).*

## INDIVIDUAL SPONGE CAKES

- |                                    |                             |
|------------------------------------|-----------------------------|
| 6 egg yolks.                       | spoons of baking powder and |
| 1 cup sugar.                       | ¼ teaspoonful salt.         |
| 1½ cups flour sifted with two tea- | ½ cup boiling water.        |

Beat eggs and sugar together until lemon colored and light. Add boiling water and then beat in flour lightly, after which add teaspoonful vanilla. Bake in small muffin pans. This will make thirty-two little cakes. Use any good frosting and sprinkle with nuts.

*Mrs. John H. Smithwick, Wife of former Representative Smithwick (Fla.).*

TEA CAKES

2 or 3 eggs, 2 cups of sugar,  $\frac{3}{4}$  cup of butter,  $\frac{1}{2}$  cup of buttermilk, one teaspoon of soda, flour enough to make a stiff dough, flavor with vanilla.

*Mrs. Ben Johnson, Wife of former Representative Johnson (Ky.).*

TEA CAKES

3 cups flour.	1 cup shortening, half butter and half lard.
1 cup sugar.	Yolks of 2 eggs and white of one whipped together with $\frac{1}{2}$ cup of milk.
4 teaspoons baking powder.	
$\frac{1}{2}$ cup chopped nuts.	
$\frac{1}{2}$ cup chopped raisins.	

Flavor.

Yolks of 2 eggs and white of one whipped together with  $\frac{1}{2}$  cup of milk. Sift together all dry ingredients, blend in shortening, stir in nuts and raisins, then add yolks of the two eggs and white of one whipped with  $\frac{1}{2}$  cup of milk.

Partly beat the white of the other, roll the batter into balls the size of a walnut, dip into the partly beaten egg white and then into sugar. This makes about seventy cakes.

*Mrs. Asle J. Gronna, Widow of the late Senator Gronna (N. D.)*

AFTERNOON TEA CAKES

1 cup sugar.	$\frac{1}{2}$ cup cornstarch.
3 eggs.	$\frac{1}{2}$ cup milk.
2 heaping tablespoons butter	3 teaspoons baking powder.
$\frac{1}{2}$ cup flour.	

Cream butter and sugar, drop in one at a time 3 eggs beating well after each. Mix together and sift flour, cornstarch, baking powder, and a little salt. Add this to first mixture, alternately with milk. Bake in muffin pans.

*Mrs. Franklin Menges, Wife of Representative Menges (Pa.).*

PLAIN TEA CAKE

1 cup flour.	Pinch of salt.
1 rounding teaspoon baking powder.	Break 2 eggs in measuring cup, fill up with cream.
1 cup sugar.	$\frac{1}{4}$ teaspoon vanilla.

Stir all together, quickly and bake in moderate oven about 25 minutes. Excellent foundation for varying: nut meats, cocoanut or blueberries may be added. When nuts or berries are used add 1 teaspoon of flour. Bake in square or patty pans.

For high altitudes add piece of butter size of walnut. Sweet or sour cream; using soda for the sour.

*Mrs. James H. Davidson, Widow of the late Representative Davidson (Wis.).*

## TEA DAINTIES

1 cup light brown sugar.  
 $\frac{2}{3}$  cup flour.  
 $\frac{1}{4}$  teaspoon baking powder.  
 $\frac{1}{2}$  teaspoon salt.

2 eggs.  
 $1\frac{1}{2}$  cups chopped nut meats, English walnuts.

Grease and flour pans and drop only  $\frac{1}{2}$  teaspoonful or just what you can take up on a teaspoon. Allowing room to spread. Delicious.

*Mrs. Wallace H. White, Wife of Representative White (Maine).*

## SOUR CREAM TEA CAKES

1 cup brown sugar.  
 1 cup sour cream.  
 2 eggs, well beaten.

$1\frac{3}{4}$  cups flour.  
 1 teaspoon baking powder.  
 $\frac{1}{2}$  teaspoon soda.

Flavor with grated nutmeg. Delicious if frosted with soft maple sugar in boiled maple frosting.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

## MORAVIAN SCOTCH CAKES

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

1 lb. flour.  
 2 teaspoons caraway seeds.

Cut into small squares with pie crust cutter. Bake and when cold cover with boiled icing flavored with vanilla. Sprinkle with red sugar.

*Mrs. Wm. Radford Coyle, Wife of former Representative Coyle (Pa.).*

## SWISS CAKES MERVEILLES

See Favorite Dishes of All Nations, page 132.

## CHOCOLATE NUT WAFERS

1 cup sugar.  
 2 squares melted chocolate.  
 $\frac{1}{2}$  cup melted butter.

2 eggs, whites and yolks beaten separately, then together and one-half cup of flour.

Spread very thinly over cooking sheet and sprinkle on one cupful of coarsely chopped nuts. Bake, not too brown. Score in oblongs and remove from pan.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

## NUT WAFERS

1 lb. brown sugar.  
 4 eggs.  
 13 tablespoons flour.

3 teaspoons baking powder.  
 1 lb. nuts.

*Mrs. Chas. E. Kiefner, Wife of former Representative Kiefner (Mo.).*

## NUT TEA WAFERS

$\frac{1}{2}$  cup butter (creamed).  
 1 cup light brown sugar.  
 1 egg well beaten.  
 $\frac{1}{2}$  teaspoon soda.

$\frac{1}{4}$  teaspoon salt.  
 $1\frac{3}{4}$  cups of bread flour.  
 $\frac{1}{2}$  cup finely chopped English walnut meats.

Put together in order given.

Mix with the hands, pack very solidly in brick mould that has been well oiled with butter. Leave in refrigerator over night. Turn out and slice as thin as possible. Bake in hot oven on a piece of sheet iron.

Twice this rule makes two moulds. This mixture will keep in refrigerator for a week or more.

*Mrs. W. W. Chalmers, Wife of Representative Chalmers (Ohio).*

### ORANGE WAFERS

$\frac{1}{2}$  lb of sugar.

4 eggs

$\frac{1}{4}$  lb of flour.

Separate the whites and yolks and beat very light, add one lemon, half of the rind and all the juice. Drop from a teaspoon upon buttered paper and bake in a quick oven.

Spread the underside with orange marmalade and place two together.

*The late Mrs. Joseph I. France, Wife of former Senator France (Md.).*

### GENDA'S SWEDISH WAFERS

Something dainty, crisp and "different" to serve with afternoon tea.

$\frac{1}{3}$  cup crisco.

1 teaspoon lemon juice.

1 cup sugar.

1 teaspoon vanilla.

1 egg.

Grated rind  $\frac{1}{2}$  lemon (yellow only).

$\frac{1}{4}$  cup milk.

2 cups flour.

1 teaspoon shelled cardamon seed, rolled fine, (purchase at drug store).

2 teaspoons baking powder.

$\frac{1}{2}$  teaspoon salt.

Cream the Crisco, add sugar, egg well beaten, milk, vanilla, lemon juice, grated lemon rind, and cardamon seed rolled fine.

Mix and sift dry ingredients and add to first mixture. Chill in refrigerator, take out one quarter mixture at a time on floured board in a cool place. Roll very thin, shape with fancy cutters dipped in flour. Place on buttered tin, bake in moderate oven 8 or 10 minutes. Keep mixture cool and firm. Additional flour will make them hard instead of crisp.

*Mrs. Martin A. Morrison, Wife of former Representative Morrison (Ind.).*

### WALNUT CAKES WITH RAISINS

1 cup sugar.

2 eggs, whites and yolks beaten separately.

$\frac{1}{2}$  cup butter.

$\frac{1}{2}$  cup milk.

1 cup raisins.

2 cups flour.

1 cup nut meats, broken.

1 teaspoon baking powder.

Bake in gem pans.

*Mrs. Chas. A. Rawson, Wife of former Senator Rawson (Iowa).*

### WALNUT WAFERS

1 cup brown sugar.

3 heaping tablespoons of flour.

1 cup chopped walnuts.

Pinch of salt.

2 eggs.

Drop by teaspoon on buttered tins some distance apart.

*Mrs. Frederick W. Dallinger, Wife of Representative Dallinger (Mass.).*

**WALNUT WAFERS**

2 eggs, well beaten.  
 1 cup sugar.  
 2 tablespoons syrup.  
 1 cup flour.

Pinch of salt.  
 Pinch of baking soda.  
 1 cup chopped walnuts.

Mix all together, the beaten eggs last, and drop  $\frac{1}{2}$  teaspoon of the batter at a time in a greased pan, leaving space between each one. Bake in a moderate oven.

*Mrs. A. M. Peterson, Sister of Representative Curry (Cal.).*

**WALNUT WAFERS**

1 cup dark brown sugar.  
 1 tablespoon butter.  
 1 egg.

1 tablespoon flour.  
 1 cup chopped nut meats.  
 Pinch salt.

Drop on a pan (an old one) in dabs about size of a thimble. Bake in a moderate oven until brown and remove from pan with a flat knife when almost crisp. This recipe makes 4 dozen wafers.

*Mrs. Robert Beecher Howell, Wife of former Senator Howell (Neb.).*

**VANILLA WAFERS**

1 cup powdered sugar.  
 1 cup butter.  
 2 eggs.

1 teaspoon vanilla.  
 1 teaspoon baking powder.  
 Flour enough for stiff dough.

Roll thin and bake in slow oven.

*Mrs. George H. Dern, Wife of the Governor of Utah*

**ST. GEORGE'S PUFF**

See Favorite Dishes of All Nations, page 66.

**FILET DE VEAU MASSENA**

See Favorite Dishes of All Nations, page 131.

## GINGERBREAD, WAFFLES, DOUGHNUTS AND GRIDDLE CAKES

*I love to keep all festivals, to taste all feast-offerings, from fermety at Christmas to the pancakes at Shrovetide.*  
—Charles Lamb.

### GINGERBREAD

- |   |                                    |
|---|------------------------------------|
| 1 heaping cup of flour.                     | $\frac{1}{2}$ cup of brown sugar.  |
| $\frac{1}{2}$ cup of lard and butter mixed. | $\frac{1}{2}$ cup of molasses.     |
| 1 teaspoonful ginger.                       | $\frac{1}{2}$ teaspoonful of salt. |
| 1 teaspoonful of soda.                      | 1 egg.                             |
| $\frac{1}{2}$ cup of boiling water.         |                                    |

Cream the butter, lard and sugar; add flour and ginger sifted together; add well-beaten egg and molasses, beat thoroughly, then add boiling water in which the soda has been dissolved. Bake in well-greased shallow pan in moderate oven 15 or 20 minutes.

*Mrs. William E. Borah, Wife of Senator Borah (Idaho).*

### GINGERBREAD

- |                           |                                     |
|---------------------------|-------------------------------------|
| $\frac{1}{2}$ cup sugar.  | 1 teaspoonful ginger.               |
| Scant cup molasses.       | $\frac{1}{2}$ teaspoonful salt.     |
| Scant half cup lard.      | 1 whole egg.                        |
| Scant half cup hot water. | Dash of nutmeg.                     |
| 2 cups of white flour.    | $\frac{1}{2}$ teaspoonful cinnamon. |
| 1 teaspoonful soda.       | $\frac{1}{4}$ teaspoonful cloves.   |

Mix the sugar, molasses, hot water and lard; sift the spices, salt and soda with the flour, mix in the flour a little at a time, and last of all break the egg in without beating it and stir it into the batter. Bake in a greased and floured pan in a moderate oven. Place a small pan of water in the oven so the cake will not burn.

*Mrs. Miriam A. Ferguson, former Governor of Texas.*

### GINGERBREAD

- |                                |   |
|--------------------------------|---|
| 2 cups molasses.               | 1 teaspoon cinnamon.                              |
| $\frac{1}{2}$ cup brown sugar. | 1 teaspoon soda dissolved in a little warm water. |
| 2 cups flour.                  | 3 tablespoons sour cream.                         |
| $\frac{1}{2}$ cup lard.        |   |
| 1 tablespoon ginger.           |   |

*Mrs. Robert L. Bacon, Wife of Representative Bacon (N. Y.).*

## GINGERBREAD

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ cup Wesson oil.                          | 1 teaspoon cinnamon.           |
| 1 cup molasses.  | 1 teaspoon cloves.             |
| $\frac{1}{2}$ cup sugar.                               | 2 teaspoons ginger.            |
| 1 teaspoon soda dissolved in<br>one cup boiling water. | $2\frac{1}{2}$ cups flour.     |
|  | 2 well-beaten eggs added last. |
- A few raisins and nuts may be added if desired.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

## GINGERBREAD

- |                                |                                     |
|--------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup butter.      | $\frac{1}{2}$ cup black molasses.   |
| $\frac{1}{4}$ cup brown sugar. | $1\frac{1}{2}$ cups flour.          |
| 1 egg.                         | 1 teaspoon brown ginger.            |
| $\frac{1}{2}$ cup sour milk.   | $\frac{3}{4}$ teaspoon baking soda. |
- Cream butter and sugar. Add egg, then molasses, then sour milk, then dry ingredients sifted together. Press out all lumps. Bake in paper-lined, well-greased pan in very slow oven for 35 or 40 minutes. Do not move while baking.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.).*

## GINGERBREAD

Mix  $1\frac{3}{4}$  teaspoons of soda with 1 cup sour milk and add 1 cup molasses, beating in slowly. Sift together  $2\frac{1}{2}$  cups of flour,  $\frac{1}{2}$  teaspoon salt and 2 teaspoons ginger. Combine all mixtures and beat in  $\frac{1}{4}$  cup of softened butter, making a smooth batter. Bake half an hour in a moderate oven, using a shallow pan well buttered. This makes a soft, spongy gingerbread.

*Mrs. James R. Mann, Wife of the late Representative Mann, (Ill.).*

## ALL-BRAN GINGER CAKE

- |                               |                              |
|-------------------------------|------------------------------|
| $\frac{1}{4}$ cup shortening. | 1 teaspoon soda.             |
| $\frac{1}{2}$ cup sugar.      | 1 teaspoon ginger.           |
| 1 egg.                        | 2 teaspoons cinnamon.        |
| 1 cup All-Bran.               | $\frac{1}{2}$ cup sour milk. |
| $1\frac{1}{2}$ cups flour.    | $\frac{1}{2}$ cup molasses.  |
| $\frac{1}{2}$ teaspoon salt.  |                              |

Cream shortening and sugar together. Add the egg; beat well. Add the All-Bran. Mix and sift the dry ingredients and add them to the creamed mixture, alternately with the sour milk and molasses. Bake in a moderate oven (370 degrees F.) from 30 to 40 minutes. Yield: 1 loaf.

*Mrs. Jos. L. Hooper, Wife of Representative Hooper (Mich.).*

## GINGERBREAD—BEST EVER!

- |                              |                                |
|------------------------------|--------------------------------|
| $\frac{3}{4}$ cup sugar.     | 1 level teaspoon soda dis-     |
| $\frac{1}{4}$ cup butter.    | solved in hot water.           |
| 1 egg.                       | $\frac{1}{2}$ teaspoon ginger. |
| $\frac{1}{2}$ cup molasses.  | $\frac{1}{4}$ teaspoon salt.   |
| $\frac{1}{2}$ cup sour milk. | $\frac{1}{2}$ cup raisins.     |
| 2 cups flour.                |                                |

*Mrs. Edw. E. Browne, Wife of Representative Browne (Wis.).*



## GINGERBREAD PAR EXCELLENCE

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1 large tablespoon Crisco.      | 2 cups flour with 1 teaspoon    |
| 1 cup sugar.                    | ginger and 1 of cinnamon        |
| $\frac{2}{3}$ cup molasses.     | sifted in.                      |
| 1 cup boiling water with 1 tea- | 2 eggs, yolks and whites beaten |
| spoon soda dissolved in a       | separately.                     |
| little warm water added.        |                                 |

Mix ingredients and beat well. The more 'tis beaten the lighter 'twill be. Beat with wooden spoon and fold in beaten whites last. Wash and dry in oven  $\frac{1}{2}$  teacup seedless raisins, dredge with flour and sprinkle on top of batter after it is in pan. Pour on oiled paper and bake slowly.

*Mrs. W. M. Geddes, Member of Congressional Club (Ill.).*

## DELICIOUS GINGERBREAD

- |                          |                            |
|--------------------------|----------------------------|
| 1 cup sorghum.           | 1 cup boiling water.       |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{3}$ cup butter.  |
| 1 teaspoon cinnamon.     | $2\frac{1}{2}$ cups flour. |
| 1 teaspoon ginger.       | 1 teaspoon soda.           |
| Pinch salt.              | 2 eggs.                    |

Pour the boiling water over the butter; stir until dissolved. Add sugar, sorghum, spices, salt, soda and flour and beat thoroughly. Whip the eggs until creamy and add last thing before baking. Pour batter into a paper-lined single loaf bread pan and bake one hour in a moderate oven.

*Mrs. Frank Clague, Wife of Representative Clague (Minn.).*

## DIXIE GINGERBREAD

- |                        |                               |
|------------------------|-------------------------------|
| 1 cup brown sugar.     | 1 teaspoon soda (dissolved in |
| 1 cup sour milk.       | the milk).                    |
| 1 cup molasses.        | 1 teaspoon salt.              |
| 1 cup butter or lard.  | 3 eggs.                       |
| 1 tablespoon ginger.   | 3 cups flour.                 |
| 1 tablespoon cinnamon. |                               |

Bake in slow oven in sheet.

*Mrs. Robert T. Houston, Wife of Representative Houston (Del.).*

## FAIRY GINGERBREAD

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 cup brown sugar.                | $1\frac{7}{8}$ cups flour. |
| $\frac{1}{2}$ cup (scant) butter. | 2 teaspoons ginger.        |
| $\frac{1}{2}$ cup milk.           |                            |

Cream butter and sugar together. Add milk, flour and ginger and beat up together and spread very thin on bottom of pan and bake in a moderate oven. While hot cut into squares.

*Mrs. Louis A. Frothingham, Wife of Representative Frothingham, (Mass.).*

## FRENCH GINGERBREAD

See Favorite Dishes of All Nations, page 87.

## HOT WATER GINGERBREAD

Melt  $\frac{1}{3}$  cup of butter in  $\frac{2}{3}$  cup of boiling water, add  $\frac{3}{4}$  cup of molasses,  $\frac{1}{2}$  cup of sugar, 1 egg beaten until thick and lemon-tinted. Sift together  $2\frac{1}{2}$  cups flour, 1 level teaspoon soda,  $\frac{1}{2}$  teaspoon salt, 1

teaspoon each of cinnamon and ginger and  $\frac{1}{4}$  teaspoon cloves. Add to the first mixture, gradually stirring and beating until thoroughly blended. Turn into a buttered shallow pan and bake 30 minutes in a moderate oven.

*Mrs. August H. Andresen, Wife of Representative Andresen (Minn.).*

### INDIANA'S PRIZE GINGERBREAD

$\frac{1}{2}$ cup butter.	2 cups flour.
2 tablespoons brown sugar.	2 heaping teaspoons ginger.
1 egg.	1 slightly rounded teaspoon
1 cup sour cream or sour milk.	soda.
1 cup Porto Rican molasses.	

Cream butter, sugar and molasses. Add cream (or milk), ginger and flour. (Measure flour after sifting.) Add egg separately beaten. When all has been thoroughly beaten together add soda which has been dissolved in 1 tablespoon milk. ( $\frac{1}{2}$  cup seeded raisins, well floured, can be folded in lightly if desired.) Bake in well-greased bread pan in a slow oven until done (about  $\frac{1}{2}$  hour.)

*Mrs. Martin A. Morrison, Wife of former Representative Morrison (Ind.).*

### MOTHERS GINGERBREAD

$\frac{1}{2}$ cup sugar.	3 eggs.
1 cup molasses.	1 teaspoon cloves, cinnamon and
$\frac{1}{2}$ cup butter.	ginger.
1 cup hot water.	2 teaspoons saleratus.
3 cups flour.	

*Mrs. Chas. L. Underhill, Wife of Representative Underhill (Mass.).*

### MOUNTAINEER GINGERBREAD

$\frac{1}{2}$ cup brown sugar.	1 level teaspoon of soda.
$\frac{1}{3}$ cup butter.	$\frac{1}{2}$ level teaspoon ginger.
1 cup baking molasses.	2 level teaspoons cinnamon.
1 cup boiling water.	2 cups flour.
2 eggs.	(Raisins may be added if liked).

Mix sugar, eggs and shortening; add molasses and boiling water and beat with egg beater, Dover style. Put flour, ginger, cinnamon and soda in sifter and sift into first mixture and beat well. Pour into buttered biscuit pan and bake at moderate heat for about 30 minutes. The batter will seem too thin, but it is right.

*Mrs. M. M. Neely, Wife of Senator Neely (W. Va.).*

### SOFT GINGERBREAD

$\frac{1}{2}$ cup of molasses (pure New Orleans).	$\frac{1}{2}$ cup of boiled water.
$\frac{1}{2}$ cup of sugar.	1 teaspoonful of bicarbonate of
1 tablespoonful of lard and butter, mixed.	soda.
2 cups of sifted flour.	$\frac{1}{2}$ teaspoonful of cinnamon and
	a pinch of ginger.

Dissolve the soda in the boiling water; when cool stir it in the cake. Bake 15 or 20 minutes in shallow pans.

*Miss Ellen Wood, Sister of former Representative Wood (N. J.).*

## SOFT GINGERBREAD

Cream  $\frac{1}{2}$  cup butter and  $\frac{1}{2}$  cup sugar; add  $\frac{1}{4}$  cup molasses, beaten yolks 2 eggs, pinch of salt,  $\frac{1}{2}$  cup hot water alternately with  $1\frac{1}{4}$  cups flour, in which  $\frac{1}{2}$  teaspoon ginger and 1 teaspoon soda have been mixed. Lastly, fold in the well-beaten whites. To make extra good add raisins or nuts to dry ingredients. The batter should be very thin and baked rather slowly in muffin pans or loaf.

*Mrs. Curtis D. Wilbur, Wife of the Secretary of Navy.*



## CREAM FILLING FOR GINGERBREAD

- |                                |                              |
|--------------------------------|------------------------------|
| 2 Neufchatel or cream cheeses. | $\frac{1}{2}$ teaspoon salt. |
| 2 cups chopped dates.          | Cream.                       |
| 1 cup chopped nuts.            |                              |

Mash the cheese and mix with it enough cream to give it the consistency of a soft filling. Add the dates, gingerbread, spread the cheese mixture on the lower half, replace the upper part and press it down lightly. The quantity of cheese filling given here is enough for a loaf of gingerbread about 8 by 10 inches. Serve the gingerbread at once while still hot. (See above cut.)

*Dr. Louise Stanley, Chief Bureau of Home Economics.*

## WAFFLES

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 2 cups flour.                    | $1\frac{3}{4}$ cups milk.       |
| 4 teaspoons Royal baking powder. | 2 eggs.                         |
| $\frac{3}{4}$ teaspoon salt.     | 1 tablespoon melted shortening. |

Sift flour, baking powder and salt together; add milk to egg yolks and add to dry ingredients. Add shortening, mix in beaten egg whites. Bake in well-greased hot waffle iron until brown; turn once. Serve hot with butter and maple syrup.

*Mrs. William Arnold, Wife of Representative Arnold (Ill.).*

## WAFFLES

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 cup flour.                 | 1 tablespoon graham flour or meal. |
| 2 teaspoons baking powder.   | 1 cup sweet milk.                  |
| $\frac{1}{2}$ teaspoon salt. | 1 egg, beaten well with milk.      |
| 2 teaspoons sugar.           | 3 tablespoons melted butter.       |
- Pour over dry ingredients and last add
- Mrs. W. C. Wright, Wife of Representative Wright (Ga.).*

## WAFFLES

- |                                  |  |
|----------------------------------|--|
| 1 cup sweet milk.                | 3 eggs.  |
| $\frac{1}{2}$ teaspoon salt.     | $1\frac{1}{2}$ teaspoons Crescent baking powder. |
| $\frac{1}{2}$ cup melted butter. |  |
- Beat whites and yolks of eggs separately. Use flour enough to make quite a stiff batter. Whites of eggs added last.
- Mrs. W. E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

## WAFFLES

- Two cups of flour sifted with 2 teaspoons of baking powder, one tablespoon of butter and sweet milk enough to make rather thin batter. Cream can be used instead of milk and butter. Delightfully crisp. The addition of a cup of bran flakes is fine.
- Mrs. Thomas L. Rubey, Wife of Representative Rubey, (Mo.).*

## WAFFLES

- |                           |  |
|---------------------------|--|
| 2 egg yolks.              | $1\frac{1}{4}$ cup milk.               |
| 1 tablespoon sugar.       | 2 cups flour.                          |
| 2 tablespoons liquid fat. | 4 teaspoons baking powder.             |
| 1 teaspoon salt.          | Egg whites, beaten and folded in last. |
- Beat together and add
- Mrs. John C. Ketcham, Wife of Representative Ketcham (Mich.).*

## WAFFLES

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 quart buttermilk.                  | 1 tablespoonful sugar or syrup.   |
| 4 eggs.                              | Flour enough to make thin batter. |
| $\frac{3}{8}$ cupful butter or lard. |                                   |
| 1 level teaspoonful soda.            |                                   |
- Beat! Beat! Beat! Whites of eggs are beaten separately and added to batter last. Beat again thoroughly before cooking.
- Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## WAFFLES

(Served with Stewed Chicken with a Plentiful Supply of Rich Gravy)

- |                            |                                 |
|----------------------------|---------------------------------|
| 2 cups flour.              | 4 tablespoons melted butter.    |
| 3 teaspoons baking powder. | $\frac{1}{2}$ teaspoonful salt. |
| 1 cup milk.                | 3 eggs.                         |
- Sift together the dry ingredients, add the egg yolks, beaten and mixed with the milk, then the melted butter. Fold in the egg whites, beaten stiff. Have the waffle iron hot—if the old-fashioned iron, it should be well greased and when the waffle is browned on one side the iron should

be turned to brown the other side. If an electric waffle iron is used, it is helpful to paint both sides of the iron with a wee bit of olive oil before baking the *first* cake.

*Mrs. Robt. P. Robinson, Wife of the Governor of Delaware.*

### DELICIOUS WAFFLES

President Harding's recipe.

- |                                 |   |
|---------------------------------|---|
| 2 cups flour.                   | 2 level teaspoons soda dissolved in the buttermilk. |
| 1 teaspoonful baking powder.    | 2 eggs.   |
| $\frac{3}{4}$ teaspoonful salt. | 4 tablespoons melted shortening.                    |
| 2 cups buttermilk.              |   |

Sift flour, baking powder and salt together. Add milk to beaten yolks of eggs and add to flour mixture; add shortening. Beat thoroughly and strain into pitcher. Fold in stiffly beaten whites of eggs. Bake on well-heated waffle iron. These waffles are fine in texture and very crisp.

*Mrs. Frank H. Funk, Wife of former Representative Funk (Ill.).*

### DELICIOUS WAFFLES

- |  |                     |
|--|---------------------|
| 1 quart buttermilk.                            | 1 teaspoonful soda. |
| 2 eggs, beaten separately.                     | 3 cups of flour.    |
| 4 tablespoonfuls melted butter (or 2 of lard). |                     |

Mix well-beaten yolks with milk, add flour, whites of eggs and lastly soda.

*Mrs. Riley J. Wilson, Wife of Representative Wilson (La.).*

### MRS. WARREN G. HARDING'S WAFFLE RECIPE

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 2 eggs.                         | 1 pint milk.                          |
| 2 tablespoonfuls sugar.         | 2 heaping teaspoonfuls baking powder. |
| $\frac{1}{2}$ teaspoonful salt. |                                       |
| 2 tablespoonfuls butter.        |                                       |

Beat yolk of eggs and sugar together; add salt and milk and flour. Beat whites of eggs; add with baking powder the last thing before baking.

*Mrs. Richard N. Elliott, Wife of Representative Elliott (Ind.).*

### SOUR CREAM WAFFLES

$\frac{1}{2}$  pint sour cream, 3 eggs, beaten separately; add whites last;  $\frac{1}{2}$  teaspoon soda dissolved in a little hot water. To 1 cup flour add 1 teaspoon baking powder and  $\frac{1}{2}$  teaspoon salt, 1 tablespoon melted butter.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

### WAFFLES—SWEET MILK AND WATER

Three eggs, beaten separately; add whites last; 1 large spoon drippings (bacon or ham); 3 cups of flour, into which put 3 generous teaspoons baking powder and 1 teaspoon salt; 1 cup sweet milk, 2 cups cold water. Alternate flour and wetting and beat until smooth, then add whites of eggs.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

## RICH WAFFLES

- |                            |                                  |
|----------------------------|----------------------------------|
| 1½ cup flour.              | 1 cup cream or evaporated cream. |
| 2 teaspoons baking powder. | 2 eggs.                          |
| ¼ teaspoon salt.           |                                  |

*Mrs. Chas. C. Bowman, Wife of former Representative Bowman (Penna.).*

## TUCKAWAY WAFFLES

- |                                    |                              |
|------------------------------------|------------------------------|
| 2 eggs, beaten separately.         | 4 tablespoons melted butter. |
| 1 cup milk.                        | 1 teaspoon salt.             |
| 2 rounded teaspoons baking powder. | 1½ cups flour.               |

*Mrs. Austin Peay, Wife of the Governor of Tennessee.*

## WHOLE WHEAT WAFFLES

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 eggs.                     | 1½ teaspoons baking powder.     |
| 2 kitchenspoons Wesson oil. | 2 scant cups whole wheat flour. |
| 1½ cups buttermilk.         | ½ teaspoon salt.                |
| ½ teaspoon soda.            |                                 |

Break eggs in bowl; add fat and beat. Then add milk, baking powder, soda and salt. Add flour and beat thoroughly. Best when made on electric waffle irons.

*Mrs. Hugo Black, Wife of Senator Black (Ala.).*

## HOT CINNAMON SAUCE FOR WAFFLES

- |                                  |                          |
|----------------------------------|--------------------------|
| 1½ cups sugar.                   | ½ cup butter.            |
| 2 tablespoons powdered cinnamon. | 3 tablespoons hot water. |
|                                  | 2 tablespoons cream.     |

Mix sugar and cinnamon and add butter and water. Boil for two minutes; just before serving add cream. Serve hot.

*Mrs. George W. Pepper, Wife of former Senator Pepper (Penna.).*

## DOUGHNUTS

- |                            |                     |
|----------------------------|---------------------|
| 1½ cups sugar.             | 1 teaspoon salt.    |
| 2 eggs.                    | 1 pint milk.        |
| 5 tablespoons melted lard. | ½ nutmeg.           |
| 2 spoons baking powder.    | 1 teaspoon vanilla. |

Enough flour to make soft dough. Roll to ½ inch thick; cook in smoking fat; flop over at once after putting into fat. Cook till brown and turn over only once more.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.).*

## DOUGHNUTS

- |                            |                      |
|----------------------------|----------------------|
| 2 eggs.                    | 1 shake of nutmeg.   |
| 1 cup sugar.               | 1 shake of cinnamon. |
| 1 cup sweet milk.          | Pinch of salt.       |
| 2 teaspoons baking powder. |                      |

As little flour as possible to handle and fry at once.

*Mrs. John E. Weeks, Wife of the Governor of Vermont.*

## DOUGHNUTS

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 4 yolks eggs, 1 white.            | 4 cups flour.               |
| 1½ cups sugar, beaten with yolks. | ½ teaspoon soda.            |
| 1 bottle sour cream.              | ½ teaspoon cream of tartar. |
| ½ teaspoon cardamon or nutmeg.    | A little salt sherry.       |
- Roll on floured board and fry in deep fat.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

## DOUGHNUTS

- |                             |                                    |
|-----------------------------|------------------------------------|
| 3 eggs.                     | 2 heaping teaspoons baking powder. |
| 1½ cups sugar.              | A dash of ginger and nutmeg.       |
| 1 cup coffee cream (sweet). | 1 teaspoon salt.                   |
- Enough flour to roll out soft; fry in deep fat.

*Mrs. A. P. Nelson, Wife of former Representative Nelson (Wis.).*

## DOUGHNUTS

- |                            |                  |
|----------------------------|------------------|
| 2 cups flour.              | ½ cup sugar.     |
| 4 teaspoons baking powder. | 1 egg.           |
| ½ teaspoon salt.           | ¼ to ½ cup milk. |

Mix and sift dry ingredients; add ¼ cup milk to well-beaten egg, then add to dry ingredients, adding milk to make a dough just soft enough to handle; add melted butter. Take a small portion at a time; knead until smooth, then roll out ¼-inch thick. Cut with a ring cutter, put scraps with another portion and roll again. Fry in deep fat; turn when brown. When done, remove from fat and drain.

*Mrs. Thomas W. Phillips, Jr., Wife of former Rep. Phillips (Penna.).*

## DOUGHNUTS

One cup sugar, 1 egg, beaten together. Reduce a teaspoon of thick cream with enough milk to dissolve 1 teaspoon soda; add salt, cinnamon or nutmeg, 1 quart flour, 2 teaspoons cream tartar. Mix with milk, using a knife to beat with, as soft as can be handled. Roll out the dough an inch thick; cut for crusted doughnuts.

This recipe has been in use for 100 years in our family.

*Mrs. Calvin D. Paige, Wife of former Representative Paige (Mass.).*

## DOUGHNUTS

- |                           |                             |
|---------------------------|-----------------------------|
| ½ cup sugar.              | 1 teaspoon nutmeg (ground). |
| ½ teaspoon soda.          | Sift all together; add      |
| ½ teaspoon baking powder. | 1 tablespoon butter.        |
| 2 cups flour.             | 1 egg.                      |
| ¼ teaspoon salt.          | ⅓ cup sour milk.            |

*Mrs. Chas. C. Bowman, Wife of former Representative Bowman (Penna.).*

## MOLASSES DOUGHNUTS

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 cup molasses.             | 2 tablespoonfuls melted butter. |
| 1 cup sweet milk.           | 2 eggs.                         |
| 1 teaspoonful soda.         | Nutmeg.                         |
| 1 teaspoonful cream tartar. |                                 |

Mix in order given with flour to roll out.

*Mrs. Ira G. Hersey, Wife of Representative Hersey (Me.).*

## SOUR CREAM DOUGHNUTS

2 cups flour.  
4 eggs.  
1 teaspoon salt.

2 cups sour cream.  
1 teaspoon soda.  
Flavoring, vanilla or nutmeg.

Dissolve soda in a little warm water, then add to the cream; add eggs, sugar, salt and flour and beat in flour to make a soft dough. Roll and cut and fry in deep fat.

*Mrs. Clarence Lea, Wife of Representative Lea (Calif.).*

## CRULLERS

1½ cups of sugar.  
1 cup of milk.  
2 eggs.  
3 tablespoonfuls of butter.

1 teaspoon vanilla or nutmeg.  
½ teaspoon of salt.  
2 teaspoons of baking powder.

Flour enough to make a stiff batter; roll out and cut; fry in deep fat. Roll in pulverized sugar.

*Mrs. Thomas F. Bayard, Wife of Senator Bayard (Del.).*

## CRULLERS

Cream 1 cup sugar with 4 tablespoonfuls melted fat; add 2 eggs; beat well. Add alternately 1 cup of sour milk, in which is beaten 1 teaspoonful of baking soda and about 5½ cups of flour, in which is sifted 1 teaspoonful baking powder; flavor with nutmeg. Place a little at a time on floured board; cut a piece about 4 inches long, 1 inch wide; roll in hands and twist and bring ends together and drop into deep, hot fat to fry. I use Mazola oil and when done I place them on unglazed brown paper to remove excess fat before rolling them in sugar.

*Mrs. Frederick M. Magrady, Wife of Representative Magrady (Penna.).*

## NEW ENGLAND CRULLERS

Beat 2 eggs until light; add cup sugar; beat again. Add cup cream; mix well, flavor with 1 teaspoon vanilla and sift in 3 cups flour, with which has been sifted 1 teaspoon cream of tartar. Add ½ teaspoon soda dissolved in little water. Roll out rather thin. Cut with cruller cutter and fry in smoking hot fat.

*Mrs. George Payne McLean,, Wife of Senator McLean (Conn.).*

## CORN FRITTERS

12 ears corn.  
2 eggs.

1 tablespoon of flour.  
Salt and pepper.

After mixing ingredients well fry as pancakes.

*Mrs. M. H. Thatcher, Wife of Representative Thatcher (Ky.).*

## CORN FRITTERS

Grate enough corn to make 1½ cups, 1 egg, 2 tablespoonfuls melted butter, 1 teaspoonful baking powder sifted into flour to make batter; pinch of salt. Drop in hot lard and fry brown.

*Mrs. Carl G. Bachmann, Wife of Representative Bachmann (W. Va.).*



## CORN FRITTERS

Six ears corn; cut off and cut down middle of grain; 2 eggs,  $\frac{1}{2}$  cup milk, 1 cup flour,  $\frac{1}{2}$  tsp. salt, 1 tsp. Royal baking powder. Mix corn, yolks of eggs, milk, salt and little pepper together; then  $\frac{3}{4}$  of the flour, adding next the other fourth, in which the baking powder has been well mixed; add last the whites of eggs, beaten stiff. Drop from spoon in hot lard; brown on both sides.

*Mrs. John M. Rose, Widow of the late Representative Rose (Penna.).*

## CORN FRITTERS

(Mock Oyster)

6 ears of corn; must be tender.	1 tablespoon sweet milk.
2 eggs.	1 teaspoon sugar.
2 tablespoons of flour.	Salt to taste.

Hold cob in hand and with point of sharp knife slice rows of kernels lengthwise; with back of knife scrape carefully only milk from kernel without hull. Add egg, well beaten, and other ingredients. Drop on hot griddle size of large oyster. Serve hot with curls of bacon.

*Mrs. Edgar C. Ellis, Wife of former Representative Ellis (Mo.).*

## CORN FRITTERS

2 cups corn.	1 teaspoon baking powder.
1 teaspoon salt.	2 eggs, yolks and whites, beaten
$\frac{1}{8}$ teaspoon pepper.	separately.
$\frac{1}{2}$ cup flour.	

Mix corn, seasonings, flour, baking powder and yolks together. Beat well; add whites of eggs, beaten until stiff, mixing the whites in very lightly. Have ready in a frying pan oil or lard to a depth of two or three inches, heated until it will brown nicely a piece of bread in one minute. Drop the corn mixture from a tablespoon and cook 10 minutes, turning the fritters once. Drain and serve. This amount will make ten large fritters.

Corn fritters are excellent to serve with fried or baked chicken or for a supper dish with a cream sauce, or as a dessert with maple syrup.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## CORN PUFFS

1 two-pound can of corn.	3 or 4 tablespoons flour or
1 cup sweet milk.	enough to make a rather stiff
1 whole egg.	batter.
2 teaspoons sugar.	

Fry in deep lard.

*Mrs. Luther A. Johnson, Wife of Representative Johnson (Texas).*

## STUFFED BANANA FRITTERS

See Favorite Dishes of All Nations, page 125.

## CHILEAN AND PERUVIAN FRITTERS

See Favorite Dishes of All Nations, page 42.

## SUPREME FRITTERS

- |  |                                 |
|--|---------------------------------|
| 1 level cupful of flour.                   | $\frac{1}{4}$ teaspoonful salt. |
| $1\frac{1}{2}$ teaspoonfuls baking powder. | 1 egg, separated.               |
| 2 tablespoonfuls cornstarch.               | $\frac{1}{4}$ cupful of milk.   |
| 4 tablespoonfuls of sugar.                 | 1 tablespoonful olive oil.      |

Mix flour, baking powder, salt, sugar and cornstarch in order given and sift three times; beat yolk of egg very light and add to milk; add slowly to flour mixture, then add olive oil and  $\frac{1}{4}$  cup more milk and beat gently until smooth. Finally fold in the stiffly beaten white of egg. Drop by spoonfuls into plenty of hot fat; fry a golden brown, remove with skimmer and place for a few moments on a piece of white blotting paper. Dust with powdered sugar for plain fritters; split with a very sharp fruit knife and fill with jelly and roll in powdered sugar for jelly fritters, which are wonderful eaten with roast spring lamb.

This batter is excellent for fritters of any kind, but if used for oysters or clams omit the sugar. Fritters made with fresh fruit are wonderful when this batter is used. All fruit should be sugared for 15 minutes before using.

*Mrs. Francis F. Patterson, Wife of former Representative Patterson (N. J.).*

## TOMATO FRITTERS

- |                      |                                       |
|----------------------|---------------------------------------|
| 1 pint can tomatoes. | 1 tablespoonful finely chopped onion. |
| 1 tablespoon sugar.  | Salt and pepper to taste.             |

Make a white sauce of 2 tablespoons butter, 2 tablespoons cornstarch (rounding), 1 egg. Rub tomatoes through colander. Add sugar, onion, salt and pepper. Put in saucepan and let boil for a few minutes. Blend the butter and cornstarch in another pan over fire. Strain and add tomato mixture. Cook until very thick, stirring constantly. Remove from fire and stir in yolk of egg. Pour into shallow buttered pans. When cold cut into small cakes with biscuit cutter. Beat white of egg, brush over the cakes and roll in fine breadcrumbs. Fry in deep fat.

*Mrs. Edward Vreeland, Wife of former Representative Vreeland (N. Y.).*

## PUFF BALLS

- |                    |                                       |
|--------------------|---------------------------------------|
| 3 eggs.            | A pinch of salt.                      |
| 1 cup sugar.       | 2 heaping teaspoons of baking powder. |
| 1 pint sweet milk. |                                       |

Flour enough to permit teaspoonful to stand upright. Beat until very light. Drop from teaspoon into hot fat.

## BATTER CAKES

See Large Gatherings, page 691.

## BLINI ((Russian Pancakes)

See Favorite Dishes of All Nations, page 123.

## BRAIN PANCAKES

See Favorite Dishes of All Nations, page 85.

## BRAN HOT CAKES

$\frac{1}{2}$ cup flour.	2 tablespoons of maple syrup.
2 cups bran.	1 teaspoon baking soda.
2 tablespoons granulated sugar.	1 egg.
2 tablespoons cooking oil.	

Mix with sour milk in a batter.

*Mrs. Wesley L. Jones, Wife of Senator Jones (Wash.).*

## BUCKWHEAT CAKES

Four cups buttermilk, 1 Fleischmann's yeast cake. Dissolve in the milk; add buckwheat flour enough to make a good batter free from lumps. Beat well and let stand over night in a warm place. In the morning when time to bake the cakes add 1 small teaspoon soda in a little water and one teaspoon salt. If they are too thick add a little more milk.

*Mrs. Peter G. Gerry, Wife of Senator Gerry, (R. I.).*

## CORN CAKES

$\frac{1}{2}$ cup butter.	2 eggs.
1 pint buttermilk.	Cornmeal.
1 teaspoon soda.	

Melt butter and add to buttermilk; then add enough cornmeal to make a thin batter. Add soda and a rounded tablespoon of flour. Add yolks of eggs, well beaten, then whites. Drop on smoking hot griddle.

*Mrs. B. Carroll Reece, Wife of Representative Reece (Tenn.).*

## CRUMB PANCAKES

$1\frac{1}{2}$ cups dry ground bread crumbs.	$\frac{1}{2}$ cup flour.
$2\frac{1}{2}$ cups or more of hot sweet milk.	3 teaspoons baking powder.
2 tablespoons melted shortening.	$\frac{1}{2}$ teaspoon salt.
2 eggs.	1 teaspoon sugar.

Heat milk and pour over bread crumbs and let stand while beating the eggs. Mix and sift dry ingredients and add. Bake on ungreased griddle.

*Mrs. Homer Hoch, Wife of Representative Hoch (Kan.).*

## MAL'S MUSH BATTER CAKE

(An old family receipt.)

Make a mush of  $\frac{1}{2}$  cup meal sifted into a skillet full of water; stir all the time it is cooking and cook thoroughly done, so that it will not stick to the skillet at all. This makes about 1 pint of mush. While mush is hot add 1 teaspoon of salt, 2 eggs, beaten separately;  $\frac{1}{2}$  cup sweet milk (more if too thick),  $\frac{1}{2}$  cup flour and sift. Have griddle hot and allow 1 tablespoon of batter for each cake. They are hard to turn, so don't make larger. When brown turn quickly. Serve one or more on plate. Put a little butter on top cake.

*Mrs. J. H. MacLafferty, Wife of former Rep. MacLafferty (Calif.).*

**MUSH CAKES**

1 pint cornmeal.  
1 quart flour.  
 $\frac{1}{2}$  cake yeast.

1 quart boiling water.  
1 teaspoon salt.

Stir into the cornmeal enough cold water to wet it thoroughly; stir this into the boiling water in which the salt has been dissolved; cook this mush thoroughly, then cool. Dissolve the yeast in one-half cup lukewarm water; this with the flour should be stirred into the mush. Cover and set in a warm place to rise for about three hours. Bake on a griddle not too hot, slightly greased, allowing a tablespoonful to a cake. To prevent the batter from sticking to the spoon, dip spoon into cold water each time before lifting the batter. Governor Robinson very much enjoys this on a cold winter night for dinner.

*Mrs. Robt. P. Robinson, Wife of the Governor of Delaware.*

**MAPLE FLANNEL CAKE**

1 pint of flour.  
 $\frac{1}{4}$  teaspoon salt.  
2 cups of milk.

3 eggs.  
1 teaspoon sugar.  
2 tablespoons melted butter.

Mix and sift dry ingredients. Beat eggs, add milk and pour slowly on first mixture. Beat thoroughly and add butter; bake on griddle. Put brown sugar and butter on first layer. Continue until as many layers as wanted.

*Mrs. James Magee, Wife of former Representative Magee (Penna.).*

**ZWEIBELSPATZ—ONION PANCAKE**

See Favorite Dishes of All Nations, page 68.

**RAW POTATO PANCAKES**

Mix two grated raw potatoes with beaten yolk of two eggs, 1 teaspoonful salt, 1 tablespoonful granulated sugar, 1 heaping tablespoonful flour,  $\frac{1}{2}$  teaspoonful baking powder. Add last, stirring lightly the beaten whites of two eggs. Fry in small pancakes on hot griddle.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Penna.).*

**OLD-FASHIONED RYE PANCAKES**

1 cup white flour.  
1 cup rye flour.  
1 egg.  
6 tablespoons molasses.

1 cup sour milk.  
Mix together.  
1 teaspoon (small) of soda.

Form stiff batter. Drop small teaspoon batter into hot lard. Cakes will be the size of English walnuts. Serve with maple syrup.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Me.).*

**PANCAKES SUZETTE**

(Recipe Obtained from Chef on Celtic, August, 1926)

1 pound flour.  
1 pint milk.  
1 level teaspoonful baking powder.

1 teaspoonful sugar.  
4 eggs, yolks and whites beaten separately.

Mix flour and baking powder together; add yolks, milk and sugar. Beat to a light batter and let stand for 10 minutes before cooking. Whisk whites of eggs to a stiff froth. Take about a half of the whites and add to batter. Add one dessert spoonful of sugar to remainder of eggs to put over pancake when rolled ready to be served.

Filling for Pancakes—3 ounces of butter, 6 ounces of sugar, juice of 1 orange, nuts chopped fine. Spread on hot pancake; roll; brush with egg icing; lay thin slice of orange on roll and serve on hot plate. This makes 14 pancakes.

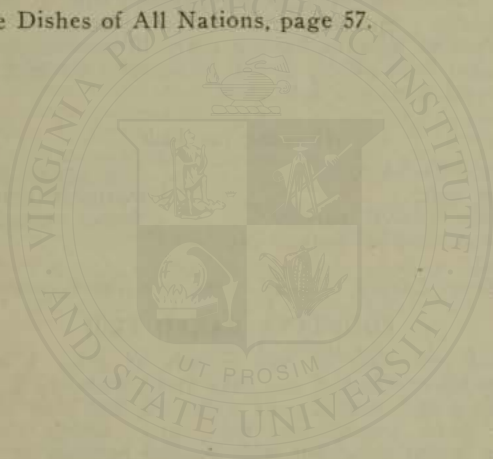
*Mrs. T. H. Caraway, Wife of Senator Caraway (Ark.).*

#### EMPANADAS DE QUESO

See Favorite Dishes of All Nations, page 57.

#### PANCAKES WITH LEMON

See Favorite Dishes of All Nations, page 57.



## SEA FOODS

*Cato wondered how that city was preserved wherein a fish was sold for more than an ox.*

—Plutarch.

### BAKED FISH

Leave head and tail on fish. Stuff with dressing (not too full, as dressing expands in baking.) Put fish on strips of cotton in pan which aids in removing when baked. Make 3 gashes on each side of fish and set in 2-inch strips of bacon. Sprinkle with salt and pepper. Dredge with flour. Bake in oven 30 to 45 minutes, basting every 10 minutes from 1 cup of hot water to which has been added  $\frac{1}{4}$  cup of butter. Garnish with lemon and parsley and serve hot with a fish sauce.

#### Dressing for Fish

1 cup dried breadcrumbs.	Few grains pepper.
$\frac{1}{2}$ teaspoon salt.	1 teaspoon onion juice.
1 tablespoon minced parsley.	Water enough to moisten.
1 tablespoon melted butter or olive oil.	

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

### LOUISIANA BAKED FISH

For this dish use four or five pounds of fish. I have successfully used Mississippi River Channel cat, lake trout, bass, rock, halibut and red fish. Boil fish in a little water, pour water off, and pour over it sauce a la Creole (recipe given below) and bake, after which slice several hard boiled eggs over it and serve hot with mashed potatoes or boiled rice.

#### Sauce a la Creole for Above Fish

Put 2 tablespoonfuls of bacon fat or lard in an iron skillet. When boiling hot cut into it coarsely 2 large onions. When this fries to delicate brown, push it to one side in the skillet and put in two tablespoonfuls of flour. Stir this until it is a golden brown, then add a little water, and then 1 large can of tomatoes, 1 clove of garlic chopped very fine, a little Cayenne pepper, salt, and black pepper to taste.

*Mrs. Joseph E. Ransdell, Wife of Senator Ransdell (La.).*

### BAKED FISH—CREOLE (Pampano and Spanish Mackerel)

Split fish down the back, then for 1 hour let it lay in a marinade of—	
1 cup water.	3 tablespoons olive or cooking oil.
$\frac{1}{2}$ teaspoon salt.	
$\frac{1}{8}$ teaspoon pepper (white.)	$\frac{1}{2}$ teaspoon Kitchen Bouquet.
1 lemon, juice (rind laid on top.)	$\frac{1}{2}$ teaspoon Worcestershire sauce.

Butter a pyrex serving platter, place fish on it, skin side down; bake until a golden brown, 20 to 30 minutes required, or if preferred it may be broiled. Garnish with parsley and slices of lemon.

*Mrs. Chas. L. Bowman, Wife of former Representative Bowman (Pa.).*

### BAKED FISH WITH CREAM SAUCE

See Favorite Dishes of All Nations, page 92.

### BOILED FISH

Sprinkle the fish (fresh water fish) with salt the night before; the next day carefully wash and drain the fish. To this add two onions (sliced), a dash of pepper, and just enough water so that the fish is not covered. Boil until done.

*Mrs. Knud Wefald, Wife of former Representative Wefald (Minn.).*

### BOILED FISH

Wash well in cold water a nice fresh fish, wipe carefully and rub with salt; wrap it in cheese cloth; drop it into a long baking pan or fish kettle half filled with boiling water; add a slice of onion, a bay leaf and a teaspoonful of salt; cover and simmer gently 10 minutes to each pound. Lift carefully, drain and unfasten cloth. Turn the fish over on to the serving platter, garnish with parsley and slices of lemon. A sauce of plain drawn butter or a Hollandaise sauce may be used.

This recipe will answer for the boiling of all kinds of fish.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

### BOILED FISH WITH EGG SAUCE

See Favorite Dishes of All Nations, page 60.

### FISH SUPREME (Original)

2 pounds of any kind of white fish (sole or halibut preferred.)	1 lb. fresh spinach.
	1 large cup of rich white sauce.

Pour boiling water over fish; let boil for ten minutes, season with salt. Remove from fire, separate bones and skin, using only the firm white fish in large pieces. Boil spinach for about 10 minutes in small quantity of water, drain thoroughly; chop very fine; season with salt and pepper. Make rich white sauce, using any white sauce recipe. Place fish in deep baking dish, over which pour white sauce, then a layer of spinach, more white sauce, another layer of fish, white sauce and last a generous layer of grated cheese. Place in oven of medium heat and let bake for about 20 minutes or until nicely browned.

This amount should serve four people generously, or, if used as an entrée, six people.

*Mrs. Mary T. Norton, Member of Congress (N. J.).*

### FISH SUPREME

1 pint minced fish.	$\frac{1}{2}$ cupful cream or milk.
$1\frac{1}{2}$ teaspoonfuls butter.	$\frac{1}{2}$ tablespoon flour.
$\frac{1}{2}$ teaspoonful onion juice.	2 eggs.
Salt and pepper.	

Any large fish can be used. Steam or boil it. Remove all bones and skin. To this minced fish add the salt and pepper and onion juice. Put the butter into a saucepan, when melted add the flour and cook for a few minutes, then add slowly the cream or milk, stirring constantly until well scalded. Then add the minced fish. Take from the fire, add the beaten eggs and mix thoroughly. Butter well a ring mold, put in the mixture, pressing it well against the sides to remove any air bubbles. Cover the mold with greased paper and place in a pan of warm water, covering one-half the mold. Place in a moderate oven for about 30 minutes, but do not let the water boil. Turn the mold of fish on a large platter, fill the centre with boiled potato balls, sprinkle with chopped parsley. Serve this with Hollandaise sauce poured around the fish. Three times this quantity fills a large ring mold and will serve ten or twelve people.

*Mrs. Angus W. McLean, Wife of the Governor of North Carolina.*

### KALAKUKKO—FISH BIRD

See Favorite Dishes of All Nations, page 63.

### FISH PUDDING

Fish, eggs, pepper, salt and butter.

After taking the bones from 3 pounds of boiled fish, a half dozen eggs are added. Then to this is added salt and pepper to taste. A big spoonful of butter is next added. Stir well. Place this mixture in a greased baking pan and heat in the oven until browned. Serve the fish pudding cold with hot melted butter and boiled potatoes.

*Mrs. Felix Cordova Davila, Wife of Resident Commissioner from Porto Rico.*

### FISH PUDDING

See Favorite Dishes of All Nations, pages 54, 64, 87, 103, 117.

### FISH MOUSSE

Two pounds salmon or any preferred fish. Scrape off skin and bones. Pound the fish meat in a chopping bowl, add 5 or 6 eggs, one at a time, and beat and pound with a potato masher. Add scant cup of heavy cream gradually while beating. Add salt, pepper and cayenne to taste. Turn into buttered fish mold and set in a pan of hot water and cook on top of stove until firm, usually one hour. Cover the mold while cooking.

### Sauce

Cook skin, bones and scraps of fish with small onion, two bay leaves and salt, in water to cover, 30 minutes. Strain through sieve. There should be  $1\frac{1}{2}$  or 2 cups. Melt 2 large tablespoons of butter, add 3 tablespoons flour, fish stock and a cup of cream and beaten yolks of 3 eggs. When done, add juice of 1 or 2 lemons.

*Mrs. R. P. Hartley, Wife of the Governor of Washington.*

### MOLDED FISH

Boil and grind fish. To 1 pint of fish add  $\frac{1}{2}$  cup cream, 2 unbeaten eggs, a little chopped onion, salt and pepper. Beat the mixture to a batter. Grease a ring mold; press in fish. Set in pan of hot water and cook until



firm. When ready to serve fill center with potato balls. To make balls cut out and let stand in cold water, then boil 15 minutes in salted water. Serve Hollandaise with fish mold.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

### COLD FISH WITH DRESSING

Wash thoroughly a 4-pound trout or rock fish and remove all bones possible. Wrap in cheese cloth and boil in salted water with a piece of lemon and a small onion. When cooked remove from kettle and while hot remove the skin. Place fish in a platter and set away to keep cold until ready to use.

#### Dressing

Take one small bottle of stuffed olives, 4 tablespoons of capers, 1 small can of Spanish red pepper (pimientos.) Chop these, but not too fine, drain well, then mix into this  $\frac{1}{2}$  pint of very stiff mayonnaise. Set away to cool. Just before serving beat into this  $\frac{1}{2}$  pint of cream stiffly beaten. Spread over fish and garnish with strips of red peppers, cut stuffed olives, a few capers and parsley at the ends. Serve very cold.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

### FISH TURBOT

Boil a fish of 3 or  $3\frac{1}{2}$  pounds, take out the bones and remove the skin, pick up fine, season to taste with salt and pepper, set away to cool.

Sauce: Put 1 quart of milk in a double boiler, cook a little onion in the milk, and then remove it. Cream 2 tablespoonfuls each of butter and flour together, stir into the hot milk, add 2 eggs, well beaten, cook until it thickens, and let cool. Put a layer of sauce in a baking-dish, then a layer of fish and repeat until all is used, having sauce on top. Cover with cracker crumbs and bits of butter, and bake about  $\frac{1}{2}$  hour.

*Mrs. Frederick Dallinger, Wife of Representative Dallinger (Mass.).*

### VATAPÁ

See Favorite Dishes of All Nations, page 38.

### FILETS CAPRICE

See Favorite Dishes of All Nations, page 131.

### FILLET OF FISH

See Favorite Dishes of All Nations, page 130.

### FISH IN CASSEROLE (Pescado en Fuenti)

See Favorite Dishes of All Nations, page 41.

### TIMBALE DE BAMIA AU GOMBOS

See Favorite Dishes of All Nations, page 58.

## QUENELLES LYONNAISES

See Favorite Dishes of All Nations, page 77.

## MOULES A LA FRIDEN

See Favorite Dishes of All Nations, page 130.

## STUFFED BRILL CARDINAL

See Favorite Dishes of All Nations, page 67.

## CLAM CROQUETTES

Fifty clams, 6 heaping tablespoons flour,  $\frac{1}{2}$  pint milk, 1 heaping tablespoon butter,  $\frac{1}{2}$  teaspoon salt, dash of pepper. Heat clams, drain and grind. Bring milk to boil, with butter and when boiling stir in flour (smoothly moistened to thin paste with milk). Add salt and pepper and lastly ground clams. Cook and then mold. Roll in beaten egg and bread crumbs and fry in deep fat.

*Mrs. Everett Kent, Wife of Representative Kent (Pa.).*

## DEVEILED CLAMS

50 clams.	1 teaspoon chopped parsley.
2 onions.	2 eggs.
2 tablespoons butter.	Dash of pepper.
1 pint bread crumbs (covered with milk).	Dash of nutmeg.

Grind clams, brown chopped onion in butter in large frying pan; add chopped clams, cook 10 minutes, add crumbs and seasoning; stir in eggs, saving one white to brush over clams after they have been put in buttered clam shells. Brown in oven and serve with lemon.

*Mrs. T. Frank Appleby, Widow of the late Representative Appleby (N. J.).*

## DEVEILED CLAMS

Twenty-five clams, chopped fine; cook until tender, about 3 to 5 minutes.

2 eggs well beaten.	5 tablespoonfuls cream.
1 teaspoonful prepared mustard (optional.)	Pepper to taste.
Butter size of egg.	Mix with chopped and cooked clams.

Have the clam shells clean and warm, fill and place in the oven and brown quickly.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Pa.).*

## CODFISH BALLS

$\frac{1}{2}$ cup shredded codfish.	2 tablespoons cream or 1 of butter.
2 cups mashed potato.	A little pepper.
1 egg.	

Mould into cakes and fry.

*Mrs. John G. Sargent, Wife of the Attorney General.*

## CODFISH BALLS

Cut medium sized potatoes into quarters. Lay in a kettle and over them  $\frac{1}{2}$  the quantity finely shredded codfish. Cover with water and boil until potatoes are done. Mash very thoroughly fish and potatoes together. For 1 cup of fat and 2 of potato add 2 tablespoonfuls of butter and  $\frac{1}{2}$  cup of milk. Last of all white of 1 egg beaten stiff. Mixture should be beaten until light and creamy and drop into deep fat. Shape as lightly as possible into balls or cakes—or cook on a spider with a little salt pork fat.

*Mrs. Frederick H. Gillett, Wife of Senator Gillett.*

## CODFISH A LA PORTUGUESE

See Favorite Dishes of All Nations, page 118.

## SALT CODFISH WITH CREAM SAUCE

2 cups codfish (picked).	1 large tablespoon butter.
1 pint milk.	Yolk of 1 egg.
2 level tablespoons flour.	Salt and pepper to taste.

Cover codfish with cold water and let soak two hours. Drain. Cover with lukewarm water and let stand on back part of fire where it will not get scalding hot for 1 hour more. Then drain off all water. Put butter in frying pan. When melted add flour and mix. Then add milk and stir constantly until it boils. Add the fish, salt and pepper and stir until hot. Take from fire, add yolk of egg and serve at once with plain boiled potatoes.

I have used this recipe for a number of years and have found it excellent if directions are followed explicitly.

*Mrs. Philip P. Campbell, Wife of former Representative Campbell (Kan.).*

## LIGHT CODFISH CAKES

Wash salt from 1 pound of dry codfish, cover with 2 quarts of cold water and bring to the boiling point. Drain, remove the bones and shred. Add 6 egg yolks slightly beaten, 1 tablespoon of chopped parsley and  $\frac{1}{4}$  tablespoon of salt and  $\frac{1}{2}$  teaspoon of black pepper. Fold in the stiffly-beaten whites of 6 eggs and drop from spoon into a small quantity of fat. Cook slowly until they puff, turn and continue cooking until they are a delicate brown.

*Mrs. Chas. R. Connell, Wife of former Representative Connell (Pa.).*

## CODFISH A LA MODE

1 cupful salt codfish.	2 well-beaten eggs.
2 cups mashed potatoes.	$\frac{1}{2}$ cup of butter.
1 pint of cream or milk.	Salt and pepper to taste.

Mix and bake in an earthen baking dish 20 minutes. Serve in the same dish.

*Mrs. Elbert S. Brigham, Wife of Representative Brigham (Vt.).*

## IDEAL STUFFED CORBINA, CORBINA A LA CHORILLANA

See Favorite Dishes of All Nations, pages 104, 109.

## BAKED CRAB MEAT

One pound crab meat (flakes). Pick over well to get out any bits of shell. Make a cream sauce with  $1\frac{1}{2}$  cups of milk, 1 tablespoon butter, 1 tablespoon flour, rubbed together. Take off fire, and add seasoning, juice of a small onion, juice of  $\frac{1}{2}$  lemon, salt, dash of cayenne and 1 teaspoon chopped parsley. Mix through crab meat, then add 2 well beaten eggs (not separated); grease a baking dish with butter, put in mixture, sprinkle top with grated bread crumbs. Add bits of butter and bake  $\frac{1}{2}$  hour in medium oven.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Pa.).*

## SOFT SHELL CRABS

Clean the crabs, which should be alive, by lifting the shell and removing the soft, spongy substance on both sides, then put your thumb nail under the point of the "apron" and pull it off. The "apron" is a small loose shell running to a point in the middle of the under part or shell of the crab. Now wipe the crabs dry, and if they are at all sandy, wash them before removing anything. Dust them with salt, pepper and flour. Put 3 tablespoonfuls of butter into a frying pan and when hot throw in the crabs. When brown on one side turn and brown on the other. Garnish with parsley and serve with tartar sauce and lemons cut into quarters.

## Tartar Sauce

$\frac{1}{2}$ even teaspoon mustard.	$\frac{1}{2}$ tablespoon vinegar.
1 teaspoon powdered sugar.	$\frac{1}{2}$ tablespoon each:
$\frac{1}{2}$ teaspoon salt.	Capers.
Few grains cayenne.	Pickles.
Yolks 2 eggs.	Olives.
$\frac{1}{2}$ cup olive oil.	Parsley.

Mix mustard, sugar, salt, cayenne, add yolks of eggs and stir until thoroughly mixed, setting bowl in pan ice water. Add oil drop by drop, stirring with a wooden spoon or wire whisk. As mixture thickens, dilute with vinegar when oil may be added more rapidly. Keep in cool place until ready to serve and then add remaining ingredients.

*Mrs. William A. Rodenberg, Wife of former Representative Rodenberg (Ill.).*

## CRAB CREOLE

Rub a stewpan with small bit of garlic; put in pan 2 ounces butter, 2 small onions, 2 small green peppers, chopped fine; add salt and cayenne and stew slowly 10 minutes. Add 1 large tomato and stew until smooth, a few spoonfuls cream and teaspoon flour. The mixture should be as thick as drawn butter. Add crab, picked fine, and serve on toast, buttered.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## CRAB MEAT IN RAMEKINS

1 cup crabmeat.	2 yolks of eggs.
$\frac{1}{2}$ cup mushrooms.	2 tablespoons lemon juice.
2 tablespoons butter.	1 cup chicken stock or milk
2 tablespoons flour.	and cream mixed.
Salt and paprika.	

Melt butter, add flour, and when it bubbles add soup stock and cook until thick and smooth. Beat yolks slightly, add a little of the hot sauce and then gradually the remaining sauce. Add the crab meat and the mushrooms, cut in pieces, and the seasoning. Heat thoroughly and serve in heated patty shells or on toast or baked in ramekins, covering top with buttered bread crumbs garnished with chopped parsley or pimiento cut in thin strips.

*Mrs. M. C. Garber, Wife of Representative Garber (Okla.).*

#### DEVILED CRABS

- |                          |   |
|--------------------------|---|
| 2 tablespoons butter.    | $\frac{1}{4}$ cup finely chopped mushrooms. |
| 2 tablespoons flour.     | Salt.                                       |
| $\frac{2}{3}$ cup water. | Pepper.                                     |
| 1 cup chopped crabmeat.  | 1 teaspoon cut parsley.                     |
| 2 egg yolks.             | Crab shells.                                |

Rub together butter and flour, stir in water and cook to thicken; add egg yolks, salt, pepper, crabmeat and mushrooms; cook 3 minutes; scatter in parsley and allow to cool. Fill crab shells, cover with bread crumbs, dot with butter, put in oven until breadcrumbs brown.

*Mrs. John C. Schafer, Wife of Representative Schafer (Wis.).*

#### DEVILED CRABS

\*To 1 can of crab meat, boned and separated, add 1 cup rolled bread crumbs,  $\frac{1}{2}$  cake cheese or 2 tablespoons of any soft cream cheese; 1-inch square cube of butter, melted;  $\frac{1}{2}$  small onion, grated; 1 cup cream; salt to taste. Add the cream to which the grated onion has been added, the last thing, so that it will not soak the bread too much; put in buttered casserole with buttered bread crumbs on top. Bake 20 minutes.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

#### BREAD CRUMBS DEVILED CRAB

- |   |  |
|---|--|
| 1 pint crabmeat.                                | $\frac{1}{2}$ teaspoonful onion juice. |
| $\frac{1}{2}$ teaspoonful lemon juice.          | $\frac{1}{2}$ teaspoonful salt.        |
| $\frac{1}{2}$ teaspoonful Worcestershire sauce. | $\frac{1}{2}$ cup mayonnaise dressing. |

Mix thoroughly all ingredients excepting crab meat and bread crumbs. When the mayonnaise sauce is ready stir lightly through the crab meat and then fill your crab shells with mixture, sprinkle with bread crumbs and place under flame to brown for a few minutes. The secret of a perfect dish of crab is not to let it stand in oven too long; serve at once, when done.

*Mrs. Fred. T. Dubois, Wife of former Senator Dubois (Idaho).*

#### CRAB MEAT AU GRATIN

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 pound crabmeat.          | $\frac{1}{2}$ cups white sauce. |
| 1 green pepper.            | bread crumbs.                   |
| 1 small can red pimientos. | Salt and cayenne to taste.      |

Make a medium thick white sauce in double boiler, using 1 tablespoon of butter, 1 tablespoon of flour to 1 cup of milk. Carefully pick over crabmeat, flaking it and separating small bits of shell. Mince green pepper and red pimientos, drop both into white sauce, adding Parmesan cheese;

allow to steam for 5 minutes. Take a well buttered baking dish, put alternate layers of white sauce and crab meat. Top with bread crumbs, dot with butter. Allow to bake for 15 minutes in a fairly hot oven. Serve at once.

*Mrs. Carleton E. Moran, Daughter of Representative E. W. Pou (N. C.).*

### STUFFED CRABS WITH MUSHROOMS

Meat of 6 crabs or the same quantity of canned Japanese crab; mushrooms cut into dice, the same quantity as of the crab meat; 1 cupful of cream; 1 slice of onion; 1 tablespoonful of butter; 1 tablespoonful of flour; 1 teaspoonful of salt;  $\frac{1}{2}$  teaspoonful of paprika, a dash of cayenne;  $\frac{1}{2}$  teaspoonful of lemon juice; yolks of 4 hard boiled eggs. Put into a saucepan 1 tablespoonful of butter and 1 slice of onion, chopped fine. Before it becomes brown, add 1 tablespoonful of flour, cook but not brown, and add slowly 1 cupful of cream. Stir until smooth and thickened, then add the mashed yolks, the seasoning, the crab meat and the mushrooms. This mixture should not be very soft. Have shells carefully washed and dried and fill with the mixture, rounding it well on top and pressing it close at the edges of the shells so that in frying none of the fat may enter. Smooth the top and let stand until cold. Beat 1 egg with 1 tablespoonful of water and holding the shell over this, baste it with the egg, letting it run over the whole top, including the shells. Then sprinkle with white bread crumbs. Put two at a time in a frying basket and immerse in hot fat.

*Mrs. Angus W. McLean, Wife of the Governor of North Carolina.*

### STUFFED CRAB

Put into double boiler 2 tablespoons melted butter, 1 tablespoon flour,  $\frac{1}{2}$  cup cream; add fine crab meat,  $\frac{1}{2}$  can chopped Croix mushrooms, juice  $\frac{1}{2}$  lemon, paprika, salt and teaspoon capers; may add whites of 2 eggs beaten stiff; parsley. Cook in shells till brown.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### FILLET OF FLOUNDER

Dip fillets into flour and lay in frying pan in which butter is bubbling. Cook for a few minutes only, being careful not to brown. Add sufficient cream to fill the pan and continue cooking until done. Season to taste and serve with the hot cream from frying pan as a sauce. Garnish with parsley.

*Mrs. George W. Pepper, Wife of former Senator Pepper (Pa.).*

### FRIED FROG LEGS

Wash and clean frog legs, dip in flour (which has been seasoned with salt and pepper), then in beaten egg, and then in cracker crumbs. Fry in deep fat.

*Mrs. Melvin J. Maas, Wife of Representative Maas (Minn.).*

### HADDOCK CUTLETS

Cutlets may be shaped from any large firm fish meat, but Haddock meat responds readily to shaping. Sprinkle each cutlet with salt, onion salt and a dash of chili pepper; roll in ground cracker crumbs that have been seasoned with nutmeg. Then dip on both sides in 2 beaten eggs, to

which  $\frac{1}{2}$  tablespoon cream has been added. Again dip cutlet into cracker crumbs, but omitting the nutmeg seasoning. Fry in lard and butter until a golden brown. Put the cutlets on a hot platter, place three or four stalks of white asparagus on each cutlet, and serve with cream or tomato sauce.

*Mrs. U. S. Guyer, Wife of former Representative Guyer (Kan.).*

#### BAKED HALIBUT (once tried, never fried)

Do not remove skin from sliced halibut. Place in shallow baking pan, dot with butter, or bacon drippings, season with salt and pepper, sprinkle with flour and cover with sweet milk. Cook in moderate oven for 15 or 20 minutes or until brown on top. Remove from pan, without breaking, to hot platter, remove skin, and garnish with lemon and parsley.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

#### BAKED HALIBUT CREOLE

Cut 2 pounds halibut in large pieces and place in buttered baking dish and cover with the following sauce: One onion, cut fine and fried in  $\frac{1}{2}$  cup olive oil; add to this  $1\frac{1}{2}$  cups tomato catsup or chilli sauce or tomatoes. Cook until thick and then pour over fish. Season with salt and pepper. Bake in oven about  $\frac{3}{4}$  hour. Serves 6 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

#### BAKED STUFFED HALIBUT

2 slices halibut steak one inch thick.	1 tablespoon chopped salt pork.
1 teaspoon salt.	$\frac{1}{8}$ teaspoon paprika.
2 cups fresh bread crumbs.	2 tablespoons melted butter.
2 tablespoons green pepper, chopped.	2 tablespoons water.

Place 1 slice of the halibut in a buttered baking dish and sprinkle with half of the salt. Make a dressing by mixing all the rest of the ingredients together. Place the dressing on top of the first slice of halibut. Place the other slice on top. Hold in place with toothpicks. Sprinkle with the other one-half teaspoon of salt on top. Add one-half inch of water to baking dish. Cover with a lid and bake in a moderate oven for fifty minutes. Remove carefully from the pan and garnish with parsley, and Vermont quartered apples made as follows:

6 firm tart apples.	2 tablespoons butter.
4 tablespoons shaved maple sugar.	1 cup boiling water.

Pare, quarter and core the apples and place in baking dish. Mix the maple sugar, butter and boiling water and boil five minutes. Pour this sauce over the apples, place in a quick oven and bake until the apples are soft. Baste occasionally with the hot syrup.

*Mrs. U. S. Guyer, Wife of former Representative Guyer (Kan.).*

#### HALIBUT LOAF

Have ready 2 pounds of cold flaked halibut which have been boiled in salted water with a little lemon juice and bay leaf. Prepare the following sauce:

Scald $1\frac{1}{4}$ cups of milk.	1 teaspoon salt.
Add $1\frac{1}{2}$ cups soft bread crumbs.	1 tablespoon melted butter.
Form a paste.	$\frac{1}{4}$ teaspoon paprika.
Add beaten yolks of 2 eggs.	$\frac{1}{4}$ teaspoon celery salt.
A little grated lemon rind.	$\frac{1}{4}$ cup ground almonds.

Beat the fish, clear of skin and bones, into this sauce. Add last of all whites of eggs beaten stiff. Turn into a buttered mold or baking dish with the bottom lined with oiled paper. Trim the top with whole almonds. Set in a pan of hot water and bake 50 minutes in moderate oven. Let stand a few minutes before unmolding and decorate with parsley. Serve with cream sauce.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Me.).*

### HALIBUT MOUSSE

One pound uncooked halibut cut up in pieces. Put it into a mortar and pound until the fibre is well separated from the meat. Then press it through a puree sieve. To every cupful of fish pulp add 1 tablespoon of bread crumbs soaked in cream until soft, and then pressed through a sieve. Add also beaten yolk of 1 egg, 10 drops of onion juice, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, and a dash of nutmeg. Beat all well together for some time to make it light, then for every cupful of pulp beat in together the whites of 2 eggs whipped very stiff. Put the mixture into well buttered mold, filling only  $\frac{3}{4}$  full. Set it into a pan of warm water, covering  $\frac{3}{4}$  of the mold. Cover the mold with greased paper and place in moderate oven for 20 minutes. Do not let the water boil. Turn timbale on hot dish and pour around it Hollandaise sauce. This is a very delicate fish dish, and particularly good when made of shad.

*Mrs. Louis A. Frothingham, Wife of Representative Frothingham (Mass.).*

### FILLETS OF HALIBUT FLORENTINE

Remove the 4 fillets from a slice of halibut, cut  $\frac{3}{4}$  of an inch thick. Put the bone and trimmings over the fire with 2 slices of carrot, 2 slices of onion,  $\frac{1}{2}$  teaspoon of sweet basil (dried), a bunch of parsley and cold water to cover all; let simmer an hour, then strain the liquid over the fillets; cover and let cook gently in the oven about 10 minutes. Have ready a buttered baking dish; on the bottom spread a thin layer of cooked and chopped spinach seasoned with salt and pepper and plenty of butter (about 3 tablespoons). Set the fillets above the spinach. There should be 1 cup or less of fish liquid, if more reduce over the fire, melt 3 tablespoons butter in it; cook 3 tablespoons flour and  $\frac{1}{4}$  teaspoon each of salt and paprika; add  $\frac{1}{2}$  cup cream and fish liquor and stir until it boils. Add  $\frac{1}{2}$  cup of grated Parmesan cheese; stir until melted and pour over the fish; sprinkle 1 or 2 tablespoons cheese over the sauce and let cook in a hot oven long enough to melt the cheese to a glaze.

*Mrs. George H. Dern, Wife of the Governor of Utah.*

### JELLIED HALIBUT

Separate cold cooked halibut, about  $1\frac{1}{2}$  pounds, and season with salt, cayenne and lemon; mix 1 teaspoon mustard,  $1\frac{1}{2}$  teaspoons sugar, add 1 teaspoon salt, 2 teaspoons flour, add 1 teaspoon melted butter, yolk of 1 egg and  $\frac{1}{3}$  cup hot vinegar; cook slowly until thickened. One tablespoon



gelatine soaked in  $\frac{1}{4}$  cup cold water; pour a little boiling water to dissolve; add 1 cup heavy cream and put all together into the halibut. Mold in individual molds and serve with cucumber sauce or with mayonnaise.

*Mrs. John W. Summers, Wife of Representative Summers (Wash.).*

### PICKLED FISH (Escabeche)

Ingredients: Halibut fish, onions, garlic, vinegar, olive oil, olives, salt:  
 Procedure: Fry two pounds of halibut fish in olive oil. Take the fish out of the pan and place in a deep china dish. Then take 2 cups of olive oil and a cup of vinegar and pour into the pan. Into the same pan place 1 onion, 1 piece of garlic, olives, pepper and salt to taste. Fry these. Then pour this over the fried fish. Let the fish stand a week or more before eating. Serve cold.

*Mrs. Felix Cordova Davila, Wife of Resident Commissioner from Porto Rico.*

### PICKLED FISH (Escabeche, Seviche or Cebiche)

See Favorite Dishes of All Nations, pages 34, 110, 111.

### LOBSTER A LA HONGROISE

Cut the lobster in half, take the meat out, and clean the shells good in fresh water. Two-thirds of lobster and  $\frac{1}{3}$  of scallops saute in butter, moistened with thick cream and thicken with yolk of egg and cream. Give it in the prepared lobster shells, put some crumbled bread and butter on top and bake it in a hot oven.

*S. S. Republic, U. S. Lines, H. Steck, Chef.*

### LOBSTER NEWBERG

Two lobsters boiled about 20 or 30 minutes;  $\frac{1}{2}$  pint cream, heated; rub 4 tablespoonfuls of flour in 2 of butter and cook 10 minutes in a double boiler; yolks of 4 hardboiled eggs chopped and added with the cream. Salt and paprika; 3 tablespoonfuls of synthetic wine.

*Mrs. George F. Huff, Widow of former Representative Huff (Pa.).*

### LOBSTER NEWBERG

Cut lobster in small pieces (1 small can or  $\frac{1}{2}$  cup fresh lobster). Heat in two tablespoonfuls of melted butter with a little salt and a shake of paprika and two tablespoons lemon juice. Remove the lobster and make a white sauce with 1 tablespoonful of flour, 1 of butter and 1 cup of milk. When slightly thickened add 1 beaten egg. Turn lobster into this and cook 1 minute. Serve on slices of buttered toast.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

### LOBSTER A LA NEWBERG

For  $\frac{1}{2}$  pound can lobster melt in chafing dish—

3 tablespoons butter.	1 cup milk.
2 tablespoons flour.	$\frac{1}{8}$ teaspoon paprika.
1 teaspoon salt.	$\frac{1}{2}$ cup cream.

Stir until thickened, add shredded lobster; when heated through add 1 tablespoon lemon juice, 2 tablespoons chopped parsley. Serve on wafers or toast. Observe level measurements.

*Mrs. Henry Allen Cooper, Wife of Representative Cooper (Wis.).*

**LOBSTER**

See Favorite Dishes of All Nations, pages 32, 51, 61, 77, 128.

**LOBSTER THERMIDOR**

Boil live lobster for 20 minutes. Cut in two lengthwise. Cut 2 fresh mushrooms, 1 green pepper, chop 4 shallots; add piece of sweet butter and lobster meat cut in dice. Season with salt and paprika. Fry slightly and add 1 cup of cream sauce, pinch of English mustard and boil for 5 minutes. Fill the lobster shell with the above ingredients and sprinkle with grated cheese. Bake in hot oven until golden brown.

*Hotel Willard, Washington.*

**BAKED MACKEREL**

Split fish clean and remove head and tail. Put in buttered dripping-pan, sprinkle with salt and pepper, and dot over with butter (allowing 1 tablespoon to medium sized fish), and pour over  $\frac{2}{3}$  cup of milk. Bake about twenty-five minutes in hot oven.

*Mrs. Edw. E. Browne, Wife of Representative Browne (Wis.).*

**BROILED FRESH MACKEREL MAITRE D'HOTEL**

Pare and split two good sized fresh mackerel through the back, remove the spine, score them slightly and rub them with 1 tablespoonful of sweet oil, season with a pinch of salt and half pinch of pepper, then broil them on a brisk fire for 10 minutes on the split side, and 1 minute on the skin side. Lay them on a dish, pour a gill of maitre d'hotel butter over, and serve with a few parsley greens and 6 slices of lemon. Butter, maitre d'hotel: Put 1 ounce of good butter in a bowl with a teaspoonful of very finely chopped parsley, adding the juice of half a sound lemon. Mingle well with a very little nutmeg, and keep in a cool place to use when needed.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

**MUSSELS**

See Favorite Dishes of All Nations, pages 74, 130.

**OYSTERS BAKED IN THE SHELL**

Choose some very large oysters, have them opened, and leave them in the deep shell. Prepare a dressing of chopped onions cooked with butter for a few minutes, then add some Newburg or Sherry sauce and a little piece of Liebig or meat glaze and salt and pepper. Spread this over your oysters, and also some chopped parsley and bread or biscuit crumbs. Put in a very hot oven until the oysters are sufficiently cooked but not overdone. Before serving very hot place over each oyster a piece of very crisp bacon.

*Mrs. Peter G. Gerry, Wife of Senator Gerry (R. I.).*

**BROCHETTE OF OYSTERS**

Take medium sized oysters and thin pieces of sweetbread (cooked) and roll them in a mixture of finely chopped shallots and parsley, seasoned

with salt, pepper and powdered thyme; now take a piece of parboiled bacon and slice it very thin, roll it round the oyster and sweetbreads, stick about 4 to 6 of these rolls on a skewer, dip in beaten egg, roll in fresh bread crumbs, fry a golden brown, serve on toast, garnish with quartered lemon.

*Hotel Raleigh, Washington, D. C.*

### CELERIED OYSTERS

- |                               |                              |
|-------------------------------|------------------------------|
| 1 pint oysters.               | 1½ cupfuls thin white sauce. |
| ⅓ cupful of melted butter.    | 2 stalks celery, cut fine.   |
| ½ cupful fine cracker crumbs. |                              |

Wash and drain oysters. Fry brown in crumbs and place on toast. Having prepared white sauce put celery in just long enough to heat it but not to cook it through. Pour over oysters and toast and serve.

*Mrs. J. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

### CREAMED OYSTERS

- |   |                                   |
|---|-----------------------------------|
| ½ pound of butter.                            | 1 quart of oysters (drain well.)  |
| 9 level tablespoonfuls of flour, well sifted. | Celery, pepper and salt to taste. |
| 3 large cupfuls of milk.                      |                                   |

May make the dressing the day before. Melt butter in pan, and add flour that has been well sifted, gradually until smooth; add milk and stir in double boiler until very smooth. Cook the oysters until they begin to curl, when ready to serve put in the mixture. Heat well. Will serve 12 people as main dish. Serve in large patties.

*Mrs. Fred Dennett, Member of Congressional Club.*

### DEVEILED OYSTERS

- |                  |                               |
|------------------|-------------------------------|
| 1 dozen oysters. | 4 tablespoons cream.          |
| 1 egg yolk.      | 2 tablespoons butter.         |
| 4 pieces celery. | 5 or 6 crackers, rolled fine. |
| 1 onion.         |                               |

Chop oysters and onion fine, add other ingredients, season with salt and pepper. Bake in oyster shells, or, if these are not available, ramekins.

*Mrs. W. M. Whittington, Wife of Representative Whittington (Miss.).*

### DEVEILED OYSTERS (for 6 people)

Two cans oysters (50 oysters), save half cup liquor; 6 crackers, rolled fine; 3 eggs (part raw and part hardboiled); 1 small onion, ⅓ pound of butter or bacon grease, 3 or 4 stalks of parsley, juice of 4 lemons, ¼ bottle of Worcestershire sauce, 1 pimiento, salt, pepper, tabasco.

Fry onions in butter until tender; cut fine the drained oysters with knife and fork (or scissors); mix all ingredients and let cook until thickens. If necessary add cracker crumbs. Take off stove and let stand until cool. Place oysters in shells or ramekins. Top with crumbs, dot with butter and bake 20 minutes in ramekins.

*Mrs. Dan Moody, Wife of the Governor of Texas.*

### OYSTERS

- |                      |                  |
|----------------------|------------------|
| 8 cups bread crumbs. | 1 quart oysters. |
| 1 cup melted butter. | Salt and pepper. |

Mix bread crumbs, butter, salt and pepper. Put half of mixture in shallow pan, then a layer of oysters and top with bread crumb mixture. Bake 25 minutes.

*Mrs. John F. Miller, Wife of Representative Miller (Wash.).*

### FRIED OYSTERS

Wash and drain oysters. Season with salt and pepper, dip in flour, egg and then bread or cracker crumbs. Fry in hot fat until golden brown. Drain well and garnish with lemon and parsley.

*Mrs. Arthur H. Greenwood, Wife of Representative Greenwood (Ind.).*

### OYSTER OMELET

$\frac{1}{2}$ cupful raw oysters, with liquor.	1 saltspoon salt.
1 teaspoon butter.	4 eggs, beaten separately.
1 teaspoon (level) flour.	4 tablespoonfuls milk.
	$\frac{1}{2}$ cupful water.

Cut up the oyster, if large, into two or three pieces, free from shell; place in a small saucepan with their liquor and  $\frac{1}{2}$  cup hot water; add part of the salt, cook until oysters plump; skim, stir in the butter and flour that have been rubbed to a smooth paste, cook until slightly thickened and remove from the fire. Make a plain omelet of the eggs, milk, salt and melted butter, beating whites and yolks separately, and stiff. Add ingredients to the yolks and fold in beaten whites. Place half tablespoonful butter in omelet pan, melt, turn in the omelet, skim the oysters from the liquid. Strew over the eggs. Cook until eggs are fluffy and slightly browned. Turn and fold together. When eggs are set, turn on to a hot platter. Heat oyster liquor. Turn it over the omelet and serve immediately.

*Mrs. Frederick C. Stevens, Widow of the late Representative Stevens (Minn.).*

### OYSTERS A LA THORNDIKE

1 pint oysters.	A bit of nutmeg.
2 tablespoons butter.	$\frac{1}{4}$ cup thin cream.
$\frac{1}{2}$ teaspoon salt.	Yolk of 2 eggs.
A few grains cayenne pepper.	

Melt butter in pan, then add oysters, seasoning, etc.

*Mrs. George R. Stobbs, Wife of Representative Stobbs (Mass.).*

### OYSTER FRICASSEE

100 oysters.	1 tablespoon flour dissolved in little milk.
Yolks 5 eggs.	2 tablespoons chopped celery.
1 cup rich milk.	
1 pound butter.	

Melt butter, let come to boil, add celery and oysters and let them plump. Take out. Pour hot butter over beaten yolks to cook them. Pour back into saucepan, add milk, salt, pepper. Let thicken, put back oysters long enough to get hot. Serve in soup plates over toasted saltine crackers.

*Mrs. John H. Smithwick, Wife of former Representative Smithwick (Fla.).*

**OYSTER PICKLE—Spanish**

Mix and scald a cup of olive oil,  $\frac{1}{2}$  cup of vinegar, 2 teaspoons of salt, 3 teaspoons of chilepepines, 3 of whole pepper corns, 2 tablespoons of sweet marjoram, a clove of garlic. After 2 minutes drop in six dozen large oysters with a cup of their liquor. Boil until the oysters are plump, a few minutes only, then skim out and if the sauce is too sharp add more of the oyster liquor. Pour over the oysters, garnish with sliced lemon and chille pepper, and serve cold for supper.

*Mrs. Walter E. Edge, Wife of Senator Edge (N. J.).*

**PICKLED OYSTERS FOR LUNCHEONS AND LATE SUPPERS**

Drain 1 gallon of oysters. Put liquor on fire to boil. Skim. Wash oysters thoroughly, put in boiling liquor, and watch carefully to take out when just done. Lift from liquor, put in bowl and cover with vinegar (about a teacupful). Let stand a few minutes and add liquor together with 4 tablespoonfuls whole allspice, 4 teaspoonfuls blade mace (big pieces), 6 pod peppers, and salt to taste. *Serve very cold.*

*Mrs. Ino. H. Small, Wife of former Representative Small (N. C.).*

**OYSTERS WITH BACON**

Wash and drain select oysters. Wrap a thin slice of bacon around each and fasten with small skewers. Put in broiler over dripping-pan and bake in hot oven until bacon is crisp, turning broiler once during cooking. Drain on paper—serve hot.

*Mrs. Edw. E. Browne, Wife of Representative Browne (Wis.).*

**LITTLE PIGS IN BLANKETS**

Season large oysters with salt and pepper. Cut bacon in very thin slices. Wrap an oyster in each slice and pin with wooden toothpick. Heat a frying pan, very hot, and put in the little pigs. Cook till the bacon is crisp, put on slices of toast and garnish with parsley.

They may also be baked and the toast not used.

*Mrs. Dorothy Dennett Slemph, Associate Member Congressional Club.*

**OYSTER AND SHRIMP NEWBURG**

Clean and parboil 1 pint oysters and drain from liquor. Clean and break in small pieces 1 can shrimps. Mix oysters and shrimps; add  $\frac{1}{4}$  cup salt sherry, cover and let stand 1 hour. Put in a chafing-dish, add  $\frac{1}{4}$  cup butter and cook 4 minutes. Sprinkle with  $1\frac{1}{2}$  tablespoons flour and cook 2 minutes. Add 1 cup cream and, when thickened, the yolks of 2 eggs, slightly beaten and diluted with 2 tablespoons cream. Season with 2 tablespoons imitation brandy extract and a few grains, each paprika, cayenne, and nutmeg.

*Mrs. Harry L. Englebright, Wife of Representative Englebright (Cal.).*

**PANNED OYSTERS**

Wash and drain a dozen large oysters. Season and let stand 10 or 15 minutes. Put 2 level tablespoons butter in hot pan. When brown add drained oysters and turn them until they are browned. Remove oysters

to toast and to the gravy in the pan add about 4 tablespoons cream. When heated, pour over oysters.

*Mrs. John McSweeney, Wife of Representative McSweeney (Ohio).*

### SCALLOPED OYSTERS

One quart oysters, 2 cups cracker crumbs rolled fine, 1 cup bread crumbs (bread toasted and rolled fine); 8 tablespoons liquor or milk. Mix butter and crumbs together. Butter pan and put in layer of crumbs, then a layer of oysters, pepper and salt. Continue with alternate layers of each until pan is filled, having crumbs on top. Add liquid, then sprinkle with fresh bread crumbs. Bake 1 hour.

*Mrs. Fred S. Purnell, Wife of Representative Purnell (Ind.).*

### SCALLOPED OYSTERS

1 quart oysters.	$\frac{1}{2}$ cup cream.
$\frac{1}{2}$ cup butter, melted.	1 tablespoon lemon juice.
2 cups bread crumbs or cracker meal.	$\frac{1}{4}$ teaspoon salt.
	$\frac{1}{4}$ teaspoon pepper.

Drain the liquor from the oysters and wash well. Butter a shallow baking dish, cover bottom with crumbs. Put in half the oysters, pour over half the butter and lemon juice. Add another layer of crumbs, then the remaining oysters and butter mixture and sprinkle with crumbs. Dot the top with pieces of butter, sprinkle with salt and pepper. Strain  $\frac{1}{4}$  cup of liquor, add to cream, heat and pour over oysters. Bake briskly for 20 minutes. Serve from dish.

*Mrs. Ewin L. Davis, Wife of Representative Davis (Tenn.).*

### SCALLOPED OYSTERS (very fine)

1 quart oysters.	2 level teaspoons salt.
$1\frac{1}{2}$ pints cracker crumbs.	$\frac{1}{2}$ teaspoon pepper.
1 pint milk.	$\frac{1}{8}$ pound of butter.

Mix and let stand 2 hours and then bake 2 hours in moderate oven.

*Mrs. Chas. Underhill, Wife of Representative Underhill (Mass.).*

### SCALLOPED OYSTERS

1 quart oysters.	Salt, pepper.
1 quart milk.	Cracker crumbs.
$\frac{1}{4}$ pound butter.	

Wash and pick over oysters; roll crackers. In the bottom of a well-greased aluminum baking pan, put a layer of cracker crumbs, then half the oysters and small lumps of the butter, a little salt and pepper, part of the milk. Then another layer of oysters and crackers, the rest of the milk and butter, salt and pepper, and then a few crumbs on top. The pan should be  $\frac{3}{4}$  full. Bake 45 minutes in a very hot oven. Reduce the heat when it begins to brown.

*Mrs. David Meekison, Wife of former Representative Meekison (Ohio).*

### STUFFED OYSTERS AU GRATIN

Take the largest oysters, split them in the thick parts, and stuff with a mixture of finely minced egg yolks, a little cooked bacon, salt and

chopped parsley; dip them in freshly grated bread crumbs, put about 4 in a scallop shell; pour over a Veloute sauce flavored with anchovy butter, sprinkle with crumbs, brown in oven for 5 minutes and serve very hot.

*Hotel Raleigh, Washington.*

### OYSTERS AND HAM BALTIMORE (One Portion)

2 slices raw ham.	1½ tablespoons cream sauce.
6 oysters.	Pinch ground pepper.
1½ tablespoons catsup.	Pinch salt.
1 tablespoon Worcestershire Sauce.	Pinch chopped parsley.
	Slice bread for toasting.

Fry the ham in butter; remove when browned. Fry oysters slightly in the same butter; add catsup and Worcestershire sauce. After cooking a few minutes add cream sauce and the seasoning. Remove oysters and cook the sauce a minute longer; sprinkle with chopped parsley. Toast bread and trim off crust.

Service: Place a slice of ham at each end of the platter. Place a slice of toast in the center; arrange the oysters on the toast and pour the sauce over all.

*Hotel Willard, Washington.*

### ROE SOUFFLE

Parboil the roe, drain and mash fine.

1 tablespoon butter.

½ teaspoon salt.

Pinch of pepper.

3 eggs, separated.

Mix the yolks with ½ cup of milk and add the roe. Beat whites stiff and add to the mixture. Bake in quick oven—about 20 minutes.

*Mrs. Eugene Hale, Daughter of the late Senator Zach. Chandler (Mich.)*

*Wife of the late Senator Eugene Hale (Me.).*

*Mother of Senator Frederick Hale (Me.).*

### BAKED SHAD ROE

1 tablespoon flour.

½ green pepper.

1 tablespoon butter.

1 slice onion.

½ teaspoon chopped parsley.

¼ teaspoon salt.

¼ teaspoon sugar.

¾ cup tomato.

Pair of shad roe.

Do not break skin on roe. Butter a porcelain baking dish and in it set the roe. Cut green pepper in shreds, let cook in butter 5 minutes, stirring constantly. Add onion, chopped fine, and flour. When flour is cooked add tomato, sugar, salt and parsley. Continue to stir until boiling; let simmer 5 minutes, then pour over shad roe. Cover and bake in hot oven for 15 minutes.

*Mrs. John J. Cochran, Wife of Representative Cochran (Mo.).*

### RED SNAPPER

See Favorite Dishes of All Nations, pages 49, 96, 113.

### FELICIE'S CREAMED SALMON

1 can salmon.

Butter size egg.

2 eggs.

1 pint milk.

Salt.

1½ teaspoons cornstarch.

Bread crumbs.

Flake salmon with fork—have sauce ready, made of 1 pint milk, butter, salt; boil to thicken; take off stove and add well-beaten eggs. Place layer salmon in buttered dish, then sauce, salmon, etc. Cover with bread crumbs, dot with butter. Bake 20 minutes.

*Mrs. Michael F. Phelan, Wife of former Representative Phelan (Mass.).*

### BAKED SALMON WITH TOMATOES

Scald, wash and dry 2 pounds of Columbia River salmon. Season well with salt and roll in cornmeal. Cover bottom of heavy skillet with cooking oil; be generous with oil. Lay fish in skillet and cover well with thin slices of ripe tomatoes. Cover skillet. Cook slowly till thoroughly done. Remove cover and brown before removing from the oven.

*Mrs. W. C. Hawley, Wife of Representative Hawley (Ore.).*

### BAKED SALMON WITH STUFFING

Drain can of pink salmon and mix with  $\frac{1}{2}$  cup cracker crumbs, 1 egg unbeaten. Stuffing: Cook 2 tablespoonfuls finely chopped onion in 1 cup boiling water 15 minutes. Add  $\frac{1}{2}$  teaspoon each of salt, celery salt, paprika. Also liquor drained from salmon. Pour this over 2 slices stale white bread and 2 tablespoonfuls corn meal. Cool. Beat well. Put half salmon mixture into greased pan—shaping like fresh fish. Pile stuffing on this (thicker in center), shape the other half of salmon mixture and place on top of stuffing. Strip with bacon. Cook in moderate oven until browned. Garnish on hot platter, serve with tomato sauce.

*Mrs. L. H. Hadley, Wife of Representative Hadley (Wash.).*

### CREAM SALMON IN RINGS

Crimp bread (round loaves).	1 cup milk.
1 can salmon.	1 tablespoon flour.
Eggs.	1 tablespoon butter.
Lettuce.	Salt and pepper to taste.

Cut bread in  $1\frac{1}{2}$  inch slices. Scoop out center. Toast rings. Make cream sauce of milk, butter, flour and seasoning. Add salmon to this, fill toasted rings with salmon cream, and on each ring place a poached egg. Serve on lettuce leaf.

*Mrs. M. C. Garber, Wife of Representative Garber (Okla.).*

### SALMON HOLLANDAISE

Cream  $\frac{3}{4}$  cup butter, add yolks of 4 eggs, one at a time. Beat well. Add slowly juice of 1 lemon,  $\frac{1}{2}$  teaspoon salt, dash paprika,  $\frac{3}{4}$  cup boiling water, 1 can pink salmon, flaked, 1 small cup peas. Cook over hot water until thick. Serve in patty shells. (Roll puff paste part 1 inch thick, part  $\frac{1}{2}$  inch. Cut rounds of paste for bottom of shells. Place on white paper on pan. Cut more thick rounds with a doughnut cutter. Place layer with hole on thin layer, fastening by brushing with water. Bake in hot oven 25 or 30 minutes until browned).

*Mrs. L. H. Hadley, Wife of Representative Hadley (Wash.).*

### SALMON LOAF

1 pound can of salmon.	1 tablespoon lemon juice.
1 tablespoon melted butter.	4 eggs, beaten.

Bake and serve with hot tartar sauce.  
*Mrs. Frances Parkinson Keyes, Wife of Senator H. W. Keyes (N. H.).*



## SALMON LOAF

- |                               |                  |
|-------------------------------|------------------|
| 1 can salmon.                 | 2 eggs.          |
| 1 cup bread crumbs.           | Salt and pepper. |
| $\frac{1}{2}$ cup sweet milk. |                  |

Mix, then pack in small tin cans, with tight lids, and boil  $1\frac{1}{2}$  hours.

## Sauce

- |                     |                     |
|---------------------|---------------------|
| 1 cup milk.         | Liquid from salmon. |
| 1 tablespoon flour. | Salt.               |
| 1 egg.              |                     |

Boil until a thick sauce and add tablespoon catsup when done.

*Mrs. Dan Waugh, Wife of former Representative Waugh (Ind.).*

## SALMON LOAF

- |                        |                           |
|------------------------|---------------------------|
| 1 pint cracker crumbs. | Juice of 1 lemon.         |
| 1 large can of salmon. | Pinch of salt and pepper. |
| 4 eggs, beaten.        |                           |

Mix well. Put in a well greased pan and steam 1 hour. Slice when cold and garnish with parsley.

*Mrs. Wesley L. Jones, Wife of Senator Jones (Wash.).*

## SALMON LOAF WITH MUSHROOM SAUCE

## Loaf

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 1 pound can salmon.                 | $1\frac{1}{2}$ teaspoons salt.       |
| 1 cupful soft bread crumbs.         | $\frac{1}{2}$ teaspoon black pepper. |
| $\frac{1}{2}$ onion grated.         | Grated rind of $\frac{1}{2}$ lemon.  |
| 2 beaten eggs.                      | 1 tablespoon corn meal.              |
| $\frac{1}{2}$ cupful milk.          | 1 tablespoon butter, melted.         |
| $\frac{1}{2}$ green pepper, minced. |                                      |

## Sauce

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 can mushrooms, halves.           | $\frac{1}{2}$ teaspoons celery seed. |
| 3 tablespoons butter.              | 6 ripe olives.                       |
| 2 tablespoons flour.               | Dash cayenne pepper or               |
| $1\frac{1}{2}$ cups Borden's Milk. | Worcestershire sauce.                |
| 1 red pimiento, sliced.            | $1\frac{1}{4}$ cups water.           |
| 1 onion, sliced.                   | Salt to taste.                       |
| 1 green pepper, sliced.            |                                      |

Remove salmon bones, remove skins, separate into flakes and drain, reserving half the liquor for the sauce. Mold ingredients into a loaf, pack in buttered shallow pan and bake in a moderate oven about 40 minutes. For sauce fry the onions a golden brown in the butter, add the mushrooms and sear for a few minutes. Dilute the milk with 1 cup of water and pour in slowly, add the rest of the ingredients and let simmer about 10 minutes. Lastly, add the flour which has been mixed with the rest of the water and liquor from the salmon, stirring until the sauce is smooth. Use Borden's evaporated milk, which will make the sauce as rich as cream. Put small carrots on top the loaf, serve on a platter with sauce piping hot poured around it. Garnish with sliced lemon and parsley. Serves 6 or 8 portions and is a nice luncheon dish.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

## PINK SALMON OMELETTE

Cook 1 tablespoon onion and green pepper in bacon fat until delicate brown. Add  $1\frac{1}{2}$  cups cooked tomatoes,  $\frac{1}{2}$  teaspoon salt, dash of pepper and 1 can pink salmon, flaked. Simmer 10 minutes. Add 1 tablespoon flour beaten smooth in  $\frac{1}{2}$  cup milk. Cook 1 minute. Remove from fire. Whip in well-beaten yolks of 4 eggs. Pour in well-buttered, flat-bottomed skillet. When partly cooked spread over one-half the stiffly beaten egg whites. Fold the other half of the yellow mixture over the whites. Bake in moderately hot oven for 10 or 12 minutes. Serve at once on hot platter.

*Mrs. L. H. Hadley, Wife of Representative Hadley (Wash.).*

## PINK SALMON PATTIES

1 can pink salmon.	4 tablespoons cold water.
4 eggs.	Sifted bread crumbs.
2 tablespoons thick sweet cream.	2 cups white sauce.
$\frac{1}{2}$ teaspoonful salt.	$\frac{1}{2}$ cup finely cut celery.
Pinch of pepper.	8 slices toast.

Flake the pink salmon, add 2 eggs slightly beaten, the cream, salt and pepper. Mix and shape in small flat cakes. Coat with 2 eggs beaten with cold water, cover with sifted bread crumbs. Saute in butter until well-browned on both sides. Serve each cake on a slice of hot toast and cover with white sauce to which celery has been added. Judges believe this the finest of 200,000 recipes; serves 8 persons.

*Mrs. L. H. Hadley, Wife of Representative Hadley (Wash.).*

## SALMON

See Favorite Dishes of All Nations, page 29.

## SALMON, ROLLED A L'IRLANDAISE

Bone three pounds of salmon. Parboil it. Sprinkle the sides and insides with a pinch of salt, half a pinch of pepper and the same of nutmeg; also 12 chopped oysters, 1 tablespoonful of parsley, and  $\frac{1}{2}$  a cupful of bread crumbs. Roll it together, then put it in a deep pan with 1 ounce of butter. Bake in a hot oven for 25 minutes and serve on a dish, pouring its own gravy over.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

## SALMON WITH EGG SAUCE

Cover salmon with boiling water, add salt. Boil slowly until cooked, allowing 10 minutes to the pound. Drain and serve with egg sauce. To make sauce, melt 1 tablespoonful of butter, add 1 tablespoonful of flour, stir until smooth. Add 1 cupful of milk gradually, stirring constantly until it boils. Add two cooked eggs, with the whites finely cut up and the yolks pressed through a sieve. Season with salt and pepper. Serve at once.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## SCALLOPED SALMON AND MACARONI

Break  $\frac{1}{2}$  cup macaroni and boil 20 minutes in salted water. Free 1 can salmon from bones and skin. Lay in alternate layers in baking dish, pouring over each layer cream sauce made with:

1 cup milk. 1 tablespoon butter.  
1 tablespoon flour (heaping.)

Season with salt, pepper and lemon juice. Cover with buttered crumbs and bake in moderate oven 20 minutes. (Splendid dish for lunch.)

*Mrs. Charles J. Thompson, Wife of Representative Thompson (Ohio).*

## SALMON PUDDING

1 small can steak salmon.  $\frac{1}{2}$  teaspoon salt.  
1 tablespoon butter.  $\frac{1}{8}$  teaspoon pepper.  
1 cup bread crumbs. 2 eggs.  
1 cup hot milk.

Remove skin and bones from salmon and rub fish fine with potato masher. Melt butter in milk and add bread crumbs and seasonings. Combine with fish and last add the well beaten eggs. Put into a buttered deep baking dish and steam 1 hour. When done, turn on to platter, and pour over it hot—

## Sauce

6 hardboiled eggs, diced. A little paprika.  
1 cup cream. 4 tablespoons finely chopped  
1 tablespoon butter. parsley.

Place first 4 ingredients in top of double boiler; let cook 15 or 20 minutes; pour over fish pudding and sprinkle with parsley. Serve at once.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

## DEVILED SALMON

1 can salmon. 4 large crackers.  
2 hard-boiled eggs.  $\frac{1}{2}$  stalk celery.

## Cream Sauce

Two tablespoons melted butter mixed with  $2\frac{1}{2}$  tablespoons flour, add slowly 1 cup milk or cream,  $\frac{1}{2}$  teaspoon of salt and dash of pepper. Put over fire, stirring constantly until thick, then remove. Mince salmon, cut eggs in cubes, cut celery fine and add to cream sauce. Place in shells, ramekins or flat dish, cover top with cracker crumbs and bread crumbs; dot with butter and bake until brown.

*Mrs. Everett Kent, Wife of Representative Kent (Pa.).*

## SALMON ENTRÉE

$1\frac{1}{2}$  pounds fresh salmon steak.  $\frac{1}{2}$  pint oysters.  
2 eggs.  $\frac{1}{2}$  pint shrimp.  
 $\frac{1}{2}$  cup nut meats. Small amount mushrooms.  
Small amount pickle. Seasoning.

Boil salmon in water seasoned with onion, black and red pepper. Let cool in liquor, then mince fine, adding eggs beaten and pickle minced fine. Season with tobasco, catsup, little salt, half cup of cooking sherry. Grease

a cooking ring, place the rolled nuts in ring first, then pack with the salmon mixture and steam until done. Make a sauce rather thick, adding the oysters and shrimp, and the mushrooms cut up. To serve, turn the ring out onto a large serving plate, place the sauce in the center, and surround the whole with either small new potatoes, sprinkled with parsley, or green peas can be used for the outside. Serve with large fork and spoon so that the sauce may be dished out with the meat. This makes a very satisfying and tasty entrée and will serve 8 persons.

*Mrs. Ross Collins, Wife of Representative Collins (Miss.).*

### SALMON MOLDS WITH CUCUMBER SAUCE

1 tall can salmon.	1½ tablespoons melted butter.
½ tablespoon salt.	¾ cup milk.
1½ tablespoons sugar.	¼ cup vinegar.
1½ tablespoon flour.	¾ tablespoon gelatine.
1 teaspoon mustard.	2 tablespoons cold water.
Yolk 2 eggs.	

Rinse salmon and separate in flakes. Mix dry ingredients, add egg yolks, buttermilk, vinegar. Cook over boiling water until thickened. Add gelatine and salmon. Fill individual molds which have been rubbed with garlic. Chill and serve with cucumber sauce. Beat ½ cup heavy cream until stiff, add ¼ teaspoon salt, little paprika and gradually 2 tablespoons vinegar. Then add 1 cucumber pared and chipped.

*Mrs. Fletcher Hale, Wife of Representative Hale (N. H.).*

### SARDINE LOAF

Take 1 can of sardines, 2 eggs, 2 tablespoonfuls melted butter, 2 cupfuls bread crumbs, pinch of cayenne pepper and salt to taste. Mix all together well, turn into a mold, cover and steam 1 hour. When cold, cut into thin slices. This is excellent for sandwiches or served cold as a luncheon dish.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

### BAKED SHAD

Open and clean the fish, cut off head (or not as preferred); cut out the backbone from the head to within 2 inches of the tail and fill with the following mixture:

Soak stale bread in water, squeeze dry; cut a large onion in pieces, fry in butter, chop fine, add the bread, 2 ounces of butter, salt, pepper, and a little parsley or sage; heat thoroughly and when taken from the fire add 2 yolks of well-beaten eggs; stuff, and when full, wind the fish several times with tape, place in baking-pan, baste slightly with butter, and cover the bottom of pan with water; serve with the following sauce: Reduce the yolks of 2 hard-boiled eggs to a smooth paste, add 2 tablespoons olive oil, ½ teaspoon mustard, and pepper and vinegar to taste.

*Mrs. James R. Mann, Widow of the late Representative Mann (Ill.).*

### BAKED SHAD

Stuff with dressing made from bread crumbs, adding sufficient salt, pepper, butter and parsley, and mix with beaten yolks of eggs. Sew up the shad or tie with string to hold in place. Pour over the shad a little

water, spread with butter or lay strips of bacon over it. Bake for 1 hour and a quarter, and garnish with watercress or slices of lemon.

#### Dressing for Baked Shad

Boil the liquor in which the shad was baked; add a tablespoon of catsup, a tablespoon of flour, the juice of 1 lemon and a small glass of grape or currant jelly, and serve in sauce boat.

#### To Cook Shad Roe

Drop in boiling water and cook for 20 minutes; drain and place roe in buttered tin plate; dredge well with salt and pepper, and spread with soft butter; then dredge thickly with flour. Cook in oven for half hour, basting frequently with flour, water, butter, salt and pepper.

*Mrs. Addison T. Smith, Wife of Representative Smith (Idaho).*

#### BAKED SHEEPS-HEAD (Fish)

Rub or grate stale bread into crumbs; season highly with salt, pepper, butter, chopped onions and parsley. Stuff the fish, rub over with butter, and gash across the top about every inch, lay slices of bacon in gashes, dust over with flour, put little water in pan to make stock. A strip of cloth laid under the fish is good to lift fish from pan to platter. This cloth can be slipped out or tucked under. Put fish in stove to brown, cook from 40 to 50 minutes. Serve on platter with decorations of parsley and slices of hard-boiled eggs and lemon.

#### Sauce for Fish

Cream egg yolk, butter and flour, add stock and seasoning. Let boil; pour over chopped whites in sauce dish, 1 hard-boiled egg, 1 tablespoonful of butter, 1 cup of fish stock, salt and pepper to taste.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

#### SHRIMP CAKES

See Favorite Dishes of All Nations, page 44.

#### SHRIMP CHEESE PUDDING

Use  $\frac{1}{2}$  pound fresh shrimps if obtainable; if not 2 cans. Cut 6 quarter-inch slices of bread (buttered) into inch squares. Place  $\frac{1}{2}$  the bread in a greased baking dish; spread over  $\frac{1}{2}$  the shrimps evenly; sprinkle with  $\frac{1}{8}$  pound mild cheese cut fine, and salt, pepper and paprika to taste; repeat. Beat 3 eggs, add 3 cups of milk, and pour the mixture over the bread and shrimps. Bake about 1 hour in rather slow oven.

Serves 6 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

#### SHRIMP JAMBALAYA

2 tablespoons lard.	1 can shrimp.
1 finely chopped onion.	2 tablespoons tomatoes.
$\frac{1}{4}$ pound chopped raw ham.	$\frac{1}{2}$ pound rice.

Fry onion in lard until it gets soft (not brown). Add the ham and allow to cook a few minutes. Add the tomatoes and shrimp. Season with salt and pepper. Add the rice which has been well washed and allowed

to soak in water for a while. Cover with just enough hot water to submerge rice and cook slowly until rice is cooked, stirring only once or twice.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

### SHRIMP NEWBURG

- |  |                              |
|--|------------------------------|
| 1 pint shrimps (measured after<br>being cooked and cleaned). | 1 teaspoon lemon juice.      |
| 3 tablespoons butter.  | 1 teaspoon flour.            |
| ½ teaspoon salt.   | ½ cup cream.                 |
| Few grains cayenne.  | Yolks of 2 eggs.             |
|  | 2 tablespoons sherry flavor. |

Clean shrimps and cook 3 minutes in 2 tablespoons of the butter. Add salt, cayenne and lemon and cook 1 minute. Remove shrimps and put remaining butter in chafing dish, add flour and cream. When thickened add yolks of eggs beaten, then shrimps and flavor. Serve on buttered toast or puff paste.

*Mrs. Albert B. Fall, Wife of former Secretary of the Interior (N. Mex.).*

### SHRIMPS A LA INDIENNE

Saute the shrimps in butter with a few coriander seeds, make curry sauce from court bouillon, add the shrimps, simmer for 10 minutes, serve with a border of dry boiled rice and chutney.

*S. S. Pres. Roosevelt, U. S. Lines, Robt. Schutz, Chef.*

### PATE OF SHRIMP

See Favorite Dishes of All Nations, page 35.

### SHRIMP STEW A LA CREOLE

Scald and peel ½ gallon of shrimp, 1 small onion, red pepper, salt, and 1 clove of garlic, 1 small can of tomato sauce.

Put 3 tablespoons of flour in as much hot grease as it will take up. Brown and then add onion, pepper, garlic, and salt. Take the tomatoes, put in a separate pot, add a pinch of soda and let come to a boil. Then add to other ingredients, then add shrimp and cook slowly for 2 hours. Serve with boiled rice.

These dishes are typical of Louisiana and are especially delicious when made with river shrimp.

*Mrs. Henry L. Fuqua, Wife of the Governor of Louisiana.*

### SHRIMP WIGGLE

- |                        |  |
|------------------------|--|
| 1 can shrimp.          | 1 tablespoon flour blended with<br>the butter. |
| 1 can peas.            | Salt.  |
| 1 small can tomatoes.  | Worcestershire sauce.                          |
| 1 pint milk.           |  |
| Butter size of an egg. |  |

*Mrs. Jas. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

### SHRIMP AND RICE

- |                         |                    |
|-------------------------|--------------------|
| 1 cup cold boiled rice. | 1 cup thick cream. |
|-------------------------|--------------------|

Cook and stir until smooth, add 1 can shrimp—each shrimp cut in halves. Season with salt and pepper; if desired, a little curry and onion. Serve hot on toasted crackers.

*Mrs. Frances Parkinson Keyes, Wife of Senator H. W. Keyes (N. H.).*

### SKIMPY SHRIMPS

1 can shrimp.	1 tablespoon butter.
1 cup cold boiled rice.	1 tablespoon grated cheese.
1 cup milk.	Bread crumbs.
1 tablespoon flour.	Salt and pepper to taste.

Melt butter in frying pan, add flour rubbed smooth, then milk, stirring till a white sauce is made; add cheese and salt. Shread shrimp with fork, mix with boiled rice, blend with white sauce. Add bread crumbs to top and bake in casserole.

*Mrs. E. C. Ellis, Wife of former Representative Ellis (Mo.).*

### SOUTHERN RICE AND SHRIMP

Two cups boiled rice, 1 can tomatoes, 1 large can shrimp, 2 tablespoons butter in which cook a pinch of nutmeg, a little mace, 3 sprigs parsley,  $\frac{1}{2}$  stalk of celery, 3 sprigs thyme,  $\frac{1}{2}$  teaspoonful onion salt. Cook all in double boiler. Put a layer of rice in a buttered dish, then a layer of shrimp, alternating until dish is filled. Pour tomato and butter mixture over it, and cover the top with buttered bread crumbs. Bake until brown, about 20 or 30 minutes.

*Mrs. Chas. C. Bowman, Wife of former Representative Bowman (Pa.).*

### FILLETS OF SOLE

See Favorite Dishes of All Nations, pages 28, 52, 67, 98, 129, 131.

### ENGLISH SOLE WITH ALMONDS

Bone and skin the fish, dip the fillet in milk and flour, then fry in butter. Chop Jordan almonds in butter until brown and pour over the sole. Squeeze lemon over it and sprinkle finely chopped parsley over the fish. (Use English sole or flounder, about 1 pound to every 2 persons.)

*Mrs. Ben. L. Fairchild, Wife of former Representative Fairchild (N. Y.).*

### FILLETS OF SOLE CAPRICE

Have as many fillets of sole as you need—one for each person. Pare, season with salt and pepper, sprinkle with flour, and dip first in beaten egg and then in fresh bread crumbs. Have as many bananas cut in halves lengthwise as there are fillets. Flour them and put in buttered pan. Butter the top also, and fry in the oven.

Make a Hollandaise sauce with 2 yolks of eggs and a tablespoonful of cream. Beat vigorously in a small pan over the fire till it thickens nearly to the consistency of mayonnaise dressing. Next, add  $\frac{1}{2}$  pound of melted butter, little by little, always stirring, and also a few drops of lemon juice. When the sauce is ready, set it in a warm place (not hot). Fry your fillets in butter, dress in a dish with half a fried banana on top of each fillet. Spread on sauce and sprinkle with chopped parsley. Serve hot.

*Mrs. Ogden L. Mills, Wife of former Representative Mills (N. Y.).*

**SOLE MARGUERY (sole with spinach)**

Wash thoroughly and boil spinach as usual, keeping it a bright green. Steam or boil fillet of sole, as many as you need. Butter baking-dish and put in a layer of spinach. Place sole on top and cover all with rich cream sauce, grated cheese and paprika. Bake until light brown. Flavor seems to be improved if baked in long individual ramekins.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.)*

**FILLET OF SOLE—MARGUERY**

20 pieces fillet of sole.	1 pint whipped cream.
20 mussels.	½ pint Hollandaise Sauce.
5 heads mushrooms.	Juice of one lemon.
20 shrimps.	6 ounces Bercy sauce.
3 pints fish veloute.	6 pieces shallots.

Place fillet of sole in a buttered pan with chopped shallots; add mushrooms, mussels, shrimps, lemon juice and Bercy sauce. Cover with buttered paper and cook in oven for five minutes. Place in a deep oval dish: Two fillets, 2 shrimps, 2 mussels, 1 mushroom. Cook the above juice until slightly thickened; add the fish veloute, strain through cheesecloth, and add the Hollandaise sauce and the whipped cream. Cover the fillet with garnishing. Glaze beneath a fire similar to a salamander or a broiler. When done in large quantities the fish and the garnishing are cooked separately. Do not prepare more than 1 gallon of sauce at a time. Serves ten.

*Hotel Willard, Washington.*

**FILETS DE SOLE MIGNONETTE**

Cook the filets in butter, and set them in a hot timbale. Surround them with potato-balls the size of peas, raised by means of the round spoon-cutter, and cooked beforehand in butter. Lay upon the filets eight or ten slices of fresh truffle heated in one-sixth pint of very light meat-glaze. Finish the glaze in which the slices of truffle have been heated with ¾ ounce of butter and a few drops of lemon juice, and pour it over the filets and their garnish. Serve very hot.

*Mrs. E. I. Edwards, Wife of Senator Edwards (N. J.).*

**FILLET OF SOLE, NEWBURG**

Fold the fillet of sole loosely and poach in fish stock. Place a slice of lobster upon the fillet, garnish with boiled parisienne potatoes and serve fish coated with Newburg sauce.

*House of Representatives Restaurant, Ernest Zohn, Chef.*

**FILLET OF SOLE A LA WELLINGTON**

Filets poached in the oven, if cooked on the platter and covered with Sauce Colbert and garnished with oysters, shrimps, fish—quenelles and mushrooms in small bouquets around the fish.

Sauce Colbert: Good meat extract mixed up with butter, seasoned with lemon juice, Worcestershire sauce and chopped parsley.

*S. S. Republic, U. S. Lines, H. Steck, Chef.*



## TERRAPIN A LA MARYLAND

Terrapin.	1 tablespoonful flour.
2 yolks hard-boiled eggs.	1 tablespoonful butter.
1 cup sweet cream.	1 dash paprika.
1 cup sweet milk.	1 saltspoon salt.
1 teaspoonful lemon juice.	½ teaspoon Worcestershire
1 glass wine sauce.	sauce.

Boil and dress the terrapin. Pick the meat from the bones and chill. Make the following sauce in your chafing dish: Melt the butter and flour together. Add slowly the milk, then cream, stirring constantly. This should make a thickened sauce-like cream; add paprika, salt; Worcestershire sauce and terrapin. Let come to a boil and then add the wine sauce, the 2 hard-boiled yolks of the eggs broken into eighths. Lastly (as you are serving) the lemon juice, and serve on toast.

*Mrs. Fred. T. Dubois, Wife of former Senator Dubois (Idaho).*

## TROUT

See Favorite Dishes of All Nations, pages 28, 31.

## SEA TROUT AU FOUR A LA ROYALE

Take sea trout of about 3½ or 4 pounds, put strips of bacon over the back of trout, bake in oven with butter, onions, carrots, celery, a couple grains of pepper, glazed with own fond, put them on silver platter arranged left and right. Bouquet of fish-ragout consists of oysters, mushrooms, truffles, fish dumplings and sweetbreads arranged in every four corners with parsley and potatoes.

*S. S. Pres. Roosevelt, U. S. Lines, Robt. Schutz, Chef.*

## BROOK TROUT

Brook trout should be drawn soon after catching, but should not be washed until just before cooking. Add salt to the first water, rinse in several clear waters; do not let lay in water longer than is necessary. Dry inside and out on cloth. Salt and flour. Fry on griddle in very hot lard.

*Mrs. L. T. McFadden, Wife of Representative McFadden (Pa.).*

## TUNA FISH BAKED IN RAMEKINS

1 can tuna fish.	1 cup bread crumbs.
1 egg, boiled hard and chopped.	1 cup cream sauce.
Salt, pepper, paprika and nutmeg to taste.	

Flake the fish and mix with the egg and cream sauce, add the seasoning. Fill greased ramekins, cover with the bread crumbs, dot with butter and bake until brown.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## TUNA FISH SAVORY

Blend 2 tablespoonfuls butter and 2 tablespoonfuls flour well together in a saucepan, then add 1 pint milk and stir until smooth. Add 1 small can pimientoes and 1 small green pepper cut fine, and cook for 3 minutes,

stirring constantly. Put in 1 can of tuna fish and a seasoning of salt, pepper and paprika. Serve hot on squares of toast.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

#### TUNA LOAF

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 large can of tuna fish,        | 2 eggs.                         |
| 1 cup of fresh bread crumbs,     | $\frac{1}{4}$ teaspoon paprika. |
| 1 teaspoon lemon juice.          | 1 teaspoon salt.                |
| 1 teaspoon chopped green pepper. |                                 |

Mix all the ingredients together well, picking fish apart with a silver fork. Mould into a firm loaf. Roll in flour and place in a greased bread pan. Dot with butter and bake 30 minutes in a moderate oven. Serve with the following sauce:

- |                      |                              |
|----------------------|------------------------------|
| 1 tablespoon butter. | $\frac{1}{4}$ teaspoon salt. |
| 1 cup milk.          | 1 egg yolk, beaten.          |
| 2 tablespoons flour. |                              |

Melt the butter in a saucepan. Add the flour and mix well. Slowly add the milk, stirring the mixture constantly. Cook 2 minutes. Remove from the fire and add immediately the beaten yolks. Pour the sauce around the fish loaf.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

#### MEDAILLON DE THON (Tuna Fish)

See Favorite Dishes of All Nations, page 122.

#### SCALLOPED TUNA AND CRAB MEAT

- |                        |                  |
|------------------------|------------------|
| 7-ounce can tuna.      | Cracker crumbs.  |
| 7-ounce can crab meat. | Butter and milk. |

Place in buttered baking dish a thin layer of rolled crackers, then the shredded tuna with its liquid, another layer of cracker crumbs, a little pepper, then the crab meat with its liquid. Cover top with cracker crumbs, dot with butter, cover with milk and bake in oven till browned. Will serve eight.

*Mrs. M. C. Garber, Wife of Representative Garber (Okla.).*

#### PLANKED WHITE FISH OR SHAD

Clean and split a 3-pound fish. Put skin side down on oak plank 1 inch thick, and a little longer and wider than fish. Place plank in a dripping-pan. Sprinkle fish with salt, pepper and brush with butter. Bake about 25 minutes in hot oven. Then cover fish with thin strips of bacon and when bacon is done remove from oven, garnish with slices of lemon and sprigs of parsley and send to the table on plank placed on platter.

*Mrs. E. E. Browne, Wife of Representative Browne (Wis.).*

#### SAUCE FRANCAISE

See Favorite Dishes of All Nations, page 130.

#### GERVAIS SAUCE FOR FISH

See Favorite Dishes of All Nations, page 130.

## SAUCE GOURMET

See Favorite Dishes of All Nations, page 130.

## SAUCE MARECHAL FOR FISH

See Favorite Dishes of All Nations, page 130.

## FISH VELOUTE

Quantity of recipe 1 quart.

3 pints fish stock (or broth.)	2 ounces onions.
1 ounce Crisco.	Pinch chopped parsley.
2 ounces flour.	Pinch whole pepper.
½ bay leaf.	1 teaspoon salt.
½ celery leaf.	

Fish Broth: Use the bones of flounder, codfish, halibut, or any white fish. Add the garni and 2½ gallons of water to the bones. At the first sign of boiling remove the scum as it rises to the surface. Boil for about 5 or 10 minutes; then strain.

Combine Crisco and flour: cook for about 5 minutes. Add the stock slowly. Cook for 1 hour over a slow fire. There should be approximately 1 quart remaining. Strain and put aside for further use. The above is used as a base for all white fish sauces.

*Hotel Willard, Washington.*

## MEATS AND SAUCES

*Man is a carnivorous production,  
And must have meals, at least one meal a day;  
He cannot live, like woodcocks, upon suction,  
But like the shark and tiger, must have prey;  
Although his anatomical construction  
Bears vegetables, in a grumbling way.  
Your laboring people think beyond all question,  
Beef, veal, and mutton better for digestion.*

—Byron.

### BREAKFAST BACON

Dip slices of Swift's Premium bacon in milk, either sweet or sour, and fry in moderately hot pan. This method browns the bacon quickly without allowing it to become too crisp or greasy.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.)*

### ENGLISH MIXED GRILL

Service consists of broiled lamb chops, lamb kidney, green pork sausage link, broiled ham, broiled tomato, stuffed baked potato and French fried onions, sprinkled with melted butter and garnished with watercress.

*House of Representatives Restaurant, Ernest Zohn, Chef.*

### BOILED NEW ENGLAND DINNER

See Large Gatherings, page 697.

### AJIACO

See Favorite Dishes of All Nations, page 48.

### PUCHERO

See Favorite Dishes of All Nations, page 134.

### SARMA (Beef, Pork and Cabbage in Casserole)

See Favorite Dishes of All Nations, page 138.

### CABBAGE PUDDING

See "Jefferson Cook Book," page 17.

### BANKEKOD WITH MASHED POTATOES

See Favorite Dishes of All Nations, page 53.

**ESCALLOPE DE VEAU ZINGARER**

See Favorite Dishes of All Nations, page 131.

**BEEF LOAF**

See Large Gatherings, page 693.

**SLICES OF BRAISED BEEF**

See Favorite Dishes of All Nations, page 66.

**TO CORN BEEF**

One tablespoon salt and 1 teaspoon sugar to every 1 pound of meat. Cover over with water. Add a small piece of saltpeter (the size of a bean); stand 24 hours and cook in brine.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

**STUFFED CORNED BEEF**

Have a hind quarter of beef weighing 18 pounds corned for over 2 weeks. Place on dish and wipe it. Cut holes in meat as close together as possible, but not too close to the edge. The big center bone should be removed by your butcher. Make a dressing by running a loaf and a half of bread through a meat chopper;  $\frac{1}{2}$  pound beef suet,  $\frac{1}{2}$  pound bacon, bunch of herbs, good sprinkle of dried sage, celery seed, grind up 6 blades of celery, 1 onion, 1 green pepper, a small bunch of parsley; moisten slightly, salt and pepper to taste, and stuff all of the holes, as well as the hole which the bone comes out, very tightly with this dressing. After it is thoroughly stuffed tie a strong cord well around the meat so it will not cook to pieces, and sew it up in a cloth as tightly as possible so as to hold the dressing in. Let it boil a half hour for every pound. I would say from 7 to 9 hours. Let it stay over night or cool in the kettle of water in which it was boiled, which should be filled to a short distance from the top. Next morning place on dish, unwrap, take a knife and put filling back in the holes from which it boiled out, and carve. Perfectly delicious for cold suppers.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va.).*

**HOW TO FRY A STEAK!**

Don't attempt it! A steak to be wholesome and digestible should be broiled.

*Mrs. Anthony J. Griffin, Wife of Representative Griffin (N. Y.).*

**BROILED STEAK**

The first requirement of a good broiled steak lies in the selection of the meat. A choice porterhouse or sirloin should have bright red lean, fine-grained and somewhat marbled with fat, and the outside fat should be creamy white. A cut for broiling should be more than an inch thick. True broiled steak is cooked over red hot coals or in a broiler under gas flame or electric coils. The meat is placed near enough to the fire to sear a crust quickly, care being taken that it does not burn. As soon as one side is thoroughly seared the steak is turned between two knives or

spatulas so as not to pierce the crust. The searing will probably take about three or four minutes to each side. In order to cook the steak through, the heat is then reduced and the steak left in the broiling oven for a few minutes; depending upon the doneness desired. A steak about an inch and a quarter thick is cooked rare at this stage in about twelve to fifteen minutes. Sometimes a steak comes to the table tough because it is not served promptly after it is cooked. A warm platter sprinkled with salt and pepper and dotted with butter should be ready and the steak should be served immediately. It is not well to season the steak before cooking because the salt tends to draw out the juices.

In pan broiling a steak, the method is very similar. The pan is heated very hot and is greased over lightly by wiping with a piece of suet so that the meat will not stick. Using a large amount of grease toughens the outside of the steak and does not increase the juiciness of the inside. The steak is placed in the hot pan and seared first on one side, and then on the other quickly. The heat is then reduced and the broiling proceeds more slowly. The meat must be turned frequently to prevent burning. Care should be taken not to pierce the crust which has formed lest the juice leak out.

*Dr. Louise Stanley,  
Chief of Bureau of Home Economics, Department of Agriculture.*

#### BAKED ROUND STEAK

Pound thick steak with pepper, salt and flour. Then turn and pound in same manner the other side. Have ready frying pan with smoking hot suet. Place steak in and sear both sides well. Pour over it about 1 pint sweet milk. Place in hot oven and bake 1 hour.

*Mrs. Charles C. Kearns, Wife of Representative Kearns (Ohio).*

#### BAKED STEAK

Steak  $1\frac{1}{2}$  inches thick. Rub dripping of broiler pan or shallow pan with butter. Rub steak with garlic (which may be omitted), salt and pepper. Slice 1 onion over meat and place 3 slices of lemon on steak. Pour over all  $\frac{1}{2}$  cup tomato soup and  $\frac{1}{4}$  cup Worcestershire sauce. Add a few pieces of butter and cook in a moderate oven for 30 minutes.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

#### HAMBURG STEAK

One pound from upper part of roundsteak. Chop fine in meat grinder or chopping bowl. Season well with salt, pepper and a little grated onions. Shape in round cakes, roll in flour and fry in butter. Or broil without rolling in flour.

#### How to Make the Capers Sauce

Melt 2 tablespoons of butter, then blend with tablespoon of flour. Add 1 cup of boiling mutton broth, let boil for 30 minutes, then add  $\frac{1}{2}$  cup of capers drained from their liquor.

*Hotel Powhatan, Washington.*

#### KITCHEN BARBECUE OF PORTERHOUSE

2 tablespoons dry mustard.	4 tablespoons creamed butter.
2 tablespoons paprika.	2 tablespoons olive oil.
1 teaspoon salt.	1 tablespoon Worcestershire sauce.
1 teaspoon white pepper.	

Have butcher cut a slice from porterhouse about two and one-half inches thick, and containing a good piece of tenderloin. Trim into shape, removing most of fat, and skewer firmly into position. Mix dry mustard with paprika, salt and pepper; add these to butter and rub mixture well into meat, rubbing on both sides and edges. Place on grate over a pan and under broiler. Mix olive oil with Worcestershire and brush surface of steak every five minutes—the heat should be reduced after outside is seared—turn every 5 minutes, dipping brush in any drip from steak on pan. Cook 45 minutes at 375 degrees, and rub in more mustard with moistened brush before placing meat on platter.

*Mrs. John J. Cochran, Wife of Representative Cochran (Mo.).*

### DANISH BEEFSTEAK

See Favorite Dishes of All Nations, page 51.

### SPANISH BEEFSTEAK

Cut the steak into pieces the size desired for serving. Place these pieces on a meat board and sprinkle liberally with flour. With a wooden corrugated mallet, beat the flour into the steak, then fry the steak in a pan with olive oil. In another frying pan, at the same time, fry 3 good sized onions and 3 green peppers. When the steak is cooked sufficiently put it to one side of the pan and let the oil run to the other. On the oil pour sufficient water to cover the meat, and add the peppers and onions, letting all simmer for a few minutes. Serve on a hot platter.

*Mrs. Clarence Lea, Wife of Representative Lea (Cal.).*

### MRS. C. E. REESE'S SPANISH STEAK

Cut round steak in pieces to serve, season with salt and pepper, pound flour in well, then fry brown quickly. Cover with sliced onions and pour one small can of tomatoes over all. Cover and bake in slow oven from 1 to 1½ hours.

*Mrs. B. F. Cheatham, Wife of Quartermaster General of Army.*

### TENDERLOIN STEAK—VICTORIA

Fry tenderloin in butter and place on flat croquette of chicken. Take half raw tomato tossed in butter, place on steak, garnish with parsley and serve with a Madeira sauce.

*House of Representatives Restaurant, Ernest Zohn, Chef.*

### TENDERLOIN GEORGE WASHINGTON (Cold Dish)

Whole tenderloin fry in hot grease, just turn around, let cool off. Prepare farce of very finely chopped veal, add and mix up with heavy cream, add pistache, meat and truffles, take pullman bread pan, lay out with pie dough, fill in farce in center tenderloin, cover with farce and pie dough and bake for about 45 minutes. Serve cold, sliced with dish gravy, jelly and grapefruit salad.

*S. S. George Washington, U. S. Lines, F. M. Sczfert, Chef.*

### TENDERLOIN OF BEEF A L'OPERA

Larded tenderloin of beef to roast in hot oven 30 to 35 minutes, garnish with small pieces of chicken liver fried in butter with chopped onions, asparagus tips, brown mushroom sauce.

*S. S. President Harding, U. S. Lines, Paul Gole, Chef.*

## LONDON BROIL

Number of portions, 1.

4 ounces fillet of beef (2  
slices.)

2 ounces bacon (2 slices.)

$\frac{1}{2}$  tomato.

Julienne potatoes.

Piece of toast.

Broil the fillet of beef, the bacon and the tomato. Serve the fillet on toast. Garnish with the tomato at one end of the plate and potatoes at the other end. Arrange the bacon in a figure X over the fillet.

*Hotel Willard, Washington.*

## ESTOUFFADE OF BEEF

Number of portions, 6.

2 pounds beef.

1 medium size onion  
(chopped.)

$\frac{1}{2}$  clove garlic.

Celery, thyme, laurel, parsley.

$1\frac{1}{4}$  cups Bordelaise sauce.

1 heaping teaspoon pepper.

6 boiled potatoes.

1 pint brown sauce (demi-  
glace.)

$1\frac{1}{2}$  pints stock.

Use flank or shoulder of beef. Cut in square pieces and fry lightly in drippings with onions, garlic, bouquet garnish (or garni) and pepper. Add the Bordelaise sauce, brown sauce (or demi-glace) and stock. Cook for about  $1\frac{1}{2}$  hours. Add garnishing and finish the cooking in the oven. Garnish with 24 stoned green olives, 24 small onions, 24 mushrooms and 24 pieces of salt pork. The boiled potato is placed on one side of the dish.

*Hotel Willard, Washington.*

## BEEF SAUTE A LA DEUTSH

$2\frac{1}{2}$  pounds lean beef (minced.)

$1\frac{1}{4}$  pounds kidney (minced.)

$\frac{1}{2}$  pound mushrooms (minced.)

1 pound onions (minced.)

6 green peppers (julienne.)

1 clove garlic.

3 ounces butter.

$\frac{4}{5}$  quart brown sauce.

3 tablespoons Worcestershire  
sauce.

1 teaspoon salt.

1 pinch pepper.

$\frac{4}{5}$  quart tomato sauce.

2 pounds potatoes (cooked)

1 and  $\frac{3}{5}$  quarts.)

Saute the potatoes separately. Fry the beef and kidneys separately. Fry the vegetables and garlic in butter; add beef and kidney. Add the sauces and parsley; then season.

*Hotel Willard, Washington.*

## CHATEAUBRIAND BORDELAISE

See Favorite Dishes of All Nations, page 131.

## LARDED BEEF

See Favorite Dishes of All Nations, page 113.

## CANNELON OF RAW BEEF

One pound of beef from round, ground fine, 1 beaten egg, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 teaspoon mixed spices, and 1 tablespoon butter mixed together well and made into a roll. Lay on a greased pan and bake  $\frac{3}{4}$  of an hour, basting often with fat. Serve hot with brown or tomato sauce.

*Mrs. W. M. Jardine, Wife of the Secretary of Agriculture.*



**SAUERBRATEN**

See Favorite Dishes of All Nations, page 68.

**STEWED BEEF**

See Favorite Dishes of All Nations, pages 54, 94.

**BEEF STEW**

2 pounds beef from leg.	1 teaspoon salt.
1 onion cut in slices.	$\frac{1}{4}$ teaspoon pepper.
$\frac{1}{2}$ cup turnip cut in dice.	$\frac{1}{2}$ cup flour.
$\frac{3}{4}$ cup carrot cut in dice.	1 quart water.
4 potatoes cut in $\frac{1}{2}$ -in. slices.	

Remove fat and cut the meat into 1-inch pieces; put aside  $\frac{1}{2}$  cup of the best pieces of meat; put the rest of the meat and the bone into the cold water and soak for 1 hour, then heat until it bubbles. Season the  $\frac{1}{2}$  cup meat and roll it in the flour; melt the fat in a frying pan, remove the scraps; brown the sliced onion and then the floured meat in the hot fat, add both to the stew and cook for 2 hours at a low temperature. Add the vegetables and the flour which has been mixed with  $\frac{1}{2}$  cup cold water and cook for 1 hour or until the meat and vegetables are tender. Remove the bone, season and serve.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

**CARIUCHO (Beef Stew)**

See Favorite Dishes of All Nations, page 56.

**CUCUMBER STEW**

See Favorite Dishes of All Nations, page 90.

**BEEF A LA SARDE**

See Favorite Dishes of All Nations, page 29.

**STEW EL RANCHO**

See Large Gatherings, page 692.

**POLISH ROLLED ZRAZY**

See Favorite Dishes of All Nations, page 116.

**PEASANT'S GULYAS**

See Favorite Dishes of All Nations, page 26.

**KETTLE ROAST**

Get a four or five-pound rump roast and have it tied. Take one cup of bacon drippings and heat very hot in an iron kettle. Rub the roast with ginger, pepper and salt and sear in the drippings. Then add a bay leaf or two, five whole cloves and part of an onion, which must be put on top and held under the string while cooking. Put the kettle over the simmerer on the back of the range, cover tightly and cook four or five hours.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## POT ROAST

3 pounds beef from round.	1 tablespoon parsley.
$\frac{1}{4}$ pound salt pork.	1 bit bay leaf.
$\frac{1}{4}$ cup carrot.	4 cloves.
$\frac{1}{4}$ cup turnip.	8 peppercorns.
$\frac{1}{4}$ cup celery.	Salt and pepper.
$\frac{1}{4}$ cup onion.	3 cups water.

Dredge the meat with flour and brown the entire surface in the pork fat. Place on a rack in a kettle; surround with the vegetables, spices and water. Season, cover closely, and simmer slowly 4 hours, keeping liquor below boiling point. Remove to hot platter. Strain liquor and serve as a sauce.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## YANKEE POT ROAST

(Recipe for three pounds of beef)

Wipe the roast carefully with a cloth and dredge with flour, put a little suet or butter into a hot frying pan and brown roast in it, turning from side to side until browned on all sides. Take care in turning not to pierce the roast with the fork as this would result in the escape of juices. A few silver onions, carrots, celery, browned in the pan with meat is a savory addition. When well browned in the pan the roast should be placed in a kettle and add 2 cups of boiling water to frying pan, let simmer and turn over the roast. Add 2 fresh tomatoes; if not available use can; 1 teaspoon of salt, 1 bay leaf,  $\frac{1}{8}$  teaspoon pepper and 2 cloves. Cover and set aside, where it will just a little more than simmer and quite boil. For 3-pound roast, cook two and one-half hours.

*Hotel Powhatan, Washington*

## POT ROAST MEAT

Put lump of lard in kettle; when hot put in meat, season with salt, pepper and brown quick on both sides. Pour boiling water over and cook until done.

*Mrs. Charles C. Kearns, Wife of Representative Kearns (Ohio).*

## HUNTER'S BEEF

See "Jefferson Cook Book," page 18.

## HUSSAR ROAST

See Favorite Dishes of All Nations, page 116.

## BEEF A LA DARIBE

See "Jefferson Cook Book," page 17.

## BEEF A LA MODE

See Large Gatherings, pages 695, 697, and Favorite Dishes of All Nations, page 64.

## BIFF RYDBERG

See Favorite Dishes of All Nations, page 129.

**BEEF POT PIE**

See Large Gatherings, page 693.

**BEEFSTEAK PUDDING**

Mix 1 quart flour with 1 pound suet, shredded fine; add a little salt and cold water. Make as stiff as for pie crust. Place large muslin cloth in a deep bowl and sprinkle cloth with flour. Roll out dough  $\frac{1}{2}$  inch thick and mold into a bowl. Into this pour 3 pounds steak which has been cut into pieces about  $\frac{1}{4}$  inch in size, seasoned with salt and pepper and stewed until tender. Do not use much of this liquid. Mold the dough over this into a round tight covering. Fasten the cloth tightly around and place in a deep vessel, cover with boiling water. Boil slowly for 3 hours. Serve with liquid left from steak.

*Mrs. Dan Waugh, Wife of former Representative Waugh (Ind.).*

**BEEFSTEAK AND KIDNEY PUDDING**

See Favorite Dishes of All Nations, page 71.

**SUKIYAKI (BEEF)**

See Favorite Dishes of All Nations, page 87.

**TENDERLOIN OF BEEF IN CREAM**

See Favorite Dishes of All Nations, page 49.

**FILET MIGNON—SUZETTE**

Slice of tenderloin, 1 inch thick; saute in butter; prepare chicken hash, spoonful for each filet; pancake dough. Serve: plain thin pancake, German style, put filet in and form like omelet; on top: chicken hash, slice truffle, sauce Madere around.

*S. S. George Washington, U. S. Lines, F. M. Sczfert, Chef.*

**FILET MIGNON A LA LOUISIANA**

Garnished with stuffed green peppers, backed tomatoes, corn fritters, fried sweet potatoes.

*S. S. President Roosevelt, U. S. Lines, Robert Schutz, Chef.*

**FOR CURING HAMS**

After properly trimming hams apply saltpeter to raw side well rubbed in, then red pepper, followed by black pepper, applied in the same manner. Then pour a fairly thick covering of molasses and pack down in salt. The hams should remain packed down about a month and then if necessary put in brine that will float an egg. They should then be put in bags of cotton cloth and cured by smoking with hickory wood. After curing apply a coat of lime whitewash to keep out insects and worms. This recipe has been in the Flood family for more than a hundred years.

*Mrs. Henry D. Flood, Widow of former Representative Flood (Va.).*

## SMITHFIELD (JOHNSTON COUNTY) HAMS

(To cure hams)

100 pounds meat.	8 ounces black pepper.
10 pounds salt.	$\frac{1}{4}$ ounce saltpeter.
10 pounds brown sugar.	

Mix all together, rub each ham thoroughly, leaving extra mixture on flesh side. Pack, skin side down closely, leave for 3 or 4 weeks according to weight; salt washed off, the ham is then hung hock-down, and smoked for a week or ten days with hickory or apple wood (saved when trees are pruned.) When well smoked, wash off smoke, using a scrub brush. Next parched meal, black pepper and borax is put on flesh side. Each piece is wrapped well in paper, then placed in cloth bags to be hung. Best after 6 months or even 12 months. A 2-year-old ham is fine.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

## THE VIRGINIA GOVERNOR'S RECIPE FOR CURING HAMS

Kill your hogs when the wind is from the northwest. Take a string of red peppers and make a strong tea, the night before the meat is salted. Into every two gallons of tea put two heaping tablespoons of saltpeter. Pour this strong tea onto the salt. Salt the meat lightly the first time to run off the blood. Let the meat lie packed three days. Then overhaul and put one teaspoon of pulverized saltpeter to the flesh side of each ham and rub in thoroughly. Then rub with molasses mixed with salt. Pack close for ten days. Again overhaul, rub each piece and pack close again. Within three weeks from the time the hogs were killed the meat should be hung. Before hanging, wash each piece in warm water, and while wet roll in hickory ashes. Smoke with green hickory wood. In February tie in good strong cotton sacks and hang up with the hock down.

The hams will be ready to use in ten months.

*Hon. Harry Flood Byrd, Governor of Virginia.*

## HAM BAKED IN MILK

Use center cut of ham 2 or 3 inches thick. Rub surfaces with brown sugar and about  $\frac{1}{2}$  teaspoon dry mustard. Cover with sweet milk and bake in slow oven about 2 $\frac{1}{2}$  hours.

*Mrs. Philip D. Swing, Wife of Representative Swing (Cal.).*

## SMALL BAKED HAM

Take 3 or 4 pounds of raw ham cut from the center of a large one. Remove skin. Cut the fat in squares, placing on top, and add 1 bay leaf, a few cloves, some chopped onion, a little sugar and some dry mustard. Put in a covered pan or casserole and surround by milk. It should cook for 2 or 3 hours, or until soft, depending upon quality of the ham. It should be carefully watched, as milk burns or boils over. Add milk as needed and baste if it gets dry. Partially boiled potatoes put around it for the last half hour or so are very palatable but rather rich.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

## TO COOK A HAM

Wash ham, put in steamer, skin-side down, in as much hot water as vessel will hold and keep covered with plenty of water. Soon as ham is

boiling, lower the heat and cook slowly until tender. One cup of molasses and 1 pod of cayenne pepper put in this water. When skin-side is tender turn and cook until the under-bone is a little loose from the meat. Leave in water until cold. Skin and trim, dust on black pepper, spread a glass of apple jelly on and grate stale bread crumbs all over top and press down in the jelly. Put in oven and brown. Serve cold.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

### BOILING AN OLD HAM TO GIVE THAT DELIGHTFUL QUALITY SELDOM FOUND

Strain juice of 2 lemons and 2 oranges. Add to this 1 pint of best grape juice. Place ham in slow oven, and pour this liquid over it. Cut up 3 large fragrant apples, and cover ham. Cook in moderate heat, frequently basting with liquid.

*Mrs. N. B. Dial, Wife of former Senator Dial (S. C.).*

### DUTCH HAM

Boil a ham until well done, let it simmer very slowly first hour. Let cool in the water in which it was cooked. Remove skin. Make a very rich pie crust and roll ham in crust, smooth and fast. Bake until crust is done.

*Mrs. Otis Wingo, Wife of Representative Wingo (Ark.).*

### MISSOURI BAKED HAM

1 ham.	Cinnamon.
$\frac{1}{2}$ pound brown sugar.	1 tablespoon prepared mustard.
Whole cloves.	$\frac{1}{2}$ cups vinegar.
$\frac{1}{2}$ cups boiling water.	

Boil a 12 or 14-pound ham gently 1 hour. Skin off the fat and place in baking pan, fat side up. Sprinkle with cinnamon, stick thickly with cloves, pack with brown sugar. To the vinegar add the mustard and boiling water and put in pan. Cover with tight fitting lid. Bake slowly 3 hours.

*Mrs. L. C. Dyer, Wife of Representative Dyer (Mo.).*

### BAKED VIRGINIA HAM

The ham should first of all be soaked for 12 hours previous to cooking. Then wipe the ham dry, and any rusty or discolored parts scraped away. A baked ham is said to be much more delicious than a boiled one, and will keep longer when cooked; it takes time and patience and skill to make a ham worth while. Place in a large pan and bake in moderate oven for about 4 hours; take off the crust, remove the skin and cover the ham with brown sugar; return in oven and brown. For each pound of ham bake one-half hour.

*Hotel Powhatan, Washington.*

### BOILING A VIRGINIA HAM

Put ham to soak in cold water over night. Next morning put on to boil in cold water. Pour in a cupful of vinegar, add  $\frac{1}{2}$  cupful of sugar dissolved with a tablespoonful of mixed whole spices. Boil until the skin loosens and the bone comes loose. Let it cool and sprinkle bread crumbs

and stick in whole cloves, basting with 2 tablespoonfuls of vinegar and 2 tablespoonfuls of brown sugar.

*Mrs. George C. Peery, Wife of Representative Peery (Va.).*

### TO COOK VIRGINIA OR ANY OTHER SUGAR CURED HAM

Cover with water and soak for 48 to 56 hours. Then put in fresh water and boil slowly  $3\frac{1}{2}$  hours. Leave in this water until perfectly cold. Skin and lift up the fat in places, inserting brown sugar. Sprinkle well with bread crumbs and pepper with black pepper. Stick in a few cloves. Pour about 2 cupfuls of vinegar in the pan. Bake from  $\frac{1}{2}$  to 1 hour, basting with vinegar. Ham should be cooked  $\frac{1}{2}$  hour to the pound.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*

### VIRGINIA HAM—EXCELLENT

Select a fat ham, clean well, soak over night, then boil until small bone is loose. Let stand in its liquid over night. In the morning skin the ham and slash  $\frac{3}{4}$  of an inch deep through the fat, lengthwise of the ham,  $\frac{1}{2}$  inch apart. Fill the slashed places with mixture made as follows: One cup of sugar, 3 level tablespoonfuls of Colman's dry mustard (if you like cloves stick a number in the ham); place in oven in a covered baking pan until nicely browned. The original recipe calls for boiling the ham in cider, but it is equally good without.

*Mrs. Fred Dennett, Member of Congressional Club (N. D.).*

### HAM OR TONGUE

Put into cold water and heat gradually until the water bubbles; cook at a low temperature until tender. Remove from the fire and allow it to stand in the water in which it was cooked for 1 hour; take it out and draw off the skin. It may be served cold. A ham may be covered with fine bread crumbs and 2 tablespoons brown sugar, then placed in the oven  $\frac{1}{2}$  hour to brown.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

### BAKED HAM AND APPLES

2 pounds ham cut in 1-inch slice.	12 cloves.
4 tart cooking apples.	$\frac{1}{2}$ cup water.
$\frac{1}{2}$ cup brown sugar.	3 tablespoons vinegar.

Rub both sides of the ham with the sugar and stick in the cloves. Core and cut the apples in eighths without paring them, and cover the ham with them. Mix vinegar, water and remainder of sugar and pour over ham. Cover and cook in moderate oven (350 to 400 degrees Fahrenheit), until ham is tender.

*Mrs. A. E. B. Stephens, Widow of the late Representative Stephens (Ohio).*

### CANDIED IRISH HAM—PORT MAILLOT

Boiled Irish ham with many cloves and sugar, to brown in hot oven, garnish with small white turnips, carrots, small heads of white cabbage, potatoes, parsley, brown gravy.

*S. S. President Harding, U. S. Lines, Paul Gole, Chef.*

## SCALLOPED EGGS WITH HAM

See Large Gatherings, page 698.

## NOODLES AND HAM

3 tablespoons milk.

Little salt.

3 whole eggs well beaten.

Flour enough for a stiff dough so it can be rolled out. Knead it well and roll out very thin. Let dry, then cut in strips. Boil 15 minutes very rapidly and drain off all water through a colander. Line a deep dish with butter. Put a layer of noodles then a layer of finely ground cooked ham, next grated yellow cheese and dot over with lumps of butter. Fill the dish to the top in this manner, alternating layers carefully. Beat up one whole egg, place in a coffee cup and fill the cup with milk. Pour this over the whole and it is usually enough to keep it moist, especially if cooked in a covered pan or casserole. It should not be baked until dry and unpalatable, but only until noodles are soft.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

## HAM AND PINEAPPLE

Boil smoked ham, remove skin, dot with dark brown sugar and whole cloves, put in baking pan with slices canned pineapple; bake until ham is nearly browned, using 1 part water, 1 part vinegar, 1 part pineapple juice for basting. Slices of pineapple make an attractive garnish.

*Mrs. A. Harry Moore, Wife of the Governor of New Jersey.*

## BAKED HAM AND POTATOES

Put a slice of ham about  $1\frac{1}{2}$  to 2 inches thick in the bottom of a buttered baking dish. Cover this with raw sliced potatoes over which pour about  $1\frac{1}{2}$  cups white sauce. Bake this in the oven about 30 minutes. No salt must be added to the white sauce. For serving turn on a platter.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## BAKED HAM WITH POTATOES

Pare and slice 3 potatoes, and place in the bottom of an iron pan—or a casserole. Season with pepper only. Place on top of potatoes a slice of ham, cut quite thick, and gashed at the edges to prevent curling. Pour over the ham  $1\frac{1}{2}$  cupfuls milk in which has been stirred 1 teaspoon of molasses. Cover and bake in a moderate oven about 1 hour. Uncover the last 10 minutes. If baked in casserole, serve in dish. If not, place ham on platter, with border of potatoes garnished with parsley.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Pa.).*

## BAKED HAM AND POTATOES

$1\frac{3}{4}$  pounds sliced ham 1-inch thick

2 tablespoons butter.

$1\frac{1}{2}$  cups sliced raw potatoes.

$1\frac{1}{2}$  cups milk.

1 teaspoon salt.

Little flour.

$\frac{1}{4}$  teaspoon paprika.

Place ham in small baking dish. Mix potatoes, flour, salt and paprika. Place on top of ham. Place butter in small bits on top the potato mixture. Add milk. Bake in moderate oven for  $1\frac{1}{4}$  hours. The last 15 minutes of the baking remove the cover to permit browning of potatoes.

*Mrs. Chas. A. Rawson, Wife of former Senator Rawson (Iowa).*

## SCALLOPED POTATOES WITH HAM

Place layer of diced potatoes in baking dish. One onion sliced and mixed with potatoes. One slice of ham 1 inch thick, layer of potatoes on top. Cover with milk, dot with butter. Add pepper to taste but do not salt. Bake 2 hours in medium oven.

*Mrs. Scott Leavitt, Wife of Representative Leavitt (Mont.).*

## JAMBON DE PRAGUE

See Favorite Dishes of All Nations, page 32.

## MINCED HAM ON FRENCH TOAST

French Toast: One egg well beaten, add  $\frac{1}{2}$  cup milk; dip bread, fry in butter. After removing bread put chopped ham in same skillet, cover with milk and small bit of butter. When thoroughly heated and ready to serve add 1 egg well beaten. Serve this mixture on the French toast.

*Mrs. W. F. Kopp, Wife of Representative Kopp (Iowa).*

## HONOLULU HAM GLAZE

From a lean ham, have center slices cut  $\frac{3}{4}$  inch thick. Allow  $\frac{1}{2}$  slice to each portion. If a small number of portions, use casserole. If a large number, the turkey roaster. Butter pan and lay in slices, each spread with a thin coating of dry mustard and pineapple cut in cubes. Repeat until all portions are used. Then pour pineapple juice over all (1 cup if small quantity of ham, 2 cups if large quantity.) Put in moderate oven and bake  $1\frac{1}{2}$  hours, browning a bit at the last.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

## FRIED HAM

It is not necessary to parboil Premium Ham before frying. Caramelize 1 tablespoon sugar in a frying pan, add a slice of ham, cut about  $\frac{1}{2}$  inch thick, and brown it on both sides. Cover with milk and cook slowly, covered, for 10 minutes. Lift the ham out, thicken the gravy and serve with mashed potatoes or fried sweet potatoes. This gravy has a delicious flavor.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## BROILED HAM AND SWEET POTATOES

It is not necessary to parboil Premium Ham before broiling. Boil sweet potatoes until tender. Skin them and slice them lengthwise into a greased baking dish. Moisten with sugar syrup (1 cup sugar and  $\frac{1}{4}$  cup water boiled till thick.) Place a medium thick slice of Premium Ham on top of the sweet potatoes. Broil it on the top side. Turn the ham over when done and broil on the other side. Serve at once.

*Miss Clara Sproul, Daughter of Representative Sproul (Ill.).*

## HAM STEAK CREOLE

8 ounces ham (1 slice.)	6 green olives (chopped.)
3 ounces noodles—cooked.	1 teaspoon Worcestershire
Sauce:	Sauce.
1 teaspoon onion.	1 teaspoon A-I sauce.
$\frac{1}{2}$ clove garlic.	3 teaspoons Chilli sauce.
1 teaspoon chives (chopped.)	$\frac{1}{2}$ cup tomato sauce.



Cut 1 slice, including the bone, from a whole ham. Parboil the steak before broiling. Broil the steak and garnish with noodles. Fry the chopped onions; add the chopped garlic and sauces. Boil for 1 minute. Then add the olives and tomato sauce and serve over the steak.

*Hotel Willard, Washington.*

### CHEAP CHICKEN

Have your butcher bone a fresh ham and place it in brine for 48 hours. Have it well strapped in roast form, boil for 3 hours, changing the water if you find it too salty. This may be browned in the oven. Serve with hollandaise sauce.

*Mrs. Jas. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

### HAM LOAF

1½ pounds beef.	1 tablespoon ground onions.
½ pound smoked ham.	2 tablespoons green or red
½ pound fresh pork.	pimientos.
1 cup bread or cracker crumbs.	½ teaspoon salt.
1 cup sweet milk.	Shake of pepper.

Grind twice. Form into loaf and bake. Baste often.

*Mrs. Hays B. White, Wife of Representative White (Kan.).*

### HAM LOAF

1 pound ham and	1 cup bread crumbs.
2 pounds fresh pork ground.	1½ cups milk.
2 beaten eggs.	A little pepper, but no salt.

Mold into a loaf and pour over it one medium size can tomatoes. Bake 2½ hours.

*Mrs. Walter H. Newton, Wife of Representative Newton (Minn.).*

### HAM SOUFFLE

1 cup chopped ham.	1 pint cream sauce.
5 pounded crackers.	1 teaspoon mustard.
5 hard-boiled eggs.	

Bake one-half hour.

*Mrs. W. E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

### HAM SOUFFLE

See Favorite Dishes of All Nations, page 61.

### HASH, CHOP SUEY

See Large Gatherings, page 692.

### KIDNEY STEW

1 pound calf kidneys soaked in warm water 1 hour.	Flour and brown in fat.
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Add 1 cup onions diced, 1 cup carrots diced, which have been boiled in 2 cups of water. Add the liquor from the vegetables to the meat liquor and border the dish with the vegetables.

*Mrs. Jas. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

### STEAK AND KIDNEY PUDDING

Cut three pounds of very lean beef into slices  $\frac{1}{3}$  inch thick.

Season these slices with salt, pepper, and nutmeg, and add a little chopped onion and parsley. Take a pudding basin; line it with a firm layer of suet-dough (Suet Dumpling—Finely chop up some suet; add to it an equal quantity of flour and about one-quarter ounce of salt per pound of suet and flour. Moisten with just enough water to make a thick paste of about the same consistency as brioche-paste. Cut this paste into portions weighing about 1 ounce, and roll them into small balls. Put the latter in a saucepan containing some boiling beef cooking liquor, which need not have been cleared of grease, and let them poach for  $1\frac{1}{2}$  hours. Now drain the dumplings, and arrange them around the meat with the garnish of carrots and turnips, as explained above), and garnish the bottom and sides of the basin with the slices of beef.

In the middle put 1 pound of kidney of beef, of veal, or of mutton, cut up as for tossing, and seasoned like steaks. Moisten with just sufficient water to cover.

Now close up the basin with a layer of the same paste as that used in lining, pinching it with the latter, all round, that it may adhere thoroughly. In order to effect this with greater certainty, the respective edges of the two layers of paste may be moistened.

This done, cover the basin with a buttered and dredged napkin, fastened on by means of string tied round just beneath the lip of the utensil. Cook for 5 hours, either in boiling water or in steam, and, after having removed the napkin, serve the pudding as it stands.

*Mrs. E. I. Edwards, Wife of Senator Edwards (N. J.).*

### BEEFSTEAK AND KIDNEY PIE

See Favorite Dishes of All Nations, page 70.

### LAMB KIDNEY SAUTE WITH MUSHROOMS

For service of six.

12 lamb kidneys.

4 onions (preferably white).

$\frac{1}{2}$  pound mushrooms, fresh or canned.

Olive oil (Italian) or butter enough to cover the onions.

Salt.

Pepper (white).

Paprika.

English mustard.

Pinch of cayenne pepper.

Flour.

Catsup.

Worcestershire sauce and kitchen bouquet according to taste.

Stock, sufficient to make gravy.

Wash, skin and cut kidneys into eighths; cut out fat and tendons. Saute oil or butter with onions. Sprinkle kidneys with a thin coating of flour mixed with condiments. Add slowly to sauted onions, simmer slowly. When tender add stock for sufficient gravy. Add mushrooms, cut into

pieces and dredge with the flour. Keep simmering until tender. Serve hot on buttered toast with a sprinkling of finely chopped parsley.

*Mrs. Anthony J. Griffin, Wife of Representative Griffin (N. Y.).*

### LAMB CAPAMA

See Favorite Dishes of All Nations, page 73.

### LAMB A LA SABATH

Medium leg of lamb.	2 tablespoons salt.
2 medium carrots.	1 pint sour cream.
2 medium onions.	¼ cup flour.
1½ tablespoons whole allspice.	

Dice onions and carrots, salt lamb, place in roaster, add to this 1 glass of cold water and allspice. Allow 20 minutes to a pound. When roasted cream with sour cream, run mixture through colander, slice lamb and add to gravy. Serve with baking powder dumplings.

*Mrs. A. J. Sabath, Wife of Representative Sabath (Ill.).*

### AGNEAU A LA BROCHE

See Favorite Dishes of All Nations, page 75.

### LAMB CHOPS, AGNES SOREL

See Favorite Dishes of All Nations, page, 98.

### LAMB CHOPS, CHAMP VALLON

(Ten portions)

Ten portions lamb chops, champ vallon. Brown chops lightly on each side, put some sliced onions in a buttered pan, add the chops, season and add a layer of sliced potato, again a layer of onions, etc., then add some stock, and cover the pan, allow to smother slowly for one hour, when they are ready for serving.

*United States Senate Restaurant.*

### MRS. KRAUS' RAGOUT OF LAMB CHOPS

1 pound lamb chops.	1 small onion, blocked.
2 small white squash or cym- lings, blocked.	½ cup boiling water.
½ cup mushrooms.	2 teaspoon paprika.
½ cup tomatoes.	½ teaspoon salt.

Chops should be clear of surplus outside fat. Place chops and other ingredients in pan and cook slowly for 1 hour. Serve on hot platter.

*Mrs. B. F. Cheatham, Wife of Quartermaster General of Army.*

### LEG OF LAMB, ENGLISH STUFFED

Shoulder may be used. Have leg of lamb boned and stuffed with ½ pound round steak, ½ pound lean fresh pork, 1 slice bacon, small onion—all ground fine. Add 2 small eggs, salt and pepper. May be baked or

cooked in casserole lined with potatoes and carrots and all covered with broth made from the bones (the meat having been well tied up and rolled in flour, salt and pepper.)

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

### LEG OF LAMB

Have the butcher bone leg and insert whole pork tenderloin. Butter, salt and pepper. Bake for  $\frac{1}{2}$  hour at 450 degrees. Lower heat to 300 degrees and cook  $2\frac{1}{2}$  hours.

*Mrs. Charles E. Winter, Wife of Representative Winter (Wyo.).*

### SWIFT'S BREAST OF LAMB, JARDINIÈRE

- |  |                              |
|--|------------------------------|
| 1 lamb breast ( $2\frac{1}{2}$ -3 pounds.) | Salt.                        |
| 1 pint wax or string beans.                | Pepper to taste.             |
| 2 pints of water.                          | 2 cups corn cut off cob or 1 |
| Clove of garlic.                           | can corn.                    |
| Bay leaf.                                  |                              |

Boil the beans in salted water 1 hour. Place the breast of lamb in a baking pan. Sear in a hot oven (450 degrees F.) Salt the meat, add the beans and water in which they have cooked, with the remaining ingredients. Cover and cook slowly (350 degrees F.) until meat and vegetables are tender, about  $1\frac{1}{2}$  hours. (Serves 6.) Where canned corn is used it need not be added until about 10 minutes before serving.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

### SWIFT'S FANCHONNETTES OF LAMB

- |                         |                             |
|-------------------------|-----------------------------|
| 3 shanks of lamb.       | 3 cups well-seasoned mashed |
| 3 cloves.               | potatoes.                   |
| 1 teaspoon celery seed. | 1 cup small kidney beans.   |
| $\frac{1}{2}$ bay leaf. | 1 cup coarsely chopped cab- |
| 1 sprig thyme.          | bage, cooked.               |
| Speck sage.             | 1 cup carrots, cooked.      |

Boil the shanks with the seasonings until tender. Remove the meat from the bone and cut in cubes. Line individual molds with seasoned mashed potatoes. Fill with meat and the other vegetables. Moisten with the lamb gravy. Top with mashed potatoes. Brush over with beaten egg or milk and brown in a hot oven (450 degrees F.) (Serves 6.)

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

### SWIFT'S BLANQUETTE OF LAMB

- |                                |                                  |
|--------------------------------|----------------------------------|
| 4 lamb shanks.                 | Salt and pepper to taste.        |
| 3 tablespoons olive oil or     | $1\frac{1}{2}$ cups cooked rice. |
| Brookfield butter.             | 2 tablespoons butter.            |
| $\frac{1}{2}$ teaspoon cloves. | 2 cups celery stalks cut in 2-   |
| Speck nutmeg.                  | inch lengths.                    |

Brown shanks in the fat. Add boiling water, salt, cloves and nutmeg. Simmer until tender. Saute celery in butter. Line the baking-dish with the rice, then put on the layer of celery. Top with the meat cut in small pieces. Pour the stock through the meat and vegetables. Cover and bake in a moderate oven (350 degrees F.) 1 hour. (Serves 6.)

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## SWIFT'S ROAST OF LAMB, FARCI

- |   |  |
|---|--|
| 5 pounds lamb roll.                     | 1 small onion, minced.                           |
| 4 cups stale bread crumbs.              | 1 can apricots or                                |
| 2 tablespoons melted Brookfield butter. | 1 cup dried apricots, prunes or peaches, cooked. |
| 1 teaspoon salt.                        | Salt and pepper to taste.                        |
| Few cloves.                             | 5 strips Premium bacon.                          |
| A bit of sage.                          |  |

Pour the melted butter on bread crumbs. Add the seasonings, onions, and apricots cut rather fine. Moisten with the fruit juice. Make a lengthwise cut in the roll. Insert the dressing. Skewer or tie together. Lay strips of bacon across the top. Bake in a hot oven (450 degrees F.) to sear the meat. Salt and pepper. Then add 1 cup of water. Lower the temperature to 350 degrees F. and cook until lamb is tender, about 2 hours. Serve with the remaining fruit juice. Serves 6.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## ROAST LAMB. AN EASY DINNER

(May be cooked and served without a maid)

Place hind quarter of lamb in double roaster; add one cup of water; sprinkle salt and pepper well over roast. Place as many potatoes as desired around the roast; cover tightly with top and place upon stove with slow fire until heated through; then turn on full heat for about 30 minutes, after which medium heat for 2 hours.

After lifting the roast place drippings over the fire, and stir in flour enough to blend with drippings, then pour in cold water enough for desired thickness, stirring slowly all the time until well browned, adding additional salt and pepper if desired, several minutes before lifting.

*Peas:*

If fresh peas are used shell and cook as soon as lamb is placed in oven, in enough water to keep from burning. Boil for 20 minutes or  $\frac{1}{2}$  hour, when liquor should be nearly boiled out; season with salt and pepper with a good allowance of butter. Place in a double boiler on top of oven until ready to serve.

Canned peas may be cooked in same manner.

*Biscuit:*

1 quart flour, 4 teaspoons Royal Baking Powder, 1 teaspoon salt, 2 tablespoons Crisco, milk or water necessary to make soft dough.

Sift baking powder and salt with flour, mix in Crisco with knife or spatula, adding milk or water last and knead as little as possible. Cut with small biscuit cutter and place in pans so as not to touch.

By using a tea cart or small serving table it should not be necessary to arise from the table to serve.

*Mrs. Addison T. Smith, Wife of Representative Smith (Idaho).*

## LAMB CHOPS SUPREME

- |   |   |
|---|---|
| 2 tablespoons butter.                   | Little salt.  |
| 1 tablespoon flour.                     | $\frac{1}{2}$ cup cream (or enough to make a thick paste after it is cooked). |
| $\frac{1}{2}$ cup chopped mushrooms.    |   |
| $\frac{1}{2}$ teaspoon chopped parsley. |   |
| Dash of cayenne.                        |   |

Boil until flour is cooked. Remove from fire and cool. When cold and thick, use for stuffing. Cut thin lamb chops (lamb chops cut with 2 bones to each chop and remove 1 bone) to the bone and stuff with the above filling. Roll chops in crumbs, then in egg and then in crumbs, and saute in butter 8 minutes, turning often. Cook mushroom caps in butter, salt and pepper 2 minutes. Then pour in  $\frac{1}{2}$  cup cream, and boil 5 minutes longer. Put 1 cap on each chop and pour over a little of the cream. Put in oven for 5 minutes to finish cooking. This is for 8 to 10 chops.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

### LAMB CHOPS LOUISAINE

Fried in butter, garnish with sweet potato puree, tomato sauce and sauce bernaise.

#### Sauce Bernaise

Chopped onions, crushed white pepper and tarragon vinegar to boil down, add yolk of eggs and melted butter, beat to a thick sauce on slow fire, strain and season with chopped parsley and meat extract.

*S. S. President Harding, U. S. Lines, Paul Gole, Chef.*

### BROILED LAMB CHOP, BRETONNE

Thick cut, one of the portion. Served in toast, liquid parsley butter with little mushroom catsup, stringless beans, Flageolet beans, fondante potatoes (egg form. Fry in oil.)

*S. S. George Washington, U. S. Lines, F. M. Sczfert, Chef.*

### GIUVECH (Lamb and Pork Chops)

See Favorite Dishes of All Nations, page 138.

### BROCHETTE D'AGNEAU ORIENTALE

See Favorite Dishes of All Nations, page 58.

### CURRY OF LAMB

Number of portions, 10.

1 pound 5 ounces lamb (cut in large squares.)	$1\frac{1}{2}$ ounces Crisco.
$\frac{3}{4}$ gallon stock.	1 ounce flour.
$2\frac{1}{2}$ ounces onions, chopped. ( $\frac{1}{3}$ pint.)	2 tablespoons chutney.
$2\frac{1}{2}$ ounces celery scraps. ( $\frac{1}{2}$ pint.)	1 teaspoon salt.
$2\frac{1}{2}$ ounces carrots.	$\frac{1}{2}$ cup cream.
Few sprigs parsley.	1 apple (chopped.)
1 ounce cocoanut.	1 banana (chopped.)
2 ounces butter.	1 ounce curry powder.
	$1\frac{1}{4}$ pounds cooked rice ( $\frac{4}{5}$ quart.)

Cut the lamb in 2-inch cubes and fry in Crisco until brown. Add onions. When sufficiently colored add the chopped bananas and apples. Allow it to simmer for a few minutes; then add the curry powder, cocoanut, and the flour. Place the mixture in the oven for a few minutes and add the stock, celery, parsley, and carrots. Permit it to boil slowly until

done. Remove the meat into another pan and strain the sauce over it. Skim off all impurities. Add the cream, butter and chutney. Serve with boiled or wild rice.

*Hotel Willard, Washington.*

#### QUARTER OF LAMB

See Favorite Dishes of All Nations, page 33.

#### IRISH STEW

See Favorite Dishes of All Nations, page 85.

#### TOMATO BREDIE

See Favorite Dishes of All Nations, page 40.

#### SPANISH LAMB

2 tablespoons butter.	1¼ teaspoons of salt and pepper.
1 cup cooked and diced lamb.	1½ pounds cooked rice.
3 small onions.	3 fresh tomatoes or 1½ cups
1 green pepper.	canned.

Fry onions, add green pepper chopped in the butter, add tomatoes.

Cook until quite thick; add the rest of the ingredients and serve hot. The remnants of leg of lamb may be used up in this way.

*Mrs. Royal C. Johnson, Wife of Representative Johnson (S. D.).*

#### BOILED LEG OF MUTTON

Wash meat and place in kettle; cover with boiling water, bring quickly to boiling point and skim. Lower the heat at once to the point where meat will simmer, not boil. Serve with caper sauce or currant jelly.

*Hotel Powhatan, Washington.*

#### MUTTON

See Favorite Dishes of All Nations, pages 39, 40.

#### RAGOUT DE MOUTON AUX HARICOTS BLANCS

Take the breast, shoulder or ribs of mutton, cut up in pieces, fry in butter on a quick fire, taking care that the pieces do not get dark; salt and pepper. When the pieces have a good color, powder with a spoonful of flour and turn with a wooden spoon for a few minutes. Water with broth, or hot water if broth is not used; add a bunch of parsley, a little thyme, and one leaf of laurel, a piece of garlic, an onion pierced with a clove; cook over a moderate fire for one hour and a half.

One hour before it has finished cooking, add fresh white kidney beans. When finished cooking, take out bouquet, the onion, strain the gravy, and pour the stew into a hot dish. This may also be made with green kidney beans, small peas and potatoes mixed with small pieces of carrots.

*Mrs. Aram J. Pothier, Wife of the Governor of Rhode Island.*

#### RAGOUT OF LAMB

See Favorite Dishes of All Nations, page 39.

**SADDLE OF SALT MEADOW MUTTON. POLIGNAC**

See Favorite Dishes of All Nations, page 67.

**GEORGIAN SHASHLIK, OR ROASTED MUTTON**

See Favorite Dishes of All Nations, page 133.

**LIVER FRITTERS**

1 pound liver.	1 green pepper.
2 slices bacon.	½ teaspoon salt.
½ small onion.	

Put all through meat grinder then add 1 egg beaten slightly, 1 teaspoonful flour. Form in small round cakes and fry.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

**TO COOK CALVES LIVER AND BACON**

Scald liver and skin it while hot. Place few strips bacon in bottom of large pan. Place liver, which has been drained, flat in pan and cover entirely with bacon. Cook in medium oven for ¾ hour.

*Mrs. Fletcher Hale, Wife of Representative Hale (N. H.).*

**LUNGS WITH DUMPLING**

See Favorite Dishes of All Nations, page 24.

**MEAT BALLS**

3 pounds pork shoulder (not too lean.)	1 teaspoon ginger.
¾ pound round steak ground together.	Salt and pepper to taste.
1 large onion.	1 large handful bread crumbs.
	2 eggs.
	1 cup milk.

Mix together and mould in balls. Fry in butter. Add hot water to fat to make thick gravy and pour over balls.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

**MEAT BALLS IN BACON**

Ground round steak.	Salt.
Chopped onion to flavor.	Pepper.

Make into cakes 1 inch thick and wrap edges with bacon, fastening with a toothpick.

*Mrs. Jas. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

**COLCHESTER CARPET BAG**

See Favorite Dishes of All Nations, page 71.

**GREEK MEAT CAKES**

See Favorite Dishes of All Nations, page 50.

**BOULETTES AUX FEUILLES DE VIGNE**

See Favorite Dishes of All Nations, page 75.



## EMPANADAS—MEAT PASTIES

See Favorite Dishes of All Nations, pages 22, 41, 43.

## PASTEL ESPANOL (Spanish Pie)

See Favorite Dishes of All Nations, page 82.

## BIGOS

See Favorite Dishes of All Nations, pages 115, 117.

## MEAT TIMBLES

- |                       |                                 |
|-----------------------|---------------------------------|
| 2 cups meat.          | 2 eggs.                         |
| 1 cup cream or milk.  | $\frac{2}{3}$ cup bread crumbs. |
| 2 tablespoons butter. | 1 teaspoon salt.                |

Left over lamb or beef may be used—or fresh meat. Grind meat, mix with other ingredients. Put in timble cups, place in pan filled with hot water. Bake in bottom of hot oven. Serve with tomato sauce. Left over peas or carrots are good in the sauce and look nice when poured over the timbles on platter.

*Mrs. James H. Patten, Daughter of the late Senator Latimer (S. C.).*

## SPANISH MEAT BALLS

- |                        |                     |
|------------------------|---------------------|
| 2 pounds ground steak. | 2 cans tomato soup. |
| 1 cup uncooked rice.   | Salt and pepper.    |

Mix meat and rice together and season. Make into small balls and fry over in half butter and lard. Pack in roaster and cover with tomato soup diluted half with hot water. Bake in slow oven till done.

*Mrs. Louis W. Fairfield, Wife of former Representative Fairfield (Ind.).*

## SWEDISH MEAT BALLS

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1 lb. round steak.                    | Pepper.               |
| $\frac{1}{2}$ lb. pork from the loin. | 1 egg.                |
| 1 onion grated.                       | 2 slices stale bread. |
| Salt.                                 | 1 tablespoon flour.   |

Meat should be ground twice. Soak the bread in water and when soft, squeeze out water. Add the remaining ingredients and enough water to make the meat-mixture quite soft. Then shape into balls the desired size, preferably small, and fry in hot pan in lard and butter. If gravy is desired, add a little butter after the meat-balls are removed from the pan, and stir in about two heaping tablespoons of flour. Then add water and salt and pepper and a little cream, and pour the gravy over the meat balls.

*Mrs. Carl R. Chindblom, Wife of Representative Chindblom (Ill.).*

## MEAT LOAF

- |                                |                          |
|--------------------------------|--------------------------|
| 1 pound beef.                  | 1 egg (beaten).          |
| 1 pound pork.                  | 1 can tomato soup.       |
| 1 pound veal ground together.  | 1 tablespoon butter.     |
| 1 onion, chopped.              | Salt to taste, about one |
| Pimientos (if desired)).       | tablespoonful.           |
| 1 cup bread or cracker crumbs. |                          |

Mix half of the tomato soup in loaf. Mix all ingredients together and make in a well formed loaf. Place in a greased pan and pour the other half of the tomato soup over the loaf. Bake in moderate oven.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

#### MEAT LOAF

- |  |   |
|--|---|
| 1 pound fresh pork with little fat.              | 1 or 2 onions (if desired) cut fine.              |
| 2 pounds round steak, ground.                    | $\frac{1}{2}$ teaspoon sage or poultry seasoning. |
| Add $\frac{1}{2}$ box crackers broken up finely. | 1 teaspoon salt.                                  |
| 1 egg, well beaten.                              | $\frac{1}{4}$ teaspoon pepper.                    |

Mix well and mould in loaf. Add 1 pint water and more as needed. Bake in moderately hot oven in double baking pan 2 or 3 hours. Also good sliced cold. Served hot on platter with crisp lettuce leaves and garnished with pimientos and slice of lemon.

*Mrs. Herbert J. Drane, Wife of Representative Drane (Fla.).*

#### MEAT LOAF

- |                    |                                   |
|--------------------|-----------------------------------|
| 1 pound lean pork. | $1\frac{1}{2}$ cups bread crumbs. |
| 1 pound ham.       | Little paprika.                   |
| 2 eggs.            | 1 can tomato soup.                |
- Bake 2 hours.

*Mrs. Rice Means, Wife of former Senator Means (Col.).*

#### MEAT LOAF

- |   |                                    |
|---|------------------------------------|
| $\frac{1}{2}$ pound pork.                   | 2 eggs well beaten.                |
| 1 pound lean veal.                          | 1 tablespoon melted butter.        |
| Chop fine.                                  | salt, pepper, sage, chopped onion. |
| 1 cup breadcrumbs, $\frac{1}{2}$ cup cream. |                                    |

Form into loaf. Cover with strips of bacon and bake 1 hour, basting with 1 cup of water.

*Mrs. William I. Swoope, Wife of former Representative Swoope (Pa.).*

#### BARBECUED PORK IN OVEN

Steam or parboil a piece of pig, until tender, in roasting pan. Check skin with a sharp knife. Pour over vinegar, cayenne pepper, salt. Cook in oven until brown, the skin crisp and well seasoned.

To 10 pounds fresh pig meat: 3 tablespoonsful of salt,  $\frac{1}{2}$  teaspoonful of cayenne pepper and enough vinegar.

*Mrs. Edward W. Pou, Wife of Representative Pou (N. C.).*

#### TO BARBECUE A PIG OUT OF DOORS

See Large Gatherings, page 690.

#### PORK AND HAM LOAF

- |                            |                     |
|----------------------------|---------------------|
| 2 pounds shoulder of pork. | 1 cup bread crumbs. |
| 1 pound ham.               | 1 egg.              |
| Put through grinder twice. | 2 cups milk.        |

Salt and pepper and mix well. Make into loaf. Pour can of tomato soup over loaf and bake 1 hour or more in hot oven.

Sauce: 1 tablespoon flour. Cold water to make paste for gravy. 3 tablespoons chili sauce, 1 teaspoon Worcestershire sauce, dash tabasco sauce, 1 can peas, 1 can mushrooms, garlic if desired. Mix with gravy in pan and pour over loaf and serve.

*Mrs. R. P. Hartley, Wife of the Governor of Washington.*

### PORK CHOPS

See Favorite Dishes of All Nations, pages 26, 113.

### PORK CHOPS AND ESCALLOPED POTATOES

Potatoes.	Salt and pepper.
Pork chops.	Milk.
Flour.	Pimiento.
Cheese.	

Allow 1 large potato and 1 pork chop for each serving. Pare and slice potatoes and put into cold water. Butter baking dish inside, place a thick layer of potatoes on the bottom, sprinkle salt and pepper and a tablespoon of flour over the first layer. On this, place two pork chops, also salted and peppered. Make the second layer of potatoes, flour, salt and pepper and 2 more pork chops, alternating the layers in this manner until the dish is nearly filled. Over all pour whatever quantity of milk is necessary to fill the dish. On top, place strips of pimiento and grated cheese over all. A dash of paprika adds to its attractiveness.

*Mrs. Mell G. Underwood, Wife of Representative Underwood (Ohio).*

### STUFFED PORK CHOPS

6 chops.	Cream enough to moisten
2 cups bread crumbs, toasted.	dressing.
2 tablespoons butter.	Salt.
1 small onion.	$\frac{1}{8}$ green pepper.

Be sure chops are 1 inch thick. Slice in middle to bone. Fill with dressing made from other ingredients. Bake slowly until golden brown.

*Mrs. William J. Sears, Wife of Representative Sears (Fla.).*

### PORK LOAF

4 pounds lean pork, run through meat grinder.	1 cup celery, cut fine.
$1\frac{1}{2}$ cups crackers, rolled.	4 eggs.
	Salt and pepper.

Mix the loaf and put into a hot oven. Place three thick slices of onion on top of loaf. Sauce: 1 large can of tomatoes, let come to a boil and strain through a sieve, season with salt and pepper. Pour over loaf after it has begun to brown and baste frequently with the tomato sauce. Bake 2 hours. Thicken tomato sauce and serve with loaf.

*Mrs. A. C. Shallenberger, Wife of Representative Shallenberger (Neb.).*

### ROAST PORK AND PORK RIBS

See Favorite Dishes of All Nations, pages 53, 105, 106.

## PORK ROAST AND SWEET POTATOES

5 pound roast.  
1 large onion.  
Salt.

1 clove of garlic.  
3 pods of red pepper.  
Chopped fine and mixed.

Make incisions in roast and fill with seasoned mixture. Put in a double baking pan. Take the remaining seasoning and put in pan with a large tablespoon of lard and flour; when mixture is brown add 2 quarts water. An hour before serving add a dozen medium size peeled sweet potatoes.

*Mrs. Henry L. Fuqua, Wife of the Governor of Louisiana.*

## SUCKLING PIG

See Favorite Dishes of All Nations, page 94.

## PORK ROLL

See Favorite Dishes of All Nations, page 93.

## PORK ROSETTES

Have pork tenderloin cut in round pieces  $\frac{1}{2}$  inch thick; encircle each piece with slice of bacon and fasten with toothpicks; place in roaster in one layer, add salt and pepper and one can of tomato soup; bake 1 hour.

*Mrs. Lloyd Thurston, Wife of Representative Thurston (Iowa).*

## PORK TENDERLOIN

Cut thin rounds of pork tenderloin; flatten; roll in flour; season with salt, pepper and sprinkle with fine sage.

In an iron frying pan place a half tablespoonful of lard, with tablespoonful of minced salt pork. Fry until the pork is crisp and remove the bits, being careful not to scorch the fat.

Fry the pieces of tenderloin in this fat, and lay them in a baking dish when well browned.

Make a milk gravy in the pan after frying, having sufficient smooth thickened gravy to more than cover the meat in the baking dish. Add the pork scraps and gravy to the tenderloin; sprinkle top with fine bread crumbs, or not, as desired. Bake half hour and serve in the baking dish.

*Mrs. F. C. Stevens, Widow of the late Representative Stevens (Minn.).*

## KRISTOFF RABBIT

Back and legs of 2 rabbits. Carefully remove the fine skin. Put in baking pan. Over it put strips of bacon, salt, pepper, a few whole cloves and allspice, 3 bay leaves, one good sized onion, sliced, one good sized orange, sliced, and cup of water. Bake until tender, adding water as needed. Then baste with one cup sour cream and 2 tablespoons vinegar. This forms a gravy.

*Mrs. James G. Strong, Wife of Representative Strong (Kan.).*

## CIVET OF HARE

See Favorite Dishes of All Nations, page 65.

## REINDEER CHOPS—PANDED

Get rib chops. Have a frying pan very, very hot. Season the chops and sear them quickly on both sides. Keep turning frequently, after you reduce the heat, until the chops are cooked rare, but not at all raw. Put on a platter. Spread liberally with butter and set in the oven for a few minutes. Then serve. Candied sweet potatoes, green peas and currant jelly make usual accompaniment.

*Mrs. Frederick R. Lehlbach, Wife of Representative Lehlbach (N. J.).*

## BLOOD SAUSAGE

See Favorite Dishes of All Nations, page 59.

## SAUSAGE LOAF

1 pound sausage meat. 1 unbeaten egg.  
6 crushed rolled crackers.  $\frac{1}{2}$  cup milk.  
Pepper, salt and sage to taste.

Knead with hands into loaf. Bake in hot oven about  $\frac{3}{4}$  hour. Baste.

*Mrs. Charles A. Eaton, Wife of Representative Eaton (N. J.).*

## PREMIUM BUNDLES

Make a plain pie crust dough, roll it thin, cut it in 6-inch squares. Skin several Premium Frankfurts, cut in thin slices, and lay them in 2 rows down the centers of the squares of paste. Pinch the ends of the paste together, roll up like a bundle. Bake in hot oven (450 degrees) about 15 minutes, and serve with mustard.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## CHOURICOS MOUROS (Moorish Sausage)

See Favorite Dishes of All Nations, page 34.

## SWEETBREADS IN NESTS

1 pair of sweetbreads. lemon rind  
2 slices of bacon 2 pounds green peas.  
1 cup stock.  $\frac{1}{2}$  cup sliced fresh mushrooms.  
1 carrot.  $\frac{1}{2}$  cup cream.  
2 slices onion.

Parboil and blanch sweetbreads. Split in halves and sprinkle with strips of bacon. Place in a shallow baking dish and pour in stock. If stock is not at hand, dissolve 1 bouillon cube in 1 cup boiling water. Add carrot scraped and cut in slices, onion and shredded lemon rind. Bake 25 minutes, basting frequently. In the meantime cook peas, rub through a colander and season with salt, pepper and butter and mold in the shape of nests. Place on a hot platter. Cook mushrooms for 5 minutes in butter, add cream and strain in stock. Bring to a boiling point, but do not let boil. Put a piece of sweetbread into each nest, pour over sauce and serve.

Will serve 4 to 6 persons.

*Mrs. Roy T. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

## SWEETBREADS A LA VIRGINIA

Glaced sweetbreads on a slice of broiled Virginia ham, covered with sauce Bearnaise and garnished with broiled mushrooms and candied sweet potatoes.

Sauce Bearnaise: Make a reduction of vinegar, pepper and salt and mix it up with yolk of eggs and butter, chopped tarragon and chervil.

*S. S. Republic, U. S. Lines, H. Steck, Chef.*

## SWEETBREADS GLAZED A LA ROOSEVELT

Sweetbread larded in butter, with carrots, onions, celery and meat extract glazed, on a sole of risotto arranged, garnished with a timbal of mashed spinach and one of mashed carrots, one corn fritter and one slice of fried Virginia ham, then cover the sweetbreads with sauce Bearnaise.

Sauce Bearnaise: Take some vinegar with ground pepper, chopped chollottes, tarragon branches and chervil, and boil down to  $\frac{2}{3}$ , then add yolk of egg, put sauce through strainer, then add salt, cayenne pepper and chopped chervil and tarragon to suit taste.

*S. S. President Roosevelt, U. S. Lines, Robert Schutz, Chef.*

## DAUBE OF CALF'S TONGUE

2 tongues.	$\frac{1}{2}$ pod garlic, chopped.
3 tablespoons lard.	1 bell pepper, chopped.
$2\frac{1}{2}$ tablespoons flour.	1 can tomatoes.
1 tablespoon chopped parsley.	$\frac{1}{2}$ teaspoon paprika.
1 tablespoon chopped celery leaves.	$2\frac{1}{2}$ cups boiling water.
1 large onion, chopped.	Salt and pepper to taste.

Parboil tongue 1 hour in enough water to cover well. Remove from water, scrape well.

Heat lard in Dutch oven or deep pot, season tongue and brown well in fat. Remove tongue and add flour and paprika; stir constantly until golden brown. Add onion, garlic, bell pepper. When they are well wilted, add tongue, tomatoes, water, parsley and celery. Cook slowly until meat is tender and gravy reduced to about one-half.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

## JELLIED TONGUE

Calf tongue, veal soup bone, Knox gelatine.

Cook a calf tongue slowly, until tender; let stand in liquor over night, at the same time cook a 15-cent veal soup bone, but do not cook the tongue and veal together; strain liquor through a strainer and then a cheesecloth. Have 1 pint of liquor from veal and 1 pint from the tongue, and next morning cut tongue and veal in small pieces; add  $\frac{1}{4}$  box gelatine (Knox) with the liquor and mix. When it begins to jelly put in molds.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

## SPANISH TONGUE

Boil beef tongue in salted water till tender. Remove skin when cool and slice thin.

Make a sauce by boiling 2 dozen red chili peppers in salted water for an hour. Chop and press pulp from them. Put the juice of 2 lemons into a

cup and fill with vinegar; add 2 tablespoonfuls finely chopped onion; oil to suit and salt to taste. Dip tongue in sauce, arrange on a platter, using crisp white lettuce and olives as a garnish.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### SMOKED OX TONGUE

Take smoked ox tongue and soak well in water for 24 hours. Then boil the tongue for 3 or 4 hours until it is tender. Skin tongue in cold water.

Put tongue back in hot water. Slice and serve with Sauce Newberg and with some croquettes of chestnuts placed around the tongue.

*Mrs. Gifford Pinchot, Wife of the former Governor of Pennsylvania.*

### TRIPE

See Favorite Dishes of All Nations, pages 114, 117.

### VEAL BIRDS

Buy young round of veal and cut in very thin slices. Cut slices in pieces about 2 inches wide and 4 inches long. Spread with chopped parsley and season with salt and pepper. Roll up and fasten with tooth picks. Brown nicely in half butter and half shortening. Add small amount of hot water and let simmer. Add water again as many times as necessary until tender. Add small amount of cream and thicken for gravy.

If you have not parsley, small strips of bacon make a good flavor.

*The late Mrs. O. J. Kvale, Wife of Representative Kvale (Minn.).*

### VEAL BIRDS

Cut 2 thin veal cutlets, weighing about 2 pounds, into strips 3 inches long and 2 inches wide. Put the trimmings from the veal through the meat-chopper and mix with 1 cupful of bread crumbs:

$\frac{1}{4}$  teaspoonful celery seed.  $\frac{1}{4}$  teaspoonful pepper.

2 teaspoonsful salt.

Spread each strip with some of the mixture, roll and fasten with tooth-picks. Dredge with flour and saute slowly in hot fat for 45 minutes. Just before the veal is done make a white sauce, using  $\frac{1}{2}$  pint cream, 2 table-spoons flour, 2 tablespoons butter,  $\frac{1}{4}$  teaspoon of salt as a basis.

Serve the veal birds with this sauce.

*The late Mrs. Arthur Capper, Wife of Senator Capper (Kan.).*

### VEAL CHOP A LA MILANAISE

Chop touched in bread crumbs, fried in good clear grease, finish in brown butter. Serve: Brown butter on top, garnish with spaghetti milan-aise (add to spaghetti julienne of truffle, tongue, chicken, liver saute) grated Parmesan on top, mashed potatoes, sauce tomato.

*S. S. George Washington, U. S. Lines, F. M. Sczfert, Chef.*

### ESCALLOPED VEAL

$\frac{1}{2}$  veal,  $\frac{1}{2}$  tenderloin. Use any amount of meat desired. Cook until tender, leaving some broth.

Make white sauce from broth, flour, butter and milk.

Put layer of meat (shredded together) in baking dish. Add layer of white sauce; layer of canned corn; layer of browned bread crumbs; repeat until material is used. Leave layer of crumbs on top. Bake until hot.

*Mrs. David Hogg, Wife of Representative Hogg (Ind.).*

### VEAL FRICASSEE WITH DUMPLINGS

Cut the veal into pieces, put in a casserole and add water to cover; salt to taste. When meat is tender take it out, strain, make a sauce of a tablespoon of butter,  $1\frac{1}{2}$  tablespoons of flour with the veal broth; have ready the yolks of 2 eggs, beaten light, with 1 tablespoon of cream; turn part of the sauce upon this, mix all thoroughly and stir into sauce, beating constantly until sauce is like custard.

This recipe is very fine when mushrooms are used to flavor the sauce. Three pounds of veal is enough for a family of 5 or 6.

#### How to Make the Dumplings

1 pint of flour,  $\frac{1}{2}$  teaspoon of salt, 2 teaspoons of baking powder, sifted together and mixed a soft dough with 1 egg and milk. Always use the milk lukewarm.

*Hotel Powhatan Washington.*

### VEAL WITH KEFISSIA ASPARAGUS

See Favorite Dishes of All Nations, page 78.

### VEAL LOAF

3 pounds of veal.	1 grated onion.
1 pound of salt pork.	3 tablespoons of summer savory.
3 eggs.	1 cup of bread crumbs.
$\frac{1}{4}$ cup butter.	1 cup of sweet milk.
1 teaspoon black pepper.	
2 teaspoons salt.	

After you mix this all and put in a pan to bake, pour your sweet milk on top, put in oven and bake with a slow fire for 1 hour.

*Mrs. Thomas Hall, Wife of Representative Hall, (N. D.).*

### VEAL LOAF

$2\frac{1}{2}$ pounds of veal.	1 teaspoon pepper.
$\frac{1}{2}$ pound salt pork, chopped fine.	1 tablespoon milk.
2 eggs.	8 tablespoons rolled cracker crumbs.
1 tablespoon salt.	

Make into a loaf, knead well, put into a dripper with 2 cups of water and bake slowly for about 2 hours.

*Mrs. Carl E. Mapes, Wife of Representative Mapes (Mich.).*

### VEAL LOAF

Use 3 pounds of raw veal, chopped with medium cutter; mix in 4 crackers (chopped) butter size of an egg; 3 eggs, 3 tablespoons milk (the eggs and milk mixed together), 1 teaspoons pepper, 1 tablespoonful salt and 1 of sage. Mix all well together and form into loaf. Bake  $2\frac{1}{2}$  hours, basting with butter and water occasionally. Good either hot or cold.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*



## VEAL LOAF

2 pounds veal (ground.)                      1 cup tomato (soup).  
 ¾ pound pork (ground), use fat            1 egg.  
 pork.    Salt and pepper.

½ cup crackers.  
 Bake very slowly. Cover for about 1 hour, then remove cover and finish baking.

*Mrs. Earl C. Michener, Wife of Representative Michener (Mich.).*

## JELLIED VEAL LOAF

3 pounds veal steak.                              A few stalks of celery.  
 1 large onion.

Let cook until very tender; while cooking, add butter, salt and pepper. Grind veal and strain stock, then add 1 tablespoon of Knox gelatine soaked in ½ cup cold water; then add to hot stock; pack in bar tins and place on ice.

*Mrs. L. T. McFadden, Wife of Representative McFadden (Pa.).*

## ITALIAN VEAL LOAF

Chop fine raw veal, sufficient to make 2 cups, raw ham to make 1 cup. Add 2 cups bread crumbs, moistened with enough hot water to mash and whip. Add 1 cup grated cheese, 1 cup cooked spaghetti, 3 eggs well beaten, 1 tablespoon chopped parsley, salt and pepper to taste. Put strips of bacon across the top and bake in moderate oven for 2 hours.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## MEDAILLON OF VEAL A LA POMPADOUR

Larded veal steak fried in butter, garnish with broiled tomatoes, green peas and small fried potatoes, sauce chorron on top.

Sauce Chorron: Sauce Hollandaise (yolk of eggs and melted butter, beat on slow fire to thicken), chopped tarragon, tarragon vinegar, meat extract and extract of tomatoes for seasoning.

*S. S. President Harding, U. S. Lines, Paul Gole, Chef.*

## PRESSED VEAL

Boil 2½ pounds of lean veal and a bone of the leg till tender, then grind through a food chopper. Add 3 crackers rolled into crumbs, 1 onion chopped fine, half a red pepper. Add a little salt and a little chopped parsley; boil the juice and the bone 15 minutes longer till you have a half pint of juice, then add to it the meat. Put into a mold and press it down with a weight. Before putting in mold, lay hard boiled eggs, sliced, in bottom and sides of mold, and strips of red pepper into a design in the bottom of mold. Chicken may be substituted for veal.

*Mrs. Arthur R. Robinson, Wife of Senator Robinson (Ind.).*

## VEAL POT ROAST (Original Recipe)

Carefully wash 6 pounds of veal. Put the veal in an aluminum roaster. To it add 2 cups of water, ½ pound of butter, and 2 tablespoons of vinegar. Cover and let it simmer for about 3 hours, adding water from time to time when necessary; brown well on all sides. When the roast is half done season well with salt and pepper.

*Mrs. Knud Wefald, Wife of former Representative Wefald (Minn.).*

**SADDLE OF VEAL**

See Favorite Dishes of All Nations, page 123.

**VEAL STEAK**

See Favorite Dishes of All Nations, page 67.

**VEAL STEW**

See Favorite Dishes of All Nations, page 94.

**PITTA WITH MEAT**

See Favorite Dishes of All Nations, page 140.

**CALF GULYAS**

See Favorite Dishes of All Nations, page 25.

**VENISON**

**Moose, elk, reindeer, bear meat, or any tough or dry meat**  
(As frequently cooked by mountain folk)

Fashion into small cutlets; dip in olive oil; fry in deep fat exactly like doughnuts until done as you like (perhaps 5 minutes, but you had better experiment with a small bit first).

Sprinkle with salt and pepper. Serve instantly.

(The cutlet may first be rolled in bread crumbs, cornmeal or batter. But this makes them much greasier.)

*Mrs. Herbert C. Hoover, Wife of the Secretary of Commerce.*

**WAYS OF COOKING VENISON**

**Roast Ham of Venison**—Place a ham of venison in dripping pan and rub well with 1 tablespoon salt and  $\frac{1}{4}$  of a teaspoonful black pepper; cut small slits through the upper part of the venison several inches apart and slip small pieces of bacon or fresh fat pork through them. Chop a very small piece of garlic with 4 red peppers and add to this a teacupful of hot water. Pour this mixture into the pan, cover tightly and roast 2 hours in steady oven. Baste often.

**Venison Stew**—Chop fine 2 onions, 6 red peppers and a very small piece of garlic; heat a tablespoonful of nice sweet lard in frying pan and cook this mixture 5 minutes covered. Add 2 pounds venison, cut small; fry brown, then add hot water enough to cover; move to back of stove and cook slowly until meat is tender; add more hot water as needed; salt to taste. Thicken with level teaspoonful flour, a few minutes before serving.

**Fried Venison**—Take thin slices of loin or leg of venison, roll in flour seasoned with salt and pepper and fry quickly in half butter and half lard.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

**MOCK VENISON**

Cold sliced lamb or beef, 2 tablespoons water.

$\frac{1}{2}$  glass currant jelly, 1 tablespoon butter.

Put jelly and water into pan and let heat until jelly melts. Add butter and cook about 5 minutes. Add meat and cook until heated. Put meat on platter and pour sauce over it.

*Mrs. William I. Swoope, Wife of former Representative Swoope (Pa.).*

## WIENER SCHNITZEL WITH POTATO SALAD

See Favorite Dishes of All Nations, page 24.

## WHAT TO SERVE WITH MEATS

Roast Beef—Grated horseradish, tomato sauce, mustard, cranberry sauce, pickles.

Roast Veal—Tomato sauce, mushroom sauce, onion sauce, cranberry sauce.

Roast Mutton—Currant jelly, caper sauce.

Boiled Mutton—Caper sauce, onion sauce.

Roast Pork—Apple sauce, cranberry sauce.

Roast Lamb—Mint sauce.

Venison or Wild Duck—Black currant jelly, cranberry sauce.

Roast Goose—Apple sauce, cranberry sauce, grape or currant jelly.

Roast Turkey—Oyster sauce, currant jelly, cranberry sauce.

Roast Chicken—Bread sauce.

Compote of Pigeons—Mushroom sauce.

Broiled Fresh Mackerel—Sauce of stewed gooseberries.

Broiled Bluefish—White cream sauce.

Broiled Shad—Rice, mushroom sauce, parsley or egg sauce.

Fresh Salmon—Green peas with cream sauce.

*Mrs. Anderson H. Walters, Wife of Representative Walters (Pa.).*

## BARBECUE SAUCE

See Large Gatherings, page 696.

## CRANBERRY RELISH

Put raw cranberries through finest blade of meat grinder. Combine with an equal quantity of sugar and let stand over night in cool place.

*Mrs. John F. Miller, Wife of Representative Miller, (Wash.).*

## BAKED CRANBERRIES

1 quart cranberries. 2 cups water.

3 cups sugar.

Method: Put sugar and water into shallow baking pan and stir until sugar is melted. Add cranberries and bake in slow oven until tender. Do not allow berries to become hard or brown on top. Stir slightly if necessary, being careful not to break cranberries which, when done, should be whole and if not cooked too long, a bright red in color. The sugar, water and juice forms a jelly, when cold, around the berries. Delicious to serve with turkey or other meats or used as filling for tarts.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## CRANBERRY SAUCE

2 quarts cranberries. 4 cups of sugar.

4 cups of water.

Put the cranberries through a coarse food grinder, add the water and after it comes to a boil let it boil 10 minutes. Then add the sugar and after this comes to a boil let it boil 5 minutes. Pour into molds.

*Mrs. T. J. B. Robinson, Wife of Representative Robinson (Iowa).*

## CREAM SAUCE FOR CHICKEN OR OYSTERS

1 cup butter.

1 quart milk.

1 scant cup flour.

Cream butter and flour in double boiler, add milk and stir until it thickens. If oysters are used, put them in pan and let them become hot, then drain well and turn into the cream. Season according to taste. This sauce with just a little more milk will serve for two large chickens, which have been previously boiled, cooled and the meat cut in small pieces.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

## CUCUMBER SAUCE FOR FISH

Beat  $\frac{1}{2}$  cup cream stiff. Add salt, cayenne (and gradually) 2 table-spoons of vinegar and then cucumber chopped fine and drained. Onion juice to flavor.

*Mrs. Jas. H. MacLaffery, Wife of former Rep. MacLafferty (Cal.).*

## SAUCE FOR BAKED HAM

1 tablespoon butter in double boiler; dissolve with yolks of 2 eggs;  $\frac{1}{2}$  teaspoon salt, 1 teaspoon dry mustard, 1 glass of plum or currant jelly. Stir well. Serve hot or cold.

*Mrs. Dolly Curtis Gann, Sister of Senator Chas. C. Curtis (Kan.).*

## GOOSEBERRY SAUCE

Prepare 1 pint of butter sauce (Butter Sauce—Mix 2 ounces of sifted flour with 2 ounces of melted butter, dilute with one quart of boiling water, salted to the extent of  $\frac{1}{4}$  ounce per quart. Stir briskly to insure a perfect liaison and do not allow to boil. Add immediately the yolks of 6 eggs mixed with  $\frac{1}{4}$  pint of cream and the juice of half a lemon. Rub through a tammy, and finish the sauce with 5 ounces of best fresh butter. Be careful that the sauce does not boil after it has been thickened.) Meanwhile put 1 pound of green gooseberries into a small copper saucepan containing boiling water. Boil for 5 minutes, then drain the gooseberries, and put them in a little stewpan with  $\frac{1}{2}$  pint of sweetened white wine sauce. Gently cook the gooseberries, rub them through a tammy, and add the resulting pulp to the butter sauce. This sauce is excellent with grilled mackerel and the poached fillets of that fish.

*Mrs. E. I. Edwards, Wife of Senator Edwards (N. J.).*

## HOLLANDAISE SAUCE

4 tablespoonfuls vinegar.

 $\frac{1}{2}$  teaspoon salt.

Butter the size of an egg.

 $\frac{1}{4}$  teaspoon white pepper.

4 egg yolks, well beaten.

Put vinegar in a granite bowl or double boiler, heat well, add butter, pepper and salt; let it cool a while, then add yolks of eggs, beaten light (stir all the time) until it becomes thick like cream. Make just before using.

*Mrs. Edward Keating, Wife of former Representative Keating (Col.).*

## HOLLANDAISE SAUCE

 $\frac{1}{2}$  cup butter.

1 tablespoon lemon juice.

 $\frac{1}{4}$  teaspoon salt.

Cayenne pepper and paprika.

 $\frac{1}{2}$  cup boiling water.

Mix the lemon juice with  $\frac{1}{3}$  of the butter and the seasoning; add the boiling water and stir in the rest of the butter, and cook 1 minute.  
*Mrs. Thomas W. Phillips, Jr., Wife of former Representative Phillips (Pa.).*

#### HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter.	$\frac{1}{4}$ teaspoon salt.
1 tablespoon lemon juice.	Few grains cayenne.
Yolks of 2 eggs.	

Mash butter, separate in 3 parts. Put one piece in double boiler with lemon juice and egg yolks. Stir constantly with a wire whisk. Add second piece of butter and as material thickens add third piece. Remove from fire and add salt and cayenne. If left over fire few seconds longer, it will separate. If a richer sauce is desired, add  $\frac{1}{2}$  tablespoon heavy cream and  $\frac{1}{2}$  teaspoon water.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

#### INFALLIBLE HOLLANDAISE SAUCE

$\frac{3}{4}$ cup water.	1 level tablespoon cornstarch.
Juice 1 lemon.	2 egg yolks.
Salt to taste.	2 tablespoons butter.

Heat water, lemon juice and salt in double boiler. Add cornstarch dissolved in a little water. Remove from stove and pour into beaten egg yolks. Add butter, put on stove again to heat. Will not curdle.

Serves 4 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

#### HORSERADISH SAUCE

1 cup horseradish.	2 tablespoons sugar.
1 tablespoon butter.	$\frac{1}{4}$ teaspoon dry mustard.
Juice of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ cup sweet cream.

Mix horseradish, sugar, lemon juice and dry mustard together. Put into double boiler and heat. Add cream slowly and cook until thick, then add butter. Serve with fish or any sea food.

*Mrs. John B. Sosnowski, Wife of former Rep. Sosnowski (Mich.).*

#### MAITRE D'HOTEL SAUCE

To a cupful of drawn butter add the juice of a lemon, 2 tablespoonfuls of minced onion, 3 tablespoonfuls of chopped parsley, a teaspoonful of powdered thyme or summer savory, a pinch of cayenne and salt. Simmer over the fire and stir well. Excellent with all kinds of fish.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

#### MARY'S ASPIC FOR BAKED HAM

1 pint sweet peach pickle juice,  $\frac{1}{2}$  box of gelatine dissolved in  $\frac{1}{4}$  cup cold water for 10 minutes, then held over boiling water to dissolve.

Mix and let stand to jell in deep platter; cut in squares for slices of ham.

*Mrs. W. C. Wright, Wife of Representative Wright (Ga.).*

#### MEAT RELISH

Soak 2 tablespoons gelatin in one cup of cold water and the juice of a No. 2 can of grated pineapple.

Combine  $1\frac{1}{2}$  cups of sugar and 1 cup of vinegar and cook until the syrup threads.

Stir the softened gelatin into the syrup and allow it to cool until slightly thickened. Then add the grated pineapple, 1 cupful finely chopped blanched almonds and 6 small sweet cucumber pickles sliced thin. Pour into a cold wet shallow mold and allow to stiffen. Cut in cubes and serve with cold meat.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

#### MUSHROOM SAUCE

1 can mushrooms (or same amount fresh ones).	2 cups brown soup stock.
$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ tablespoon lemon juice.
$\frac{1}{4}$ cup flour.	$\frac{1}{2}$ tablespoon chopped parsley.
	Salt and pepper.

Drain and rinse mushrooms and chop  $\frac{1}{2}$  of them. Cook 5 minutes with butter and lemon juice; drain; make brown sauce of butter, flour and soup stock. Cook 10 or 15 minutes; add remaining mushrooms, cut in quarters, cook 2 minutes. Sprinkle parsley in just before taking from fire.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

#### MUSTARD SAUCE

1 pint sweet cream.	1 cup cider vinegar.
$\frac{1}{2}$ cup sugar.	1 level tablespoon cornstarch.
4 level tablespoons dry mustard.	$\frac{1}{2}$ teaspoon salt.
Yolks 2 eggs.	

Place cream and cornstarch in double boiler; let get hot, then add sugar and mustard well blended together.

Boil 2 minutes; add beaten eggs; boil 2 minutes. Add vinegar; boil 2 minutes. Very fine to serve with baked ham.

*Mrs. Olger B. Burtness, Wife of Representative Burtness (N. D.).*

#### ONION SAUCE

See "Jefferson Cook Book," p. 18.

#### PEPPER BUTTER FOR STEAKS

$\frac{1}{4}$ cup butter.	$\frac{1}{4}$ tablespoon chopped parsley.
$\frac{1}{4}$ tablespoon chopped red pepper.	$\frac{1}{4}$ tablespoon chopped onion.
$\frac{1}{4}$ tablespoon chopped green pepper.	$\frac{1}{2}$ clove garlic.
	2 teaspoons lemon juice.

Cream butter and blend in above ingredients. Serve with chicken or steak.

*Mrs. Jas. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

#### PICKWICK SAUCE

Mayonnaise foundation. Mashed capers with a good deal of the juice. Mix with chilli sauce. Season with salt, red pepper, horseradish, onion juice, tabasco and a little Worcestershire sauce.

This sauce is good with crab meat, shrimp, etc.

*Mrs. M. A. Michaelson, Wife of Representative Michaelson (Ill.).*

## BAKED PINEAPPLE

1 can sliced pineapple.  
6 graham crackers.

Salt, pepper and butter.

Procedure: Butter a baking dish. Place a layer of the pineapple, divided in pieces in bottom of the dish. Sprinkle with graham cracker crumbs, salt and pepper and dot with butter. Cover with another layer until the fruit is used. Pour the pineapple juice over all, put in the oven and bake  $\frac{3}{4}$  of an hour. Serve with meats.

*Mrs. Arthur G. Sorlie, Wife of the Governor of N. Dakota.*

## PINEAPPLE SAUTE

Slices of canned pineapple browned in little butter, with sugar sprinkled over, are good as fried apples to serve with meat course.

*Mrs. D. U. Fletcher, Wife of Senator Fletcher (Fla.).*

## TARTAR SAUCE

Take the yolks of 3 eggs, stir well, add  $\frac{3}{4}$  cup of olive oil, stirring in very slowly. To this add juice of 2 lemons,  $2\frac{1}{2}$  tablespoons of sugar,  $\frac{1}{2}$  teaspoonful of salt,  $1\frac{1}{2}$  tablespoonfuls of onion juice. Mix well, then add 1 large-size dill pickle, chopped fine. Delicious to serve with any kind of salad, cold meat or fish.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## TOMATO SAUCE

Two tablespoonfuls of butter, 2 tablespoonfuls of flour,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{8}$  teaspoonful of pepper, 1 cup of stewed and strained tomatoes, a slice of onion. Melt butter, add dry ingredients and blend thoroughly. Cook tomatoes with a slice of onion for a few minutes, then remove onion and add tomatoes gradually to butter and flour. Cook thoroughly. Add capers, if desired.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## TOMATO SAUCE

4 tablespoons butter.	1 tablespoon parsley.
2 tablespoons onion.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons carrots.	1 cup stock.
4 tablespoons flour.	1 cup tomatoes.

Melt the butter. Add onion and carrots and parsley. Cook 5 minutes, strain. To butter add flour. When well blended, add stock and tomatoes. Simmer  $\frac{1}{2}$  hour.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## DUMPLINGS

2 cups flour.	$\frac{1}{2}$ teaspoon salt.
4 teaspoons baking powder.	$\frac{3}{4}$ cup milk.

Sift dry ingredients 3 times, add milk and drop by spoon over meat. Cover closely and do not disturb for 12 minutes.

*Mrs. Jas. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

**DIGESTIBLE DUMPLINGS**

(Serves six to eight persons)

Add to 1 well beaten egg,	1 spoon soft butter.
$\frac{1}{2}$ spoon sugar.	2 heaping teaspoons baking powder.
1 small cup milk.	

Enough flour to make soft dough. Drop from spoon into boiling liquor. Do not allow steam to escape and boil 8 minutes.

*Mrs. T. S. Williams, Wife of Representative Williams (Ill.).*

**PLUM DUMPLINGS**

See Favorite Dishes of All Nations, page 24.

**POLISH MEAT DUMPLINGS, (KOLDUNY)**

See Favorite Dishes of All Nations, page 115.

**POTATO DUMPLINGS**

Two parts grated raw potatoes (measured before grating.) Squeeze all water out by wringing potatoes in a cloth. One part boiled potatoes, well dried and riced. To hot riced potatoes, add raw potatoes and enough hot milk so that they stick together. Add salt and a crouton (to absorb moisture) to each dumpling. Steam 20 minutes or boil in salted water.

*Mrs. Melvin J. Maas, Wife of Representative Maas (Minn.).*

**SCHLESISCHES HIMMELREICH**

See Favorite Dishes of All Nations, page 68.

**YORKSHIRE PUDDING**

(Served with oven roast of beef)

2 eggs.	1 cup flour.
1 cup milk.	Salt.

Beat eggs and add milk. Stir into sifted flour and salt. Bake in pan with meat in quick oven 20 to 30 minutes.

*Mrs. Harold S. Tolley, Wife of former Representative Tolley (N. Y.).*

**YORKSHIRE PUDDING**

See Favorite Dishes of All Nations, page 71, and Large Gatherings, page 696.



## POULTRY AND DRESSINGS

*Let's carve him as a dish fit for the Gods, not hew him as a carcass fit for hounds.*  
—Shakespeare.

### ADOBO (Chicken)

See Favorite Dishes of All Nations, page 111.

### CAPON A LA REGINA QUINN

Boiled capon served in earthen casserole with bouillon rice, asparagus tips and green peas

*S. S. Republic, U. S. Lines, H. Steck, Chef.*

### HOME BARBECUED CHICKEN

Split a broiler down the back. Heat broiling pan and rack after painting them with fat. When hot lay chicken on rack under a very hot fire. Turn as it cooks, until seared on both sides. (Make gravy of the drippings.) Paint with a pastry brush on all sides with the following mixture. Paint at least 3 times:  $\frac{1}{3}$  cup cider vinegar, or juice of 2 lemons; 1 teaspoonful kitchen bouquet, 1 teaspoon Worcestershire sauce,  $\frac{1}{2}$  teaspoon onion salt or the juice of 1 onion, and  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, dash of paprika, 1 tablespoon of tomato paste,  $\frac{1}{2}$  cup melted butter, a dash of garlic.

*Mrs. Charles C. Bowman, Wife of former Representative Bowman (Pa.).*

### BARBECUED CHICKEN

Split a dressed chicken down the back, put in roasting pan, add just enough water to cook till tender. Pour off stock for soup or gravy. Pour over chicken a cupful or more of vinegar, cayenne pepper, salt and flour. Cook inside the oven until brown and well seasoned. To 1 chicken, 1 or more cupfuls of vinegar, 1 quart of water, 1 tablespoonful of salt,  $\frac{1}{8}$  teaspoonful of cayenne pepper, 2 tablespoonfuls of flour.

*Mrs. Edward W. Pou, Wife of Representative Pou (N. C.).*

### BREAST OF CHICKEN, "OYSTER BAY"

Use 2 pounds milk fed broiler, served on slice of toast, slice of broiled ham, the breast, ragout of shrimps in Newburg sauce, 6 large broiled mushroom heads, sauce Colbert @ part, garnished with asparagus tips; six fried sweets.

*S. S. George Washington, U. S. Lines, F. M. Sczfert, Chef.*

## BRUNSWICK STEW

- |                    |               |
|--------------------|---------------|
| 1 chicken.         | Red pepper.   |
| 1 can of corn.     | Salt.         |
| 1 can of tomatoes. | Parsley.      |
| 1 large onion.     | A few cloves. |

Method: Clean and cut chicken up, flour and brown well. Transfer to a pot, add a little roux, made of flour and shortening browned, then add the other ingredients and cook slowly for several hours.

*Mrs. Henry L. Fuqua, Wife of the Governor of Louisiana.*

## BRUNSWICK STEW

- |  |                                  |
|--|----------------------------------|
| 1 large hen.                             | 2 quarts of tomatoes (or 1 can). |
| 2 pounds of round steak.                 | Fresh okra (or 1 can).           |
| ½ pound pork.                            | 1 large onion.                   |
| 6 large ears of corn (or 1 can corn).    | ½ cup of uncooked rice.          |
| 6 large Irish potatoes.                  | 1 pod of cayenne pepper.         |
| ½ pint of fresh butter beans (or 1 can). | Salt and pepper to taste.        |

Cook hen in 1½ quarts of water until tender so it will leave the bone, take all the bones out. Cook beef until it comes to pieces, also pork, and add the vegetables and cook until it is thick enough to eat with a fork. (If you use fresh vegetables you will have to add a little water to the chicken and beef stock when you add vegetables, but if you use the *canned vegetables*, which is *just as good*, the juice in these will be sufficient.

*Mrs. Edward W. Pou, Wife of Representative Pou, (N. C.).*

## MINCED CHICKEN CAULIFLOWER

See Favorite Dishes of All Nations, page 44.

## POULET EN COCOTTE

See Favorite Dishes of All Nations, page 140.

## CHICKEN CHOWDER

Take remains of a stewed chicken, cut meat off bones and with scissors clip into small pieces, put bones into kettle with cold water, add any left-over gravy; let stew until all the good is out of the meat, strain, add 1 quart of milk to each quart of stock, 1 tablespoonful of minced onion fried with a tablespoonful of salt pork, 2 cupfuls of parboiled potato cubes, 2 tablespoonfuls of butter, add the chicken and thicken slightly.

*Miss Grace C. Burton, Niece of Representative Theodore Burton (Ohio).*

## CHICKEN WITH CORN

See Favorite Dishes of All Nations, pages 110, 135.

## CREAMED CHICKEN

- |                        |                  |
|------------------------|------------------|
| 1 chicken (4½ pounds). | 1 can mushrooms. |
| 4 sweetbreads.         |                  |

Boil chicken and sweetbreads; when cold cut as for salad. Put 1

quart milk or cream in saucepan. Put in another saucepan 4 large tablespoonfuls butter and 5 even tablespoonfuls flour; stir until melted. Then pour on hot cream and stir until it thickens. Flavor with onion juice, nutmeg. Season highly with red pepper, salt. Put chicken, etc., in sauce. Pour all in baking dish, cover with bread crumbs, dot with butter. Bake 20 minutes.

*Mrs. Adam Wyant, Wife of Representative Wyant (Pa.).*

### CREAMED CHICKEN

One pint of chicken, cut rather coarse, add 1 cup of milk, 1 teaspoon of salt,  $\frac{1}{8}$  teaspoon white pepper, a few drops onion juice, a cup of mushrooms, a teaspoonful of lemon juice; add seasoning to chicken, 1 tablespoonful, and 1 of salad oil, and a dash of cayenne pepper. Make cream sauce by adding a tablespoon of flour to butter when hot, then hot milk, then add seasoning to chicken and turn chicken and the mushrooms into the sauce; cook ten minutes to season thoroughly and then serve.

*Mrs. Dorothy Dennett Slemph, Member of Congressional Club.*

### CHICKEN A LA CREOLE

- |                                |                             |
|--------------------------------|-----------------------------|
| 2 tablespoons lard.            | 2 pieces of garlic finely   |
| 1 onion finely chopped.        | chopped.                    |
| 1 sweet pepper finely chopped. | $\frac{1}{2}$ can tomatoes. |

Fry the garlic, onion and pepper until the onion gets soft, add tomatoes, and cook until they are dissolved. In another pan fry the cut chicken until half done. Remove chicken and add to the contents of first pan. Let it simmer slowly until the chicken is thoroughly cooked. While cooking season with salt, black pepper and a dash of cayenne pepper. To be served with boiled rice.

*Mrs. Ladislas Lazaro, Widow of the late Representative Lazaro (La.).*

### BONELESS CURRIED CHICKEN

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 1 onion (medium size).      | 1 gill heavy cream.                   |
| 1 chicken (about 3 pounds). | 1 apple.                              |
| 2 teaspoons curry powder    | 1 tomato.                             |
| (Cross & Blackwell's).      | 1 stalk of celery.                    |
| 1 pint stock (made from the | $\frac{1}{2}$ pound button mushrooms. |
| chicken bones).             | 1 carrot.                             |

Bone the chicken and cut into pieces half an inch square. Put the bones to cook with the seasoning until you have 1 pint of good stock. Saute the chicken in melted butter until brown, frequently turning, which will take about 15 minutes. Shake over this the curry powder, 1 teaspoon salt and  $\frac{1}{2}$  teaspoon of pepper. Fry the apple, celery and carrot (cut into thin strips) and the mushrooms whole for 5 minutes, pouring over the stock and allowing to boil five minutes more. Place the chicken and vegetables in saucepan all together and cook gently until tender. Add the cream just before serving. Arrange on a large platter surrounded by well cooked rice. This will serve 6 persons.

*Grace Dodge Hotel, Washington.*

## CURRIED CHICKEN A LA INDIA

- |   |                                |
|---|--------------------------------|
| Breasts of chickens, either<br>boiled or broiled. | 1 onion.                       |
| 1 cocoanut, grated.                               | Butter.                        |
| 1½ quarts milk.                                   | Curry powder to taste.         |
| Green ginger about the size<br>of thumb.          | Cup of cream.                  |
| 1 clove of garlic.                                | Cornstarch, enough to thicken. |
|   | Salt to taste.                 |

Directions for curried sauce: First grate the cocoanut and pour over the milk and let it stand for an hour or so. Then strain and squeeze through cheesecloth. Then fry in butter the onion, the ginger root and the garlic. When done add the curry powder and the cocoanut and milk, which has been strained. Then strain the combined ingredients. Add cream and let simmer a while. Then strain again and thicken. Add salt, but do not let it boil. Add the salt slowly, otherwise it will curdle. When done add to the chicken breasts and serve. With this is served in a curry set of 9 compartments: Chutney, quartered lemon, Bombay duck (powdered); cucumber salad, tiny particles of chopped onions and chives, chopped bacon, grated fresh cocoanut, and finally, chopped yolk of egg and white of egg.

*Mrs. Hiram W. Johnson, Wife of Senator Johnson (Cal.).*

## CURRIED CHICKEN A LA INDIENNE

Singe, draw and wash a 4-pound chicken. Cut it into 8 pieces, then place the pieces, fish side down, in a saute pan. Pour over 2 ounces of hot butter. Fry nicely on both sides, then sprinkle with 2 ounces of chopped onion. Continue to fry without browning the onions. Sprinkle with 2 ounces of flour, then fry 2 minutes longer; add 1½ pints of stock or water. Boil and add 1 apple, pared and cut into dices and fried nice brown, with 1 ounce of butter. Add 1 heaping teaspoonful curry powder, a little salt, 1 small clove of garlic, crushed, and 1 heaping tablespoonful of Major Grief's Indian chutney, chopped fine. Cover the pan and cook slowly about 45 minutes. Serve in border of rice—hot, well drained—having been cooked in plenty of water for 20 minutes.

*Hon. Andrew W. Mellon, Secretary of the Treasury.*

## CURRIED CHICKEN WITH RICE

See Favorite Dishes of All Nations, page 90.

## CHICKEN CUTLETS A LA RUSSE

See Favorite Dishes of All Nations, page 119.

## CREOLE GUMBO

- |  |  |
|--|--|
| 1 large chicken boiled and cut<br>into small pieces. | 3 onions.                                    |
| 1 pint of oysters.                                   | A few cloves.                                |
| 5 or 6 crabs cut up.                                 | A pinch of nutmeg.                           |
| 2 cups of shrimp peeled.                             | 1 cup chopped celery and pars-<br>ley mixed. |
| 1 quart of okra.                                     | Salt to taste.                               |
| 1 green pepper.                                      | Dash of red pepper.                          |

Make roux of 2 tablespoons of lard and 2 spoons of flour. Fry seasoning in this. After removing grease from water in which chicken has

been boiled, pour over all the ingredients, adding enough water to well cover. Steam about 2 to 2½ hours and serve with rice cooked dry.

*Mrs. J. B. Aswell, Wife of Representative Aswell (La.).*

### CHICKEN CROQUETTES

2 cups of chopped cold fowl.

1 cup white sauce.

½ teaspoon salt.

Few grains cayenne.

Mix the meat and seasonings, combine with the white sauce; cool, shape, crumb and fry in deep fat (hot.) Drain on soft paper.

1 teaspoon lemon juice.

¼ teaspoon onion juice.

1 teaspoon chopped parsley.

1 teaspoon chopped parsley.

*Mrs. J. M. Wolverton, Wife of former Rep. Wolverton (W. Va.).*

### CROQUETTES

Mince very fine, cold veal or chicken. Take the bones of the meat and pour on about a quart of water and boil down as for soup. Then strain, and add a tablespoon of butter, the juice of half a lemon, a very little nutmeg, and a little chopped parsley; thicken with flour, and beat until as pudding-sauce. Then when very hot, stir into the mince-meat. When cold, spread on a large platter, about 2 inches deep, and put on ice until required for use. Then cut in squares, roll into the shape of croquettes, dip into egg, and then into cracker crumbs, and fry until brown.

*Mrs. James S. Parker, Wife of Representative Parker (N. Y.).*

### CROQUETTES FROM MADRID

See Favorite Dishes of All Nations, page 127.

### SCALLOPED CHICKEN

Cook 2 chickens in boiling water until tender. Then remove skin and bones. Season with salt and pepper to taste. Put a layer of the meat

Cut the fowl into pieces suitable for frying. Roll in cracker crumbs in a mold, then a layer of cooked noodles, then a layer of the following sauce: Three tablespoons melted butter, to which add 3 tablespoons flour. Season to taste. To this add 3 cups of warm chicken stock and 1 cup of milk or cream. Cook smooth, salt to taste and pour over chicken and noodles. Repeat until dish is full. Then put over it cracker crumbs and brown in oven.

*Mrs. James G. Strong, Wife of Representative Strong (Kan.).*

### CORNMEAL A LA FARM RELIEF

Thoroughly boil cornmeal, bring to a mush and remove from pot so it will retain its form and can be easily sliced. Then serve with following sauce: Take 1 spring chicken, cut it into small pieces; ¼ pound of butter in a pan and permit to melt very slowly; add an onion sliced very thin and cut into small pieces according to taste. When onion is brown remove onion and put in chicken. Flavor with salt, pepper, sage, paprika and celery. When chicken is thoroughly brown add chopped parsley according to taste. After parsley is added and chicken is brown put in 1 large can of tomatoes and permit to boil 40 minutes. Boiling must be slow in the last 15 minutes with cover off so as to get sauce good and thick. Pour

this generously over the sliced cornmeal and serve. (Once cornmeal served in this fashion is tasted there will be such a demand for cornmeal we will not have any more farm problems in the Middle West.)

*Fiorello H. La Guardia, Representative from New York.*

### FRIED CHICKEN, COSTA RICAN STYLE

See Favorite Dishes of All Nations, page 47.

### BROWN FRICASSEE OF CHICKEN

and brown on both sides in plenty of hot fat. Season with salt and pepper, and take from the pan—placing the pieces in a casserole. Add to the fat in the pan, enough to make 3 tablespoonfuls in which brown 3 tablespoonfuls flour. Add 1 quart of cold water and cook until thick. Season and pour over the chicken. If the gravy doesn't cover the fowl add enough hot water to do so. Place in the oven and cook slowly until tender.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Pa.).*

### CHICKEN FRICASSEE

Cut up a large, young chicken as for frying. Take 8 tablespoons flour, 4 teaspoons salt, 1 teaspoon pepper. Stir all together and cover chicken thickly all over. Then put it into an earthen vessel having tight lid. Cover chicken with boiling water—put on lid, set in oven and cook for 2½ hours. Allow 4 hours for an old chicken.

*Mrs. Harry S. New, Wife of the Postmaster General.*

### CHICKEN FRICASSEE

Number of portions, 10.

8⅓ pounds	stewing chicken	Thyme, whole pepper, garlic, and clove.
2 pounds	(weight 3½ pounds each.)	
2 pounds	(1½ quarts) small onions.	1 lemon.
1¼ pounds	(15/8 quarts) mushrooms.	3/5 ounce salt.
	Carrot (cut in quarters.)	3/5 cup flour.
	Onions.	2 ounces butter.
	Few sprigs parsley.	3 ounces cooked rice.
1 branch	celery.	3/5 quart cream.
		5 eggs.

Draw the chicken, wash, cut each chicken into 8 pieces (two drum sticks, 2 wings, 2 second joints, 2 breasts.) Put in pan with carrots, onions, celery, parsley and bouquet garni. Cover with water and add salt. Cook from 1½ to 2 hours, until done. Remove fowls from pan. The remaining broth may be used as a sauce. Thicken with cream, egg yolks and lemon juice. Strain through a cheesecloth. Boil small onions separately. Cook mushrooms separately. Combine vegetables with fowls and pour the sauce over all. Boil again for a few minutes. Rice or noodles may be used as a garnishing.

*Hotel Willard, Washington.*

### CHICKEN FRICASSEE

See Large Gatherings, page 696.

## CHICKEN—HAWAIIAN

Cut up a fat, young fowl, cover well with water and stew until tender. Add a pint of boiled luau (the leaves of the taro), and simmer for 5 minutes. (Spinach which has been boiled for 5 minutes and drained is an excellent substitute.) Prepare the cream of a cocoanut, add it to the chicken, season with salt and paprika and heat thoroughly, without boiling. The gravy can be thickened with roux before adding the cream.

*Mrs. Walter E. Edge, Wife of Senator Edge (N. J.).*

## CHICKEN GELATIN

2 cups cooked diced chicken.	$\frac{1}{2}$ cup cold water.
2 tablespoons granulated gelatin.	$\frac{1}{4}$ teaspoon paprika.
2 cups boiling chicken stock.	Salt.
$\frac{1}{4}$ teaspoon pepper.	1 hard-cooked egg.
$\frac{1}{4}$ teaspoon celery salt.	Stuffed olives.
	Lettuce or watercress.
	Mayonnaise.

Soak the gelatin in the cold water until softened. Then dissolve it in the boiling chicken stock and add the pepper, celery salt, paprika, and salt if sufficient was not added when the chicken was cooked. Stir well and cool. When beginning to set, add the chicken meat. Pour into wet individual molds in the bottom of which are slices of hard-cooked egg in rings or slices cut from stuffed olives. Chill thoroughly and serve with watercress or lettuce and mayonnaise.

*Mrs. M. C. Tarver, Wife of Representative Tarver (Ga.).*

## JELLIED CHICKEN

1 good sized chicken.	1 pint broth.
8 eggs.	1 paper package gelatin.

Cook chicken until tender with a little lemon juice. Hard boil 8 eggs. Put chicken through meat grinder, chop eggs up, add a little cold water to gelatin, then add hot broth. Take half of chicken and put in baking pan and add part of gelatin with broth and pack; add eggs and pack and little broth, then rest of chicken and broth and pack firmly, then set on ice.

*Mrs. Pat Harrison, Wife of Senator Harrison (Miss.).*

## CHICKEN A LA KING

(For 4 Persons)

Two green peppers sliced and sauted in butter, not too much. Add 1 pound boiled chicken sliced; 2 sliced red peppers, 1 dozen sliced mushrooms, 1 pint cream. Season with salt and red pepper. Boil together 10 minutes. Just before serving add a little Hollandaise sauce.

*Mrs. George R. Stobbs, Wife of Representative Stobbs (Mass.).*

## CHICKEN A LA KING

$\frac{1}{2}$ tablespoon chicken fat.	1 cup boiled fowl in strips.
1 tablespoon cornstarch.	$\frac{1}{2}$ cup Santio sliced mushroom caps.
$\frac{3}{4}$ cup chicken stock.	$\frac{1}{2}$ cup canned pimientos cut in strips.
$\frac{1}{2}$ cup milk.	Yolk of 1 egg.
$\frac{1}{4}$ cup cream.	
$\frac{1}{2}$ teaspoon salt.	
2 tablespoons butter.	

Melt chicken fat, add cornstarch and stir until well blended. Then pour on gradually, while stirring, stock, milk and cream. Bring to boiling point and add salt, butter, bit by bit, fowl, mushroom caps and pimientos. Again bring to boiling point and add egg yolk, slightly beaten.

*Mrs. F. Dickinson Letts, Wife of Representative Letts. (Iowa).*

### CHICKEN A LA KING

Melt 2 tablespoons butter and saute,  $\frac{1}{2}$  chopped green pepper (seeds and midribs removed.) Add 1 cup mushrooms, peeled and broken in pieces. Add 2 tablespoons flour and cook until smooth—not brown. Add 2 cups cream. Cook until thickened. Add 3 cups cooked, diced chicken and put mixture over hot water. Beat  $\frac{1}{4}$  cup butter to cream. Add 3 egg yolks—one at a time, beating steadily. Stir this into hot chicken and stir carefully until egg thickens. Be careful not to cook too rapidly! Season with onion juice, a few drops of lemon juice, salt,  $\frac{1}{2}$  teaspoon paprika. Serve at once on buttered toast.

*Mrs. Adam M. Wyant, Wife of Representative Wyant (Pa.).*

### MEDAILLON DE VOLAILLE

See Favorite Dishes of All Nations, page 32.

### CHICKEN MOUSSE LOAF

4 cups chopped cooked chicken.	2 tablespoons granulated gelatin dissolved in
2 cups boiling chicken stock well seasoned.	4 tablespoons cold stock.

Add gelatin to boiling stock and stir until dissolved. Add chicken. Then prepare the following mixture:

1 cup heavy cream.	2 tablespoons granulated gelatin dissolved in
2 cups chicken stock.	4 tablespoons cold stock.

Add gelatin to boiling stock, and when partly set fold in cream, whipped stiff. Rub bottom of oval mold lightly with olive oil, arrange poinsettia blossoms with petals cut from pimientos and slice of hard-cooked egg yolk as center. Use parsley for stem, fastening in place with melted gelatin. When "set" pour in inch layer of cream mixture; let almost stiffen, add layer of chicken alternating until all is used. At serving un-mold on large platter, garnished with lettuce and parsley, and surround with cups hollowed from beets, filled with salad dressing.

*Mrs. John J. Cochran, Wife of former Representative Cochran (Mo.).*

### MARYLAND CHICKEN

Cut up young chicken. Rub with salt, pepper and dip in egg and roll in cracker crumbs. Put in roaster in oven. When heated put  $\frac{1}{2}$  cup butter melted over chicken and cover. When done put on platter and make sauce. Use butter left in pan. Put on top of stove. When hissing hot add 3 tablespoons flour, salt and pepper. Stir smooth. Put in  $1\frac{1}{2}$  cups cream. Strain over chicken.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*



## CHICKEN MOUSSE

- |  |                                   |
|--|-----------------------------------|
| 1 cup white meat cooked and<br>ground very fine. | 3 egg yolks.                      |
| 1 tablespoon gelatin granu-<br>lated.            | $\frac{1}{4}$ teaspoon salt.      |
| 1 full cup chicken broth.                        | Paprika.                          |
|  | $\frac{1}{2}$ pint whipped cream. |

Beat yolks of eggs and stir lightly into heated broth. Add seasoning and cook in double boiler until like a custard. Just before removing from fire add the gelatin, which has been softened in a little cold chicken broth. Pour this custard over chicken meat and stir over ice water until it begins to set. Then fold in whipped cream. Mold. Garnish with parsley. A generous serving for six.

*Mrs. W. E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

## CHICKEN OR DUCK, WITH PEANUT SAUCE

See Favorite Dishes of All Nations, page 111.

## VENUS CAFE KAROLY PAPRIKA CHICKEN

- |   |              |
|---|--------------|
| $1\frac{1}{2}$ to $1\frac{3}{4}$ pounds broiled cut in<br>half. | Salt.        |
| Chicken broth.  | Paprika.     |
| Sliced onion.   | Cream sauce. |
|   | Sour cream.  |

Place chicken in flat pan, cover with broth, a few slices of onion, salt and a generous amount of paprika. Steam in oven until tender.

Paprika Sauce:—Braise a small quantity of chopped onion in butter, add cream sauce, bring to a boil and add sour cream and chopped parsley to taste.

Place chicken in a fresh pan, pour sauce over and simmer over fire for 15 minutes.

*Mrs. James H. MacLafferty, Wife of former Rep. MacLafferty (Calif.).*

## PAPRIKA CHICKEN

See Favorite Dishes of All Nations, pages 85, 140.

## CHICKEN PIE CRUST

One egg beaten in a cup, then fill with milk, rub 2 tablespoons lard in 2 cups of flour into which has been sifted 2 teaspoons baking powder and salt. Stir in flour, and drop by spoonful on chicken and bake.

*Mrs. Chas. B. Timberlake, Wife of Representative Timberlake (Col.).*

## BAKED CHICKEN PIE

- |                          |                           |
|--------------------------|---------------------------|
| 1 fowl.                  | 6 hard boiled eggs.       |
| 2 tablespoons butter.    | 1 pinch of celery-salt.   |
| 2 tablespoons flour.     | Pepper and salt to taste. |
| 8 small boiled potatoes. |                           |

Cut the fowl in pieces and parboil in salted water for 1 hour. Drain off the water in which the fowl has been cooked. Put the butter, flour and seasoning in a double boiler with the liquid from the fowl. Stir constantly until it becomes creamy. Line a deep pie-dish with biscuit-dough.

Put in a layer of the fowl, then a layer of the eggs sliced, and some of the potatoes. Pour over some of the sauce, and then add another layer of the fowl and eggs and potatoes. Alternate until the dish is full. Cover the top with the biscuit-dough, making several holes so the steam can escape. Bake in a hot oven (about 450 degrees Fahrenheit) for 15 minutes until dough is brown. Serve in dish in which the pie has been baked.

*Mrs. David J. O'Connell, Wife of Representative O'Connell (N. Y.).*

### CHICKEN PIE

Take a young spring chicken, dress, joint and salt. Boil until tender, then season well with butter and pepper. Pour in enough sweet milk to make a quantity of good, rich gravy. While the chicken is boiling make a rich pastry, like for any other pie, roll out and cut in strips about 2 inches wide, bake these strips in a large biscuit pan until nice and brown, then break up in a covered dish, putting a layer of these strips, pouring the chicken and gravy over them, then another layer of pastry and so on until all is used. Be sure to have enough good rich gravy to soak into the pastry to prevent it from being too dry. May be served individually or from the large dish after standing for a few minutes.

*Mrs. Hampton P. Fulmer, Wife of Representative Fulmer (S. C.).*

### CHICKEN TAMALES

Boil 1 chicken, bone and cut fine; let liquid cool and skim off grease; use 1 cup chicken grease or part butter; cut 2 good-sized onions and fry in part of the grease, thicken with  $\frac{1}{2}$  cup flour, add 1 large can tomatoes, the rest of the chicken grease, 1 small can ripe olives, salt and chicken meat, 1 tablespoon Gebhardt's chili powder and 2 tablespoons Grandma's Spanish pepper; heat thoroughly, then put in shallow baking pan, cover with diamond-shaped pieces of crust and bake. Make the crust with  $1\frac{1}{2}$  cups cornmeal, 1 cup flour,  $\frac{1}{2}$  cup butter and mix very soft with milk. Use 2 teaspoons baking powder in the flour.

*Mrs. John E. Raker, Widow of the late Representative Raker (Cal.).*

### HAM AND CHICKEN PIE

Number of portions, 1

1 second joint of chicken (3½ ounces.)	2 mushrooms
1 slice of ham (5 ounces.)	$\frac{1}{2}$ hard-boiled egg.
3 small onions.	3 Parisian potatoes.
3 green olives (stoned.)	1 cup brown sauce.
Other ingredients:	$\frac{1}{2}$ cup water.
Worcestershire sauce.	Chopped parsley.
Garlic.	Black peppers.
Carrot.	Pie crust.

Method of combining ingredients: Bone the second joint of chicken. Wrap the ham around the chicken meat; hold it in place with toothpicks. Sear the meat in a casserole which contains the garlic, black peppers, and carrots. Add the brown sauce and water; cook in oven until done. Remove the toothpicks and place the meat in a pie dish. Surrounding the meat place the onions, which have first been parboiled and then sauted; the sauted mushrooms, the boiled Parisienne potatoes, and the olives. Cover with pie crust; brown as desired.

*Hotel Willard, Washington.*

## CHICKEN ONANDAGA

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 2 cups broiled chicken cut in pieces. | 1 tablespoon grated cheese. |
| 1½ pints milk.                        | ¼ pound mushrooms.          |
| 2 egg yolks.                          | 3 tablespoons butter.       |
|                                       | 3 tablespoons flour.        |

Put butter in saucepan, melt and add flour, then milk, then beaten yolks of eggs. Put in double boiler with mushrooms and chicken. Cook until mushrooms are cooked through. Have platter ready with a border of mashed potatoes around the edge, put the chicken in the center, sprinkle the grated cheese over the top and put in oven long enough to brown. I serve with this—

## (Mushrooms Sublime)

On squares of carefully toasted bread place large mushrooms that have been peeled and the stems cut off. Then fill the inverted mushrooms with cream and a small piece of butter, salt to taste. Cook in a rather warm oven until the mushrooms are cooked and the cream and butter are well browned. It usually takes from 15 to 20 minutes. The cream and butter seems to give the mushrooms a more delicate flavor, quite different from the ordinary mushroom as served on toast.

*Mrs. James S. Sherman, Widow of former Vice President Sherman.*

## PRESSED CHICKEN

Boil 2 chickens in a small quantity of water with a little salt, and when thoroughly done take all the meat from the bones, removing the skin and keeping the light meat separate from the dark; chop and season to taste with salt and pepper. Put in a crock or other mold, layer after layer, first light then dark, till all is used; add the liquid it was boiled in, which should be about 1 teacupful, and put on a heavy weight. When cold cut in slices. (Tested recipe.)

*Mrs. Knud Wefald, Wife of former Representative Wefald (Minn.).*

## PRESSED CHICKEN

Put chicken in saucepan, cover with water, bring to boiling point and boil rapidly for 5 minutes, then cook slowly until meat nearly falls from bone, adding, when chicken begins to get tender, 1 teaspoonful salt, 1 onion chopped fine, some celery seed or 3 or 4 pieces of fresh celery. When chicken is cold, remove skin, and cut up meat rather fine. Remove fat from water in which chicken is boiled (this should measure about a quart) and add to this water ¾ of a box of gelatin soaked in ½ cup of water. Bring to a boil, add juice of a lemon, more salt and pepper. Cover bottom of mold with sliced hard-boiled eggs and some very fine cut celery. Strain liquid over chicken, pour all over eggs, etc., and set on ice to cool. Slice and serve with mayonnaise, in crisp lettuce.

*Mrs. Ino. H. Small, Wife of former Representative Small (N. C.).*

## PRESSED CHICKEN

- |                         |                    |
|-------------------------|--------------------|
| 1 large chicken.        | 1 teaspoon salt.   |
| 1 package Knox Gelatin. | 2 teaspoons sugar. |
| ½ cup water.            | White pepper.      |
| 1 pint chicken stock.   | Cayenne.           |
| Juice 2 lemons.         | Celery.            |
| ½ cup pimientos.        | Salt.              |

Process: Cook chicken until so tender it will leave the bones. When cold, cut with scissors into small pieces. Soak gelatin in cold water and dissolve in warm chicken stock; add all seasoning. When cold and beginning to thicken, add chicken and pimientos, cut into small pieces; mix and pour into molds. Set on ice to congeal. Slice and serve with Mayonnaise on lettuce leaves. If preferred, it may be congealed in individual molds.

*Mrs. Lamar Jeffers, Wife of Representative Jeffers (Ala.).*

### PRESSED CHICKEN

Take 2 chickens and place on stove with enough hot water to cook until tender. Take out and cool. After removing the meat from the bones return stock to the fire with bones and skin added. Cook half an hour or more and measure off 1 quart of the stock. Let cool and then skim off grease. Heat again and add 1 envelope Knox gelatine which has been soaked in cold water. Put chicken through rather fine grinder and add 1 pint of chopped green olives, 1 cup English walnut meats, small can of pimientos, pepper and salt, celery if you like. Mix with the stock and chicken, place in molds and press firmly. May be served sliced or with salad dressing.

*Mrs. Ralph H. Cameron, Wife of former Senator Cameron (Ariz.).*

### PILAU OF CHICKENS

Cut up in 4 pieces each, 2 small chickens weighing no more than 1¾ pounds apiece, obtaining 2 legs, 2 breasts from each. Fry them for a few minutes in butter, then moisten to their height with chicken stock, adding a bunch of parsley garnished with aromatics, and seasoning with salt, pepper and spices. Cook the whole slowly, being most particular to remove the tenderest pieces as rapidly as they are done and transfer them into another saucepan; strain the stock, remove its fat and pour the liquid over the meats with four gills of boiling stock added, and then throw in a half pint of Carolina rice for every quart of broth, and a little powdered saffron; cook the rice for 10 minutes on a good fire, then withdraw it to the corner of the stove to continue cooking for 10 minutes longer. The rice should now be dry and tender; finish by taking it off the fire, and incorporating into it 2 ounces of fresh butter divided in small pats. Dress the stew in a deep dish or a vegetable dish.

*Hotel Raleigh, Washington.*

### PUTCHERO (Chicken)

See Favorite Dishes of All Nations, pages 23, 112.

### MRS. KRAUS' CHICKEN WITH RICE

1 small chicken.	1 tablespoon chopped parsley.
1 cup rice.	1 teaspoonful salt.
1 small onion.	1 quart boiling water.
½ cup blocked celery.	

Cook chicken in the water until tender. Add other ingredients and continue over slow fire until rice is tender.

*Mrs. B. F. Cheatham, Wife of the Quartermaster General of the Army.*

**CHICKEN AND RICE**

See Favorite Dishes of All Nations, pages 48, 55, 91, 101, 107, 108.

**ARROZ CON POLLO (Rice with Chicken)**

Clean and cut a chicken into small pieces, fry in melted butter, with a cup of uncooked ham (diced) until a golden brown. Add salt, a cup of canned tomatoes, a little parsley, several small olives and Spanish peppers. To the chicken mixture add 1 pound of uncooked rice. When the rice has assumed a golden look, add a quart of boiling water, and cook slowly, keeping well covered to preserve the aroma.

*Mrs. Horace M. Towner, Wife of the Governor of Porto Rico.*

**CHICKEN SAUTE WITH MALAGA GRAPES**

Unjoint a chicken, season with salt and pepper and toss into saucepan with 2 ounces of butter. When lightly brown, remove chicken and place on platter. Put into pan  $\frac{1}{2}$  cup of rich cream and  $\frac{1}{2}$  cup of meat gravy. Let boil for 10 minutes, then add 2 dozen of malaga grapes and let boil for 1 more minute. Add juice of  $\frac{1}{2}$  lemon and 1 ounce of butter. Cook again for 5 minutes and pour over the chicken. Note: This recipe can be used also for any other fowl or game and for pork chops, veal cutlets or steaks.

*Hotel Powhatan, Washington.*

**CHICKEN SAUTE MEXICAINE**

Piece of boneless chicken fried in oil, add sauce Mexicaine, and cook accordingly to get soft; garnish with risotto.

**Sauce Mexicaine**

Small piece of chopped garlic, cut onions and green pepper, all smothered in oil; add quartered fresh tomatoes, cook about  $\frac{3}{4}$  of an hour; cayenne pepper and paprika.

**Risotto**

Rice smothered in oil; add bouillon and cook for 18 minutes.

*S. S. President Harding, U. S. Lines, Paul Gole, Chef.*

**CHICKEN SHORTCAKES**

- |                                  |                              |
|----------------------------------|------------------------------|
| 2 cups flour.                    | $\frac{1}{2}$ teaspoon salt. |
| 3 teaspoons Royal baking powder. | 1 egg.                       |
| 4 tablespoons shortening.        | $\frac{1}{2}$ cup water      |

Sift together flour, baking powder and salt. Add shortening and mix in thoroughly with steel fork. Add egg and sufficient water to make soft dough. Cut with any large biscuit cutter which has been dipped in flour, or half fill greased muffin rings which have been placed on baking-pan and bake in hot oven at 475 degrees F. 10 to 12 minutes. These shortcakes split and either buttered or not, as desired, filled with hot creamed chicken or mushrooms make a delicious dish. If 1 tablespoon sugar is sifted with the dry ingredients, these shortcakes can also be used with any fruit desired. Makes 6 shortcakes.

*Mrs. Edward D. Hays, Wife of Representative Hays (Mo.).*

**CHICKEN SOUFFLE FAVORITE**

See Favorite Dishes of All Nations, page 31.

## SOUFFLET DE POULET EN SURPRISE

See Favorite Dishes of All Nations, page 119.

## CHICKEN STEWED

See Favorite Dishes of All Nations, pages 41, 43, 94, 113, 136.

## CHICKEN STEW WITH PEANUT BUTTER

See Favorite Dishes of All Nations, page 90.

## TCHERKESSE—CHICKEN

See Favorite Dishes of All Nations, page 120.

## TERRAPIN CHICKEN

One quart cold cooked chicken free from skin and fat; cut into cubes (cold beef or veal may be used), a slight grating of nutmeg,  $\frac{1}{4}$  teaspoon mace, 3 tablespoons of butter, 3 hard-boiled eggs, yolks of 2 raw eggs, 1 cup stock, 1 cup cream,  $\frac{1}{3}$  teaspoon ground cloves, salt and cayenne pepper to taste, 2 tablespoons flour, 1 teaspoon lemon juice. Chop chicken liver and hard-boiled eggs rather coarse, then add salt, pepper and spices. Put butter in frying pan, when melted add flour and stir until smooth and frothy, now gradually add stock. Put on a hot part of the stove and stir for 3 minutes, then add cream, leaving out 4 tablespoons. Stir for 1 minute, add chicken mixture and simmer 8 minutes. Beat yolks of raw eggs, add cold cream and add to chicken. Stir 1 minute, remove from fire and add lemon juice. Serve at once on toast.

*Mrs. Thomas R. Marshall, Widow of former Vice-President Marshall.*

## CHICKEN TERRAPIN (French Recipe)

1 pound of liver.	1 teaspoon Worcestershire sauce.
6 hard boiled eggs.	1 glass of synthetic wine flav- oring.
1 tablespoonful of butter.	1 cup milk.
1 heaping tablespoonful of flour.	1 cup cream.
1 teaspoonful of salt.	
1 tablespoonful of lemon juice.	

Mince liver, stir it into the melted butter into which has been added Worcestershire sauce, lemon juice, paprika and a dash of red pepper. Add the flour. Do not hold it over the hot flame until you add 1 cup milk. Stir constantly over boiling hot water; add the diced hard-boiled eggs; add the cream and when this has boiled add the wine, stirring constantly. Have hot boiled hominy ready to serve on plates, which must be hot.

*Mrs. Fred T. Dubois, Wife of former Senator Dubois (Idaho).*

## CHICKEN TIMBALES

$1\frac{1}{2}$ cups cooked chicken.	1 tablespoon red pepper.
3 eggs.	3 tablespoons butter.
$\frac{1}{3}$ cup chicken broth.	3 tablespoons flour.
$\frac{1}{2}$ cup cream.	1 cup milk.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{8}$ teaspoon pepper.
$\frac{1}{8}$ teaspoon paprika.	1 tablespoon green pepper.
	$\frac{1}{2}$ teaspoon salt.

Chop chicken fine and add gradually to slightly beaten egg yolks; then add chicken broth, cream, salt and paprika. Fold in stiffly-beaten eggs whites. Make white sauce by melting butter, adding flour, and when blended, milk. Cook until thick; remove from fire and add chopped green and red peppers and seasoning. Butter molds and fill  $\frac{1}{4}$  full with sauce. Add chicken mixture. Set molds in pan of hot water. Bake in moderate oven (350 degrees) 25 minutes.

*Mrs. John J. Cochran, Wife of former Representative Cochran (Mo.).*

### ZEPHYR OF CHICKEN

See Favorite Dishes of All Nations, page 78.

### JAPANESE CHOP SUEY

Meat of 2-pound spring chicken cut from bones and sliced into thin strips. Put to fry slowly in large tablespoon butter. Add 1 head of celery sliced diagonally, 2 green peppers thinly cut, 2 onions sliced. When well cooked add can of button mushrooms. Pour over the cooked chicken and vegetables a sauce made of  $1\frac{1}{2}$  large tablespoons cornstarch, 5 teaspoons sugar and 1 cup of Soy—which can be purchased in any Chinese shop. Cook all thick and serve in rice border.

*Mrs. Thos. D. Schall, Wife of Senator Schall (Minn.).*

### SUPREME OF DUCKLING, BIGARRADE

Cook the breast of duckling in butter until done (about 20 minutes.) Make a brown sauce, add currant jelly and a little orange juice and let simmer down; pass it through a strainer. Garnish top of duckling with sliced oranges and orange skin and pour the sauce over all.

*Mrs. Ben L. Fairchild, Wife of former Representative Fairchild (N. Y.).*

### YOUNG DUCK WITH ORANGE

See Favorite Dishes of All Nations, page 122.

### IMPERIAL DUCK

See Favorite Dishes of All Nations, page 44.

### ROAST DUCK

Parboil the duck until tender; place in roasting pan and cover with dressing made as follows: Three cups white bread crumbs, 2 cups cornmeal, 1 large onion. Salt, pepper and sage to suit taste. Moisten with warm water and rub to a smooth paste. Put 3 large spoons lard in frying pan and cook the dressing until onions are tender; cover the duck with dressing, place in oven and allow it to brown.

*Hon. George W. P. Hunt, Governor of Arizona.*

### ROAST GOOSE

After the goose has been well dressed first remove fat from inside. Salt inside and outside, rub with butter, place strips of bacon on top of goose, then place it on a rack in the baking pan. Put enough water in pan to cover the rack. When goose has cooked an hour and a half take

from oven and stuff with dressing. Dressing is made of 1 loaf of stale bread, 2 stalks of celery, 1 teaspoon grated onion, 1 pint oysters and 2 eggs. Pour over this dressing the broth from baking pan, stuff the goose and finish cooking.

*Mrs. A. H. Vestal, Wife of Representative Vestal (Ind.).*

#### DUCK IN JELLY

See Favorite Dishes of All Nations, page 101.

#### DUCK WITH RICE

See Favorite Dishes of All Nations, page 110.

#### TOURNEDOS ROSSINI

See Favorite Dishes of All Nations, page 131.

#### ROASTED GROUSE

See Favorite Dishes of All Nations, page 62.

#### COUNTESS MANNERHEIM'S PIE

See Favorite Dishes of All Nations, page 62.

#### GUINEA HEN WITH SPANISH SAUCE

(Original one hundred dollar prize recipe.)

Chicken can be used in place of guinea hen.

1 guinea hen.	2 Spanish onions, sliced.
1 1/4 cups Borden's Evaporated Milk (undiluted).	1 small can mushrooms.
1 medium size can tomatoes.	4 tablespoons butter.
1 pimiento, minced.	Tiny pinch soda.
2 large sweet green peppers, cut fine.	2 cups water.
	Dash cayenne pepper and salt to taste.

Select a fat, young guinea hen, dress, clean, and put into a baking pan with 1 cup of hot water, rub fowl with butter. Cook rapidly until well started, then moderately, and when half done add the salt, and more water as needed. There should be 2 rich cups of broth when finished. When the guinea is tender remove from oven and separate into pieces at the joints, leaving pieces whole, and return to the baking pan. Fry the onion to a golden brown in the butter, and add soda to the tomatoes. Combine the milk and broth, add the other ingredients and bring to boiling point on top of stove, stirring all the while. Keep back enough of milk to make a thickening of the flour and add to the sauce, remove from fire and pour over the guinea. Set this to simmering in a moderate oven until the fowl is tender enough to fall from the bones when eaten. Serve piping hot on a platter with parsley, if you wish. Be sure to have the sauce cooked to the consistency of cream gravy.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

#### GUINEA

Put 2 tablespoons of butter in frying pan.	1 1/4 teaspoons A 1 sauce.
1 onion cut fine.	2 tablespoons Worcestershire sauce.
1 tablespoon of flour.	1 teaspoon kitchen bouquet.
1 teaspoon of lobster sauce,	2 cups boiling water.



Place guinea in pan and bake for 3 hours. This recipe is for 1 guinea.  
*Mrs. M. E. Trapp, Wife of former Governor of Oklahoma.*

### GUINEA CHICKEN VENTIDIENNE

Have some tender guinea chickens, clean them ready to roast, and cook in a moderate oven. Spread over during the cooking some salt, pepper, butter, and sour milk. Let cook for  $\frac{3}{4}$  hour or 1 hour, then remove from the pan and put in the pan 1 tablespoonful flour, more milk,  $\frac{1}{2}$  cup good stock, and a few spoonfuls Sherry or Newburg sauce. Let it boil for a few minutes, then strain into a small saucepan. Have this ready to serve also. For garnishing, a few sliced Jordan almonds, red and green peppers, truffles and some raisins. When ready to serve, cut up your guineas and put this all around. Serve the sauce separately. You could also serve some currant jelly.

*Mrs. Peter G. Gerry, Wife of Senator Gerry (R. I.).*

### PARTRIDGE, ALSATIAN STYLE

Roasted with larding: served in casserole. Sauerkraut with peeled grapes and braised gooseliver, the breast of partridge, slice of crisp bacon, brown butter. Sauce sour creme part, potato croquettes.

*S. S. George Washington, U. S. Lines, F. M. Sczfert, Chef.*

### PHEASANTS

Pheasants should be picked dry, singed and drawn. Do not wash until ready to cook. Then rinse thoroughly in running water. Cut through the middle of the breast and lay flat on broiler. Broil over hot coals until seared on both sides to keep in juices. Lay in pan, salt and pepper, dredge with flour, add generous pieces of butter, small amount of water. Bake, basting frequently. One hour should be enough time to cook a pheasant. It is well to have a few sticks of wood ready to put on the fire, as the broiling will reduce the oven heat, at least when a coal fire is used.

*Mrs. L. T. McFadden, Wife of Representative McFadden (Pa.).*

### TURKEY A LA BURBANK

(From The Stag Cook Book)

For an ordinary 10-pound turkey, steam  $2\frac{1}{2}$  hours, or until the muscles of the leg can be readily pierced with a fork. Take steamer from the fire and carefully remove the turkey to a roasting pan. Meanwhile prepare the dressing as follows: One loaf of bread, sliced and toasted to a light golden color; while hot, spread butter on each slice, just as a hungry boy would like it. Place in a deep dish. The cooked giblets which, with the juice of 1 lemon and 3 whole large onions, should be ground all together in a meat grinder.

One teaspoon salt,  $\frac{1}{2}$  teaspoon cayenne pepper, 1 teaspoon powdered sage, 2 teaspoons summer savory, 2 tablespoons sugar. Should be well sifted and then added to the ground vegetables and giblets, and with the meat juice saved from steaming, thoroughly mixed with the bread, to

about the consistency of thick mush. After filling, the turkey should be placed in an oven not too hot, and slowly roasted an hour or more.

Prepared as above little or no basting will be necessary, but a few thin slices of bacon laid over the fowl will add flavor. Add no oysters or chestnuts.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.)*

### TURKEY AND NEARLY ALL FOWLS

Tenderest and juiciest when stuffed with heavily seasoned, especially salt and pepper, quite wet dressing. Placed in a roasting pan with small amount of grease in bottom but no water. The whole top of turkey covered with thin long slices of salt pork which remains on top to within  $\frac{1}{2}$  hour before it has finished roasting and then a small amount of hot water is put in the pan and the turkey is basted two or three times when it is finished.

*Mrs. Key Pittman, Wife of Senator Pittman (Nev.)*

### STUFFED TURKEY

See Favorite Dishes of All Nations, pages 78, 105, 112.

### FRENCH CHRISTMAS PATE'

(Meat and Game)

(A very curious old recipe which has been in use in the du Pont family since 1800, having been brought from France at that time. It is usually made at Christmas and served cold for luncheon or for late supper.)

#### Crust

1 pound butter.

$2\frac{1}{2}$  pounds sifted flour.

Cut the butter through the flour until it disappears, add  $2\frac{1}{2}$  full common tumblers of ice water. Knead it steadily for  $\frac{1}{2}$  hour. Then beat with a rolling pin 10 minutes. Put in the refrigerator about 9 hours.

#### Contents of Pie

1 boned turkey, about 13 pounds.

6 boiled sheeps tongues.

1 boned chicken.

2 pounds salt pork fat.

6 boned partridges (quail).

$\frac{1}{4}$  boiled fresh beef tongue.

6 pounds veal.

2 small cans of truffles.

2 pounds pork (for sausage meat).

#### Sausage Meat

6 pounds veal.

2 pounds pork.

Chopped very fine. Season with salt, pepper (cayenne), nutmeg, grated cloves. Add the yolk of an egg for each pound of meat. Season well or it will be flat.

#### Directions

Bone all the birds and the turkey and make sausage meat the day before you wish to bake the pie. Make the crust in the evening so that it may remain in the refrigerator over night (about 9 hours.) When everything is prepared put boned turkey in the middle of pan and pack

birds and sausage meat around it. The crust should be rolled quite thick. The top crust should have a hole cut in the middle with a cookie cutter or the top of a small baking powder box. A "stopper" should be made by crust loosely rolled and inserted. This is to allow some of the steam to escape. Bake 4 hours in large pan—a dishpan will do. Put drippan underneath.

*Mrs. Coleman du Pont, Wife of Senator du Pont (Del.).*

### COUNTESS MANNERHEIM'S PIE

See Favorite Dishes of All Nations, page 62.

### CHICKEN DRESSING

To be dropped in liquid after baking and browning chicken and cooked until done. Break up into large crumbs small loaf bread. Moisten with hot  $\frac{1}{2}$  pint milk, add 2 tablespoons butter, 1 egg, well beaten; season with salt and pepper (other seasonings as desired; make in balls. Drop into liquid and cook.

*Mrs. M. F. Phelan, Wife of former Representative Phelan (Mass.).*

### CHESTNUT DRESSING

First cut a gash in each nut, then put 1 quart of nuts into a hot skillet in which you have heated 1 tablespoon of butter or oil. Place in the oven for 5 or 10 minutes and the shells and inner skins can be removed together. Now put the nuts into boiling salted water and cook until tender. Cook them down as much as possible so as not to waste the goodness of the nuts in the water discarded. Now put the nuts through a ricer or a colander, add  $\frac{1}{4}$  cup butter, 1 teaspoon salt, pepper to taste and 1 pint softened bread crumbs or add dry bread crumbs and enough stock or cream to moisten. (I always add 1 beaten egg, but that is a matter of preference.)

*Mrs. Anthony Caminetti, Wife of former Representative Caminetti (Cal.).*

### CORN BREAD DRESSING FOR CHICKEN OR TURKEY

Soften the bread, either cold or hot, with water; add 6 or 7 cold biscuits, a cup of cooked rice. Chop into this 1 medium onion, celery, parsley, red pepper and salt. Nuts if desired. Stuff fowl with this, bake in covered butter until tender. I always sew up the opening of fowl after stuffing.

*Mrs. James B. Aswell, Wife of Representative Aswell (La.).*

### MRS. C. A. KRAUS' POULTRY STUFFING

Giblets of fowl.	1 teaspoonful chopped parsley.
1 small onion.	1 teaspoonful paprika.
1 cup diced celery.	1 teaspoonful salt.
$\frac{1}{2}$ cup pecan meats.	Pinch of black pepper.
1 apple, diced.	1 tablespoon butter.
1 cup bread crumbs.	1 pint boiling water.

Cook giblets in boiling water until tender, with onion. Remove and grind or chop giblets. Combine with other ingredients. This quantity is sufficient for a small fowl. May be baked as a hash.

*Mrs. B. F. Cheatham, Wife of the Quarter Master General of U. S. Army.*

### RICE JAMBALAYA—USED AS CHICKEN DRESSING

One and one-half cups of water to a cup of rice usually cooks the

rice to the proper point. Two cups of rice,  $\frac{1}{2}$  cup chopped onions,  $\frac{1}{2}$  cup of celery, 2 sweet peppers. First fry onions and celery in hot lard, add chicken livers chopped fine, add green pepper and salt, cook for an hour with a little water. Stir in cooked rice, add 1 egg.

*Mrs. Edwin Broussard, Wife of Senator Broussard (La.).*

#### BAKED SQUAB DRESSING

Boil 3 cups wild rice.

Add 1 cup raisins.

Add 1 teaspoon sage.

When cool, stuff squab.

Butter size of an egg.

1 egg without beating.

*Mrs. Charles E. Winter, Wife of Representative Winter (Wyo.).*

#### STUFFING FOR TURKEY

2 loaves of bread (crust removed).

1 green pepper.

1 onion.

1 stock celery.

6 slices of bacon, fried.

3 tablespoonfuls melted butter.

1 saltspoonful pepper.

$\frac{1}{2}$  teaspoonful salt.

$\frac{1}{4}$  pound of sausage meat.

$\frac{1}{2}$  pint of chicken soup stock, enough to make the mixture the right consistency.

First cut bread into slices, dry out thoroughly in warm oven. Put through meat grinder with pepper, onions, celery and bacon. Mix thoroughly with salt, pepper, melted butter, sausage and chicken stock. Stuff turkey which has been prepared. Sew up and cover the breast of turkey with slices of salt pork, held in place with toothpicks.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

#### TURKEY DRESSING, SOUTHERN STYLE

1 large pan cornbread.

2 eggs.

2 cups nut meats.

1 large onion.

2 tablespoons butter.

1 small celery heart.

Salt and seasoning.

Make a large pan of rather dry cornbread the day before you intend to make the dressing. Crumble cornbread well. It is best to use your hands for this and for mixing. Chop onion fine and fry in butter until golden brown in color. Add to cornbread. Chop nuts, but in large pieces, and add to mixture. Chop celery fine. Add to mixture and season to taste. Add eggs and mix thoroughly. This will make enough to stuff a large turkey. If any is left over, bake it in a small pan for a side dish. Mixed nut meats are very good—pecans, walnuts, blanched almonds and a few Brazil nuts give a fine flavor.

*Mrs. W. D. Tabor, Daughter of Representative W. P. Martin (La.).*

#### CHESTNUT STUFFING FOR TURKEY

2 quarts of stale bread crumbs, finely crumbled.

Full  $\frac{1}{2}$  cup melted butter.

1 tablespoon of salt.

1 teaspoon of white pepper.

1 teaspoon of summer savory.

1 cup celery, cut fine.

2 onions, size of hen egg, minced fine.

1 pint of oysters ground through food chopper

1 cup chestnut flour as fine as can be ground through a coffee mill

Mix thoroughly with sufficient warm milk to proper consistency.

*Hon. Vic Donahey, Governor of Ohio.*

## VEGETABLES

Vegetables are chiefly valuable for their palatable flavor and for the minerals and vitamins they contain. When vegetables are eaten raw all their food value and their natural fresh flavors are retained. Starchy vegetables and those containing large amounts of cellulose are more palatable to many if cooked.

Baking is a desirable method for cooking vegetables with a thick outer cover or skin. This retains the flavor and food value and the high temperature develops flavor in the outside portions.

Vegetables without an outer skin to hold in the moisture may be baked in a tight casserole or over the fire if the vessel can be tightly closed and the amount of heat regulated so as to prevent burning. The cover can be adjusted at the end so as to allow the last of the steam to escape and make possible the development of flavor which comes from slight browning.

When vegetables are boiled, valuable constituents are dissolved in the water. Add only a small quantity of water and serve this liquor with the vegetables if possible, or use in soup stock.

Strong-flavored vegetables should be boiled with the cover off to remove any excess flavor. If the cover is kept on the flavors are retained.

Cook green vegetables quickly with cover off to retain green color.

The shorter the time of cooking most vegetables, the more satisfactory they are.

Season vegetables simply. Salt, pepper, butter and the vegetable juices make the most satisfactory sauce. Develop rather than hide the natural flavors of the vegetables.

*Dr. Louise Stanley,  
Chief of Bureau of Home Economics, Department of Agriculture.*

### NUT AND VEGETABLE PIE

- |  |                               |
|--|-------------------------------|
| 1 cup fresh lima beans (the dry ones will do). | 2 hard boiled eggs.           |
| 1 cup almonds and peanuts mixed.               | 2 or 3 small onions sliced.   |
| 1 cup thin white sauce.                        | 6 medium-sized potatoes.      |
|  | Seasoning of salt and pepper. |

Cook the beans and potatoes diced and blanch the nuts. Place a layer of beans in the bottom of the baking dish, then a layer of nuts and egg, followed by a layer of diced potatoes. Repeat until the materials have been used. Pour over all the white sauce. Cover the top with a layer of potatoes, brush over with egg and milk and bake for 30 minutes in hot oven.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## CALICO HASH, BACON RASHER

Chop equal parts of cooked potatoes, carrots, beets and cabbage. Fry the Premium bacon, allowing 3 full slices per portion. Remove the bacon to platter, and fry the vegetables in the bacon fat, adding a bit of boiling water if necessary to hold them together. Season to taste, brown on the lower side only, very slowly, and turn onto a platter like an omelet. Serve with the bacon rashers over the top of the hash.

*Miss Clara Sproul, Daughter of Representative Sproul (Ill.).*

## CREAMED VEGETABLE CROQUETTES

Take two cups of chopped vegetables—potatoes, beets, carrots, corn, beans, or onions—any three or four kinds you happen to have in the house. Season them with salt and pepper and make a thick cream sauce made delicious by adding one teaspoonful of A1 sauce. Mix the sauce with the vegetables and mould them into croquettes. Then fry them in very hot butter substitute. This is a savory and economical dish in place of meat.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*

## BREADED ASPARAGUS

Boil asparagus in salt water until tender, then drain, dip in well beaten egg, roll in bread crumbs and fry in butter.

*Mrs. A. J. Sabath, Wife of Representative Sabath (Ill.).*

## ASPARAGUS AND CHEESE

Put asparagus (fresh or canned) in layers, in buttered baking dish with rich white sauce and grated cheese between. Slightly brown. One tablespoon chopped onion in 2 tablespoonfuls of hot butter; pour over top and sprinkle grated cheese and brown in oven.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

## DEVEILED ASPARAGUS

1½ or 2 cans (small sized cans)	2 hard boiled eggs, cut up.
asparagus tips or same	1½ tablespoons chopped onion.
amount of fresh asparagus	¼ pound cheese cut up or grated.
can be used.	

Put all together with a rich cream sauce, well seasoned with salt and pepper and dot with butter. Bake until a nice brown.

*Mrs. Albert B. Fall, Wife of former Secretary of Interior.*

## SCALLOPED ASPARAGUS TIPS

1 small can asparagus.	1 quart thin white sauce.
3 hard boiled eggs.	Salt and pepper.
2 cups bread crumbs.	¼ pound sliced cheese.

Cut asparagus in small pieces. Slice eggs in thin pieces. Fill baking dish alternately with layers of white sauce, asparagus, eggs and bread crumbs, seasoning throughout with salt and pepper. Place slices of cheese over top and bake in medium oven half hour.

*Mrs. Louis W. Fairfield, Wife of former Representative Fairfield (Ind.).*

## ASPARAGUS FAVORITE

Cook tips of asparagus in small amount of water. Add milk, lump of butter, salt and pepper. Thicken with flour, moisten with water. Have 4 hard-boiled eggs sliced into dish, pour asparagus over eggs, with spoon give it one stir, then serve.

*Mrs. Samuel Rutherford, Wife of Representative Rutherford (Ga.).*

## ASPARAGUS LOAF

2 tablespoons butter.	1 teaspoon salt.
2 tablespoons flour (cooked together).	Dash of cayenne.
	1 cup cream added gradually.

Boil 5 minutes. Remove from fire, add 1 cup cooked asparagus tips and 4 eggs, well beaten. Have ready a buttered mold, 1 quart size, lined with cooked asparagus tips and well drained. Turn in mixture. Set dish in pan of hot water. Bake 30 minutes in moderate oven. Turn out. Serve with Bechamel sauce.

Bechamel Sauce—Two tablespoons butter, 2 tablespoons flour, a little salt, nutmeg and red pepper. Cook until smooth. Add  $\frac{1}{2}$  cup milk with a cup of hot stock. When it boils, add the yolk of an egg and 1 tablespoon of lemon juice beaten together for 1 minute.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## ASPARAGUS MOUSSELAINE

Wash carefully a large bunch of tender asparagus. Rearrange bunch and tie with string. Cook until tender. Drain, remove the string. Arrange on hot serving dish and pour over the following sauce: Beat the yolks of 3 eggs until light and lemon colored. Add a  $\frac{1}{2}$  cupful of heavy cream and cook in double boiler stirring constantly until the mixture thickens. Add  $\frac{1}{4}$  cup butter, 1 tablespoonful lemon juice, salt and pepper to taste. This sauce should be served as soon as made.

*Mrs. John H. Smithwick, Wife of former Representative Smithwick (Fla.).*

## ASPARAGUS WITH MUSHROOMS

1 can asparagus or fresh asparagus, boiled.	1 teaspoonful salt.
$\frac{1}{4}$ pounds mushrooms.	$\frac{1}{4}$ teaspoonful pepper.
4 tablespoons butter.	$\frac{1}{4}$ teaspoonful paprika.
4 tablespoons flour.	2 cups milk.
	6 slices toast.

Heat asparagus in double boiler. In a pan melt the butter, add flour and seasonings and then milk. Cook until thick and smooth. Add mushrooms skinned and cut up. Cook until mushrooms are done. Place asparagus on toast and pour sauce over.

*Mrs. Albert W. Bissell, Daughter of the Secretary of the Interior.*

## ASPARAGUS SOUFFLE

1 small can asparagus.	$\frac{1}{2}$ cup grated cheese.
1 teacup milk.	4 eggs.
1 heaping teaspoon butter.	Salt to taste.
1 dessertspoon flour.	

Cut asparagus in small pieces. Make cream sauce. When done stir in cheese. Stir this into asparagus and let cool. Separate yolks and whites,

beating each separate. Stir in yolks and fold in whites last. Put in greased baking dish, sprinkle bread crumbs and bake 25 minutes.

*Mrs. W. C. Salmon, Widow of the late Representative Salmon (Tenn.).*

#### BLACK BUTTER SAUCE FOR ASPARAGUS

Take 2 heaping tablespoonfuls of butter to each bunch of asparagus. Brown until very dark but not burned. Remove the froth from time to time and stir constantly. Add a teaspoonful of vinegar and a teaspoonful of lemon juice (or the juice of half a lemon), a little salt, pepper and a half teaspoonful of paprika. Cook for a minute. It should be passed to pour over the tips of the asparagus.

*Mrs. Frederick R. Lehlbach, Wife of Representative Lehlbach (N. J.).*

#### ASPERGES SAUCE VENTIDIENNE

See Favorite Dishes of All Nations, page 28.

#### ARTICHOKE ENTREE

1 cup well seasoned cream sauce      3 large artichokes.  
1 Bluehill Cheese—Pimento.

Melt cheese in cream sauce. Add chopped artichoke hearts and soft ends of leaves. Bake in slow oven for 30 minutes. Serve on toast or in ramekins. Serve 4 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

#### HEARTS OF ARTICHOKE

See Favorite Dishes of All Nations, page 32.

#### ARTICHOKE RING

8 artichokes.       $\frac{1}{3}$  cup cracker crumbs.  
4 eggs.      Salt, pepper and a little garlic.  
 $\frac{1}{2}$  pint cream.

Rub through sieve, hearts and scraped petals of artichoke, making 2 cups of pulp. Add beaten yolks of eggs, cream, cracker crumbs and seasoning. Fold in last, beaten whites of eggs. Put in buttered quart ring mold and bake 35 minutes. Serve with creamed chicken, sweetbreads or shellfish.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

#### BOILED ARTICHOKE

Soak in cold salt water for at least 5 minutes, after carefully looking over for insects. Place compactly in a kettle, and cover with boiling, salted water, and cook until tender. Some cooks add a tablespoon of lemon juice, and a couple of slices of onion to the water, while others prefer a tiny clove of garlic, and several tablespoons of olive oil. Keep the kettle covered until the artichoke is cooked, which will be in about 20 minutes, or when one of the leaves separates easily from the bottom. Serve either hot or cold, and with mayonnaise, French dressing, or drawn butter.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

#### GROUND OR JERUSALEM ARTICHOKE

Three pounds of artichokes scraped and boiled until tender, mixed with chopped celery, green pepper and mayonnaise. Serve on lettuce.

*Mrs. Edwin Broussard, Wife of Senator Broussard (La.).*



**STUFFED ARTICHOKEs**

Search carefully for hidden insects, and wash well. Then force the leaves apart so that a dressing can be dropped between each leaf. The dressing consists of breadcrumbs, grated cheese, bacon that has been crisped and ground, a bit of garlic, and salt and pepper. Sprinkle this generously into the opened artichoke bud, put them into a flat bottom pan, pour a teaspoon of oil into each artichoke, pour water into the pan to the depth of an inch, and cook slowly for 25 or 30 minutes. Keep the pan covered closely. Serve hot or cold.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

**BAKED BANANAS**

Peel and scrape the fiber from 6 ripe bananas. Lay in earthen bake dish. Prepare a syrup of the juice of  $1\frac{1}{2}$  lemons,  $\frac{1}{2}$  orange, 3 tablespoons of granulated sugar, 6 tablespoons of water. Pour over the bananas and bake in a slow oven for  $\frac{1}{2}$  an hour, basting with the syrup until easily pierced by a fork. Lift carefully to platter and pour over the syrup remaining, garnish with green or red maraschino cherries. Serve hot or cold as an entree or vegetable.

*Mrs. Frederick W. Rowe, Wife of former Representative Rowe (N. Y.).*

**BAKED BANANAS**

First—Peel the bananas; place them in a stewpan, sprinkle sugar over them, and for each 6 bananas add a piece of butter the size of a small egg. Put the cover on the stewpan and let them stew very slowly for about 20 minutes. The banana juice, with the melting butter and sugar, makes a very delicate sauce. Second—Split open the skin of the bananas; throw this back. Split open the bananas, and in the opening place a little butter and sprinkle some sugar. Put in a baking pan and let them bake in a moderate oven until quite soft. Can be eaten with a spoon from the skins.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

**BAKED BANANAS FOR BREAKFAST**

Most delicious and healthful. Select nice whole bananas with unbroken skins. The red bananas are best. Put into an enameled pie plate with 2 tablespoonfuls of water for each banana. After placing in dish slit skin about 1 inch along top. Put in oven and bake for about  $\frac{3}{4}$  of an hour or until black. Do not cook too long or they will shrink and be dry. Serve in skins with the jelly which has formed from the water.

*Mrs. Key Pittman, Wife of Senator Pittman (Nev.).*

**BAKED BEANS**

Wash 2 pounds navy beans. Soak in lukewarm water overnight. In the morning parboil the beans. In the very last of the parboiling, add 1 teaspoon baking soda. Rinse in cold water and drain. In the bottom of the bean jar, put 2 large tomatoes or a cup of canned tomatoes, 1 large cooking apple, 1 large onion, 1 tablespoon prepared mustard,  $\frac{1}{2}$  cup molasses, 3 tablespoons salt,  $\frac{3}{4}$  cup vegetable salad oil. Put in beans, cover with water and cover jar. Bake slowly 6 hours, adding water as needed. The last 2 hours, bake rather dry before adding water. If necessary to brown, leave cover off during the last hour.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Maine).*

## BAKED BEANS

See Large Gatherings, pages 694, 696.

## BAKED DRIED BEANS

One pint dried beans. Cook in salty water until tender. Put in baking dish and add 1 tablespoon molasses, 3 tablespoons catsup and a little of the water that the beans have been cooked in. Lay 2 or 3 strips of bacon on top and bake  $\frac{1}{2}$  hour.

*Mrs. Harry E. Rowbottom, Wife of Representative Rowbottom (Ind.).*

## BOSTON BAKED BEANS

Two cups California pea beans soaked in cold water over night. In the morning let come to a boil. Add  $\frac{1}{2}$  teaspoon of soda and drain. In bean pot (casserole can be used) put  $\frac{1}{4}$  cup molasses, 1 onion, 1 tomato or  $\frac{1}{4}$  cup catsup, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon mustard and ginger. Add beans and  $\frac{1}{3}$  pound of fat salt pork. Fill pot with cold water and bake all day, adding hot water as needed. The last hour remove cover and let nearly all the water evaporate. Do not stir while cooking.

*Mrs. Charles L. Underhill, Wife of Representative Underhill (Mass.).*

## CARROLL COUNTY BAKED BEANS

Soak 1 pint navy beans over night in water to cover. Then boil them in 2 quarts of water with  $\frac{1}{4}$  teaspoon soda until skins begin to crack. Drain off water, place beans in bean pot with  $\frac{1}{2}$  pound of salt pork scored on top. Pour over the above the following: 3 tablespoons Porto Rican molasses and 1 teaspoon mustard. Fill pot nearly full with boiling water, cover and place in hot oven until well started, then moderate oven only. Bake until beans are tender (2 to 3 hours). Add water if necessary, but let cook down rather dry when done. Before removing from oven, uncover to brown. Serve with cooked tomatoes and brown bread.

*Mrs. Martin A. Morrison, Wife of former Representative Morrison (Ind.).*

## PORK AND BEANS A LA BRONX

## For Service of Six

2 cupfuls beans (large, white).	Condiments: White pepper,
$\frac{1}{2}$ pound pork, salt and fat.	paprika, English mustard (ac-
1 tablespoon molasses.	ording to taste).
1 teaspoonful sugar.	

Wash beans thoroughly. Cover with water and soak 8 hours. Simmer with pork for about 2 hours or until beans are tender. Add condiments. Pour in baking dish, slash the rind of the pork, spread molasses over the pork with a sprinkling of sugar. Bake in a very slow oven about 2 hours.

*Mrs. Anthony J. Griffin, Wife of Representative Griffin (N. Y.).*

## FRIJOLE PRESIDENCIAL

See Favorite Dishes of All Nations, page 124.

## FRIJOLE NEGROS (Black Beans)

See Favorite Dishes of All Nations, page 46, 80, 110.

## BEANS A LA EGYPTIENNE

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 2 pounds green beans cut lengthwise. | 1 cup diced raw ham.             |
| 1 can tomatoes, medium.              | 3 tablespoons sugar.             |
| 2 large onions, cut fine.            | Pinch of soda and salt to taste. |
| 6 slices of bacon, diced fine.       |                                  |

Put together in glass baking dish with cover and cook until done.

*Mrs. Fred A. Britten, Wife of Representative Britten (Ill.).*

## LIMA BEANS

See Favorite Dishes of All Nations, page 35.

## DRIED BEANS

See "Jefferson Cook Book," page 17.

## CANNED STRING BEANS

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 peck beans.                       | $\frac{3}{4}$ cup cider vinegar. |
| $\frac{1}{4}$ cup salt.             | Enough water to cover well.      |
| $\frac{1}{2}$ cup granulated sugar. |                                  |

Wash and string the beans in the usual manner; place in large kettle and add the salt, sugar, vinegar and enough water to cover well. After they come to the boiling point cook 10 minutes. Place in glass jars while hot, using the juice so that they are covered.

*Mrs. John S. Benham, Wife of former Representative Benham (Ind.).*

## COOKING STRING BEANS

Wash and cut in pieces 2 pounds beans. Put a half cup cooking oil in kettle. Add small onion chopped finely. Let fry for a few minutes, then add beans, shaking well for several minutes to thoroughly mix beans and oil. Add salt and small quantity of hot water. Boil 2 or 3 hours according to tenderness of beans. Do not let them boil dry.

*Mrs. W. C. Hawley, Wife of Representative Hawley (Ore.).*

## GREEN BEANS WITH SALT PORK

- |   |  |
|---|--|
| 1 gallon fully developed green beans.       | $\frac{1}{2}$ gallon of water.                                 |
| $\frac{3}{4}$ pound fat salt pork or bacon. | 1 dozen new potatoes (or as many as you like), of medium size. |
| 1 tablespoon of salt.                       |  |

Break beans into pieces 1 inch in length, wash thoroughly and place in an iron kettle. Add pork, salt and water and boil 2 hours. After the beans have boiled  $1\frac{1}{2}$  hours, place the potatoes on top and salt lightly. Replenish with boiling water as needed, but when beans are thoroughly cooked very little water should be left in the kettle. This amount is sufficient to serve 8 persons.

*Mrs. W. F. Fields, Wife of the Governor of Kentucky.*

## HOT WAX BEANS

Enough wax (yellow) beans boiled in slightly salt water to fill a quart jar or in the winter time 1 quart canned as above. One large onion,  $\frac{1}{4}$  cup vinegar (depends on strength of vinegar), season with salt and pepper, 3

or 4 strips of sliced bacon. Cut bacon in small pieces and fry in skillet. Add vinegar, salt and pepper and a small amount of water if vinegar is strong. Slice the onion and place in skillet and cook until tender. Add beans, and if they are already tender bring to the boiling point and serve. If not tender, it may be necessary to boil a little longer.

*Mrs. John S. Benham, Wife of former Representative Benham (Ind.).*

### SNAP BEANS

Snap and string 2 pounds of tender snap beans.  $\frac{1}{4}$  pound of side meat. Pepper and salt to taste. Onion if you wish. Method: Take 2 quarts of water, put in pot with the meat, let come to a boil then put in beans, onion, pepper and when tender add salt. Cook until liquid is reduced to about 1 teacup.

*Mrs. Henry L. Fuqua, Wife of the Governor of Louisiana.*

### HARVARD BEETS

Cook beets as usual, and slice or cut in any desired shape. Make dressing as follows: Mix  $\frac{1}{2}$  cupful sugar, and  $\frac{1}{2}$  tablespoon cornstarch, pour on, stirring constantly  $\frac{1}{2}$  cupful of vinegar. Boil for a few moments, add beets and let stand on back of stove about 30 minutes. Before serving add 2 table-spoonsful of butter.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### BROCOLLI HOLLANDAISE

Clean the broccoli, tie in bunches (one bunch per person) and cook in salt water until tender. Serve on separate plate with Hollandaise sauce.

*Mrs. Ben L. Fairchild, Wife of former Representative Fairchild (N. Y.).*

### BRUSSEL SPROUTS AND CELERY

1 quart of Brussels sprouts.	3 tablespoonfuls flour.
$1\frac{1}{2}$ cups celery.	$1\frac{1}{2}$ cups milk.
3 tablespoonfuls butter.	

Boil sprouts in salted water until tender. Cook celery in butter 10 minutes, add flour and milk making white sauce. Put all in baking dish 30 minutes.

*Miss Laura Volstead, Daughter of former Representative Volstead (Minn.).*

### BUTTERED CABBAGE

Cabbage is tenderest and digestible when chopped in cubes or sliced as for cold slaw. Put into boiling salted water for 10 minutes when it is thoroughly cooked. Then drain and season with butter.

*Mrs. Key Pittman, Wife of Senator Pittman (Nev.).*

### HOT CREAMED CABBAGE

Slice a medium sized head of cabbage very thin. Cook until thoroughly well done in just enough water to prevent burning.

Season with salt—a very little pepper; 2 tablespoons butter,  $\frac{1}{2}$  cup sugar and vinegar to make quite tart. Let this seasoning boil up well, then add  $\frac{1}{2}$

cup cream; heat thoroughly but do not boil—then add 1 egg that has been beaten very light.

*Mrs. Edw. T. Taylor, Wife of Representative Taylor (Col.).*

### SCALLOPED CABBAGE

1 head cabbage, cut fine. Cook until tender.

Put in a baking-dish and pour over it a cream sauce, with 1 cup of grated cheese; cut squares of bread, buttered, and put on top or use buttered bread crumbs sprinkled over top. Bake slowly about  $\frac{1}{2}$  hour.

*Mrs. Allen J. Furlow, Wife of Representative Furlow, (Minn.).*

### SCALLOPED CABBAGE

Cut 1 small head cabbage fine. 3 cupsful of soft breadcrumbs. Butter a casserole, put in alternate layers of cabbage and crumbs, and bits of butter and salt and pepper—having crumbs on top. Pour over it 1 pint of sweet milk and bake 1 hour in moderate oven. Uncover the last 15 minutes to brown.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Pa.).*

### CABBAGE AU GRATIN

Rinse in cold water 1 head of cabbage. Chop fine and let stand in cold water 15 minutes. Drop cabbage in boiling salted water and boil 8 minutes, heating unit "high." Prepare medium white sauce, add salt and pepper to taste and 4 tablespoons grated cheese. When thick, add yolks of 2 eggs which have been hard cooked and chopped fine. Chop whites fine, use casserole, and arrange layers of cabbage, chopped egg and white sauce. Top the casserole with breadcrumbs. Bake 30 minutes. Cauliflower may be used instead of cabbage, also onions.

*Miss Laura Volstead, Daughter of former Representative Volstead (Minn.).*

### CABBAGE HEAD

2 pounds beef and 1 pound salt pork—chopped. 2 biscuits, soaked in water (equal to about 2 slices bread), salt, pepper (allspice or sage).

Mix well. Parboil good sized head of cabbage in salted water. Take out, carefully turn back outer leaves, remove center; replace with the ball of force meat, turn leaves back into place; tie in cheese cloth and boil for two hours in salted water. Finish cooking part of cabbage removed and serve for extra.

*Mrs. James H. Davidson, Widow of the late Representative Davidson (Wis.).*

### VEGETABLE LOAF

- |                      |                            |
|----------------------|----------------------------|
| 1 head raw cabbage.  | 2 or 3 cups of whole wheat |
| 2 or 3 raw potatoes. | bread (or other bread),    |
| A little celery.     | A little milk.             |
| 2 fried onions.      | Chopped parsley.           |
| 2 eggs.              | Salt and pepper.           |
| A little butter.     |                            |

Grind or chop cabbage into very small pieces; grate potatoes; beat up eggs very well. Put all ingredients together, except milk. The milk should be added when the rest of mixture has been beaten together very well.

"Now shape it into a loaf." Put it in pan and let it bake until brown

enough to your taste. Every housewife must use her own discretion in the degree of what we call "well done."

*Mrs. Roy G. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

### RED CABBAGE

Shred 2 cups red cabbage.

½ pound butter.

½ pound baking grease.

2 pounds sugar.

Salt, vinegar, flour.

Cook first with butter and grease—shake of salt. Then sprinkle a little flour; a little vinegar; add sugar. Cook until tender.

(A N. Y. hotel receipt.)

*Mrs. M. F. Phelan, Wife of former Representative Phelan (Mass.).*

### CABBAGE STUFFED—DANISH

Pass through a chopper twice a pound of any kind of cold meat, a small onion and a green pepper (without the seed). Season highly with salt, paprika, nutmeg and allspice. Mix with a beaten egg; add a spoonful of catsup and enough water to moisten slightly. Boil a small, firm cabbage for 20 minutes. Cut out the stalk and fill the cavity with the meat. Close it with a small piece of stalk tied on. Steam for an hour and serve with melted butter.

*Mrs. Walter E. Edge, Wife of Senator Edge (N. J.).*

### STUFFED CABBAGE

Remove the heart from the head of a cabbage, stuff with pork sausage which has been seasoned with salt and pepper. Place in a double boiler, allowing no water to touch the cabbage, then cook two hours. When ready to serve place on a platter and pour a rich white sauce over the cabbage.

*Mrs. A. H. Vestal, Wife of Representative Vestal (Ind.).*

### STUFFED CABBAGE

See Favorite Dishes of All Nations, page 85.

### SAUER KRAUT

(After an imported recipe)

1 quart sauer kraut.

2 tablespoonfuls oatmeal.

8 links fresh all-pork sausage.

Fresh mashed potatoes.

Grated cream cheese or

Parmesan cheese.

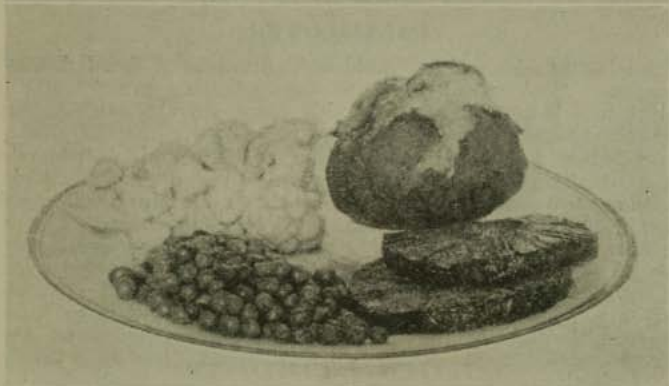
Direction: Place sauer kraut in bean pot, scattering the oatmeal through it. Place sausage links on top. Cover with water. Place bean pot in oven, tightly covered, to prevent odors from escaping. Boil 2-3 hours, until water is boiled out or nearly so. Lift out sausages (can be slightly browned separately) serve on separate dish. Lift out sauer kraut and place in casserole. Cover smoothly with 1 inch mashed potatoes. Sprinkle with grated cheese. Place a few minutes in oven.

Serve hot; makes a whole dinner.

*Mrs. Martin A. Morrison, Wife of former Representative Morrison (Ind.).*

### SAUER CABBAGE

See Favorite Dishes of All Nations, page 139.



### THREE VEGETABLE PLATES

1. Corn fritter, cabbage, carrots, baked apple.
2. Stuffed pepper, eggplant, beans, celery.
3. Baked potato, pineapple, peas, cauliflower.

*Bureau of Home Economics, U. S. Department of Agriculture*

## THICK SAUER KRAUT

See Favorite Dishes of All Nations, page 60.

## CARROT CAKES

2 pounds of tender carrots scraped and boiled. Mash well. Add salt, 3 tablespoons sugar and 1 egg. Roll in bread crumbs as you would potato cakes and fry.

*Mrs. Edwin Broussard, Wife of Senator Broussard (La.).*

## GLAZED CARROTS WITH MINT

12 medium carrots, parboiled until tender.	4 tablespoons Swift's Silver- leaf pure lard.
$\frac{1}{2}$ cup granulated sugar.	2 tablespoons chopped mint.
$\frac{1}{4}$ cup water.	

Dissolve sugar in water and add to lard in cold frying pan. Heat until lard melts. Add carrots and mint and cook until carrots are glazed but not browned. Sweet potatoes, parsnips, beets and salsify may be glazed the same way, with or without mint, vinegar or other special flavoring. The secret of glazing vegetables in frying lies in adding the sugar and water mixture to lard in a cold frying pan—just as described above.

*Miss Clara Sproul, Daughter of Representative Sproul (Ill.).*

## CARROT LOAF (Substitute for meat)

Scrape and grate enough raw carrots to make  $1\frac{1}{2}$  cupfuls. Add to this  $\frac{1}{2}$  cup of bread crumbs,  $\frac{1}{2}$  cup of chopped nuts, 1 tablespoonful sugar, 1 teaspoon salt, a little pepper, 2 beaten eggs, 1 cup milk and 1 small cup flour. Mix thoroughly, then add 1 heaping tablespoon of soft butter. Pour into a greased mold and boil in hot water for 1 hour. Serve with drawn butter.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

## CAULIFLOWER

Remove leaves and soak a cauliflower 30 minutes (head down) in cold water to cover. Cook (head up) until soft in boiling, salted water to cover. Drain, place in a baking dish, cover with sauce, sprinkle with  $\frac{1}{4}$  cup grated Parmesan cheese and bake until cheese is melted. For the sauce, melt 2 tablespoons butter, add 2 tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, 1 cup chicken stock. Bring to the boiling point and add  $\frac{1}{2}$  teaspoon salt, few grains pepper, yolks of 2 eggs (beaten slightly) and  $\frac{1}{2}$  cup grated Parmesan cheese.

*Mrs. U. S. Guyer, Wife of former Representative Guyer (Kan.).*

## FRIED CAULIFLOWER

See Favorite Dishes of All Nations, page 84.

## STUFFED CAULIFLOWER

1 white, solid cauliflower.	3 or 4 mushrooms, chopped.
1 teaspoon capers, chopped.	$\frac{1}{2}$ cup grated cheese.
$\frac{1}{2}$ cup fine bread crumbs.	$1\frac{1}{2}$ cups cream sauce.

Boil cauliflower in salted water until almost done. Place in baking dish in which it is to be served. Remove stalk and small portion of heavy stems.



Stuff with above ingredients well blended and moistened with a portion of the cream sauce. Pour over all the remaining cream sauce. Over stuffing place a thick layer of grated cheese and scatter remainder of cheese over cauliflower. Place in a moderate oven until a nice brown.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

*Such vegetables as celery ought to lengthen human life, at least, to correct its biliousness, and make it more sweet and sanguine.*

—John Burroughs.

### ITALIAN CELERY

Wash 2 bunches of celery and cut stalks in 2 inch sections. Boil until tender. Beat 5 eggs as for omelet and add 2 tablespoons olive oil and 1 teaspoon chopped parsley with 1 clove minced garlic.

Place 1 spoon oil in roasting pan so that it will be well greased, lay celery on bottom evenly, and pour over egg mixture. Dot with cottage cheese and bake until solid. Cut in small squares and serve as vegetable or entree.

*Mrs. Howard S. Reeside, Daughter of the late Representative Horner (Pa.).*

### STUFFED CELERY

Wash celery and remove all strings. Place in water while preparing following paste:

$\frac{1}{4}$  cup chopped nuts.  $\frac{1}{2}$  cup creamed cheese.

$\frac{1}{4}$  cup stuffed olives, chopped.

Season with red pepper. Mix this thoroughly and spread with knife on celery.

*Mrs. Wm. M. Morgan, Wife of Representative Morgan (Ohio).*

### FRENCH CHESTNUTS AS A VEGETABLE

Boil 1 quart French chestnuts until tender—20 minutes. Peel and skin and put in a shallow baking dish. Boil enough small white onions to stick in and fill the hollows on top of the chestnuts. Baste with melted butter while heating in oven.

This dish always makes a "hit" served with poultry.

*Mrs. Edmund Platt, Wife of former Representative Platt (N. Y.).*

### TO CAN CORN

14 cups corn.

1 cup sugar.

1 cup salt.

Place mixture on back of stove until juice gathers. Then pull to front of stove and boil 20 minutes. After sterilizing cans pack this mixture into them and seal. The secret of this is to press the corn tight into cans and dip or force out all the juice possible.

To use—after opening put water on corn and drain off. Add more water and let come to a boil. Drain and add water again. Drain this and add butter and little milk.

*Mrs. James R. Patten, Daughter of the late Senator Latimer (S. C.).*

### CANNED CORN

To 9 cups of corn cut from the cob add 1 cup of sugar,  $\frac{1}{2}$  cup of salt,  $\frac{1}{4}$  cup of water. Cook 15 minutes and can while boiling hot and seal. When wanted for table use, soak over night in cold water, pour off water and put

on a little more before putting on the stove to cook. Add cream and season as usual.

*Mrs. James W. Dunbar, Wife of former Representative Dunbar (Ind.).*

### CANNED CORN

100 ears of corn make 18 pints. 8 cups corn, 2 cups sugar,  $\frac{1}{2}$  cup salt. Let come to a boil and boil 5 minutes. Pack tight and seal.

*Mrs. S. D. McReynolds, Wife of Representative McReynolds (Tenn.).*

### BOILED CORN

Husk corn, removing all silk. Put corn into fresh boiling water to cover, and boil rapidly for 5 minutes. Remove from water and place on platter on which a napkin has been spread, covering corn with ends of napkin. Serve immediately.

*Mrs. Arthur H. Greenwood, Wife of Representative Greenwood (Ind.).*

### CORN CHOWDER

Cut salt pork into little cubes and fry to a light brown; then add one large onion and cook until brown. Add four good sized potatoes sliced, with water to cover and cook until done. Have about six large soda crackers soaked in a cup of milk. Add this when potatoes are done, and last of all one can of corn, salt and pepper to taste, and serve.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

### FRESH GREEN CORN ON THE COB

Tenderest when put in unsalted boiling water for not longer than 2 minutes and served immediately.

*Mrs. Key Pittman, Wife of Senator Pittman (Nev.).*

### HUMITAS (PATES OF FRESH CORN)

See Favorite Dishes of All Nations, pages 42, 43, 57.

### CORN IN THE HUSK

See Favorite Dishes of All Nations, page 23.

### GREEN CORN TAMALES

See Favorite Dishes of All Nations, pages 83, 124.

### GREEN CORN WITH TOMATOES AND CHEESE

1 tablespoon butter.	2 yolks of eggs.
2 cups grated cheese.	1 teaspoon salt.
$\frac{3}{4}$ cup canned or fresh corn, grated.	$\frac{1}{2}$ teaspoon paprika.
1 ripe pimiento.	4 slices bread, toasted on one side.
$\frac{1}{2}$ cup tomato puree.	

Melt butter and cheese; add corn and pimiento, then the eggs beaten

with tomato, salt and paprika. Pour on the untoasted side of bread and serve at once.

*Miss Grace C. Burton, Niece of Representative Theodore Burton (Ohio).*

### BAKED FRESH CORN (TORTA DE JOJOTOS)

See Favorite Dishes of All Nations, page 135.

### CORN OYSTERS

Score the corn down the center of each row of grains, then with the back of the knife press out the pulp leaving the hull on the cob. To every pint of pulp allow:

- |                                    |                      |
|------------------------------------|----------------------|
| 2 eggs.                            | 1 dash cayenne.      |
| 2 heaping tablespoons of flour.    | 1 dash black pepper. |
| $\frac{1}{2}$ teaspoonful of salt. |                      |

Beat the eggs separately; add first the yolks to the corn, then the salt, cayenne, pepper and flour, then the whites of eggs. Mix gently. Put 2 tablespoonsful of lard or butter in a frying pan. When hot drop the mixture by spoonsful into it; when brown on one side turn and brown the other. Serve very hot.

*Mrs. William A. Rodenberg, Wife of former Representative Rodenberg (Ill.).*

### CORN PUDDING

- |             |                              |
|-------------|------------------------------|
| 1 can corn. | 1 cup sweet milk.            |
| 3 eggs.     | 1 heaping tablespoon butter. |

Process: Beat eggs very light, add a can corn, or same quantity of fresh corn, the milk and butter.

Season to taste with salt and white pepper and pour into baking dish. Bake about 30 minutes, until a light brown. Serve immediately.

*Mrs. Lamar Jeffers, Wife of Representative Jeffers (Ala.).*

### COLOMBIAN CORN PUDDING

See Favorite Dishes of All Nations, page 34.

### CORN SOUFFLE

- |                      |                             |
|----------------------|-----------------------------|
| 4 ears of corn.      | 1 teaspoon salt.            |
| 1 tablespoon butter. | 2 eggs.                     |
| 2 tablespoons flour. | 1 teaspoon sugar (heaping). |
| 1 cup milk.          | Pepper.                     |

Method: Melt butter, add flour, pour on gradually milk, bring to boiling point, add corn, seasoning, yolks of eggs well beaten and lastly fold in whites of eggs beaten stiff. Turn into a buttered baking dish and bake in a moderate oven 30 minutes. *Serve immediately.* Cut each grain of corn in half, lengthwise, before cutting from cob.

*Mrs. M. H. Thatcher, Wife of Representative Thatcher (Ky.).*

### CORN-TOMATO

- |                 |                 |
|-----------------|-----------------|
| 5 slices bacon. | 1 can corn.     |
| 1 onion.        | 1 can tomatoes. |

Cut bacon into small pieces and fry until crisp. Into this cook onion which has been cut fine. When brown add corn and last tomatoes. Cook until well done, season with salt and pepper.

*Mrs. Charles R. Crisp, Wife of Representative Crisp (Ga.).*

## BAKED CUCUMBERS

Take 6 large cucumbers and halve them after having washed and scraped them a bit. Fill with fine bread crumbs and a little chopped celery and tomatoes. Season with butter, pepper and salt and use the cucumber which is taken out to prepare for filling with the ingredients above mentioned. In preparing the cucumber to add to the celery and tomato take out the seeds. Bake 20 minutes in moderate oven.

*Mrs. Thomas F. Bayard, Wife of Senator Bayard (Del.).*

## CREAMED CUCUMBERS

2 medium cucumbers.	2 teaspoons vinegar.
1 cup sweet cream.	$\frac{1}{8}$ teaspoon baking soda.
3 tablespoons sugar.	Dash of pepper.

Peel cucumbers and slice as thin as possible; salt well and set aside for 15 minutes. Then rinse well with cold water; add sugar, vinegar and baking soda and mix well. Add cream and dash pepper over. This may be served as an extra vegetable with a dinner.

*Mrs. John B. Sosnowski, Wife of former Representative Sosnowski (Mich.).*

## FRIED CUCUMBERS

Pare cucumbers and cut lengthwise in  $\frac{1}{2}$  inch slices. Soak in salted water for an hour. Dry between towels, sprinkle with salt and pepper, dip in crumbs, egg and crumbs again; saute in butter—keeping frying pan covered until done.

Firm, ripe tomatoes may be fried in the same manner, omitting the soaking in salted water.

*Mrs. E. E. Browne, Wife of Representative Browne (Wis.).*

## SLICED CUCUMBERS

Remove thick slices from both ends of cucumbers and a rather thick paring. Cut in thin slices, soak in salted ice water until ready to serve. Drain and cover with crushed ice for serving.

*Mrs. E. E. Browne, Wife of Representative Browne (Wis.).*

## STUFFED CUCUMBERS

See Favorite Dishes of All Nations, page 90.

## BAKED EGG PLANT

Hollow out a large egg plant, divided in half length ways, and boil contents for 15 to 30 minutes. Drain thoroughly. Reheat and add

2 eggs well beaten together.	1 tablespoon sugar (rounded.)
1 cup bread crumbs, toasted.	Dash of pepper.
1 cup grated cheese.	1 tablespoon butter (level.)

Stuff into shells, sprinkle with bread crumbs and grated cheese, bake in oven until brown.

*Mrs. Hubert F. Fisher, Wife of Representative Fisher (Tenn.).*

## BAKED EGG PLANT

Peel 1 egg plant; dice and boil in salt water about 10 minutes or until tender. Brown 1 tablespoon butter in pan with  $\frac{1}{2}$  onion and  $\frac{1}{2}$  bell pepper.

Add 1 tablespoon flour and then milk to make heavy cream sauce. Season, pour over egg plant (in baking dish). Cover with crumbs and cheese and bake until brown.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

### BAKED EGG PLANT

Boil 2 medium sized egg plants in water, without peeling, until tender. Let cool and cut in halves lengthwise. Scoop out center and to this add pepper, salt and a scant teaspoon of sugar. Moisten well about  $\frac{1}{8}$  loaf of bread and mix with egg plant. Fry in butter 1 finely chopped onion, and add above mixture; break in two eggs and stir all together. Fill egg plant shells, sprinkle with cracker crumbs or rolled corn flakes, and bake in slow oven about half an hour.

*Mrs. Luther A. Johnson, Wife of Representative Johnson (Texas).*

### EGG PLANT CUSTARD

Cut peeled egg plant into cubes, and cook a few moments in boiling water. Drain well, and add to a custard made by beating 1 egg into each half cup of milk. Grease a small baking dish well, pour in mixture and bake very slowly for about 15 minutes.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### FRIED EGG PLANT SLICES

Trim the skin from the raw egg plant and cut in slices half an inch thick. Do not put the egg plant in salted water, as it destroys the fine flavor, and is not at all necessary. In India where the egg plant is a common article of diet, it is not soaked in salt water, or salted and put under pressure as many American cooks do.

Dip the sliced egg plant, either in egg and bread or cracker crumbs, or in batter, and fry in enough fat to keep it from sticking to the bottom of the pan.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### EGG PLANT FRITTERS

One large egg plant, boiled without peeling, in a porcelain kettle, until soft. Remove skin and mash very fine in an earthen bowl. When cold add salt, pepper and a batter made by mixing together 3 eggs well beaten,  $\frac{1}{2}$  teacup of cream or milk and flour to thicken well. Have lard smoking hot in your spider and drop batter, like fritters, browning on both sides.

*Mrs. John F. Shafroth, Widow of the late Senator Shafroth (Col.).*

### MOUSSAKA EGYPTIENNE (EGG PLANT WITH LAMB)

See Favorite Dishes of All Nations, page 58.

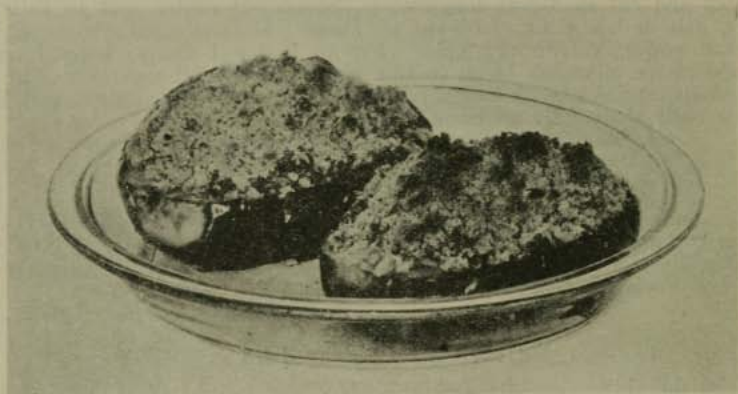
### STUFFED EGGPLANT

1 medium sized eggplant.	2 tablespoons chopped pean- nuts.
1 pint finely cut cabbage.	1 cup fine bread crumbs.
$\frac{1}{2}$ teaspoon salt.	
1 tablespoon butter.	

Cut eggplant in half. Remove as much of the white portion as pos-

sible without breaking the shell. Cut in small pieces. Cook cabbage and eggplant in a small amount of water about 10 minutes. Drain and mix the other ingredients with it. Fill the eggplant with the stuffing; place buttered crumbs on top. Pour around each half eggplant a little of the water in which the cabbage and eggplant were cooked. Bake half an hour, or until golden brown. (See cut.)

*Dr. Louise Stanley, Chief of Bureau of Home Economics.*



STUFFED EGGPLANT

### EGGPLANT WITH SPAGHETTI OR RICE

Peel the eggplant and cut in thin slices. Add a little salt to each slice and press under a heavy weight for one-half hour. Fry in butter until tender. Cook the spaghetti or rice. Make tomato sauce. When ready to serve put first in the center of the dish a layer of spaghetti or rice, then a slice of eggplant, then another layer of spaghetti or rice, another slice of eggplant, and so on. Pour the tomato sauce around the layers, and serve.

*Mrs. Alice Longworth, Wife of Rep. Longworth, Speaker of the House.*

### SPANISH EGGPLANT

Take a deep baking dish and grease with 1 teaspoonful of butter. Put in it alternate layers of eggplant, well pressed and skinned, and any good ground meat mixed with tomatoes and a dash of onion. There should be at least 4 layers of eggplant. Cut this about an inch in thickness, with the layers of meat, tomatoes and dash of onion between each. The top layer should be covered with fine bread crumbs dotted with butter.

Season meat filling with salt and pepper and a little fine parsley if desired. Bake in moderate oven 40 minutes.

*Mrs. Thomas F. Bayard, Wife of Senator Bayard (Del.).*

### STUFFED EGGPLANT

3 small eggplants.  
 $\frac{1}{2}$  cup cold meat, minced.  
 $\frac{1}{2}$  cup boiled rice.

2 tablespoonfuls olive oil.  
 6 tablespoonfuls soft crumbs.  
 Salt and pepper to taste.

Cut eggplants in half and parboil 3 minutes in boiling salted water; drain and cut out soft centers. Chop centers and mix with meat, rice and bread crumbs; salt, etc. Moisten some crumbs with olive oil, and spread over top. Bake shells filled with mixture until tender and brown.

*Mrs. Randolph Perkins, Wife of Representative Perkins (N. J.).*

### SAVORY STUFFED EGGPLANT

Cut the top from a large eggplant. Scrape the shell of all meat, leaving  $\frac{1}{2}$  inch wall. Fill this shell with salted water and set aside until needed. Chop fine the eggplant which has been scooped out. Add 1 onion, 1 green pepper and 1 large tomato, all of which have been chopped fine. Boil in salted water until thoroughly tender. Mash and season highly with butter and pepper. Add to this mixture 1 cup of cold boiled ham (chopped fine) oysters can be used instead of ham. Fill shell, sprinkle top with butter, bread crumbs and bake for 20 minutes.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

### EGGPLANT AND TOMATO

Bread crumbs.  
Grated cheese.

Seasoning.

Peel and slice eggplant. Peel and slice tomatoes. Fry eggplant in olive oil. Mix bread crumbs, salt and pepper. Butter deep baking dish and put in layer of eggplant and layer of tomatoes and sprinkle with bread crumbs. Dot top with butter. Bake in moderate oven 20 minutes.

*Mrs. Florence P. Kahn, Member of Congress (Calif.).*

### FENNEL

See Favorite Dishes of All Nations, page 33.

### FRENCH FRIED ONIONS

Peel and slice 4 medium sized onions. Have 2 eggs well beaten, to which has been added 1 tablespoonful of milk,  $\frac{1}{4}$  teaspoon salt and a dash of pepper. Dip the onions first in the egg mixture, then in flour; then in the egg mixture again, and lastly in cracker meal. Drop in deep fat and fry quickly.

*Miss Metze Jones, Sister of Representative Jones (Texas).*

### ONIONS, STUFFED

Large Gatherings, page 695.

### ONIONS STUFFED WITH CORN A LA HILLSBOROUGH

Parboil 6 large silver onions and scoop out part of the heart. With a sharp knife score lengthwise several large ears of corn and press the pulp out with the back of the knife. To a cup of pulp add 2 eggs, a tablespoon of thick cream, a teaspoon of melted butter and salt, paprika and sugar to taste. Fill the onions with the mixture, cover with grated Parmesan and bake until the custard is set. Serve with rich cream sauce.

*Mrs. Walter E. Edge, Wife of Senator Edge (N. J.).*

## ONION RINGS

Cut Spanish or Bermuda onions in quarter inch slices. Separate into rings. Allow to stand in cold water for an hour or more. Drain and dry. Dip into a fritter batter. Fry in deep fat until a light brown.

*Mrs. John McSweeney, Wife of Representative McSweeney (Ohio).*

## ONION SOUFFLE

Cook onions in boiling salted water until soft. Drain and force through a colander. To  $1\frac{1}{2}$  cups onion pulp, allow 4 tablespoonfuls of flour, which has been mixed with the same amount of butter. On the flour and butter pour gradually, while stirring constantly,  $\frac{1}{3}$  cup of water, in which onions have been cooked, and  $\frac{1}{3}$  cup of cream, then add onion pulp. Beat the yolks of 3 eggs until thick and add to first mixture, then fold in the stiffly beaten whites. Turn into a buttered baking dish and bake 25 minutes in a moderate oven. Serve at once.

*Mrs. John Shafroth, Widow of the late Senator Shafroth (Col.).*

## PEAS

These peas will be a revelation to most Americans, as the method is largely accountable for the delicious quality of French peas.

Take nice outside leaves of lettuce, wash, and line a kettle with 2 or 3 layers just as they are shaken from the water. Pour in the peas and cover with a close fitting lid. This is essential, as it is the confined steam that cooks the peas. No water is added to the lettuce leaves other than that which clings to them, unless the peas are a little old, when it will be necessary to add just a little water. Place the kettle on the back part of the range, where it will steam, but not burn. When the peas are done (20 minutes for young peas; longer for older ones) pour the peas from the kettle, leaving the lettuce, and season with butter, etc., to taste.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## PEAS WITH BACON

Shell 2 pounds new peas—or one can sifted peas; add level teaspoon of sugar and cook till tender with 3 slices of raw bacon diced and 1 small onion diced. Use small amount of water and boil down low for rich flavor. Season with salt and pepper to taste.

*Mrs. Philip D. Swing, Wife of Representative Swing (Cal.).*

## PEAS AND PIMIENTOS

1 can peas.	1 tablespoon flour.
1 can pimientos.	2 cups milk.
1 tablespoon butter.	

Cut pimientos into small pieces and put in the sauce. Cook 15 minutes. Add peas and salt. Serve on timbales or toast.

*Miss Grace C. Burton, Niece of Representative Theodore Burton (Ohio).*

## PEAS AND RICE

See Favorite Dishes of All Nations, page 81.



## PEA LOAF

(A health vegetable substitute for meat)

$\frac{3}{4}$ cup toasted bread crumbs.	$\frac{3}{4}$ teaspoon salt.
$\frac{1}{2}$ cup cooked peas (or canned peas).	$\frac{3}{4}$ cup milk.
$\frac{1}{4}$ cup chopped English walnut meats.	$\frac{1}{4}$ cup butter.
	1 egg.

Toast stale bread and grind for crumbs. Cook fresh peas or use canned ones, drain off all water and put peas through a colander for puree. Mix toast crumbs, pea puree, chopped nut meats and beaten egg. Turn into a well buttered baking dish. Let stand 15 minutes. Bake in a slow oven 40 minutes.

*Mrs. Brooks Fletcher, Wife of Representative Fletcher (Ohio).*

## PEPPERS AS A VEGETABLE

Cook in boiling water, until tender, the long green pod peppers, not the hot kind or the green bell peppers. Slit lengthwise in about 1 inch widths. Drain and season with salt and butter.

Take 1 large green pepper for each person.

Drop the peppers into boiling water for about 7 minutes, then dash into cold water and peel without breaking. Drain dry. Put a piece of sharp cream cheese about 2 inches long and 1 inch wide inside. Roll the peppers in flour or very fine cracker crumbs. Fry very slowly with slow heat so the cheese can soften. Serve hot for luncheon with a nice salad and hot biscuits.

*Mrs. Key Pittman, Wife of Senator Pittman (Nev.).*

## PEPPER HASH

1 quart tomatoes.  
3 peppers.

1 large onion, chopped.

Cook onion and pepper about 10 minutes, or until soft, in hot frying pan. Add tomatoes and a little salt. Cook until soft. Just before serving stir in 3 eggs slightly beaten.

*Mrs. Charles A. Eaton, Wife of Representative Eaton (N. J.).*

## FRIED STUFFED PEPPERS

Use green peppers, canned (or pimientos), insert American cheese shaped roughly to fit pepper, roll in beaten egg, then in salted flour, and fry slowly in small amount of oil.

*Mrs. Wm. Kettner, Wife of former Representative Kettner (Cal.).*

## HOLLAND BUTTERCUPS

Make a medium thick, rich white sauce. Melt  $\frac{3}{4}$  cup grated or finely chopped Brookfield cheese in 1 cup of the sauce. Chop 4 hard-boiled eggs coarsely, and add to the sauce. Stuff into pepper shells from which the seeds have been removed. Sprinkle the top with grated Brookfield cheese, and bake in moderate oven till pepper shells are done.

*Miss Clara Sproul, Daughter of Representative Sproul (Ill.).*

## STUFFED SWEET RIPE OR GREEN PEPPERS

See Favorite Dishes of All Nations, page 82.

## STUFFED PEPPERS WITH OYSTERS

Wipe 4 large green peppers, parboil 10 minutes in 1 quart of water to which has been added  $\frac{1}{4}$  teaspoon baking soda. Cut in halves lengthwise; remove seeds, fill with oysters mixed with cream sauce; cover with buttered crumbs, and brown under gas flame. For the oysters wash 1 quart oysters and cook until plump. Drain and add to sauce made of 3 tablespoons butter,  $3\frac{1}{2}$  tablespoons flour,  $1\frac{1}{2}$  cups milk,  $\frac{3}{4}$  teaspoon salt, and a few grains of pepper.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

## CREAMED POTATOES (No Flour)

Chip or slice 4 large boiled potatoes into an open basin; scatter over them a level teaspoonful of salt; dot bits of butter freely over the top; have  $\frac{1}{2}$  cupful of cream and milk ready, chiefly cream. The secret lies in the scarcity of the milk and cream. Pour in only enough to make  $\frac{1}{4}$  of an inch in depth. Add more milk or cream if necessary. Stew several minutes over a low heat.

*Mrs. Henry W. Seymour, Widow of the late Rep. Seymour (Mich.).*

## CREAMED POTATOES

Use potatoes boiled the day before serving. Dice finely and put into double boiler with a little butter, a little onion, salt, pepper and cream to cover. Let cook over water for 2 hours, stirring only occasionally.

*Mrs. Frank O. Lowden, Wife of former Representative Lowden (Ill.).*

## DELMONICO POTATOES

Cut potatoes into small pieces; cook until a little tender; drain and add a thick cream sauce, 2-ounce lump of cheese shredded; salt and pepper to taste. Cover with bread crumbs and bake in oven until nice brown.

*Mrs. William I. Swoope, Wife of former Representative Swoope (Pa.).*

## FRENCH FRIED POTATOES

Pare and cut potatoes into long even pieces. Put into cold water for about an hour. Drain and dry well. Fry in deep fat until brown and cooked through; drain on unglazed paper. Salt just before serving. Sweet potatoes may be prepared in same way.

*Mrs. Arthur H. Greenwood, Wife of Representative Greenwood (Ind.).*

## POTATOES AU GRATIN

9 cold boiled potatoes (riced).	2 tablespoons flour.
3 cups milk.	3 egg yolks.
$\frac{1}{2}$ pint cream.	4 tablespoons Parmesan
4 tablespoons butter.	cheese (grated).

Put butter into frying pan and while melting add flour, blend but do not brown. Add milk and cream, stirring constantly until it thickens, occasionally thereafter, when sauce has boiled about 5 minutes, remove; add cheese and well beaten egg yolks; season to taste. Put into baking dish alternating layers of potatoes and cream, but cream first and last; sprinkle with bread crumbs, and bake 15 minutes in a hot oven.

*Mrs. Ladislav Lazaro, Widow of the late Representative Lazaro (La.).*

## MASHED POTATOES

Drain, dry and mash 6 boiled potatoes in the saucepan in which they were cooked, with a wire potato masher. Beat until light and creamy. Add  $\frac{1}{8}$  cup hot milk and 1 tablespoon butter; season with 1 teaspoon salt and beat again. Mashed turnips are prepared in the same manner, without the milk.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## PITTSBURGH POTATOES

Sauce:

2 cups milk.

2 tablespoons flour.

2 tablespoons butter.

Scant  $\frac{1}{2}$  pound cheese.

1 can chopped red Spanish pepper.

A suspicion onion juice.

Into sauce cut 8 or 10 boiled potatoes. Put in bake dish—cheese on top. Bake 30 minutes in oven.

*Mrs. Adam M. Wyant, Wife of Representative Wyant (Pa.).*

## POTATO NESTS WITH CARROTS AND PEAS

Prepare about 4 cups of mashed potatoes for 6 to 8 persons. Put potatoes through the potato ricer; add  $\frac{1}{2}$  teaspoon salt and 1 tablespoon of butter. Beat until smooth but not too creamy. Arrange part of the potato in round pats the size of a cookie, on a buttered baking pan. Even the edges with a knife or cookie cutter. Put remaining potato in a pastry bag using a rose tube. Pipe potato around the edges of the rounds of potato. Just before ready to serve, put potatoes in the oven to brown slightly, then remove to serving plate with a pancake turner. Fill with carrots and peas.

*Mrs. Richard J. Welch, Wife of Representative Welch (Cal.).*

## POTATO PUFFS

1 pint cold mashed potatoes,  
seasoned with salt and pep-  
per.

2 eggs, well beaten.

1 cup flour.

1 teaspoonful baking powder.

Mix well and mold into long narrow rolls. Flour each roll and fry brown in boiling lard.

*Mrs. William A. Rodenberg, Wife of former Representative Rodenberg (Ill.).*

## POTATOES O'BRIEN

6 raw potatoes.

1 pint milk.

2 tablespoons flour.

Butter size of an egg.

$\frac{1}{4}$  teaspoon pepper.

Teaspoon salt.

1 chopped green pepper.

$\frac{1}{2}$  cup grated cheese.

Peel and cut potatoes in dice; mix with green pepper and put in greased pan. Add milk gradually to flour and seasoning and pour over potatoes. Sprinkle cheese over top. Bake 1 hour in moderate oven. Delicious.

*Mrs. Lenore Sherwood, Daughter of the late Rep. Sherwood (Ohio).*

## O'BRIEN POTATOES

Large Gatherings, page 697.

## BAKED STUFFED POTATOES

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 4 medium-sized potatoes.          | Dash of pepper.                     |
| $\frac{1}{2}$ cup chopped onions. | 1 tablespoon melted butter.         |
| $\frac{1}{2}$ cup chopped celery. | 1 cup chopped cooked or fresh meat. |
| $\frac{1}{2}$ teaspoon salt.      |                                     |

Select 4 smooth medium sized potatoes. Clean with vegetable brush. Bake with jackets on in oven until potato is done. Remove from oven, cut potatoes lengthwise and scoop out inside of potato; mash with butter, salt and pepper. Chop together very fine, the celery and onions add to the mashed potato. Add the chopped meat if desired. (This can be used as a vegetable dish without the meat if preferred.)

Refill the potato shell; brush top with melted butter. Sprinkle with grated cheese and paprika. Bake in moderate oven about 1 hour. Brown on top and serve piping hot.

*Mrs. Brooks Fletcher, Wife of Congressman Fletcher (Ohio).*

## POTATOES IN HALF SHELL

- |                         |                                 |
|-------------------------|---------------------------------|
| 6 medium-size potatoes. | Whites of 2 eggs (well beaten). |
| 2 tablespoons butter.   | Salt and pepper.                |
| 3 tablespoons hot milk. |                                 |

Bake potatoes, remove from oven, cut in half lengthwise; scoop out inside, mash and add other ingredients. Refill skins, sprinkle tops with grated cheese and bake 5 to 8 minutes.

*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

## POTATOES

See Favorite Dishes of All Nations, pages 30, 111.

## SWEET POTATOES

- |                          |                           |
|--------------------------|---------------------------|
| 2 pounds sweet potatoes. | $\frac{1}{2}$ cup butter. |
| 1 cup brown sugar.       | 1 tablespoon cornstarch.  |
| 1 can pimientos.         | Salt.                     |

Parboil sweet potatoes; cream sugar, butter, cornstarch and salt together; pour into it water drained from potatoes. Pour mixture over potatoes and pimientos and bake in moderate oven about half hour.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

## SWEET POTATOES

- |                              |                |
|------------------------------|----------------|
| 4 medium-size potatoes.      | Milk or cream. |
| 2 tablespoons butter.        | Marshmallows.  |
| $\frac{1}{2}$ teaspoon salt. |                |

Boil potatoes until tender. Mash or put through a ricer. Add salt, butter and enough cream or milk to make moist and beat until light. Turn into buttered baking dish, cover with marshmallows and bake in a hot oven until the marshmallows are puffed and golden brown. Nuts may be added to the sweet potato mixture before turning into baking dish. 4 tablespoons chopped hickory nuts, pecans or English walnuts to each cup of mashed potatoes is a good proportion to use.

*Mrs. U. S. Guyer, Wife of former Representative Guyer (Kan.).*

**CANDIED SWEET POTATOES**

Peel, slice and boil the potatoes until tender, then put in baking dish with cupful of sugar, a little butter, a dash of powdered allspice or cinnamon may be added; bake until brown.

*Mrs. Finis J. Garrett, Wife of Representative Garrett (Tenn.).*

**CANDIED SWEET POTATOES**

4 large sweet potatoes.                    2 cups sugar.  
 $\frac{1}{2}$  pound butter.                                1 lemon.

Boil potatoes until they can be pierced with a fork. Peel and slice. Put a layer of slices in the bottom of a baking dish. Over this layer put bits of butter, thin slices of lemon, and some sugar; repeat this until dish is full. Over all pour warm water, then bake in a moderate oven until the potatoes are brown and the juice is candied.

*Mrs. Joseph Whitehead, Wife of Representative Whitehead (Va.).*

**CANDIED SWEET POTATOES**

Boil 6 small sweet potatoes and peel while hot. Boil 2 cups of sugar and 1 cup of water to a thick syrup. Put into this syrup 2 tablespoons butter, the juice of 1 lemon and 1 drop of cinnamon oil. Now put in sweet potatoes. Set back and keep warm until ready to serve. This can be made the day before or several hours before serving, reheating before serving.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

**CANDIED SWEET POTATOES**

See Large Gatherings, page 697.

**CANDIED SWEET POTATOES, LOUISIANA**

Boil with jackets on as many sweet potatoes as needed. When tender carefully remove jackets and all discolored spots. Split in halves, place flat in baking dish and sprinkle lightly with salt. On each portion of potato place a slice of tart cooking apple. Pour over all a generous amount of thick syrup, or two-thirds of a cup of brown sugar. To either of the above add  $\frac{1}{2}$  cup of hot water. Dot generously with butter, and on each piece of apple sprinkle cinnamon to taste. Bake in moderate oven, basting frequently with the syrup formed, until the potatoes are clear and candied.

*Mrs. Charles J. Thompson, Wife of Representative Thompson (Ohio).*

**SWEET POTATOES WITH MARRONS AND MARSHMALLOWS**

Boil sweet potatoes, mash, add small quantity cream and butter; whip them until light; butter casserole; fill same with potatoes; cover top with marshmallows and marrons. Brown and serve.

*Mrs. A. Henry Moore, Wife of the Governor of New Jersey.*

**MARY RATTLEY'S MARSHMALLOW SWEET POTATOES**

To serve from 6 to 8 persons.

Boil 6 sweet potatoes; mash through a potato masher to remove all strings; add butter, a grate of nutmeg, salt to taste, cream enough to make a soft consistency,  $\frac{1}{2}$  pint of ground walnuts.

Put into a baking dish and bake for 10 minutes. Cover the top with marshmallows, brown as a meringue. Serve at once.

*Mrs. Herbert Hoover, Wife of the Secretary of Commerce.*

### CREAMED SWEET POTATOES

6 potatoes.	1 egg.
Butter size of an egg.	$\frac{1}{2}$ cup nuts.
$\frac{3}{4}$ cup sugar.	

Boil potatoes, then mash well. Put butter in while potatoes are hot. Add egg, sugar, and nuts. Place this in a baking dish and cover with marshmallows. Then brown.

*Mrs. Alfred Lee Bulwinkle, Wife of Representative Bulwinkle (N. C.).*

### SCALLOPED SWEET POTATOES AND APPLES

Butter a baking dish and put in a layer of sweet potatoes which have previously been boiled and peeled. Salt these a little. Then add a layer of apples and sugar these. Continue until dish is two-thirds full. Put little lumps of butter in the potatoes. Have a layer of apples on top. Pour  $\frac{1}{2}$  cup of water or a little maple syrup over and bake very slowly 1 hour. Or until apples are done.

*Mrs. Walter Newton, Wife of Representative Newton (Minn.).*

### SWEET POTATO AND PINEAPPLE

4 medium-sized potatoes.	$\frac{1}{2}$ teaspoon salt.
4 tablespoons butter.	2 slices canned pineapple.
$\frac{1}{2}$ cup sugar.	Pineapple juice.

Pare potatoes and cut in  $\frac{1}{4}$  inch slices. Put a layer in a well buttered baking dish, sprinkle with sugar and dot with butter. Cover with pineapple; cut in small pieces. Continue layer after layer until all are used, making the last layer of potato. Pour over the pineapple juice to half cover and bake 45 minutes in a moderate oven. Keep covered for the first 20 minutes.

*Mrs. U. S. Guyer, Wife of former Representative Guyer (Kan.).*

### SWEET POTATOES Á LA SOUTHERN

1 pound sweet potatoes.	$\frac{1}{4}$ cup water.
1 cup sugar.	$\frac{1}{4}$ teaspoon nutmeg.
$\frac{1}{4}$ pound butter.	$\frac{1}{4}$ teaspoon lemon extract.

Slice potatoes across grain in slices about  $\frac{1}{2}$  inch thick. Pare slices. Place in irregular layers in a baking dish. Scatter sugar, butter (cut in bits) and nutmeg over top. Pour lemon extract into water and pour over top so as to moisten the sugar. Cover, and bake in hot oven until potatoes are soft and syrup is thick and sugary. Serve warm.

*Mrs. B. G. Lowrey, Wife of Representative Lowrey (Miss.).*

### SWEET POTATOES SOUTHERN STYLE

Boil, peel and mash while hot 3 or 4 medium-sized sweet potatoes, add 1 cupful sugar, 2 or 3 tablespoonfuls butter, 1 cupful sweet milk,  $\frac{1}{2}$  cupful nut meats (English walnut or pecans) and season with powdered allspice or nutmeg or cinnamon, or all, according to taste. Add  $\frac{1}{2}$  cupful raisins put in baking dish and bake until brown. Just before removing from the oven place on top a few marshmallows and allow to brown.

*Mrs. Finis J. Garrett, Wife of Representative Garrett (Tenn.).*

## RICE SOUFFLÉ

- |  |  |
|--|--|
| 1 cup boiled rice.   | 1 egg (2 if small), beaten separately. |
| 1 cup milk, just heated.   | $\frac{1}{2}$ teaspoon salt.           |
| 1 cup grated-cheese (add some Parmesan, or other strong cheese). | $\frac{1}{4}$ teaspoon cayenne.        |
|  | $\frac{1}{4}$ teaspoon white pepper.   |

Melt cheese in double boiler, add all ingredients and mix thoroughly. Then fold in beaten whites of eggs. Bake  $\frac{1}{2}$  hour in moderate oven. Serve with lettuce salad and hot biscuit for luncheon.

*Mrs. W. R. Farrington, Wife of the Governor of Hawaii.*

## BOILED RICE

Wash the amount of rice you desire and put it into a large saucepan of boiling water and boil until perfectly tender. Turn the contents into a colander, placed over a sink or bucket and rinse with cold water until all the starchy water leaves the rice. Salt slightly and set on back of range to steam. Every grain will be white and stand alone. Always use a cover over the colander while steaming. A delicious way to cook rice for gumbo, etc.

*Mrs. John N. Sandlin, Wife of Representative Sandlin (La.).*

## CREOLE RICE

- |   |                                  |
|---|----------------------------------|
| 1 bowl hot, steaming rice.                      | 1 tablespoon flour.              |
| Hard-boiled eggs.                               | $\frac{2}{3}$ cup grated cheese. |
| 1 cup milk.                                     | 1 dessertspoon butter.           |
| $\frac{1}{2}$ cup water.                        | Salt to taste.                   |
| $\frac{1}{3}$ cup condensed milk (unsweetened). |                                  |

Slice eggs over rice, then pour over this dressing made of other ingredients. Rub the flour into the butter before putting in. Boil this until it thickens. Sprinkle paprika over all.

*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

## CURRIED RICE

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1 cup rice.               | 3 cups hot chicken or veal broth. |
| 1 onion.                  | 2 tablespoons butter.             |
| 2 teaspoons curry powder. | 2 teaspoons salt.                 |

Cover rice with cold water. Bring quickly to boiling point. Drain and rinse in cold water. Then cook in the chicken or veal broth and when half done add the onion finely chopped and sauted in butter and the curry powder creamed with a little butter. Mix thoroughly; add more stock if needed and finish cooking in slow oven. Serve with chicken or veal.

*Mrs. Frederick A. Britten, Wife of Representative Britten (Ill.).*

## SAVORY RICE

Chop onions very fine and fry in butter in saucepan until well cooked. Mix pepper, salt with well cooked rice, and add to onions. Add good chicken stock, place in casserole and cook in oven until tender. Do no stir after it is put in oven.

Chicken livers or small pieces of any kind of meat greatly improve flavor of this dish, but if these are added it should be not more than 15 minutes before serving.

*Alice Longworth, Wife of Rep. Longworth, Speaker of the House.*

## SPANISH RICE

1 can tomatoes. 1 cup grated cheese.  
 2 onions, chopped fine.  $\frac{2}{3}$  cup rice.  
 1 green pepper, cut fine. Salt and pepper.

Mix all together and cook slowly in oven for 1 hour. Stir occasionally. Sprinkle with bread crumbs last 15 minutes.

*Mrs. Allen J. Furlow, Wife of Representative Furlow (Minn.).*

## SPANISH RICE

$\frac{1}{2}$  pound pork and  $\frac{1}{2}$  pound beef ground. Fry until brown with 2 or 3 onions. 1 pint can tomatoes, salt and pepper,  $\frac{1}{2}$  cup rice, cooked, a few stalks of celery cut up and cooked in with the rice.

Mix rice, meat, tomatoes and celery together, put in baking dish and bake 1 hour.

*Mrs. W. J. Bulow, Wife of the Governor of South Dakota.*

## SOPA DE ARROS (Spanish Rice)

$\frac{3}{4}$  cup rice. 2 tablespoon drippings or lard.  
 1 medium-sized onion. Salt.  
 2 tomatoes (or  $\frac{1}{2}$  can tomatoes.) Pepper.

Place fat in hot pan (aluminum preferred) and when very hot add rice which has been washed and allowed to dry. Stir constantly until rice has become a golden brown, when the onion and tomatoes should be added. Add at once boiling water or soup stock, salt and pepper, and allow to boil without stirring for from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour; the last 15 minutes without cover. With this, serve canned green chili and, if desired, grated cheese also.

*Mrs. Walter F. Lineberger, Wife of former Representative Lineberger (Cal.).*

## CHINESE MODE OF BOILING RICE

See "Jefferson Cook Book," page 17.

## STEAMED RICE

To 1 cup rice take 3 cups of milk and a little salt. Cook in double boiler until the rice has taken up all the milk.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## RICE

See Favorite Dishes of All Nations, pages 23, 30, 54, 69, 76, 83, 84, 104, 126; also 691, post.

## WILD RICE (This is very good with wild game)

Wash rice and cook about  $\frac{1}{2}$  hour in boiling salted water. Drain and season with salt, pepper, and butter. Wild rice is grown upon the lakes of Minnesota and Wisconsin but can be secured in the fall in other parts of the country. It is not like other rice in appearance, being small and of a grayish color.

*Mrs. Melvin J. Maas, Wife of Representative Maas (Minn.).*



## TO COOK RICE FOR MEATS

1 cup rice.

1 teaspoon salt.

1 cup water (cold).

Wash rice well; put in double boiler with water and salt. Keep other vessel filled with boiling water. Fork rice twice while cooking. Cook a long time.

*Mrs. W. C. Wright, Wife of Representative Wright (Ga.).*

## SPINACH

$\frac{1}{4}$  peck spinach, wash thoroughly and drain. Few pieces of parsley. 4 stalks of celery, put through meat grinder; cup bread soaked in milk, 4 eggs, large piece of butter, salt and pepper to taste.

Mix together, bake in buttered covered baking dish. Set in pan of water. Bake  $1\frac{1}{2}$  hours. Be sure to keep water in pan. Serve with cream sauce.

*Mrs. Arthur Rouse, Wife of former Representative Rouse (Ky.).*

## SPINACH

Wash thoroughly in several waters until sure all sand is out. Have grease in pot, lift spinach out of water and shake; put into grease and cover. Cook 15 minutes without water. Salt, and add lemon juice and serve.

*Mrs. Thomas L. Rubey, Wife of Representative Rubey (Mo.).*

## SPINACH MOLD

1 peck of spinach.

2 tablespoons of butter.

2 cups white sauce, made very rich with butter.

2 eggs.

 $\frac{1}{2}$  cup grated bread crumbs. $\frac{1}{2}$  large onion.

Prepare the spinach and after cooking mash fine. Brown the onion in the butter and add to spinach. Combine the white sauce with egg yolks, shortening and crumbs. Combine the 2 mixtures. When cool add the beaten egg whites. Place in a buttered ring mold, cover and set in pan of hot water in oven. Bake 20 minutes. After turning out, serve with center filled with creamed asparagus tips or creamed mushrooms.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

## SPINACH SOUFFLE

1 cup cooked spinach.

2 tablespoons butter.

 $\frac{1}{2}$  teaspoon salt. $\frac{2}{3}$  cup hot milk.

3 eggs.

 $\frac{1}{4}$  cup flour.

Mix flour, salt, butter together until smooth. Then stir in hot milk. Slowly add mashed spinach to this. Beat egg yolks until light and creamy and add to mixture. Then fold in stiffly beaten whites. Turn into buttered baking dish. Substitute chicken broth for milk in white sauce for variety. Bake 15 minutes.

*Miss Laura Volstead, Daughter of former Representative Volstead (Minn.).*

## SPECIAL SPINACH

1 cup chopped spinach (fine).

 $\frac{1}{4}$  teaspoon salt. $\frac{3}{4}$  pound butter (creamery). $\frac{1}{8}$  teaspoon white pepper.

1 cup 20% cream.

Take 1 cup of finely chopped and cooked spinach and press all water from it by placing the spinach in a strong thin cloth and rolling and pressing until free from water. Melt butter in a sautoir on a medium fire, add cream and heat. Add spinach and seasonings and allow it to simmer until it is 90 per cent dry and creamy. Taste and serve. This makes 4 portions.

*Grace Dodge Hotel, Washington, D. C.*

### SPINACH STEAMED

Retains most of its vitamins. It is difficult to get all of sand from spinach so it should soak in cold water for an hour before washing. Place in a steamer or large sieve with cover over boiling water. Cook until tender. Remove and serve in whole leaf or chop fine, as preferred. Season with melted butter or olive oil with a little salt and lemon juice.

*Mrs. Key Pittman, Wife of Senator Pittman (Nev.).*

### SPANISH LOAF

Mix  $\frac{1}{2}$  can spinach, 1 cup crumbs, 1 well beaten egg,  $\frac{1}{2}$  cup grated cheese, 1 tablespoon lemon juice,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  pepper.

Put in greased baking dish; bake 25 minutes.

*Mrs. L. T. McFadden, Wife of Representative McFadden (Pa.).*

### INDIVIDUAL BAKED SUMMER SQUASHES

Hollow out the tops of young squashes with a spoon. Add 1 extra squash, cut up, for good measure, and boil in salted water until tender. Drain well; add the drained squash to a cream sauce made of:

1 cup milk.	1 teaspoon butter.
2 teaspoons flour.	$\frac{1}{4}$ teaspoon salt.
2 egg yolks.	

After the 2 are mixed, return to the raw shells, with bread crumbs on top, and bake about 10 minutes.

*Mrs. Hubert F. Fisher, Wife of Representative Fisher (Tenn.).*

### BAKED HUBBARD SQUASH

$\frac{1}{2}$  Hubbard squash.  $\frac{1}{2}$  cup sugar.

1 heaping tablespoon butter. Salt and pepper.

Cut squash in half lengthwise; scrape out all seeds, sprinkle with salt and pepper, add butter and sprinkle sugar over the whole interior. Place in baking pan two-thirds filled with hot water. Cover and bake slowly for  $2\frac{1}{2}$  to 3 hours. Serve in shell on platter.

*Mrs. L. C. Dyer, Wife of Representative Dyer (Mo.).*

### CANDIED SQUASH OR CYMLIN

Cut cymlin into flat pieces after boiling until tender. Place in pan or baking dish and sugar until well covered. Put small piece of butter on each piece of cymlin. Fill container with alternate layers of cymlin, sugar and butter. Bake a light brown.

This affords a pleasant variation on the usual way of preparing squash or cymlin.

*Mrs. Oscar Underwood, Wife of former Senator Underwood (Ala.).*

## SQUASH AND CORN SPANISH

3 small summer squashes. Cut corn from the cobs of 3 ears, or use a similar amount of canned corn. Put into a saucepan 1 tablespoon of butter; when hot add a small amount of chopped onion and brown. Add the chopped squash, corn, 1 tomato, 1 green pepper, a little paprika, and salt to taste. Cover closely and simmer until done, stirring occasionally to prevent catching.

*Mrs. A. M. Peterson, Sister of Representative Curry (Cal.).*

## TOMATOES

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 6 medium-sized tomatoes,<br>peeled. | 1 bell pepper with seeds<br>removed. |
| 1 onion.                            |                                      |

Cut vegetables in small pieces, put in kettle and let simmer for 45 minutes. Add salt, pepper, tablespoon of butter and cook a few minutes longer.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## BAKED TOMATO

- |   |                                       |
|---|---------------------------------------|
| 6 firm, uniform, thoroughly<br>ripe tomatoes.   | or cooked rice.                       |
| 1½ or 2 cups finely chopped<br>chicken or veal. | 1 tablespoon melted butter.           |
| 3 tablespoons bread crumbs                      | 1 teaspoon finely chopped<br>parsley. |

Scoop out cavities of tomatoes and let drain an hour. Thoroughly mix the meat, bread crumbs or cooked rice, melted butter and parsley.

Fill tomatoes carefully and bake ¾ of an hour in moderate oven. Small amount of water in pan; baste 2 or 3 times with melted butter.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

## BAKED TOMATOES AND CHEESE

- |  |                                     |
|--|-------------------------------------|
| 6 large firm tomatoes.                             | ½ teaspoon salt.                    |
| 1 cup bread crumbs.                                | ¼ teaspoon pepper.                  |
| ¼ pound Phenix American or<br>Phenix Swiss cheese. | ½ teaspoon Worcestershire<br>sauce. |

Scoop out tomatoes. Season bread crumbs. Cut cheese in thin flakes. Alternate layer of cheese and layer of bread crumbs until tomato is filled to the top. Put strip of bacon across each tomato. Put in a shallow pan in which there is just enough water to keep the tomato from sticking. Bake about 25 minutes in a moderate oven, or until tomato shells are tender. Service for six.

*Mrs. B. H. Snell, Wife of Representative Snell (N. Y.).*

## CORNELIA'S TOMATOES

Scald and peel tomatoes. Add salt and pepper. Cover with sugar, about ½ inch thick, and 1 tablespoonful of butter. Let cook slowly on back of stove several hours.

*Mrs. Stephen B. Elkins, Widow of the late Senator Elkins (W. Va.).*

## FRIED TOMATOES

Choose smooth, firm tomatoes—not too ripe. Without removing skins, cut into slices ½ an inch thick. Dip in beaten egg and roll in fine bread

crumbs. Saute in butter until well browned. Before serving, pour into frying pan 1 cup of cream and let come to a boil. Pour over tomatoes.

*Mrs. Charles A. Rawson, Wife of former Senator Rawson (Iowa).*

### FRIED TOMATOES

Slice tomatoes, each slice being about  $\frac{1}{2}$  an inch thick. Dip both sides in flour, sprinkle with salt and pepper, fry lightly in butter and when almost done add a little cream. Serve on toast.

*Mrs. Frank O. Lowden, Wife of former Representative Lowden (Ill.).*

### STUFFED TOMATOES

1 boiled chicken cut as for salad. Rub together  $\frac{1}{2}$  cup flour,  $\frac{1}{4}$  pound butter,  $\frac{1}{2}$  pint cream and cook until this makes thick cream sauce. Season to taste with salt and pepper and add  $\frac{1}{2}$  teaspoon Worcestershire sauce and a tiny bit of onion juice and parsley. Mix with chicken and fill tomatoes. Sprinkle tops of tomatoes with bread crumbs and bake in moderate oven for about 30 minutes. Sweetbreads or brains can also be mixed with chicken for this.

*Mrs. James H. Patten, Daughter of the late Senator Latimer (S. C.).*

### STUFFED TOMATOES — (Six Servings)

Select round, smooth tomatoes. Cut a slice from the top of each and remove seeds and a little pulp. Fry a teaspoon of finely chopped onion in a tablespoon of butter, add a cup of cooked sweetbreads or veal, cut in small pieces,  $\frac{1}{2}$  a cup of bread crumbs,  $\frac{1}{2}$  a cup tomato pulp,  $\frac{1}{2}$  teaspoon salt and a little pepper and paprika. Mix well and fill the tomato shells. Cover the tops with buttered crumbs and bake for 20 minutes in moderate oven.

*Mrs. Martin Davey, Wife of Representative Davey (Ohio).*

### TOMATO SURPRISE

Wash and hollow out as many tomatoes as there are to be guests. Break into each a fresh egg, sprinkle with salt, pepper and fine cracker dust, lay a thin slice of bacon over the top and bake in moderate oven; serve with fish course.

*Mrs. James H. Davidson, Widow of the late Representative Davidson (Wis.).*

### TOMATO SURPRISE

Mix flake crab meat with mayonnaise, a little finely chopped onion, green pepper and  $\frac{1}{2}$  cup of finely cut celery. Fill tomato with mixture. Dip tomato lid in oil and finely chopped parsley.

### Devil Sauce

Heat catsup with Worcestershire sauce, chutney and a little horse radish. Serve hot over tomato. Serve with cheese and Bent's crackers. This may be served without sauce.

*Mrs. J. Russell Leech, Wife of Representative Leech (Pa.).*

### CREAMED TURNIPS

Dice turnips and put them on to boil with just enough water to cook them tender, adding 3 tablespoons sugar and little salt while cooking. Drain. Make a rich cream sauce and put alternate layers of turnips and sauce in baking dish with a little cracker crumbs dotted with butter on top. Bake 15 to 20 minutes.

*Mrs. Fred Purnell, Wife of Representative Purnell (Ind.).*

## SALADS AND DRESSINGS

*Salad refreshes without weakening, and comforts without irritating.*  
—Savarin.

Salads are typically American. They are usually described as seasoned mixtures of vegetables, fruits, meat, and fish, ordinarily served cold with some crisp material and a tart dressing, made with oil or other fat. Fresh vegetables for salad should be crisp and cold. For that reason they are soaked in water or kept on ice up till the time of serving. Dry thoroughly before combining with the salad, since any clinging water will dilute the salad dressing.

Cooked vegetables, meat and fish should be marinated with a mixture of oil, acid and other desired seasonings, in order to be sure that the flavor penetrates to all parts. Lift out from this and add, just before serving, any crisp material and mayonnaise if desired. Keep salads simple and avoid complicated mixtures. Heavy salads have no place in a meal with several courses.

Salad dressings may be simple, like the French dressings, may be of the mayonnaise type, where the oil is beaten into the egg, or a cooked dressing where the liquid is thickened with egg in such a way as to hold the fat in suspension. Various seasonings are possible.

*Dr. Louise Stanley, Chief, Bureau of Home Economics,  
U. S. Department of Agriculture.*

### MARY RATTLEY'S ASPICS

Tomato Aspic:	A dash of ginger.
Strain 1 quart of juice from ripe tomatoes.	1 tablespoon of vinegar.
1 tablespoon sugar.	1 package of Knox's gelatin, well dissolved.
Salt to taste.	

Fill the aspic molds half full (these should first stand in ice cold water for sometime.) Mix cream and Roquefort cheese together, season to taste and place in the half-full molds; add the remainder of the juice, but not until the first half is almost firmly set.

Aspic—to serve with cold or any wild meat—made from the juice of pickled peaches.

1 pint of juice.	1 package of gelatin.
------------------	-----------------------

Made the same as tomato aspic.

*Mrs. Herbert C. Hoover, Wife of the Secretary of Commerce.*

### TOMATO ASPIC

1 can tomatoes.	2 teaspoonfuls salt.
½ dozen cloves.	2 teaspoonfuls sugar.
1 small onion, sliced.	Pinch cayenne.

Boil all together until tomatoes are soft and add box of gelatin which has been dissolved in  $\frac{1}{2}$  pint cold water. Strain, pour into molds, put on ice. Serve on lettuce with mayonnaise.

*Mrs. John H. Small, Wife of former Representative Small (N. C.).*

#### SALAD FOR TWELVE

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 small cans of shrimp.           | Bits of chopped celery (if no   |
| 2 packages lemon jello.           | celery use celery salt or chop- |
| 2 cans tomato soup.               | ped green pepper).              |
| 1 cup ripe olives, cut up finely. | 1 tablespoon Indian relish.     |
| 1 cup chopped walnuts.            | 1 pint boiling water.           |

Dissolve jello in boiling water, allow to cool, then add ingredients; pour in mold and chill over night or prepare early in morning for dinner. Serve on lettuce leaves and garnish with pickles, olives, tomato and slices of hard-boiled eggs. Use mayonnaise dressing.

*Mrs. A. M. Peterson, Sister of Representative Curry (Cal.).*

#### TO OPEN A HARD HEAD OF ICEBERG LETTUCE

See "Useful Suggestions," page 706.

#### ALLIGATOR PEAR SALAD

Cut pears in half lengthwise, scoop out the inside. Take half of pear which was taken from the inside and the same quantity of celery, cut in small pieces, and mix with mayonnaise dressing. Place this in pear shell, adding chopped pecan nuts. Serve on lettuce leaves and sprinkle top with chopped pecan nuts.

*Mrs. E. I. Edwards, Wife of Senator Edwards (N. J.).*

#### AVOCADO PEAR SALAD

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ Avocado pear.            | 1 tablespoon mayonnaise dress- |
| $\frac{1}{4}$ cake white cream cheese. | ing.                           |

Mix and roll into ball, then roll ball in chopped nuts. Place ball in center of half of well chilled pear. Pile mayonnaise on top or on side of pear. This is very pretty served on lettuce leaf.

*Mrs. William J. Sears, Wife of Representative Sears (Fla.).*

#### RACE KING

Cut slice of alligator pear the shape of a horse shoe, placing truffle on top to resemble nails. Place on half head of lettuce and serve French dressing.

*Hotel Willard, Washington.*

#### AVOCADO (OR ALLIGATOR PEAR) SALADS

The Avocados should be ripe enough to mash with fork. Cut Avocado in half as you would a free stone peach, and remove seed. Scoop out the meat with a spoon, and mash. Add small amount of chopped onion, and blend with either French or mayonnaise dressing. Place heaping tablespoon in center of lettuce leaf and garnish with small sections of ripe tomato in shape of star. If very large tomatoes are available, place thick slice on lettuce and put the salad on the tomato instead of the star-shaped arrangement.

Avocados should be ripe but not too soft. Peel avocado, cut in half, and remove seed. Cut in cubes and add small amount of chopped onion. Serve on lettuce with French dressing. May be garnished with ripe tomatoes, if desired.

Cut avocado in half, lengthwise, and remove seed. Place each half on lettuce and partially fill hollow left by seed, with French dressing.

Note: Use lemon juice instead of vinegar in French dressing—it greatly improves the flavor of the salad.

*Mrs. Walter F. Lineberger, Wife of former Rep. Lineberger (Cal.).*

### QUICK BANANA SALAD, OR DESSERT

2 or 3 bananas (according to size). 1 lemon.  
Small amount of water.  
1 cup sugar.

Squeeze out juice of lemon and add enough water to make half cup, add sugar and let come to boil. Put this syrup aside to cool. Peel bananas and slice lengthwise, if large, cut in half and slice lengthwise. Pour syrup over bananas when cool. If you wish, line plate with lettuce leaf and garnish with a few ground nuts or a little marshmallow.

*Mrs. John S. Benham, Wife of former Representative Benham (Ind.).*

### SALAD BARBARA

Take crisp half heart of lettuce, hollow center slightly and fill with dates which are stuffed with cream cheese. Serve with a dressing made of equal parts mayonnaise and unsweetened whipped cream well mixed.

*Mrs. C. C. McChord, Member of the Congressional Club.*

### JELLIED PICKLED BEETS

2 cups diced pickled beets. 2 tablespoons horseradish.  
1 cup boiling water. 1½ teaspoons gelatin.  
½ cup vinegar from beets. ¼ cup cold water.  
½ teaspoon salt. 2 tablespoons sugar.

Soak gelatin in cold water. Mix hot water, vinegar, salt, sugar and horseradish and bring mixture to the boiling point. Add gelatin and when beginning to thicken add finely diced beets. Pour into a mold and allow to harden. Cut in squares, place on lettuce leaves and serve with mayonnaise or cooked dressing.

*Mrs. Wm. M. Morgan, Wife of Representative Morgan (Ohio).*

### BIBESCO SALAD

See Favorite Dishes of All Nations, page 119.

### BIRD-NEST SALAD

Place on crisp lettuce leaves one or two halves of finest brand California pears. Grate a little American cheese. Chop fine some celery, toasted bread crumbs, and English walnuts. Soften with thick cream flavored with a bit of cayenne pepper. Roll into balls the size of bird eggs. Place 3 or 4 in hollow of pear. Finish with tablespoon of whipped cream on side, into which has been beaten a bit of salt. Top with whole walnut heart.

*Mrs. N. B. Dial, Wife of former Senator Dial (S. C.).*

## SALADE BRABANCONNE

See Favorite Dishes of All Nations, page 28.

## GASPACHO, OR COLD BREAD SALAD

See Favorite Dishes of All Nations, page 125.

## CELERY AND CRANBERRY SALAD

Cut celery fine with scissors and dry thoroughly in cloth. No moisture must be left on celery. Make cranberry jelly. Put celery in bottom of mold, either individual or large. Pour jelly, partly cooled, on celery. Then lift celery with fork through the jelly and serve with mayonnaise dressing with turkey or chicken. Nice with chicken sandwiches.

*Mrs. Frank Crowther, Wife of Representative Crowther (N. Y.).*

## CHEESE SALAD

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 tablespoon gelatin.               | $\frac{1}{2}$ cup cream.          |
| $\frac{1}{2}$ cup water.            | $\frac{1}{2}$ cup stuffed olives. |
| $\frac{1}{2}$ cup grated pineapple. | Salt and pepper.                  |
| $\frac{1}{2}$ cup grated cheese.    |                                   |

Soak gelatin in water. Heat pineapple and add the gelatin to it. Then add grated cheese, cream and olives cut into slices and seasoning. Mold. Serve on lettuce with mayonnaise.

*Mrs. W. C. Salmon, Widow of the late Representative Salmon (Tenn.).*

## COMBINATION SALAD

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 2 cups cabbage, chopped fine.      | 1 cup pineapple cut in small pieces.  |
| 1 cup celery, cut in small pieces. | 1 cup marshmallows cut in small bits. |
| 1 cup almonds, blanched (white)    |                                       |

Mix well and serve on lettuce leaf with any good dressing; add whipped cream.

*Mrs. J. F. Hinkle, Wife of former Governor Hinkle (N. M.).*

## COTTAGE CHEESE SALAD

Take half of cling peach, pear, or slice of pineapple, place spoonful of cottage cheese in center, sprinkle with chopped nuts, and serve on lettuce leaves with either French dressing or mayonnaise. A maraschino cherry or olive placed on top adds to attractiveness.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## COTTAGE CHEESE SALAD

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1 pint cottage cheese.              | 1 cup chopped green pepper.  |
| 1 cup chopped celery.               | 1 small onion, chopped fine. |
| $\frac{1}{2}$ cup chopped cucumber. | 3 tablespoons mayonnaise.    |

Mix the above ingredients well and season highly with salt, paprika and cayenne pepper (add chopped nuts if desired.) Dissolve 1 small package of gelatin in  $\frac{1}{4}$  cup of water and place cup in hot water until gelatin becomes liquid. Stir the gelatin into the cheese mixture. Mold in a ring and when very cold serve on lettuce surrounded by tomatoes cut in quarters and with a lettuce cup in the center filled with mayonnaise.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*



## CREAM CHEESE SALAD

Three cakes cream cheese dissolved in  $\frac{1}{2}$  pint lukewarm cream. Add tablespoon chopped almond pimiento and salt to taste. Add  $\frac{1}{2}$  pint of whipped cream and  $\frac{1}{2}$  envelope of Knox's gelatin which has been dissolved in little of the warm cream. Mold in a ring mold. Serve on lettuce leaves with mayonnaise dressing in center of mold.

*Mrs. Charles G. Dawes, Wife of Vice President Dawes.*

## CHEESE BALLS SERVED HOT WITH A SALAD

$1\frac{1}{2}$  cups grated cheese. 1 tablespoon flour.  
 $\frac{1}{4}$  teaspoonful salt. Dash of cayenne.

Whites of 3 eggs, beaten stiff.

Mix cheese, etc., fold in whites. Form into balls, roll in fine crumbs and fry in hot fat and serve at once.

*Mrs. Angus W. McLean, Wife of the Governor of North Carolina.*

## FROZEN CHEESE SALAD—(Large amount)

1 pint double cream. 2 Philadelphia cream cheese.  
 2 jars of Bar-le-duc.

Whip cream until stiff, then soften the cheese with a little cream. Add Bar-le-duc. Put in a mold and let stand 2 hours in salt and ice.

*Mrs. James Magee, Wife of former Representative Magee (Pa.).*

## FROZEN SALAD

1 cup shredded pineapple. 1 cup heavy mayonnaise.  
 2 cakes "blue label" cheese. 3 tablespoons powdered sugar.  
 $\frac{1}{2}$  cup walnuts, chopped.  $\frac{1}{2}$  pint whipping cream.  
 $\frac{1}{2}$  cup cherries, chopped.

Drain pineapple and mix with sugar. Add other ingredients. Then fold in cream. Freeze in mold packed in ice and salt 3 to 4 hours. Can be molded in baking powder cans. Serve on lettuce with or without grapefruit or orange sections.

*Mrs. Charles S. Deneen, Wife of Senator Deneen (Ill.).*

## FROZEN CREAM CHEESE

2 pints cream cheese. 2 pints pure sweet cream.  
 Sweeten, flavor to taste, and stir thoroughly and then freeze.

*Mrs. Bolivar E. Kemp, Wife of Representative Kemp, (La.).*

## FROZEN CHEESE SALAD

Three packages Philadelphia cream cheese. Mix well with cream, salt and paprika to taste. One large green pepper, small can of pimientos, 1 cup shelled pecans, bottle of plain olives. Mix well and pack to freeze. Serve on lettuce on slice of tomato with mayonnaise. This quantity serves 14 people.

*Mrs. S. D. McReynolds, Wife of Representative McReynolds (Tenn.).*

## CHEESE LOAF

1 pound grated cheese. 1 cup mayonnaise.  
 1 cup nut meats. 1 cup cream, whipped.

Mix and season well with salt and cayenne pepper. Add to cream mixture 1 envelope Knox gelatin, softened in  $\frac{1}{2}$  cup cold water and melted over boiling water. Chill. Cut in small cubes and serve with fruit salad.

*Miss Elizabeth Dominick, Sister of Representative Fred H. Dominick (S. C.).*

#### OPHELIA'S MOLDED CHEESE SALAD

- |                                    |                                |
|------------------------------------|--------------------------------|
| 6 cakes Philadelphia cream cheese. | 1 cup blanched almonds.        |
| 1 small bottle of stuffed olives.  | 1 cup mayonnaise.              |
| 1 can asparagus tips.              | 1 envelope or package gelatin. |

Mash cheese with cream until soft as mayonnaise. Chop nuts and olives. Shred asparagus tips with fork, add mayonnaise, then add gelatin (dissolved in small amount of cold water, then add  $\frac{1}{2}$  cup boiling water; cool, then add to ingredients.)

*Mrs. W. C. Wright, Wife of Representative Wright (Ga.).*

#### CHEESE MOLD SALAD

Two tablespoonfuls Knox gelatin soaked in  $\frac{1}{2}$  cup cold water. Break into it 2 packages of cream cheese, to which add 1 cup of scalded cream and green peppers chopped fine, salt and pimiento to taste. When cold, add 1 cup whipped cream, then pour into mold to harden.

*Mrs. John F. Shafroth, Widow of the late Senator Shafroth (Col.).*

#### SIMPSON'S ROQUEFORT MOUSSE—(Serves 12 persons)

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| $\frac{3}{4}$ pound Roquefort cheese. | Add:                              |
| 2 cream cheeses.                      | Salt and pepper to taste.         |
| Put through sieve.                    | $\frac{1}{2}$ pint whipped cream. |
| For 1 pint jelly:                     | 2 tablespoons jelly mixture.      |
| 1 can bouillon or meat stock.         | Salt and pepper to taste.         |
| 1 tablespoon gelatin.                 |                                   |

Dissolve gelatin in 1 cup cold water, and add bouillon. Let come to boiling point and cool, almost to congealing point, and chill mold and pour jelly down sides until it is well covered; then put in cheese mixture covering with more jelly. Turn out and serve on platter surrounded by the remainder of jelly chopped fine. Serve with heart lettuce and Russian dressing.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

#### 1000 ISLE CHEESE RING

- |                       |   |
|-----------------------|---|
| Quart ring.           | 1 cup whipped cream (measure after whipping). |
| 1 cup cottage cheese. | About $\frac{2}{3}$ of a package of gelatin.  |
| 1 cup chili sauce.    |   |
| 1 cup mayonnaise.     |   |
- Mix the 4 cups of ingredients together. Dissolve gelatin and fold in. Put in ring and chill. Serve with a fruit salad or shellfish salad filling.

*Mrs. T. J. Geary, Wife of former Representative Geary, (Cal.).*

#### CHEESE RING SALAD

- |  |   |
|--|---|
| $1\frac{1}{2}$ cups cream (after whipping).            | 1 dessert spoon gelatin (soak in cold water till melted). |
| $1\frac{1}{4}$ cups grated American cheese (very dry). | 1 cup hot milk.   |
|  | Salt and paprika to taste.                                |

Mix all together; put in mold till firm (ring form.) Fill center with cut-up oranges, grapefruit, banana, pineapple. Cover with French dressing. Surround with watercress.

*Mrs. B. F. Cheatham, Wife of Quartermaster General of the Army.*

### CHEESE SQUARES

2 packages cream cheese.	1 cup ripe olives stoned and chopped.
1 cup pecan nut meats coarsely chopped.	1 teaspoon finely chopped chives
	1 finely chopped pimiento.

Mix all with fork, pack smoothly, set on ice. At serving time cut in squares. Excellent accompaniment to salad.

*Mrs. Thomas D. Schall, Wife of Senator Schall, (Minn.).*

### CHERRY SALAD

1 can white cherries.	Blanched almonds.
-----------------------	-------------------

Remove seeds from cherries and place a single blanched almond in each one. Serve on head lettuce hearts with mayonnaise to which has been added several tablespoons of whipped cream.

*Mrs. Harry E. Rowbottom, Wife of Representative Rowbottom (Ind.).*

### CHICKEN MOUSSE (COLD)

One chicken boiled in salt with a few stalks of celery and 2 bay leaves. Cut up chicken, season highly with paprika, nutmeg, tabasco and lemon juice. One cup of blanched and chopped almonds,  $\frac{3}{4}$  cup diced celery, 1 envelope gelatin dissolved in  $\frac{1}{2}$  cup cold milk over hot water;  $\frac{1}{2}$  pint of cream whipped; mix chicken and gelatin, stir in almonds and celery and fold in cream. Turn into mold and chill. Serve with mayonnaise.

*Mrs. M. A. Michaelson, Wife of Representative Michaelson (Ill.).*

### HAM OR CHICKEN MOUSSE

1 tablespoon gelatin (soak in	Salt to taste.
$\frac{1}{4}$ cup cold water.)	$\frac{1}{2}$ cup cream, whipped.
1 cup boiling water or stock.	2 cups cooked ham or chicken.
Red pepper.	$\frac{1}{4}$ teaspoon mustard.

Dissolve gelatin in boiling water. Add ham and seasoning. When it begins to thicken, cut and fold in whipped cream. Pour into mold which has been rinsed out with cold water. When set, turn into a bed of lettuce and serve with dressing.

#### Dressing

1 cup mayonnaise.	$\frac{1}{2}$ cup chopped pimientos or green peppers.
$\frac{1}{2}$ cup chopped olives.	1 cup cream, whipped.
$\frac{3}{4}$ cup chili sauce.	

*Mrs. F. M. Davenport, Wife of Representative Davenport (N. Y.).*

### CHICKEN SALAD

Cook chicken in salted water with a little vinegar until perfectly tender. When cold, remove from bones and cut white meat into cubes. Add one-half as much celery, crisped and cut in same size pieces as chicken. Season with pepper and salt. You may add 1 cup almonds blanched. When ready to serve on crisp lettuce mix with mayonnaise or salad dressing.

*Miss Elizabeth Dominick, Sister of Representative Dominick (S. C.).*

## CHICKEN SALAD

1½ cups of shredded chicken, 1 cup of celery.

Mix well together and garnish with stuffed olives. Pour over this rich salad dressing.

*Mrs. L. M. Gensman, Wife of former Representative Gensman (Okla.).*

## CHICKEN SALAD

3 cups cold chicken, diced. ¼ cup chopped pimientos or

1½ cups celery, diced. green peppers.

2 hardboiled eggs. ½ cup mayonnaise.

Mix chicken, celery and pimientos together and chill. Before serving mix with mayonnaise. Arrange on lettuce, garnish with white and yolk of eggs to look like daisies.

*Mrs. Ralph Updike, Wife of Representative Updike (Ind.).*

## CHICKEN SALAD

2 cups white meat. 1 cup mayonnaise dressing.

2 cups diced celery. 1 measure of French dressing.

The meat should be cut into even pieces, about ½ inch cubes. Add the French dressing and set aside for an hour to season and chill. At serving time add the celery and mayonnaise. Arrange on torn lettuce and garnish with cress or stoned olives. Drop a large spoon of mayonnaise on the top and fringe around with celery tips.

*Mrs. J. M. Wolverton, Wife of former Rep. Wolverton (W. Va.).*

## CHICKEN SALAD

See Large Gatherings, page 693, and Favorite Dishes of All Nations, page 135.

## CREAM OF CHICKEN SALAD

Take the white meat of one boiled chicken; chop very fine and rub to a powder. As the meat is put through the chopping machine, chop also 12 blanched and dried almonds. Add to this a teaspoonful salt, ½ teaspoon paprika, 1 teaspoon onion juice and 4 tablespoons of thick mayonnaise dressing. Mix well, add 2 tablespoons lemon juice and a gill of aspic. Mix again and stand aside until mixture begins to congeal. Stir in quickly a gill of cream that has been whipped stiff. Turn this into a border mold and stand away for at least 2 hours on ice to harden. When ready to serve, cover a flat dish with crisp lettuce leaves; dip mold quickly into boiling water; turn the chicken salad out upon the lettuce leaves. Cut sufficient celery to make a pint. Mix it with plain mayonnaise dressing and heap in the center of the mold.

*Mrs. Wells Goodykoontz, Wife of former Rep. Goodykoontz (W. Va.).*

## CHRISTMAS SALAD

Select the required number of small, fine uniform sized tomatoes; peel, chill and with a sharp knife cut them into eighths, beginning at the stem end, cutting toward the blossom end. Drain slices of canned pineapple from the syrup in can, arrange them in center of individual nests of crisp lettuce leaves; with a sharp knife cut them into narrow wedge shape pieces (pie fashion) leaving slices intact. Arrange the pieces of tomato

cut side down over pineapple with stem end toward center to simulate a poinsettia. Allow five pieces for each portion. The effect will be more easily obtained if the soft pulp is removed. Fill center with a large drop of mayonnaise and insert a tuft of yellow celery leaves in center. Pipe mayonnaise between red petals using a pastry bag and a small rose tube for this purpose. If the foregoing details are carried out a most attractive holiday salad will result.

*Mrs. Roy O. Woodruff, Wife of Representative Woodruff (Mich.).*

### SALAD FOR CHRISTMAS

1 quart cranberries.

2 cups boiling water.

Let boil 20 minutes. Run through colander. Add 2 cups sugar. Set on stove for a few minutes. One package gelatin dissolved in  $\frac{1}{2}$  cup boiling water and add cranberries. Divide and put half on ice and when it begins to congeal, add 1 cup of pecans and 1 cup of chopped celery. Then pour other half which has been kept warm. Cut in squares and cover with mayonnaise dressing on lettuce.

*Mrs. W. J. Driver, Wife of Representative Driver (Ark.).*

### COLD SLAW

One head cabbage, finely shredded; 1 dozen marshmallows, cubed; 1 green pepper (seeds and white skin removed), and chopped or canned pimiento; 4 or 5 slices of canned pineapple, chopped; mix with mayonnaise to which you have added a little pineapple juice, thick cream (either whipped or plain.)

*Mrs. Edward Voigt, Wife of Representative Voigt (Wis.).*

### UNCOOKED COLD SLAW

2 cupfuls shredded and chopped  
cabbage.

2 tablespoonfuls cream.

2 heaping tablespoonfuls may-  
onnaise.

$\frac{1}{2}$  teaspoonful sugar.

Paprika.

1 hard boiled egg.

Soak cabbage in iced water half an hour, then dry with cloth. Mix cream, sugar, paprika and mayonnaise. Add a little more cream if preferable. Mix with cabbage. Add half an egg, chopped fine. To make decorative dish, after mixing slaw, smooth over top and spread with thin coat of mayonnaise and a dash of paprika. Arrange left-over cold string beans in shape of a daisy with center of olive, or in same way thin slices of pimiento, or beets. Add small pieces of olives thinly sliced for green leaves, and sprinkle finely chopped  $\frac{1}{2}$  egg. To give added taste, if much olive flavor is desired, chopped olive can be mixed into the slaw.

*Mrs. Percy Edwards Quin, Wife of Representative Quin (Miss.).*

### COOKED COLD SLAW

3 cupfuls finely shredded cab-  
bage.

1 tablespoonful oil.

2 hard boiled eggs.

1 tablespoonful vinegar.

1 raw egg.

$\frac{1}{2}$  teaspoonful salt.

1 cup milk.

Red pepper.

$\frac{1}{2}$  teaspoonful mustard.

Beat eggs very puffy by dropping large tablespoonful of oil drop by drop. Add salt, red pepper and dry mustard. Add vinegar and beat well.

Then add milk very slowly, stirring to prevent curdling. Put on fire. When it thickens a little, add cabbage, and wilt, but do not cook. When cold, slice hard-boiled egg over top. Chill thoroughly before eating.

*Mrs. Percy Edwards Quin, Wife of Representative Quin (Miss.).*

#### COLD SLAW

Sprinkle over thin crisp sliced cabbage which has previously been soaked in cold water, salt and pepper and 1 level teaspoonful of sugar and  $\frac{1}{4}$  of a teaspoonful of Coleman's mustard. Bring to a boil  $\frac{1}{4}$  of a cup of vinegar and 1 teaspoonful of butter and pour over the cabbage. Cover over and let it steam. Put over the fire  $\frac{1}{4}$  of a cup of milk and when it boils beat slowly into it with a spoon the beaten yolk of 1 egg until it thickens like a custard. Now pour the vinegar off the cabbage and stir one-half of this egg dressing through the cabbage with a fork.

*Miss Ellen Wood, Sister of former Rep. Ira Wood (N. J.).*

#### COLD SLAW

1 medium size cabbage.	$1\frac{1}{2}$ teaspoonsful of mixed mustard.
5 or 6 eggs.	Salt to taste.
Butter, size of egg or more.	Cup of vinegar.
$\frac{1}{2}$ cup or more of brown (or white) sugar.	2 or 3 tablespoons of celery seed.

Chop cabbage fine, break in saucepan the eggs, blend the sugar and then add other ingredients. Put over the flame, stirring constantly until the consistency of starch, then pour over the chopped cabbage and stir; it is better after setting 4 or 5 hours. You can substitute chopped celery for one-half quantity of cabbage, and leave out celery seed.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

#### COLD SLAW SALAD

Soak  $\frac{1}{2}$  package gelatin in  $\frac{1}{2}$  cup cold water, add 1 cup boiling water,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup vinegar, juice of 1 lemon,  $\frac{1}{2}$  teaspoon salt. When this begins to thicken add 1 cup chopped cabbage, 2 cups chopped celery, 2 green peppers chopped, 1 pimiento. Put in chilled mold and let stand a few hours and serve in bed of lettuce with mayonnaise.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

#### COLD SLAW

1 medium sized head cabbage.	$\frac{3}{4}$ cup sugar.
1 cup rich, cold, sweet or sour cream.	$\frac{1}{2}$ cup vinegar.
	Salt.

Mix finely cut cabbage in mixing bowl, chill, mix vinegar, salt, sugar, add rich cream, pour over chilled cabbage, beat hard for a few minutes with wooden spoon until light and foamy.

*Mrs. Franklin Menges, Wife of Representative Menges (Pa.).*

#### DELPHI CREAM SLAW

Cut 1 head of cabbage fine and bruise with potato masher. Pour over it the following dressing:

1 egg, beat, add	1 teaspoon mustard.
$\frac{1}{2}$ cup moderately strong vinegar.	$\frac{1}{2}$ teaspoon salt.
1 tablespoon sugar.	Dash cayenne pepper.

Beat thoroughly, add  $\frac{1}{4}$  cup of thick cream, sweet or sour. Add celery seed and pimiento cut in strips in any quantity desired. Pour this dressing (without cooking) over the prepared cabbage. Chill before serving on lettuce leaves.

*Mrs. Martin A. Morrison, Wife of former Rep. Morrison (Ind.).*

#### OLD FASHIONED SOUR CREAM COLD SLAW

1 medium head of cabbage, cut fine, rejecting heavy portions.	$\frac{3}{4}$ teaspoon salt.
1 cup sour cream.	Black pepper.
$\frac{1}{4}$ cup vinegar.	4 tablespoons sugar.

Beat cream and seasoning until stiff. Combine thoroughly with cabbage and stand in refrigerator several hours before serving. Unmold on a bed of lettuce or individual molds on lettuce leaves. Sliced sweet cucumber pickles or sliced beet pickles make a pretty garnish.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

#### COMPLEXION SALAD

1 package lemon Jello.	1 medium size can grated pineapple (drained).
$1\frac{1}{2}$ cups grated carrots (raw).	

Make usual lemon Jello but use pineapple juice for part of liquid. When Jello begins to set add carrots and pineapple. Place in molds until firm. Garnish with mayonnaise and green pepper strips.

*Mrs. Scott Leavitt, Wife of Representative Leavitt (Mont.).*

#### HOT CRAB SALAD

1 can of crab.	Cream sauce.
$\frac{1}{2}$ can of pimientos.	1 head lettuce.
1 pound blanched almonds.	Oil dressing.

Put two large tablespoons butter in saucepan, add 2 tablespoons flour, 1 large cup of milk or enough to make a stiff cream sauce; remove from stove, add crab, pimientos and nuts. Serve on lettuce leaves.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

#### CRANBERRY SALAD

1 quart cranberries.	2 cups sugar.
2 cups boiling water.	$2\frac{1}{2}$ tablespoons gelatin.

Add 1 cup celery and 1 cup nuts. Mold and serve with salad dressing.

*Mrs. W. T. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

#### CRANBERRY SALAD

$\frac{1}{2}$ envelope Knox sparkling gelatin.	1 pint cranberries.
$1\frac{1}{2}$ cups water.	$\frac{3}{4}$ cup celery, diced.
1 cup sugar.	$\frac{1}{3}$ cup nut meats, chopped.
	$\frac{1}{2}$ teaspoonful salt.

Cook the cranberries in 1 cup water 20 minutes. Stir in the sugar and cook for 5 minutes. Add the gelatin, which has been softened in  $\frac{1}{2}$  cup cold water 10 minutes, and stir until dissolved. When mixture begins to thicken, add celery, nuts and salt and turn into pan, which has been rinsed in cold water, and chill. When firm, cut in squares, place a whole nut meat on top of each square and serve on lettuce leaves with a garnish of salad dressing.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## CREME CARONI SALAD

- 2 cups cold cooked macaroni      2 tablespoons savory French  
or spaghetti.                              dressing.  
2 Philadelphia cream cheese.

Beat cheese with dressing until it is fluffy, then stir the mixture into macaroni. Serve generous helpings with French dressing on crisp lettuce leaves. Chopped pickle or pimiento olives may be added if desired. Service for six.

*Mrs. B. H. Snell, Wife of Rep. Snell (N. Y.).*

## CRESCENT SALAD

- 1 package cooked crescent      ½ cup diced celery.  
macaroni.                              1 onion (size of an egg).  
3 hard boiled eggs.                ½ cup of pimiento and olives.  
Salad dressing.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

## CREAM OF CUCUMBER

- 1 cucumber cut in small pieces.      ½ sweet pimiento.  
½ pint whipped cream.                ½ teaspoonful vinegar.  
2 teaspoonfuls gelatin dissolved      Salt and lemon juice to taste.  
in a little hot milk.

Mix and let stand in mold 12 hours.

*Mrs. Frances Parkinson Keyes, Wife of Senator H. W. Keyes (N. H.).*

## CUCUMBER SALAD (JELLY)

- Grate 2 small or 1 large      1 package gelatin.  
cucumber.                              Salt to taste.  
½ cup water.

Put on fire and allow to come to a boil (boil 2 minutes.) Strain and pour into mold. When partially jellied introduce blanched and peeled almonds. Garnish with lettuce leaves and serve with mayonnaise dressing.

*Mrs. Oscar W. Underwood, Wife of former Senator Underwood (Ala.).*

## CUCUMBER SALAD

- 1 box lemon Jello.                      1 large cucumber.  
1 large can of sliced pineapple      ½ pound nuts.  
(minus 2 slices).                      Juice of pineapple in a pint  
1 small bottle of green cherries.      cup.  
1 small bottle of red cherries.

Add a tablespoon of vinegar and fill cup with water to make a full pint. Boil it and put over the jello. Let it cool—then add the fruit and nuts. Put in the refrigerator to set and then serve with mayonnaise and whipped cream on top of salad.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## CUCUMBER SALAD

See Favorite Dishes of All Nations, page 101.



## CUCUMBER AND PINEAPPLE SALAD

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 medium sized cucumber.     | 1 cup sugar.                       |
| 4 large slices pineapple.    | 1 package Knox's gelatin dis-      |
| Juice of a can of pineapple. | solved in $\frac{1}{2}$ cup water. |
| Juice of 1 lemon.            |                                    |

Grind cucumber and pineapple. Boil together juice of pineapple, juice of lemon and sugar. Add gelatin to juices, cool and add fruit. Chill and serve with mayonnaise.

*Mrs. Everett Sanders, Wife of former Representative Sanders (Ind.).*

## JEWEL SALAD

- |   |                                    |
|---|------------------------------------|
| $\frac{1}{2}$ envelope Knox sparkling gela- | $\frac{1}{4}$ cup sugar.           |
| tin.  | $\frac{1}{4}$ cup vinegar.         |
| 1 cup cucumber.                             | $\frac{2}{3}$ cup pineapple syrup. |
| 1 cup canned sliced pineapple.              | 1 tablespoon tarragon vinegar.     |
| $\frac{1}{4}$ cup cold water.               | 1 tablespoon lemon juice.          |
| $\frac{1}{4}$ cup boiling water.            | Few grains salt.                   |

Pare, chop, and drain cucumber; there should be one cup. Chop and drain pineapple; there should be one cup. Mix cucumber and pineapple, and add gelatin, which has been soaked in cold water and dissolved in boiling water; then add remaining ingredients. Turn into individual molds, first dipped in cold water, and chill. Remove from molds to nest of lettuce leaves. Accompany with mayonnaise dressing.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## DELICIOUS LUNCHEON SALAD

Stir until dissolved 1 package of lemon jello and 1 cup boiling water. Then add 2 tablespoons of vinegar to enough water to make 1 cup and add to dissolved jello. Add 1 tablespoonful of Spanish pepper. When cool and about to set, add

- |   |   |
|---|---|
| 4 slices of chopped cold boiled ham.          | 3 tablespoons chopped pimiento.                           |
| $\frac{1}{2}$ cup finely chopped raw cabbage. | 2 sweet pickles finely chopped.                           |
|   | $\frac{3}{4}$ cup walnuts, broken in rather large pieces. |

Set in individual molds, and serve on lettuce with mayonnaise or boiled dressing.

*The Allies' Inn, Washington.*

## DUCK AND ORANGE SALAD

- |                                |                                 |
|--------------------------------|---------------------------------|
| 2 cupfuls cold duck.           | $\frac{1}{2}$ teaspoon salt.    |
| 4 seedless oranges.            | $\frac{1}{8}$ teaspoon pepper.  |
| 1 tablespoon tarragon vinegar. | $\frac{1}{4}$ teaspoon paprika. |
| $\frac{1}{2}$ cup salad oil.   | Lettuce.                        |

Cut the duck into small dice. Peel oranges and slice very thin. Mix together the oil, seasonings and vinegar. Pour this dressing over the duck and oranges and let stand for few minutes. Serve on crisp lettuce.

*Mrs. Sol Bloom, Wife of Representative Bloom (N. Y.).*

## EGG CAPITOL (Cold)

Cover thick slice of tomato, resting on crisp lettuce leaf, with fine minced chicken salad, top with poached egg, garnish with mayonnaise and truffles.

*Hotel Willard, Washington.*

## EMERALD SALAD

- |   |                           |
|---|---------------------------|
| 1 envelope Knox gelatin.                    | Juice, 1 lemon.           |
| $\frac{1}{2}$ cup cold water. Soak gelatin. | 1 cup shredded pineapple. |
| 2 cups boiling water.                       | 1 cup ground cucumber.    |
| $\frac{1}{3}$ cup vinegar.                  | Use green coloring.       |
| $\frac{1}{2}$ cup sugar.                    |                           |

Let stand until cold before adding pineapple and cucumber, then turn into individual molds.

*Mrs. Arthur T. Hannett, Wife of former Governor Hannett (N. M.).*

## FISH SALAD

- |  |                               |
|--|-------------------------------|
| 6 cold, boiled potatoes, cut in small cubes. | 1 tablespoon minced parsley.  |
| 2 onions and 1 cucumber sliced fine.         | 2 hard boiled eggs, cut fine. |
|  | 12 sardines, flaked.          |

Moisten with boiled dressing—garnish with split sardines, capers, and parsley.

*Mrs. James H. Davidson, Widow of the late Representative Davidson (Wis.).*

## FRUIT SALAD

- |   |                                      |
|---|--------------------------------------|
| $\frac{1}{2}$ pound marshmallows, chopped fine. | $\frac{1}{2}$ pound English walnuts. |
| 1 can pineapple.                                | 1 pint of well whipped cream.        |
| $1\frac{1}{2}$ pounds green California grapes.  |                                      |

*Mrs. Albert Vestal, Wife of Representative Vestal (Ind.).*

## FRUIT SALAD

Yolks of 4 eggs beaten,  $\frac{1}{4}$  teaspoon mustard, juice of 1 lemon. Mix all together. Cook in double boiler, stirring all the time until it resembles soft scrambled eggs; 1 pint whipping cream, whip stiff. Add a little at a time to above until all cream is used, then pour over. 1 pound white grapes halved and seeded, 1 large can pineapple, drained and cut in small pieces,  $\frac{1}{4}$  pound marshmallows, cut in quarters. Serve on crisp lettuce with nut on top. This salad must be made the day before it is wanted. Will serve 10 persons.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Pa.).*

## BRIDGE LUNCHEON FRUIT SALAD

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1 large can of pineapple.  | $\frac{3}{4}$ cup black walnuts.    |
| 1 pound of white grapes.   | $\frac{1}{2}$ cup candied cherries. |
| 2 dozen marshmallows.      |                                     |
| Dressing:                  |                                     |
| 1 lemon.                   | $\frac{1}{2}$ teaspoonful salt.     |
| 4 egg yolks.               | 1 cup whipping cream.               |
| $\frac{1}{4}$ plain cream. |                                     |

A can of white cherries may be substituted for the grapes. Shred the pineapple and cut the grapes into halves. Mix the fruits and nuts and marshmallows together in a bowl. For the dressing the egg yolks should be beaten until fluffy; add the plain cream, the lemon juice and salt, and boil

in double boiler until thick. Chill and beat in the double cream that has been whipped. Mix this with the ingredients in the bowl, pouring some of it on top and set in ice box until ready to use. Candied cherries and nuts may be left out. Any kind of nuts will do. Delicious and better prepared the day before using. The marshmallows furnish the sweetness.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

#### FRUIT SALAD

- |                          |                           |
|--------------------------|---------------------------|
| 1 can white cherries.    | 1 large can of pineapple. |
| 1 pound of marshmallows. | 1 pint whipping cream.    |

Cook yolks of 4 eggs, 4 teaspoons of lemon juice, 1 teaspoon of mustard over hot water till thick, stirring constantly. Whip cream and add fruit to cream, then cooked dressing, and marshmallows cut fine. Let set 24 hours before using.

*Mrs. Luther A. Johnson, Wife of Representative Johnson (Texas).*

#### FRUIT SALAD

Take juice of 1 quart of pineapple; take juice of 1 quart of white cherries. Heat this in a double boiler. Add 2 tablespoons corn starch; moisten in cold water. Add a lump butter, 3 tablespoons of sugar. Cook until thick. When cold add pineapple and cherries and thin with whipped cream.

*Mrs. Frank B. Willis, Wife of Senator Willis (Ohio).*

#### FRUIT SALAD

- |  |                                     |
|--|-------------------------------------|
| 1 can California white cherries<br>(pitted.)       | 2 pears.                            |
| 1 grapefruit.                                      | 1 cup of pineapple cut in<br>cubes. |
| 2 oranges.   | 1 cup of walnut meats<br>blanched.  |
| ½ pound Malaga grapes or<br>seedless white grapes. |                                     |

Cut up the fruit and allow the juice to drain off.

Salad Dressing:

- |                                      |                      |
|--------------------------------------|----------------------|
| Yolks of 4 eggs.                     | 4 tablespoons sugar. |
| 4 tablespoons tarragon vine-<br>gar. | 1 pinch of salt.     |

Let this cook in a double boiler until thick. When cold, beat into it: 1 pint of cream, whipped. This will serve 12 persons. It is very good served on potato salad or shredded cabbage.

*Mrs. Wm. Kent, Wife of former Representative Kent (Cal.).*

#### FRUIT SALAD

- |                                   |   |
|-----------------------------------|---|
| 1 can white cherries—cut<br>half. | juice of grapes.                            |
| ½ tea cup dressing.               | ½ cup boiling water poured over<br>gelatin. |
| ½ box gelatin dissolved in the    | ½ pint whipped cream.                       |

Put salad dressing in bowl, add gelatin slowly, after cooling, add cut grapes, lastly whipped cream. Use egg beater or fork.

*Mrs. Robert N. Page, Widow of the late Representative Page (N. C.).*

## FRUIT SALAD

- |                                     |   |
|-------------------------------------|---|
| 2 cans pineapple cut in cubes.      | $\frac{3}{4}$ can pimientos soaked in water 10 minutes. |
| $\frac{1}{2}$ pound almonds, whole. | Yolks of 3 eggs.  |
| Juice of 6 lemons.                  | 2 heaping tablespoons cornstarch.                       |
| 1 package Knox gelatin.             | 1 cup cold water.                                       |
| 4 cups whipped cream.               |   |
| 2 cups celery chopped fine.         |   |

Heat the lemon and pineapple juices to boiling point in double boiler. Dissolve gelatin and cornstarch in cup of water and with the well beaten eggs add to the hot juices and cook until thick creamy. Add a grated onion, paprika, salt and cayenne to taste. Let this mixture cool and stir in fruit. When it begins to congeal add cream, pour in mold and put on ice. Serve with mayonnaise dressing.

*Mrs. James P. Glynn, Wife of Representative Glynn (Conn.).*

## FRUIT SALAD

- |                                  |                          |
|----------------------------------|--------------------------|
| 1 package raspberry jello.       | 1 cup sugar.             |
| 1 tablespoon granulated gelatin. | 2 bananas.               |
| 1 lemon (juice.)                 | 2 oranges.               |
| 1 pint boiling water.            | 2 cans sliced pineapple. |
|                                  | 1 glass quince jelly.    |

Let ripen for 12 hours and serve with marshmallow whipped cream.

*Mrs. James M. Gudger, Jr., Widow of the late Representative Gudger (N. C.).  
Mother of Representative Katherine Langley (Ky.)*

## A DELICIOUS SALAD

Equal parts of nut meats, white grapes peeled and halved, a little shredded grape fruit, pineapple cut in cubes and shredded celery.

Mash in mayonnaise or serve with a cream dressing.

*Mrs. J. Zach Spearing, Wife of Representative Spearing (La.).*

## FRUIT SALAD FOR FIFTEEN

- |                                |   |
|--------------------------------|---|
| 2 cans pineapple.              | $\frac{1}{2}$ pound marshmallows (quartered.) |
| 1 can white cherries (seeded.) |   |
| 1 pound white grapes (seeded.) |   |

Let pineapple and cherries stand over night. Add grapes and marshmallows; let stand 1 hour, then drain.

Dressing:

- |                      |                               |
|----------------------|-------------------------------|
| 1 egg (well beaten.) | 1 small tablespoon flour.     |
| Juice of 1 lemon.    | $\frac{1}{2}$ cup cold water. |

Cook in double boiler, sweeten to taste with powdered sugar. Before mixing with fruit, add 1 pint whipped cream.

*Mrs. John H. Wilson, Wife of former Representative Wilson (Pa.).*

## MOLDED FRUIT SALAD

- |                                 |   |
|---------------------------------|---|
| 1 cup pineapple, cut in blocks. | 1 envelope acidulated gelatin, soaked in 2 tablespoons cold water 5 minutes before using; then dissolve and mix with fruit. |
| 1 cup orange, cut in blocks.    |   |
| 1 package of chopped dates.     |   |
| 1 box of chopped marshmallows.  |   |

Pour in individual molds and put in refrigerator. Serve on lettuce with a dressing of:

1 cup of mayonnaise.

1 pint of whipped cream.

*Mrs. Cordell Hull, Wife of Representative Hull (Tenn.).*

### FRUIT SALAD SUPREME

1 envelope Knox gelatin.

$\frac{1}{2}$  cup sugar.

$\frac{1}{2}$  cup cold water.

$\frac{1}{2}$  teaspoon salt.

2 cups boiling water.

3 cups fruit cut in small pieces.

$\frac{1}{2}$  cup vinegar.

Soak gelatin in cold water 5 minutes and add boiling water, vinegar, sugar and salt. Strain and when mixture begins to stiffen, add fruit; using cherries, oranges, bananas, grapefruit, canned sliced pineapple alone or in combination. Put on ice to chill. Cut in 2 inch cubes and serve on crisp lettuce accompanied with mayonnaise or boiled salad dressing with whipped cream folded in.

*Miss Elizabeth Dominick, Sister of Representative Fred H. Dominick (S. C.).*

### FROZEN FRUIT SALAD

1 can white cherries.

1 can pineapple.

4 oranges.

4 or 5 bananas.

$\frac{1}{2}$  pint mayonnaise.

$\frac{1}{2}$  pint whipped cream.

Cut up fruit, pour over the sliced bananas, the juice of a lemon. Mix all the fruit together. Sweeten to taste and fold in the mayonnaise. Cream and freeze in moulds for 4 hours. Served, sliced on lettuce leaves with cheese straws or browned crackers.

*Mrs. Porter H. Dale, Wife of Senator Dale (Vt.).*

### FROZEN FRUIT SALAD

1 can white cherries.

1 can apricot.

1 can peaches.

2 oranges.

1 can sliced pineapple.

2 bananas.

Chop and marinate for several hours in a dressing made of 1 lemon and 2 ounces of olive oil. Drain thoroughly and add  $1\frac{1}{2}$  pints of whipped cream and 2 tablespoons sugar. Pack in salt and ice about 6 hours.

*Mrs. John W. Moore, Wife of Representative Moore (Ky.).*

### FROZEN FRUIT SALAD

3 bananas.

Small bottle maraschino cherries.

6 slices canned pineapple.

20 marshmallows.

8 halves canned pears.

$\frac{1}{2}$  cup blanched almonds.

12 halves canned apricots.

Cut all in small pieces including marshmallows. Make dressing of the following:

1 tablespoon of butter.

$\frac{1}{3}$  cup mild vinegar.

$3\frac{1}{2}$  tablespoons of flour.

Yolks of two eggs.

1 teaspoon salt.

4 tablespoons of sugar.

Pinch of cayenne pepper.

Melt butter, add slowly eggs well beaten, flour, sugar, salt, pepper and vinegar. Cook in double boiler, stirring constantly until very thick. Take off and beat until cold. Add a little lemon juice and beat all slowly into

1 quart of cream which has been beaten stiff. Fold gently and gradually into the prepared fruit. Then freeze.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

### FROZEN FRUIT SALAD

Melt 1 tablespoon butter; add slowly, yolks of 2 eggs, well beaten and  $3\frac{1}{2}$  level tablespoons flour, mixed with 3 level tablespoons sugar, 1 level teaspoon salt,  $\frac{1}{3}$  teaspoon paprika; few grains of cayenne; add slowly,  $\frac{2}{3}$  cup milk, 1 tablespoon lemon juice and  $\frac{1}{3}$  cup mild vinegar. Cook until it thickens. When cold, add 1 cup whipped cream, measured after whipping, and gradually fold in 1 cup prepared fruit, using oranges, maraschino cherries, pineapple and bananas. Add 1 teaspoonful of lemon juice, a few grains of salt and 2 tablespoonfuls pineapple syrup. Pack in mold and stand in ice and salt for 2 or 3 hours. Serve in slices on lettuce leaves.

*Mrs. C. C. Dickinson, Wife of Representative Dickinson (Mo.).*

### FROZEN FRUIT SALAD

- |                       |   |
|-----------------------|---|
| 1 can pineapple.      | 1 lemon (juice.)                                    |
| 1 can pears.          | $\frac{1}{2}$ pound almonds (blanched and chopped.) |
| 1 can white cherries. | 1 cup cream (whipped.)                              |
| 1 grapefruit.         | 1 cup mayonnaise.                                   |
| 3 oranges.            |   |

Boil fruit juices and add 1 envelope of gelatin. Add to chopped fruits and nuts; add whipped cream then mayonnaise, and pack in freezer 4 hours. Serve on lettuce with cream mayonnaise.

*Mrs. Homer C. Lyon, Wife of Representative Lyon (N. C.).*

### FROZEN FRUIT SALAD

- |                         |                       |
|-------------------------|-----------------------|
| 1 can grated pineapple. | 1 cup mayonnaise.     |
| 1 can peaches.          | 1 pint whipped cream. |
| 1 can pears.            |                       |

Separate fruit from juice (do not use juices). Chop fruit fine, mix with cream and mayonnaise. Put in can and pack in salt and ice. Let stand 4 hours. Serve with mayonnaise.

*Mrs. Arthur Rouse, Wife of former Representative Rouse (Ky.).*

### FROZEN SALAD

- |                         |                             |
|-------------------------|-----------------------------|
| 6 bananas.              | 1 pint seasoned mayonnaise. |
| 6 oranges.              | $\frac{1}{2}$ pint cream.   |
| 1 can sliced pineapple. | 2 tablespoons sugar.        |
| Juice of two lemons.    |                             |

Mash bananas with a fork; shred fruit; season with a pinch of salt and pepper and freeze. Use ice cream dipper for serving.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*

### FROZEN FRUIT SALAD

- |                                |   |
|--------------------------------|---|
| 1 can peaches cut in slices.   | 1 pound almonds, blanched and cut, or chopped (not too fine.) |
| 1 can pineapple cut in pieces. | 1 pint mayonnaise.  |
| 1 can pears cut up.            | 1 pint whipped cream.   |
| 1 can white cherries stoned.   |   |

Put in freezer and turn slowly for 20 minutes, then remove dasher and pack well with salt and ice. Serve on crisp lettuce leaves, with cheese straws. The juices of these fruits make a delightful drink, iced and served with maraschino cherries. Delicious!

*Mrs. Herbert J. Drane, Wife of Representative Drane (Fla.).*

#### FROZEN FRUIT SALAD

- |                               |   |
|-------------------------------|---|
| 1 can of peaches.             | 1 pint of whipped cream.                |
| 1 can of pears.               | 1 pint of oil mayonnaise.               |
| 1 can of pineapple.           | 1 package of Philadelphia cream cheese. |
| 1 can of Queen Anne cherries. |   |

Drain the canned peaches, pears, pineapple and Queen Anne cherries thoroughly, and cut up the fruit and pit the cherries. Use a pint of whipped cream to a pint of oil mayonnaise; add a package of Philadelphia cream cheese, and add as much fruit as it will hold. Put in a mold and freeze either in an electric refrigerator or packed in ice and salt for at least 3 hours. Do not take out until ready to serve as it will not keep well. Serve on hearts of lettuce and garnish with mayonnaise.

*Mrs. Milton W. Shreve, Wife of Representative Shreve (Pa.).*

#### FROZEN FRUIT SALAD

- |                          |  |
|--------------------------|--|
| 1 can of white cherries. | 1 bottle of pin-head onions.                                 |
| 1 can of pineapple.      | 1 pint of mayonnaise highly seasoned, generous with paprika. |
| 6 oranges.               |  |
| 2 grapefruit.            | 1 pint of cream whipped.                                     |
| 2 bunches of celery.     |  |

Cut up fruit, drain off all the juice. Add cream very slowly to mayonnaise, then add fruit, celery and onions. Put in mold and pack in crushed ice and salt and let stand until frozen. Any fruit may be used, also nuts if desired.

*Mrs. Harcourt J. Pratt, Wife of Representative Pratt (N. Y.).*

#### FROZEN FRUIT SALAD

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1 large can sliced pineapple (diced.) | Small bottle maraschino cherries.     |
| 1 can Queen Anne cherries (white.)    | $\frac{1}{4}$ pound blanched almonds. |
|                                       | $\frac{1}{4}$ pound marshmallows.     |

Drain fruit. Mix well through dressing, pack in freezer, let set 3 hours.

Dressing:

- |                        |                         |
|------------------------|-------------------------|
| 4 tablespoons vinegar. | Dessert spoon of sugar. |
| Yolks of 4 eggs.       |                         |

Put in double boiler; cook until stiff, stirring often; add salt and pepper and beat smooth; set away to cool, then add 1 pint whipped cream. Stir in lightly.

*Miss Fannie May Trimble, Daughter of former Representative Trimble (Ky.).*

#### FRUIT SALAD (FROZEN)

- |                       |                          |
|-----------------------|--------------------------|
| 1 can pineapple.      | 1 pint whipped cream.    |
| 1 can white cherries. | 2 teaspoons gelatin.     |
| 1 cup fruit juice.    | $\frac{1}{4}$ cup water. |
| 1 cup salad dressing. | 8 bananas.               |

*Mrs. Isetta Jewel Brown, Widow of the late Rep. W. G. Brown (W. Va.).*

## GELATINE SALAD

1 cup pineapple.

1 cup cucumber.

1 cup green grapes.

All cut in pieces. Dry on towel and squeeze  $\frac{1}{2}$  lemon over them. Sprinkle a little salt over cucumber. 1 cup whipped cream,  $\frac{3}{4}$  cup mayonnaise, 2 tablespoons gelatin dissolved in pineapple juice. Mix together and let harden in mold.

*Mrs. R. P. Hartley, Wife of the Governor of Washington.*

## SALADE CHANCES

See Favorite Dishes of All Nations, page 129.

## GINGER ALE SALAD

Soak 2 tablespoons gelatin in 2 tablespoons of cold water. Dissolve in  $\frac{1}{2}$  cup boiling water. Add 1 cup ginger ale,  $\frac{1}{4}$  cup lemon juice, 2 tablespoons sugar.

When mixture begins to set, fold in  $\frac{1}{3}$  cup of malaga grapes,  $\frac{1}{2}$  cup chopped celery,  $\frac{1}{3}$  cup chopped apples, 2 tablespoons Canton ginger, cut in pieces, 4 tablespoons shredded pineapple. Nuts may be added. Turn into small molds and chill. Serve with mayonnaise.

*Mrs. Arthur Rouse, Wife of former Representative Rouse (Ky.).*

## GINGER ALE SALAD

1 envelope Knox gelatin.

1 lemon (juice.)

 $\frac{1}{2}$  cup cold water. $\frac{1}{2}$  dozen sweet pickles (small.)

1 cup boiling water.

 $\frac{1}{2}$  cup diced celery. $\frac{1}{2}$  cup sugar. $\frac{1}{3}$  cup shaved blanched almonds. $1\frac{1}{2}$  cup ginger ale.

Soak gelatin in cold water 10 minutes. Add boiling water, then sugar, lemon juice and ginger ale. Let stand until it begins to set, then add celery, pickles, cut in small pieces, and the nuts. Put in molds and let harden.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

## GINGER ALE FRUIT SALAD

1 small can crushed pineapple.

2 tablespoons lemon juice.

2 tablespoons gelatine.

2 tablespoons sugar.

 $\frac{1}{4}$  cup cold water.

2 cups ginger ale.

Bring the pineapple to the boiling point and dissolve in it the gelatin, which has been softened in the cold water. Add lemon juice and sugar. Cool and add ginger ale. Put in molds and chill. Serves 8.

*Mrs. A. E. Carter, Wife of Representative Carter (Cal.).*

## MY GREEN SALAD

Line your salad bowl with crisp lettuce leaves. Sprinkle lightly a handful of finely chopped cold boiled potatoes; over this put a layer of sliced stuffed olives and cooked string beans; over this put a diced dill pickle and a minced green onion. Marinate with following dressing:

*Hungarian Oil Dressing:*

Cut a clove of garlic; place in wide mouthed glass jar with cover. Add 1 teaspoon sugar, 1 teaspoon paprika, 1 cup oil, 1 teaspoonful salt, and



1 teaspoonful cider vinegar. 1 small piece of *ice* should always be added to any oil dressing. *Shake* the bottle until dressing thickens.

*Whenever* using dressing, *shake* bottle.

*Decoration for Salad*—Cut hard boiled eggs into quarters and use olives, whole eggs and English walnut meats for decoration, and serve chilled.

*Mrs Fred T. Dubois, Wife of former Senator Dubois (Idaho).*

### GREEN GAGE SALAD

From 1 can of green gage plums drain the syrup. Place in individual plates, 2 plums and 1 cheese ball, mayonnaise dressing; add head lettuce. Use Blue Label plain cream cheese, mixed with double cream and press into balls, making from 6 to 8 balls to 1 package of cheese.

*Mrs. Arthur M. Hyde, Wife of former Governor Hyde (Mo.).*

### HARVARD SALAD

6 tomatoes.	chopped fine.
3 tablespoons cream cheese.	Chopped parsley.
6 olives.	Mushroom catsup.
½ pound blanched nuts,	1 tomato chopped fine.

Mix with French dressing, mayonnaise on top, or bar le duc.

*Mrs. Richard P. Freeman, Wife of Representative Freeman (Conn.).*

### HAWAIIAN SALAD RING

Bring to boil:

½ cup sugar.	Juice of one lemon.
Pinch of salt.	⅓ cup hot water.

Remove from stove and add 1 envelope gelatin dissolved in ⅓ cup cold water. When cool add:

1 small can grated pineapple.	½ cup cottage cheese.
-------------------------------	-----------------------

When cold add:

½ cup whipped cream.	½ cup chopped nuts.
----------------------	---------------------

Mold in ring. Serves 8 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary, (Cal.).*

### HEAVENLY HASH (FRUIT SALAD)

(To serve twenty-five people)

4 bananas.	1 number 2 can white California cherries, halved.
½ pound marshmallows cut in quarters.	½ pound pecan nut meats
1 quart diced pineapple.	2 oranges.
1 cup diced celery.	4 small apples.

1½ pounds malaga grapes, seeded and cut in half.

For dressing, to 1 quart of sweet cream whipped, add 1 cup mayonnaise and the grated rind of 2 oranges.

*Mrs. Louis W. Fairfield, Wife of former Representative Fairfield (Ind.).*

### HEAVENLY HASH OR MARSHMALLOW SALAD

Yolks of two eggs.	1 tablespoon butter.
2 tablespoons sugar.	¾ cup milk.
1½ teaspoons mustard (dry.)	2 tablespoons vinegar.

Mix all together and beat well. Cook until thick. When cool add  $\frac{1}{2}$  pint cream whipped, 1 large can diced pineapple,  $\frac{1}{2}$  pound marshmallows,  $\frac{1}{2}$  pound nut meats, a little chopped celery. Place on ice and thoroughly chill before serving on a bed of lettuce.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

### IMPERATRICE SALAD

Peel 2 large pears and cut in square pieces. Mix with a little celery, pineapple and peas and a good olive oil mayonnaise. Fill the hollows of halved pears with this mixture and top with stars cut from sweet red peppers. Set on slices of pineapple in a bed of lettuce and serve with mayonnaise mousseline.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

### ITALIAN MAY SALAD

1 envelope of Knox gelatin.	Juice of one lemon.
$\frac{1}{2}$ cupful of cold water.	$\frac{1}{2}$ cup of sugar.
$\frac{1}{2}$ cup of mild vinegar.	1 cup of finely cut parsley.
1 pint of boiling water.	2 cups of shredded cocoanut.
1 teaspoon of salt.	$\frac{1}{4}$ can of pimiento.

Mix and mold in manner of any gelatin salad. Serves 12 or 15.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

### JOHNSON SALAD

6 canned pears.	$\frac{1}{4}$ cup Kellogg's All-Bran.
1 cup celery.	Russian dressing.
1 cup sauerkraut.	

Cut pears, celery and kraut in small pieces. Mix with Russian dressing and add All-Bran. Serve on lettuce. Garnish with 2 strips of pimiento, crossed, and small rosettes of cheese. All ingredients should be thoroughly chilled.

*Mrs. Jos. L. Hooper, Wife of Representative Hooper (Mich.).*

### KENTUCKY SALAD

$\frac{1}{2}$ cup chopped cucumber.	$\frac{1}{4}$ cup vinegar (less if strong.)
$\frac{1}{2}$ cup canned pineapple.	Salt.
$\frac{1}{2}$ tablespoon gelatin dissolved in	1 tablespoon lemon juice.
$\frac{1}{4}$ water and melted in $\frac{1}{4}$ cup	1 tablespoon tarragon vinegar.
hot water.	$\frac{2}{3}$ cup pineapple syrup.
$\frac{1}{4}$ cup sugar.	

Mold in ring mold, turn on bed of lettuce on platter, mayonnaise in middle.

*Mrs. S. Wallace Dempsey, Wife of Representative Dempsey (N. Y.).*

### SALAD KUROKI

Hearts of Romaine with sliced oranges and grapefruit. Decorate with pimiento and serve with French dressing.

*Mrs. Ben L. Fairchild, Wife of former Representative Fairchild (N. Y.).*

## LINDA SALAD

Cover  $\frac{1}{2}$  box granulated gelatin with  $\frac{1}{2}$  cup cold water and soak half an hour. Strain 1 pint stewed tomatoes through sieve and add 1 tablespoon grated onion,  $\frac{1}{4}$  teaspoon celery seed, 2 bay leaves, 2 cloves,  $\frac{1}{2}$  teaspoon paprika. Simmer for 3 minutes. Take from fire, and add the gelatin; strain; add 1 teaspoon salt, 1 teaspoon tarragon vinegar, 1 teaspoon lemon juice, 1 tablespoon chopped parsley, 1 tablespoon chopped capers. Let mixture partly set, then stir in  $\frac{1}{2}$  pint of cream whipped, and pour in molds.

*Mrs. Albert B. Fall, Wife of former Secretary of Interior (N. M.).*

## LITHUANIAN SALAD

See Favorite Dishes of All Nations, page 92.

## LOBSTER SALAD

- |  |                                       |
|--|---------------------------------------|
| 1 can lobster.                         | 2 hard-boiled eggs.                   |
| 3 tablespoons sweet pickle,<br>minced. | 1 cup diced celery.                   |
| 1 head lettuce.                        | $\frac{1}{2}$ tablespoon lemon juice. |

Moisten with mayonnaise. Marinate celery and lobster in lemon juice (vinegar may be used). Season with salt and pepper. Add pickle and 4 tablespoons mayonnaise. Arrange on lettuce and garnish with slices of hard boiled eggs and spoonfuls of mayonnaise. Sprinkle with paprika.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

## LUNCHEON SALAD

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 envelope Knox gelatin.      | Juice of one lemon.                |
| $\frac{3}{4}$ cup cold water. | Pinch of Burnett's green coloring. |
| 1 cup boiling water.          | 1 can grated pineapple.            |
| $\frac{1}{2}$ cup sugar.      | 1 cucumber.                        |
| $\frac{1}{3}$ cup vinegar.    |                                    |

Soak gelatin 5 minutes in the cold water; add boiling water. Add sugar, vinegar, lemon juice and coloring. When mixture begins to jell add pineapple and chopped cucumber. Serve on lettuce with mayonnaise.

*Mrs. David Hogg, Wife of Representative Hogg (Ind.).*

## MARSHMALLOW SALAD

Equal parts of seeded white grapes, bananas, shredded pineapple, and English walnuts; white cherries seeded;  $\frac{1}{2}$  pound of marshmallows. Take scissors, cut them in small bits.

Dressing:

- |                         |                          |
|-------------------------|--------------------------|
| 1 cup whipped cream.    | 1 tablespoon mayonnaise. |
| 1 cup pulverized sugar. |                          |

Serve on lettuce leaves and decorate with maraschino cherries.

*Mrs. Hays B. White, Wife of Representative White (Kas.).*

## MARSHMALLOW DRESSING SALAD

(Serves ten)

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 pound white grapes (or 3 oranges.) | Yolks of 4 eggs.                |
| 1 cup shredded pineapple.            | $\frac{1}{4}$ teaspoon mustard. |
| $\frac{1}{2}$ pound marshmallows.    | Pinch of salt.                  |
|                                      | $\frac{1}{2}$ cup milk.         |

Heat together; when cold add juice of 1 lemon; when real cold add 1 pint of whipped cream. Let stand 4 hours.

*Mrs. Harry E. Hull, Wife of former Representative Hull (Iowa).*

#### MARSHMALLOW SALAD

Chop 1 pound of marshmallows rather fine. Pour over them 1 can of grated pineapple and let stand over night. Then add to this  $\frac{1}{2}$  dozen sliced bananas, 3 oranges cut fine, and a  $\frac{1}{2}$  pound of chopped walnut meats. Mix with a  $\frac{1}{2}$  pint of sweet cream, chill and serve. Delicious, and can be served in glasses or on lettuce leaves as a fruit salad.

*Mrs. Chas. J. Thompson, Wife of Representative Thompson (Ohio).*

#### MARSHMALLOW SALAD

1 pint marshmallows, chopped  $\frac{1}{2}$  pint of grapes (white).  
fine.  $\frac{1}{2}$  cup of pecan meats.

1 pint pineapple, chopped fine.

Mix with 1 pint of whipped cream and mayonnaise and let stand on ice for 2 hours.

*Mrs. Dennis Murphree, Wife of the Governor of Mississippi.*

#### SALAD A LA McNALLY

1 head of lettuce shredded, 1 pound of boiled chicken (white meat), chopped fine, 6 strips of bacon fried to a crisp and chopped fine. Mix all together; serve on lettuce leaves with Redlac dressing.

#### Redlac Dressing

4 parts of olive oil to 1 part of vinegar, white or tarragon; a little onion juice, finely chopped parsley, 2 tablespoonfuls of tomato ketchup, 1 teaspoonful of English mustard; salt and pepper and a small pinch of red pepper.

*Mrs. William M. Calder, Wife of former Senator Calder (N. Y.).*

#### MEXICAN SALAD

See Favorite Dishes of All Nations, page 96.

#### NEW YORK SALAD

Stuff green peppers with cream cheese and nuts; let stand in cool place for 3 hours before serving them. Serve with salad dressing on lettuce.

*Mrs. Wm. M. Morgan, Wife of Representative Morgan (Ohio).*

#### BRAZIL NUT SALAD

$1\frac{1}{2}$  cups of cold diced potato.  $\frac{1}{2}$  cup diced celery.

$\frac{3}{4}$  pound Brazil nuts, blanched and sliced.

Serve on lettuce leaves with French dressing and rings of pimiento.

*Mrs. Horace M. Towner, Wife of the Governor of Porto Rico.*

#### JELLIED PECAN SALAD

To 1 pint of lemon jello, when nearly hard, add 1 cup of broken pecans. Mold in small glasses and serve on lettuce leaf with finely shaved green peppers and mayonnaise.

*Mrs. W. F. Kopp, Wife of Representative Kopp (Iowa).*

## NUT AND PICKLE SALAD

2½ tablespoons of granulated gelatin.	2 cups sugar.
1 cup of English walnut meats.	1 cup cider vinegar (medium strength).
2 cups of sweet pickles.	Mayonnaise.
2 cups cold water.	Lettuce.
12 cloves.	

Boil together vinegar, sugar and cloves till the mixture threads, remove from the heat and add the gelatin which should have been soaked in cold water. Cool and, when beginning to set, stir in the nut meats, broken, and the pickles, sliced, sliced thin. Pour into individual molds and set aside for a few hours to stiffen. Serve on lettuce with a garnish of mayonnaise. Will serve 15.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## OKLAHOMA SALAD

Soak one-half package Knox gelatin in cup of cold water. Drain one No. 2 can pineapple, and into juice put one-half cup vinegar and add water to make one quart. Bring juice to boil with one-half cup sugar and pour over gelatin. When cold pour over one dozen small sweet pickles, thinly sliced, one-half pound almonds, blanched and split and pineapple, either diced or grated. Color with green vegetable coloring. Serves about 15.

*Mrs. Henry L. Johnston, Wife of the Governor of Oklahoma.*

## OLIVE SALAD

Fill cups two-thirds full of mixture of boiled egg, chopped celery, sliced olives and chopped nuts. Pour 1 pint of boiling water over a package of lemon jello. When almost ready to set, fill cups and stir thoroughly; set away to harden. Serve with oil dressing and whipped cream.

*Mrs. Oscar E. Bland, Wife of former Representative Bland (Ind.).*

## PEARL ONION SALAD

Soak 2 tablespoons of gelatin in ¼ cup cold water 10 minutes, then dissolve in 1¼ cups boiling water. In the meantime rinse out a large mold (if possible one with a design), then place a layer of small onions on the bottom of the mold, with strips of pimientos and cooked string beans alternately on the sides; then place a layer of peeled ripe tomatoes; cut in thin slices, with a layer of cooked peas next; lastly add a layer of asparagus tips, well drained first. Add to the dissolved gelatin ½ cup of sugar and about 6 tablespoons of lemon juice; mix well and pour over the salad. Use it all even though it more than covers the vegetables. Put to chill and when ready to serve remove from mold and serve on a large platter with halves of deviled eggs at the base and a topping of mayonnaise, with pimolas, to garnish.

*Mrs. Anthony Caminetti, Wife of former Representative Caminetti (Cal.).*

## ORANGE AND WALNUT SALAD

Peel 4 oranges; take off all inner covering. Pull lobes apart and cut into 4 pieces. Scald a cup of English walnut kernels; strip off bitter skin and let the kernels get dry and cold. Mix with the orange and set on ice

for 1 hour. Before serving mix with a good salad dressing and serve on lettuce leaves.

*Mrs. Ralph H. Cameron, Wife of former Senator Cameron (Ariz.).*

### PALMITO (HEART OF PALM) SALAD

See Favorite Dishes of All Nations, page 81.

### FLORENCE'S PARADISE SALAD

1 cup cottage cheese.	1 cup cream, whipped.
1 cup oil mayonnaise.	1 green pepper, chopped.
1 cup Chili sauce.	

Dissolve 1 envelope Knox gelatin over hot water and add to above. Mold for 24 hours.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

### CORONATION PEAR SALAD

Peel raw pear and hollow bottom portion so that it will retain its shape. Stuff with cream cheese. Top pear with red bar-le-duc. Serve on lettuce leaves.

#### Dressing

Mix cube of cream cheese with 3 tablespoons of sweet cream. Add pinch of salt, pepper and paprika, teaspoon of red bar-le-duc, and juice of quarter of a lemon.

*Hotel Raleigh, Washington*

### PEAR SALAD

Canned pears, allowing 2 halves for each salad plate. Make cheese filling as follows:

2 packages Philadelphia cream cheese.	1 dozen stuffed olives, sliced, and enough oil dressing to make smooth paste.
$\frac{1}{4}$ cup pecan meats, cut fine.	

Directions—Place  $\frac{1}{2}$  pear on each lettuce lined plate and after filling pear with cheese mixture, cover with other half and tint pink with fruit coloring. Place spice clove in end for stem. Serve with dressing.

*Mrs. Wm. Voris Gregory, Wife of Representative Gregory (Ky.).*

### PEAR SALAD

Roll  $\frac{1}{2}$  canned pear in nuts chopped fine. Place in bed of white lettuce; put a spoonful of fruit salad dressing on top. Serve ice cold.

*Mrs. M. E. Rhodes, Wife of former Representative Rhodes (Mo.).*

### PEAR SALAD

Drain canned pears from their syrup. For individual service place 2 perfect halves on crisp lettuce leaves; fill cavities with finely cut celery and grapefruit pulp. Put spoonful boiled dressing on each and garnish with maraschino or canned cherries.

*Mrs. John A. M. Adair, Wife of former Representative Adair (Ind.).*

## FROZEN PEAR SALAD

1 3-pound can pears.

Pack without opening in salt and ice 4 hours. When ready to serve, open by dipping first  $1\frac{1}{2}$  seconds in hot water, turn can on side and open at edge of top so it will slip out easily. Serve on lettuce with any salad dressing.

*Mrs. Edward E. Eslick, Wife of Representative Eslick (Tenn.).*

## GREEN PEPPER SALAD

Stuff green peppers with Philadelphia cream cheese to which ground nuts have been added. Cut crosswise in thin slices (after letting stand in ice chest). Serve on lettuce with salad dressing.

*Mrs. W. J. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

## STUFFED GREEN PEPPER SALAD

Remove all seeds from the green peppers and stuff tightly with Blue Ribbon cream cheese which has been mixed thoroughly with cream and chopped pimientos. Do not make too thin. Let stand in ice box for several hours or over night. Then slice these stuffed peppers. Put on crisp lettuce leaves and pour over them French dressing.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## PERFECTION SALAD

2 tablespoons granulated gelatin.	$\frac{1}{2}$ cup sugar.
$\frac{1}{2}$ cup water.	1 teaspoon salt.
$\frac{1}{2}$ cup vinegar.	2 cups chopped celery.
Juice of 1 lemon.	1 cup shredded cabbage.
1 pint boiling water.	$\frac{1}{4}$ cup pimientos, cut fine.

Soften gelatin in cold water; mix vinegar, lemon, sugar, and salt and boiling water. Bring all to boiling point and add softened gelatin. When mixture begins to thicken, add celery, cabbage and pimientos, and turn into a ring mold; chill and serve with mayonnaise.

*Mrs. Frank Frye Briggs, Daughter of the late Senator Frye (Me.).*

## PERFECTION SALAD

1 Knox sparkling gelatine.	1 cup cabbage, shredded.
$\frac{1}{2}$ cup cold water.	2 cups celery, cut in small pieces.
$\frac{1}{2}$ cup mild vinegar.	1 green pepper, chopped.
2 tablespoons lemon juice.	1 cup or 1 small bottle stuffed olives, chopped.
2 cups boiling water.	
$\frac{1}{2}$ cup sugar.	
1 teaspoon salt.	

Soak gelatin in cold water 5 minutes. Add vinegar, lemon juice, boiling water, sugar and salt. When mixture begins to thicken add remaining ingredients. Turn into mold first dipped in cold water. Cut in cubes and serve on lettuce with mayonnaise.

*Mrs. George A. Welsh, Wife of Representative Welsh (Pa.).*

## PERFECTION SALAD

Soak  $\frac{1}{2}$  box gelatine in  $\frac{1}{2}$  cup cold water, add 1 cup boiling water,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup vinegar, juice of 1 lemon, 1 teaspoon salt. When it

begins to congeal stir in 2 cups chopped celery,  $1\frac{1}{2}$  cups chopped cabbage, 2 green peppers, 2 pimientos, mold in shape and serve with mayonnaise.

*Mrs. Tom Connally, Wife of Representative Connally (Texas).*

#### PICKLED PEACH SALAD

Pickled peach (cut in two), Neufchatel cheese, mayonnaise, lettuce, paprika. Remove stone from peach and fill hollow with cheese. Serve on lettuce with mayonnaise and garnish with paprika.

*Mrs. Clarence J. Morley, Wife of former Governor Morley (Col.).*

#### PINEAPPLE SALAD

Lettuce, 1 slice of pineapple, cover with dressing. Over this put cream cheese put through ricer and put cherry on top.

##### Dressing

8 tablespoons pineapple juice. Butter size of walnut.  
2 pounds sugar.

Heat in double boiler, add 2 beaten eggs and cook till it coats the spoon. When cold add whipped cream if convenient; good without it.

*Mrs. Frank H. Foss, Wife of Representative Foss, (Mass.).*

#### PINEAPPLE SALAD

Juice of 2 lemons, 1 envelope of Knox gelatin, juice of 1 pound can of pineapple (boil juice of pineapple and lemon together), necessary amount of water for the gelatin,  $\frac{1}{2}$  cup sugar, 1 teaspoon salt, 1 large cucumber.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

#### PINEAPPLE AND CUCUMBER SALAD

One envelope Knox's gelatine soaked in  $\frac{1}{2}$  cup cold water. Add  $1\frac{1}{2}$  cups hot water, juice of 1 lemon,  $\frac{1}{3}$  cup vinegar, a little salt,  $\frac{1}{2}$  cup sugar, green coloring enough to make it a light green. Let set until gelatine begins to congeal. Then add 1 small can grated pineapple,  $1\frac{1}{2}$  cups chopped cucumbers. Put in individual molds. Serve with mayonnaise dressing.

*Mrs. William Kent, Wife of former Representative Kent (Cal.).*

#### PINEAPPLE AND CUCUMBER SALAD

1 cup canned pineapple, cut in small pieces.	1 cup boiling water.
1 cup diced cucumbers.	$1\frac{1}{2}$ cups ginger ale.
1 envelope gelatine.	$\frac{1}{2}$ cup sugar.
$\frac{1}{2}$ cup cold water.	Juice of 1 lemon.

Soften gelatine in cold water and then add to the boiling water. Add the sugar, lemon juice and ginger ale and set aside to cool. When it begins to thicken add the cucumber and pineapple. Do not use fresh pineapple.

*Mrs. Charles S. Deneen, Wife of Senator Deneen (Ill.).*

#### PINEAPPLE AND ONION SALAD

Drain the juice from 1 quart of pineapple. Add water to make 1 quart of liquid. Soften  $\frac{1}{2}$  package of gelatine in a little water and add



to the quart of liquid heated over water. Cut pineapple fine. Add 1 pint of small pickled onions (cut in pieces if they are large.) One quarter pound of chopped blanched almonds,  $\frac{2}{3}$  of a small can, or about 3 pimientos, chopped. When the gelatine mixture is cool, pour over the fruit, etc., and as it thickens, pour in molds. This should be made a day before using and will keep nicely several days, on ice. Will make 24 portions.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

#### PINEAPPLE AND ORANGE SALAD

The secret of the salad is in the dressing. For fruit salad make a dressing of the juice of the fruit.

$\frac{3}{4}$  cup pineapple and orange juice.

$\frac{1}{2}$  cup sugar.

1 tablespoon cornstarch.

1 well beaten egg.

Cook in double boiler until thick and let cool. Pineapples, oranges, bananas, apples and nuts make a good combination. Raisins, if liked. This the dressing with thick cream or whipped cream and mix just before serving. Any fruits may be used that blend well. Avoid too much acid fruit in one dish. This also makes an excellent dessert served in individual dishes with whipped cream, ground nuts and a cherry. As a variety coconut may also be sprinkled over the top.

*Mrs. Louis W. Fairchild, Wife of former Representative Fairchild (Ind.).*

#### PINEAPPLE AND RAISIN SALAD

Split slices of pineapple, put them together again with filling of chopped raisins moistened with lemon juice, arrange on lettuce and place on top a ball of cream cheese, rolled in chopped nuts.

*Mrs. Duncan E. McKinlay, Widow of former Rep. McKinlay (Cal.).*

#### POINSETTIA SALAD

Put crisp lettuce leaves on dish, cut fresh tomato in eighths and lay on leaves to form flower. Fill center with chicken salad, cut green pepper in  $\frac{1}{2}$ -inch strips, lay 2 strips on each plate, for stems, and small pieces for bud and leaf. Small quantity of salad dressing in center of salad.

*Mrs. J. Hampton Moore, Wife of former Representative Moore (Pa.).*

#### POLISH SALAD WITH SOUR CREAM DRESSING

See Favorite Dishes of All Nations, page 116.

#### SALADE DE POMMES

See Favorite Dishes of All Nations, page 74.

#### PORTO RICO SALAD

5 hard-boiled eggs, chopped fine.

Salt, pepper and paprika.

1 cup nuts, chopped fine.

Soak this in envelope of gelatine.

1 can pimiento.

2 tablespoons of water.

$\frac{1}{2}$  box cocoanut.

Dissolve this in 1 cup of hot water. Add the rest when cool. Add to this 1 cup mayonnaise. Pour in molds or pan. This will serve 8 people. This salad to be used instead of meat for a luncheon course.

*Mrs. David H. Kincheloe, Wife of Representative Kincheloe (Ky.).*

## A RECIPE FOR SALAD

Two large potatoes, passed through kitchen sieve,  
 Unwonted softness to the salad give.  
 Of mordant mustard add a single spoon,  
 Distrust the condiment that bites so soon;  
 But deem it not, thou man of herbs, a fault  
 To add a double quantity of salt.  
 Three times the spoon with oil from Lucca crown,  
 And once with vinegar procured from town.  
 True flavor needs it, and your poet begs  
 The pounded yellow of two well-boiled eggs;  
 Let onion atoms lurk within the bowl,  
 And, scarce suspected, animate the whole.  
 And, lastly, on the flavoured compound toss  
 A magic teaspoon of anchovy sauce.  
 Then though green turtle fail, though venison's tough,  
 And ham and turkey are not boiled enough,  
 Serenely full, the epicure may say,  
 "Fate cannot harm me, I have dined today."

—Sydney Smith.

## POTATO SALAD

See Large Gatherings, page 698, and Favorite Dishes of All Nations, page 93.

## RADISH WITH SOUR CREAM

See Favorite Dishes of All Nations, page 59.

## RASSOL VINAIGRETTE

See Favorite Dishes of All Nations, page 89.

## SANDWICH LOAF

Take a loaf of sandwich bread, remove all the crust and cut lengthwise into four slices,  $\frac{1}{2}$  inch thick. Butter one slice, cover with lettuce and a thick layer of celery, green peppers and pimientos, chopped very fine and moistened with mayonnaise. Butter another slice on *both* sides, place over celery mixture, and spread with a thick layer of raisins and nuts, ground fine and moistened with mayonnaise. Butter the third slice on *both* sides, place over the raisin mixture. Spread the remaining slice on *one* side, with anchovy butter, olive butter or any desired mixture, *not* sweet. Place on top of loaf, put in ice box and chill. Before serving cover top and sides with cream cheese, moistened with *cream*, and decorate in any way desired. Serve on a bed of lettuce garnished with cress or parsley.

Grace Dodge Hotel, Washington.

## PINK SALMON SALAD LOAF

Drain 1 can pink salmon, add 4 tablespoons vinegar, 1 teaspoon salt, dash of paprika, and rub smooth with wooden spoon. Put through grinder 2 hard boiled eggs, 9 large olives, 1 sweet pickle, half of salad dressing, 2 tablespoons chili sauce. Soak 2 tablespoons plain gelatine in

$\frac{1}{4}$  cup milk for 10 minutes. Heat another  $\frac{1}{4}$  cup milk to boiling point, add gelatine and stir until dissolved. Stir this into salad dressing and combine with salmon. Pour into individual molds wet in cold water. Arrange on lettuce leaves, garnish with pickles and top with salad dressing, thinned with whipped cream

*Mrs. L. H. Hadley, Wife of Representative Hadley (Wash.).*

### SARDINE SALAD

Take 2 cans of oil sardines and remove the bones, mash finely, chop 4 pickles (sour) and mix with mayonnaise. Serve on lettuce leaves.

*Mrs. Frank Gardner, Wife of Representative Gardner (Ind.).*

### SERBIAN SALAD

See Favorite Dishes of All Nations, page 138.

### SHRIMP—MUSHROOM SALAD

Soak 1 can of shrimps in salt water for 1 hour. Cook  $\frac{1}{4}$  can of button mushroom in a little water for 10 minutes. Then put the shrimps in a bowl, add the mushrooms and 1 stalk of celery cut fine. Mix with salt and pepper. Add boiled salad dressing with 1 cupful of whipped cream. Mix well and serve on lettuce leaves or in a garnished bowl.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

### SHRIMP SALAD

1 can shrimp.	1 green pepper or 1 sweet red pepper.
$\frac{1}{2}$ tablespoon lemon juice.	About a cup of mayonnaise dressing.
1 cucumber, diced, or shredded cabbage.	
1 cup celery, cut fine.	

A bit of onion juice may be added. Serve on lettuce leaf.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

### SPAGHETTI SALAD

$\frac{1}{2}$ box spaghetti, cooked till tender in salted water.	Dash of cayenne pepper and salt.
4 hard-boiled eggs.	1 can pimientos.
4 sour pickles.	1 cup diced celery.

Dressing for salad: One teaspoon mustard,  $\frac{1}{4}$  cup sugar, 2 eggs, 1 cup cream,  $\frac{1}{3}$  cup vinegar, lump butter.

*Mrs. Louis W. Fairfield, Wife of former Representative Fairfield (Ind.).*

### SPOKANE SALAD

4 egg yolks, beaten.	4 tablespoons Tarragon vinegar.
4 tablespoons granulated sugar.	

Mix and cook until thick. Cool. Whip 1 pint of cream, 1 box of marshmallows cut up,  $\frac{1}{2}$  pound blanched almonds, 1 can pineapple (small) diced, no juice; mix all and freeze as for mousse, 5 or 6 hours. This serves 12 people.

*Mrs. C. C. Dill, Wife of Senator Dill (Wash.).*

## SPRING SALAD

- |                        |  |
|------------------------|--|
| 1 medium head lettuce. | Green of 3 onions or whole onions may be used. |
| 1 small stalk celery.  | 2 tablespoons of mayonnaise plus               |
| 6 medium radishes.     | 1 tablespoon cream.                            |
| ½ cucumber.            |  |
| ¼ green pepper         |  |

Cut lettuce as for slaw, slice radishes as thin as possible. Peel cucumber and cut into ½ inch cubes. Chop celery, greens of onions and green pepper into ¼ inch pieces and mix all vegetables together. Mix mayonnaise with cream and add to the vegetables. Serve on lettuce leaf as individual salad and sprinkle slightly with paprika.

*Mrs. John B. Sosnowski, Wife of former Rep. Sosnowski (Mich.).*

## SWEETBREAD—CUCUMBER SALAD

Parboil a pair of sweetbreads in slightly acidulated salted water. Then cool and wrap them in cheesecloth and place under a light weight to make them more easily handled. Just before serving cut in cubes and marinate in French dressing. Pare and cut some cucumbers in dice of equal size and drop in ice water, then drain and press dry between cloths. Mix with sweetbreads, using equal quantities of each, and moisten well with heavy mayonnaise to which enough pimientos cut in small pieces have been added to lend a touch of color. Serve on lettuce leaves. If preferred hard-boiled eggs and diced celery can be used instead of the cucumbers.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

## TEMPTATION SALAD

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 1 packet lemon Jelwell.               | 1 cup chopped raw cucumber.          |
| Add 1 pint hot water.                 | 1 can shrimps, cleaned and shredded. |
| ¼ teaspoon salt and juice of ½ lemon. |                                      |

Pour mixture into molds, chill. Serve on lettuce leaves and garnish with ½ tomato and 5 stalks of asparagus tips; mayonnaise.

*Mrs. A. E. Carter, Wife of Representative Carter (Cal.).*

## TOMATO SALAD

Pare and chill large ripe tomatoes cut in slices about ½ inch thick. Grate American cheese (yellow) and spread a thick layer on the slice of tomato, place another slice of tomato on this, place large tablespoon of thick mayonnaise with a thin ring of green pepper on top. Serve on crisp lettuce leaves.

*Mrs. Edgar Howard, Wife of Representative Howard (Neb.).*

## TOMATO SALAD

Peel smooth tomatoes, remove seed, and chill. Stuff with cottage cheese to which has been added chopped green peppers, a little onion, a few capers, salt and red pepper. Mixed with mayonnaise.

*Mrs. Edward F. Eslick, Wife of Representative Eslick (Tenn.).*

## TOMATO SALAD

Boil 1 can tomatoes down to 1 cup with ½ onion, celery, green pepper, paprika, salt and sugar. Strain, cool, beat 1 cup cream and fold

into tomatoes, and put in molds. Pack in ice and salt for 2 hours. Slice and serve on lettuce leaves with dressing.

*Mrs. Carl R. Chindblom, Wife of Representative Chindblom (Ill.).*

### ROSE (TOMATO) SALAD

Select choice tomatoes of uniform size, as large or as small as desired. Peel them very carefully and place on ice and chill. Take 5 cream cheeses and place in a bowl. Add salt to taste and enough mayonnaise to make the cheese pliable. Remove tomatoes from ice. With a sharp pointed teaspoon dip into the cheese, filling the spoon evenly, and apply the petals thus formed around stem end of tomato, forming several rows of petals. The idea is to form a rose, leaving the red tomato visible at top to form the center of the rose. Place each rose thus formed on white heart of lettuce. Serve with French dressing or Roquefort dressing.

*Mrs. Charles Abernethy, Wife of Representative Abernethy (N. C.).*

### TOMATO JELLY FOR SALAD

Cook together for about 20 minutes the following:

- |                   |                   |
|-------------------|-------------------|
| 1 can tomatoes.   | 1 slice onion.    |
| 3 pepper corns.   | 1 piece bay leaf. |
| 1 teaspoon sugar. | 3 cloves.         |

Strain this and add 2 tablespoons gelatine softened in  $\frac{1}{2}$  cup cold water. Also add 2 teaspoons salt. Cool and add green pepper (and cucumber if desired.) Serve on lettuce or watercress with French or mayonnaise dressing.

*Mrs. Charles S. Deneen, Wife of Senator Deneen (Ill.).*

### JELLIED TOMATO SALAD

- |   |                                     |
|---|-------------------------------------|
| 2 tablespoonfuls granulated gelatin.    | Some chopped celery or celery salt. |
| $\frac{1}{2}$ cupful cold water.        | $\frac{1}{2}$ teaspoonful salt.     |
| 1 pint boiling water.                   | 1 cupful condensed tomato soup.     |
| $\frac{1}{2}$ cupful vinegar.           | Lettuce.                            |
| 1 or 2 onions.                          | $\frac{3}{4}$ cupful mayonnaise.    |
| A little powdered cinnamon or allspice. | $\frac{1}{3}$ cupful sugar.         |

Soak gelatin in the cold water 5 minutes. Dissolve it in the boiling water, then add the sugar, salt, vinegar and soup. After it has cooled add the chopped celery and onions. Pour into cold, wet molds and set in a cold place to chill. Serve on shredded lettuce garnished with mayonnaise. This makes 10 individual servings.

*Mrs. Finis J. Garrett, Wife of Representative Garrett (Tenn.).*

### HARLEQUIN TOMATO RING

Strain 1 quart cottage cheese through ricer. Season highly with salt and paprika and place in bottom of ring mold. Make tomato jelly. Allow to cool slightly and pour it over the cheese. Fill center with hard-boiled eggs stuffed with anchovy paste.

#### Tomato Jelly

- |   |                                 |
|---|---------------------------------|
| 1 large can tomatoes, cooked with 6 cloves. | 1 teaspoon salt.                |
| 2 small onions, chopped fine.               | 1 teaspoon whole black peppers. |
| 1 bay leaf.                                 |                                 |

Strain and while hot add 2 tablespoons gelatin soaked for 5 minutes in  $\frac{1}{2}$  cup cold water; add 2 tablespoons vinegar, grated rind and juice of 1 lemon. Stir until dissolved and set aside to cool. Serves 12 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

### STUFFED TOMATO SALAD

Six tomatoes. Skin and remove pulp, being careful not to cut the shell. Fill the tomatoes with diced cucumber, sliced new onions and green pepper marinated. On top put 1 teaspoon mayonnaise.

*Mrs. Charles S. Deneen, Wife of Senator Deneen (Ill.).*

### TOMATO AND CUCUMBER SALAD

Peel as many small ripe tomatoes as there are to be covers, and remove the hearts and set the shells on ice to chill, pare cucumbers quite close to the seed and chop them coarsely. Pour over a French dressing, and fill them lightly in the tomato shells. Serve each on a crisp lettuce leaf.

*Mrs. Wm. A. Cullop, Wife of former Representative Cullop (Ind.).*

### TOMATO SALAD WITH CUCUMBER MAYONNAISE

1 cup mayonnaise.

to taste.

1 cup grated cucumber.

Enough coloring to make a delicious green.

Salt, pepper and lemon juice

Method: Make the mayonnaise as usual. Add the grated cucumber, coloring, and extra seasoning. This will give a thin mixture. Freeze as you would ice cream. Use tender cucumbers, peel thick piece to remove any bitter. Grate the whole using the meat and seed. This quantity will serve about 10. Use as you would regular mayonnaise, giving a more generous portion. Peel and cut tomatoes into eight sections, going half through. Open slightly the points and pile the mayonnaise into the opening.

*Mrs. Samuel Rutherford, Wife of Representative Rutherford (Ga.).*

### TOMATO VERA

(Created by Louis Gretz, Maitre d'Hotel, Hotel Roosevelt, New York City, and named for Vera Bloom.)

Boil 1 pound of fresh Kennebec salmon and cool. When cold chop into very fine pieces. Chop 1 dozen anchovies (imported preferable.) Mix salmon, anchovies and a little chopped parsley. Moisten with a little mayonnaise made with tarragon vinegar until it becomes a paste. Then scoop  $\frac{1}{2}$  dozen medium-sized tomatoes, not too ripe. Fill with above paste. Place on a leaf of crisp lettuce, pour some mayonnaise over tomatoes and decorate with 2 anchovies in a cross over mayonnaise. This must be served very cold.

*Mrs. Sol Bloom, Wife of Representative Bloom (N. Y.).*

### TRANSPARENT SALAD

Mix 1 pint of unflavored gelatine and let it stand until it begins to thicken. Cut green peppers into small squares, about  $\frac{1}{2}$  cupful. Slice stuffed olives, about  $\frac{1}{2}$  cupful and prepare about  $\frac{1}{2}$  cupful chopped nuts.

Add the peppers, olives and nuts to the thickened gelatine, stirring well so they will be thoroughly distributed and put in small molds to harden. Serve on lettuce, with mayonnaise.

*Mrs. J. E. O'Connell, Wife of former Rep. O'Connell (R. I.).*

### TULIP SALAD

Cook until tender, medium-sized beets. When cold, cut a slice off each end. Take out inside, being careful not to break them. Place each one on a lettuce leaf and fill with finely chopped boiled eggs, potato, lettuce and then salad dressing. Place slices of boiled egg on top. Is very pretty and delicious.

*Mrs. Jas. T. McCleary, Widow of the late Representative McCleary (Minn.).*

### TWENTY-FOUR-HOUR SALAD

1 can white cherries, stoned. 2 cups marshmallows.

1 can cut pineapple.  $\frac{1}{4}$  cup pecan nuts.

In double boiler stir 4 egg yolks,  $\frac{1}{4}$  teaspoon mustard,  $\frac{1}{2}$  teaspoon salt, juice of 1 lemon. When cool add 1 pint whipped cream. Mix all together. Serve on lettuce.

*Mrs. W. W. Wilson, Wife of former Representative Wilson (Ill.).*

### TWENTY-FOUR HOUR SALAD

1 can pineapple, diced. 1 pound marshmallows, cut in

1 pound white grapes. pieces.

1 pound blanched almonds, chopped. Mix with sauce given below.

#### Sauce for Twenty-four-hour Salad

One cup milk, yolks of 4 eggs, a pinch of salt. Cook in double boiler until it begins to thicken and no longer. When cool add 1 cup of whipped cream. Mix juice of 1 lemon over fruit before adding cream.

*Mrs. C. Ellis Moore, Wife of Representative Moore (Ohio).*

### UTOPIAN SALAD

Take  $\frac{1}{2}$  dozen oranges, cut in small pieces and free from all seeds and stringy parts; 1 pineapple shredded,  $\frac{1}{2}$  pound of minced pecans, and 1 bottle of cherries. Serve with dressing made of 4 beaten eggs, 4 tablespoons of sugar and 2 tablespoons of water. Remove from the stove and stir in butter the size of an egg. When cold and ready to serve add 1 pint of whipped cream.

*Mrs. Joseph E. Ransdell, Wife of Senator Ransdell (La.).*

### VEGETABLE SALAD

1 can asparagus.

2 teaspoons flour.

1 can peas.

1 package gelatine (two in

1 can pimientos.

box) (dissolved in cup cold water).

1 lemon.

4 eggs.

1 cup whipped cream.

2 teaspoons butter.

Salt and cayenne pepper.

Cook peas, do not shrivel; blend flour and butter and add juice of asparagus. Add eggs, whites and yolks beaten, and stir in rapidly. Cook

in double boiler until thick; set off stove. Add dissolved gelatine and lemon, let set and begin to congeal and then add chopped asparagus and peas (drained) also pimientos.

*Mrs. Hubert D. Stephens, Wife of Senator Stephens (Miss.).*

### VEGETABLE SALAD

Have string beans, peas, shredded carrots, cauliflower, tomatoes, onions, on a bed of lettuce leaves; marinate with good French dressing one-half hour before serving, then top with mayonnaise.

*Mrs. Pierce Butler, Wife of Justice Butler of the Supreme Court.*

### FROZEN VEGETABLE SALAD

- |                                    |                         |
|------------------------------------|-------------------------|
| 1 tablespoon grated onion.         | 1 cup of whipped cream. |
| 1 tablespoon Worcestershire sauce. | 9 large tomatoes.       |
| ½ teaspoon grated horseradish.     | 1 stalk celery.         |
| 1 cup cooked dressing.             | 1 green pepper.         |

Cut up vegetables, add other ingredients and still freeze, cutting down several times from the sides. Serve on lettuce leaf with cooked dressing and whipped cream.

*Mrs. Edward E. Eslick, Wife of Representative Eslick (Tenn.).*

### WAGON WHEEL SALAD

- |                         |                   |
|-------------------------|-------------------|
| 1 can sliced pineapple. | Few cherries.     |
| ½ cup seeded dates.     | ½ cup mayonnaise. |

Arrange lettuce neatly on plate and place on lettuce over sliced pineapple. Cut pineapple in six places. In each cut place date. In center place cherry. Garnish with mayonnaise.

*Mrs. Ralph Updike, Wife of Representative Updike (Ind.).*

### WALDORF SALAD

- |                           |                                       |
|---------------------------|---------------------------------------|
| 1 cup sliced apples.      | ½ cup walnut meats, broken in pieces. |
| 1 cup celery, diced.      | 1 cup mayonnaise.                     |
| 1 tablespoon lemon juice. | ½ teaspoon salt.                      |

Mix lightly apples, celery and nuts, being careful not to crush the fruit; sprinkle with salt and add dressing.

*Mrs. Wm. A. Cullop, Wife of former Representative Cullop (Ind.).*

### WHITE SALAD

- |                             |                         |
|-----------------------------|-------------------------|
| 1 can white cherries.       | 1 package Knox gelatin. |
| 1 can pineapple.            | ½ pound marshmallows.   |
| ½ pound almonds (blanched). | 1 cup mayonnaise.       |

Dissolve gelatine in some of the cold fruit juice. Place the remainder of the fruit juice and a little water on the stove to heat. Pour over gelatine and allow this to congeal partially. Add fruit, nuts and marshmallows, and lastly the whipped cream, beat well and add mayonnaise. Serve on lettuce leaves with a whipped cream dressing.

*Mrs. Ewin L. Davis, Wife of Representative Davis (Tenn.).*

### WHITE SALAD

- |                                 |                         |
|---------------------------------|-------------------------|
| 2 cups finely shredded cabbage. | 1 cup diced pineapples. |
| 1 cup quartered marshmallows.   | ½ cup chopped nuts.     |



## Dressing

- |                             |                              |
|-----------------------------|------------------------------|
| 4 tablespoons lemon juice.  | 1 tablespoon flour.          |
| 1 tablespoon white vinegar. | 1 egg white, stiffly beaten. |
| 2 tablespoons sugar.        | 1 cup whipping cream.        |

Combine the lemon juice and vinegar, to which add the sugar and flour in well blended form. Cook in double boiler, stirring constantly. When thick remove from fire, add stiffly beaten egg white by folding process and chill. When cold, add to it the whipped cream, and it is ready to be mixed with the first given ingredients. Keeping this cold is the secret to success. Will serve 10 persons. -

*Mrs. Edward Jackson, Wife of the Governor of Indiana.*

## WILLARD SALAD

Mix chopped apples, celery and strips of pimiento together with mayonnaise dressing and serve on lettuce leaf.

*Hotel Willard, Washington.*

## YOUNG'S SALAD

- |                                 |                                |
|---------------------------------|--------------------------------|
| 12 or 15 small pickled onions.  | 2 pimientos.                   |
| ½ pint sweet pickled cucumbers. | 1 cup mayonnaise.              |
| 6 hard-boiled eggs.             | ¼ cup mild vinegar.            |
| ¼ pound pecan meats.            | 1 cup freshly grated cocoanut. |

Chop fine and mix altogether (mayonnaise also.) Dissolve 1 envelope Knox's plain gelatine in ½ cup cold water, then pour 1 cup boiling water over it. When slightly cool, mix with chopped ingredients and set in refrigerator to harden. Cut in squares, place on crisp lettuce leaves and serve with more mayonnaise. Enough for 16 or 20 persons.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

## SALAD DRESSING

- |  |                                  |
|--|----------------------------------|
| 1½ cups vinegar. (If too sour, add 1 cup water.) | dry mustard.                     |
| 1 scant cup sugar.                               | 1 teaspoon Worcestershire sauce. |
| 1 tablespoon Gulden's mustard.                   | 1 scant teaspoon paprika.        |
| 1 scant teaspoon Coleman's                       | 1 scant teaspoon salt.           |

Stir the above ingredients until well blended, then slowly beat into 2 cups of olive oil.

*Mrs. George Nicholas Seger, Wife of Representative Seger (N. Y.).*

## SALAD DRESSING

- |                      |                      |
|----------------------|----------------------|
| 4 egg yolks.         | ¼ teaspoon paprika.  |
| ½ cup vinegar.       | 2 tablespoons flour. |
| ½ cup water.         | 1 teaspoon salt.     |
| 4 tablespoons sugar. | 1 teaspoon mustard.  |

Beat yolks and add vinegar and water. Mix dry ingredients and stir in enough water to make thick then add to vinegar and eggs. Cook until thick in double boiler.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa)*

## SALAD DRESSING

- |                                   |  |
|-----------------------------------|--|
| 1 teaspoon salt.                  | $\frac{1}{2}$ cup vinegar; not too strong. |
| 1 tablespoon sugar.               | Yolks 3 eggs.                              |
| $\frac{1}{2}$ tablespoon mustard. | 1 cup cream (even if turned).              |
| 2 tablespoons olive oil.          | 1 tablespoon flour.                        |

Stir dry ingredients together. Add vinegar and oil, add flour mixed in water when heated. Then put in eggs and cream stirred together. Cook in double boiler until smooth.

*Mrs. Samuel H. Miller, Widow of the late Representative Miller (Pa.).*

## SALAD DRESSING

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| Yolks of 3 eggs.                | To this add a well-cooked         |
| 1 teaspoon of mustard.          | paste of $\frac{1}{3}$ cup flour. |
| $\frac{1}{2}$ teaspoon of salt. | 1 tablespoon of sugar.            |
| 1 cup olive oil.                | 1 tablespoon of butter.           |
| 1 teaspoon of paprika.          | 1 cup water.                      |
| 2 tablespoons of lemon juice.   |                                   |

Cook in double boiler. Whip with Dover egg whipper.

*Mrs. Albert H. Vestal, Wife of Representative Vestal (Ind.).*

## SALAD DRESSING

- |                                 |                              |
|---------------------------------|------------------------------|
| $\frac{1}{4}$ cup sugar.        | 2 tablespoons chopped onion. |
| $\frac{1}{2}$ cup oil (mazola). | 1 teaspoon or more salt.     |
| $\frac{1}{2}$ cup catsup.       | Paprika to taste.            |

Put all together in a bowl and beat well with egg beater.

*Mrs. Edgar Howard, Wife of Representative Howard (Nebr.).*

## SALAD DRESSING

- |                                 |                                |
|---------------------------------|--------------------------------|
| 2 yolks of hard-boiled eggs.    | $\frac{1}{4}$ teaspoon salt.   |
| 1 yolk of raw egg.              | 1 cup olive oil or melted but- |
| 1 teaspoon dry mustard.         | ter.                           |
| $\frac{1}{4}$ teaspoon paprika. | 1 lemon (juice).               |

Mash the hard-boiled yolks fine with a fork—add the mustard, paprika and salt, then the yolk of raw egg, beaten; drop the oil and lemon juice slowly, stirring constantly. If too thick thin with lemon juice; if too thin add more oil. Stand on ice until wanted.

*Mrs. Thomas Hall, Wife of Representative Hall, (N. D.).*

## SALAD DRESSING

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 large tablespoonful sugar.   | 3 tablespoonfuls vinegar.       |
| 1 small tablespoonful mustard. | 3 eggs broken into dry ingredi- |
| $\frac{1}{2}$ teaspoon salt.   | ents.                           |
| Cayenne pepper.                | Butter size of egg.             |

Cook slowly over hot water; add whipped cream when served.

*Hon. H. N. Spaulding, Governor of New Hampshire.*

## BLACKBERRY SALAD DRESSING

To plain mayonnaise add blackberry jelly to taste. Beat thoroughly.

*Mrs. Thaddeus C. Sweet, Wife of Representative Sweet (N. Y.).*

## BOILED SALAD DRESSING

- |                              |  |
|------------------------------|--|
| 5 eggs.                      | Dash red pepper.                         |
| $\frac{1}{2}$ cup sugar.     | Butter size of egg.                      |
| 1 scant teaspoon mustard.    | $\frac{3}{4}$ cup vinegar; if vinegar is |
| $\frac{1}{2}$ teaspoon salt. | strong, dilute it.                       |

Cook in double boiler. Whipped cream is used to thin out this mixture.

*Mrs. Charles S. Duncen, Wife of Senator Duncen (Ill.).*

## BOILED DRESSING FOR COLD SLAW

- |                               |                               |
|-------------------------------|-------------------------------|
| $\frac{1}{2}$ cup vinegar.    | 2 eggs.                       |
| 1 level teaspoon salt.        | 1 rounding tablespoon butter. |
| $\frac{1}{2}$ teaspoon sugar. |                               |

Add well beaten eggs to vinegar, salt and sugar. Heat butter and add the above mixture to the butter. Cook until it thickens. Add pepper to taste. When cold pour over 1 quart chopped cabbage.

*Mrs. James R. Patten, Daughter of the late Senator Latimer (S. C.).*

## MRS. HILLER'S BOILED SALAD DRESSING

- |                                   |   |
|-----------------------------------|---|
| 1 tablespoon salt.                | Yolks 4 eggs.                           |
| $\frac{1}{2}$ tablespoon mustard. | $\frac{1}{3}$ cup melted butter.        |
| 2 tablespoons sugar.              | $\frac{3}{4}$ cup milk.                 |
| Few grains cayenne.               | $\frac{1}{4}$ cup vinegar, diluted with |
| 1 tablespoon cornstarch.          | 2 tablespoons cold water.               |

Mix and sift the dry ingredients; add egg yolks slightly beaten, butter, milk and diluted vinegar, the latter very slowly while beating constantly. Cook in double boiler until mixture thickens. Cool and thin with cream if necessary.

*Mrs. Henry W. Temple, Wife of Representative Temple (Pa.).*

## CANADA DRESSING (BOILED)

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 tablespoons sugar (granulated). | $\frac{1}{2}$ teaspoon salt.    |
| $\frac{1}{2}$ tablespoon flour.   | $\frac{1}{2}$ teaspoon mustard. |
|                                   | $\frac{1}{2}$ teaspoon paprika. |

Mix thoroughly, then add yolk of two eggs,  $\frac{1}{2}$  of a small cup of water, same amount of vinegar. Cook in double boiler until creamy, add  $\frac{1}{2}$  tablespoon butter and  $\frac{1}{2}$  cup cream.

*Mrs. John J. Cochran, Wife of Representative Cochran (Mo.).*

## COOKED SALAD DRESSING

- |  |                            |
|--|----------------------------|
| 1 teaspoon salt.                         | $\frac{3}{4}$ cup milk.    |
| $\frac{1}{2}$ teaspoon mustard.          | $\frac{1}{4}$ cup vinegar. |
| 1 teaspoon flour.                        | Yolks 2 eggs.              |
| $\frac{1}{2}$ tablespoons sugar.         | Cayenne pepper (a dash).   |
| $\frac{1}{2}$ tablespoons melted butter. |                            |

Mix dry ingredients, add butter, beaten egg yolks, milk, vinegar, slowly. Cook in double boiler, stirring constantly until thick. When cold and ready to serve add  $\frac{1}{2}$  pint cream whipped. Blend thoroughly.

*Mrs. Bibb Graves, Wife of the Governor of Alabama.*

## CREAM SALAD DRESSING

Beat up 4 eggs, add 2 teaspoons mustard, 2 teaspoons sugar, 1 teaspoon salt. Add 1 cup weak vinegar. Cook like custard over hot water. When cold add about  $\frac{1}{2}$  pint of whipped cream.

*Mrs. S. E. Burroughs, Widow of the late Rep. Burroughs (N. H.).*

## SOUR CREAM DRESSING FOR SLAW

See Large Gatherings, page 693.

## DUTCH SALAD DRESSING

$\frac{1}{2}$  pint vinegar. 1 dessertspoon sugar.  
1 dessertspoon mustard.  $1\frac{1}{2}$  pints salad oil.  
1 dessertspoon salt.

Mix to smooth paste with oil. Chop fine 1 large onion, 3 large peppers, 1 kernel of garlic. Juice of 1 lemon (strained). Stir well before using.

*Mrs. M. F. Phelan, Wife of former Representative Phelan (Mass.).*

## FRENCH DRESSING (GOOD)

$\frac{3}{4}$  cup olive oil.  $\frac{1}{2}$  cup tomato catsup.  
 $\frac{1}{2}$  cup vinegar.  $\frac{3}{4}$  teaspoon salt.  
 $\frac{1}{4}$  cup sugar. Paprika and pepper to taste.

Mix all ingredients in a bowl with an egg beater and put in glass jar in ice box. This is better the second or third day.

*Mrs. T. S. Williams, Wife of Representative Williams (Ill.).*

## FRENCH DRESSING

One part of oil to 2 parts vinegar or lemon juice; a little sugar, paprika to taste; little mustard; stir well; onion juice if desired.

*Mrs. John C. Allen, Wife of Representative Allen (Ill.).*

## FRENCH DRESSING

2 cups olive oil. 1 tablespoon mustard.  
 $\frac{1}{4}$  cup sugar. 1 medium onion, grated.  
1-16 cup salt. 1 division of garlic.  
 $\frac{1}{4}$  teaspoon black pepper.

Mix dry ingredients, add  $\frac{1}{2}$  cup of the oil. Soak garlic in 2 ounces of boiling water for 5 minutes; use 1 ounce of the water, then add the rest of the oil and 1 cup of vinegar very slowly, also 2 tablespoons Worcestershire sauce.

*Mrs. L. A. Watres, Mother of Congressman Watres (Pa.).*

## FRENCH DRESSING

See Large Gatherings, page 693.

## FRUIT SALAD DRESSING

Cream 2 tablespoonfuls butter. Add to this 1 teaspoonful each of salt and sugar,  $\frac{1}{2}$  teaspoonful each of mustard and paprika. Put in double boiler, 2 slightly beaten yolks of eggs. Add to eggs very slowly, beating constantly, 4 tablespoonfuls of plain or tarragon vinegar, and cook until

thick. Remove from fire. Add butter and seasoning, and beat thoroughly. Let get perfectly cold, and when ready to serve, fold in the whip from  $\frac{3}{4}$  cup of heavy cream.

Attractive garnish may be made with pastry bag and tubes.

*Miss Elizabeth Dominick, Sister of Representative Dominick (S. C.).*

### FRUIT SALAD DRESSING

Juice of 2 oranges.  $\frac{1}{2}$  teaspoon cornstarch.

Juice of  $1\frac{1}{2}$  lemons. 3 eggs.

$\frac{3}{4}$  cup sugar.

Beat eggs, add orange and lemon juice, then sugar with which cornstarch has been mixed. Boil in double boiler until it thickens. When cold add  $\frac{1}{2}$  pint of cream, whipped, and mix thoroughly with the dressing.

For each plate allow 4 pieces of grapefruit, 3 English walnuts, 4 dates, pitted, 4 white grapes and garnish with strawberries.

*Miss Emily Taber, Sister of Representative Taber (N. Y.).*

### DRESSING FOR FRUIT SALAD

Scald  $\frac{1}{3}$  cup milk. Beat 2 eggs; add  $\frac{1}{4}$  teaspoonful salt,  $\frac{3}{4}$  teaspoonful paprika and gradually pour on the hot milk, beating constantly meanwhile.

Return the whole to a double boiler and let cook, stirring constantly, until the mixture thickens. Gradually beat in the juice of  $\frac{1}{2}$  a large lemon and set aside to cool. When ready to use fold in 1 cup of double cream, beaten very light but not dry.

The liquid from the pineapple may be used in place of the milk.

*Mrs. Earl C. Michener, Wife of Representative Michener (Mich.).*

### SWEET SALAD DRESSING

3 eggs.  $\frac{1}{2}$  cup sugar.

2 tablespoons flour.  $\frac{1}{2}$  cup of vinegar, filled with

$\frac{1}{4}$  teaspoon salt. water.

$\frac{1}{4}$  teaspoon mustard.

Mix all together, put in double boiler and cook until thick.

*Mrs. Thomas D. Schall, Wife of Senator Schall (Minn.).*

### FRUIT SALAD DRESSING

Yolks of 2 eggs.  $\frac{1}{2}$  pint cream.

1 tablespoon sugar. 1 large piece of butter.

Rind and juice of 1 lemon.

Cook eggs, sugar and butter together and stir until thick; and add lemon.

*Mrs. Charles C. Kearns, Wife of Representative Kearns (Ohio).*

### DRESSING FOR FRUIT SALAD

Juice of 2 lemons (to equal  $\frac{1}{2}$  cup sugar,

$\frac{1}{2}$  cup). 1 teaspoon cornstarch.

Boil in double boiler, adding the beaten whites of 2 eggs. When needed, add 1 cup of whipped cream.

*Mrs. Thomas Hall, Wife of Representative Hall (N. D.).*

## ARGYLE DRESSING FOR FRUIT SALAD

- |                        |                     |
|------------------------|---------------------|
| 4 egg yolks.           | 1 teaspoon mustard. |
| 4 tablespoons vinegar. | 1 teaspoon butter.  |
| 1 tablespoon sugar.    | Red pepper.         |
| 1 teaspoon salt.       |                     |

Cook in double boiler until thick. Let cool. Add 1 cup whipped cream, 1 cup nuts and 8 marshmallows cut in pieces.

*Mrs. W. B. Bowling, Wife of Representative Bowling (Ala.).*

## GOOD DRESSING FOR FRUIT SALAD

- |                                       |                              |
|---------------------------------------|------------------------------|
| Juice from 1 can pineapple.           | 3 teaspoons sugar.           |
| 2 level dessertspoons of corn-starch. | 1 teaspoon French's mustard. |
|                                       | $\frac{1}{4}$ teaspoon salt. |

Mix dry ingredients with 2 tablespoons of white vinegar and the juice of half a lemon. Stir all together and add 1 egg yolk; add pineapple juice and cook until it thickens. Remove from stove and whip in the beaten white of egg. Let cool and add about  $\frac{1}{2}$  a cup of whipped cream.

*Mrs. Luther A. Johnson, Wife of Representative Johnson (Texas).*

## FRUIT SALAD DRESSING

- |                           |                                 |
|---------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter. | $\frac{1}{4}$ teaspoon mustard. |
| $\frac{1}{2}$ cup sugar.  |                                 |

Cream butter and sugar until light. Add well beaten yolks of 4 eggs and 2 tablespoons vinegar or lemon juice. Cook until thick, stirring constantly. Then add stiffly beaten whites. When ready to serve add  $\frac{1}{2}$  pint whipped cream.

*Mrs. John McSweeney, Wife of Representative McSweeney (Ohio).*

## DRESSING FOR HEAD LETTUCE

- |  |                                       |
|--|---------------------------------------|
| 4 tablespoons mayonnaise<br>(the uncooked, olive oil<br>kind). | 1 hard-cooked egg, finely<br>chopped. |
| 2 tablespoons grated cheese.                                   | 2 tablespoons Chile sauce.            |
|  | $\frac{1}{8}$ teaspoon salt.          |

*Mrs. Merritt C. Mechem, Wife of former Governor Mechem (N. M.).*

## MAYONNAISE DRESSING

Break 2 eggs in bowl. Season to taste with cayenne, paprika and salt. Add teaspoon of vinegar. Beat in with Dover egg beater, gradually, 2 cups olive oil. Thin with lemon juice. Never fails and can be made complete in 7 minutes.

*Mrs. S. E. Burroughs, Widow of the late Rep. Burroughs (N. H.).*

## MAYONNAISE

- |                              |                         |
|------------------------------|-------------------------|
| 2 tablespoons flour.         | Beaten yolk of 1 egg.   |
| 2 tablespoons oil.           | Beaten white of 1 egg.  |
| $\frac{3}{8}$ cup hot water. | $\frac{1}{2}$ cup oil.  |
| 2 tablespoons lemon juice.   | Salt, cayenne, mustard. |

Blend flour and 2 tablespoons oil. Add hot water and lemon juice and boil, stirring constantly, until thick. Remove from fire and add beaten yolk. Return to fire and cook 2 minutes. Remove from fire again and add stiffly

beaten white. Return to fire and cook 2 minutes. Remove from fire and beat in  $\frac{1}{2}$  cup oil, season with salt, cayenne and mustard. If dressing separates at any time, add a little hot water and beat hard, or add mixture slowly to the yolk of a hard boiled egg which has been smoothed to a paste.

*Mrs. F. M. Davenport, Wife of Representative Davenport (N. Y.).*

#### MAYONNAISE DRESSING

Yolks of 2 or 3 eggs, 1 lemon, salad oil, 1 teaspoon each of pepper, salt and brown or moist sugar. Mix the yolks of the raw eggs with pepper, salt and sugar, then work in, a little at a time, the salad oil (1 tablespoon for each yolk used), mixing it thoroughly until it becomes a perfect cream. As soon as the oil and eggs begin to mix, squeeze in some lemon juice. Then add more oil, drop by drop, then lemon juice again, until it is finished. It must be a perfect cream before using it; mix in a cool place.

*Mrs. Knud Wefald, Wife of former Representative Wefald (Minn.).*

#### MAYONNAISE DRESSING (That will not turn back)

1 heaping tablespoon flour.  $\frac{1}{4}$  cup vinegar.  
1 teaspoon salt. 1 cup cold water.

Mix all the above together and boil until thick. Pour over the yolks of 3 eggs. Beat well with egg beater. When cold add 1 cup of olive oil. Thin with lemon juice and add salt to taste.

*Mrs. B. Carroll Reece, Wife of Representative Reece (Tenn.).*

#### BOILED MAYONNAISE DRESSING

2 egg yolks, unbroken, in a bowl. To this add 1 teaspoon sugar.  
1 teaspoon salt. 2 tablespoons lemon juice.  
 $\frac{1}{2}$  teaspoon mustard and dash 2 tablespoons vinegar.  
of paprika.

Make a thick, smooth white sauce with 1 tablespoon butter (round-  
ing).  $\frac{1}{3}$  cup flour.  
1 cup water.

Add to the first mixture 1 cup olive oil or Mazola oil and then the hot white sauce, and beat vigorously. This dressing will keep a week or more in the refrigerator.

*Mrs. Fred W. Green, Wife of the Governor of Michigan.*

#### COOKED MAYONNAISE DRESSING

See Favorite Dishes of All Nations, page 58.

#### MAYONNAISE FOR FRUIT SALAD

Piece of butter size of egg. Juice of 1 large orange.  
 $\frac{1}{2}$  cup granulated sugar. Juice of  $\frac{1}{2}$  lemon.

Add to this yolks of 3 eggs, well beaten. Cook in double boiler until smooth. Let cool and add  $\frac{1}{2}$  pint whipped cream.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

#### IMITATION MAYONNAISE

Foundation: 2 tablespoons vinegar.  
2 egg yolks. 2 tablespoons lemon juice.  
1 cup oil. 1 teaspoon of mustard.

Put in bowl; egg beater by it, to be used in critical moment that not a second shall be lost. Second or cooked part: Cook together  $\frac{1}{3}$  cup flour, 1 cup water, 2 teaspoons salt for 20 minutes, stirring constantly until it thickens, and then until the flour is surely cooked and emulsified with the water. Pour this on top of other mixture and instantly and constantly beat until egg beater clogs. At first it will look curdled; keep on beating then oil will seem to be free in large quantities. Keep on beating until like velvet.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

### QUICK MAYONNAISE

1 egg.

1 tablespoon lemon juice.

$\frac{1}{2}$  cups oil.

A few drops tabasco.

Put egg, lemon juice and about  $\frac{1}{3}$  of the oil in egg beater. Stir about 10 minutes; add  $\frac{1}{3}$  more oil, the last  $\frac{1}{3}$  after it begins to thicken. Lovely stiff mayonnaise.

*Mrs. James B. Aswell, Wife of Representative Aswell (La.).*

### QUICK MAYONNAISE

Break 1 egg in a bowl; add 2 tablespoons Wesson or Mazola oil, beat hard until oil and egg are thoroughly mixed. Add 3 or 4 more spoons of oil and beat again. The mayonnaise will begin to thicken. Keep adding oil a few spoonfuls at a time and beat until about 2 cupfuls have been used. When the mayonnaise is thick and stiff as you want it, mix  $\frac{1}{2}$  teaspoon each of salt and sugar and mustard,  $\frac{3}{4}$  teaspoon of paprika, large tablespoon of lemon juice or vinegar. Mix well until salt and sugar are dissolved. Pour into mayonnaise and beat well.

*Mrs. Edgar Howard, Wife of Representative Howard (Neb.).*

### MEXICAN SALAD DRESSING

1 cup sour or thick cream.

$\frac{1}{2}$  teaspoonful salt; dash of paprika.

1 small grated onion.

1 cake Philadelphia cream cheese.

1 tablespoonful butter.

2 tablespoonfuls flour.

5 tablespoonfuls vinegar.

2 tablespoonfuls sugar.

1 chopped pepper.

1 egg.

Mix flour, sugar, salt; add cream, vinegar, cheese, onion; stir over fire until thick; add egg; cook 3 minutes; add butter; cool, add pepper.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Pa.).*

### PINEAPPLE DRESSING

$\frac{1}{4}$  cup pineapple juice.

$\frac{1}{4}$  cup sugar.

$\frac{1}{4}$  cup lemon juice.

2 eggs.

Mix pineapple and lemon juice and sugar. Put into double boiler over hot water. When boiling point is reached add beaten eggs, stirring all the time. Fold in cup whipped cream when ready to use.

Very good for fruit salad.

*Mrs. Olger Burtness, Wife of Representative Burtness (N. D.).*

### DRESSING FOR POTATO SALAD

4 eggs.

$\frac{1}{2}$  teaspoonful mustard.

4 teaspoonfuls sugar.

12 dessertspoonfuls vinegar.

$\frac{1}{2}$  teaspoonful salt.

4 dessertspoonfuls cream.



Beat the eggs well, add the sugar, salt and mustard, then vinegar, and beat well. Next add the cream. Place in a double boiler and stir until it thickens like rich cream. It generally cooks in 5 minutes.

*Mrs. Ira G. Hersey, Wife of Representative Hersey (Me.).*

#### RUSSIAN SALAD DRESSING

1 cup pure olive oil.  
Juice of 1 orange.  
Juice of 1 lemon.

1 teaspoon onion juice (grate onion).  
 $\frac{1}{4}$  teaspoon Worcestershire sauce.  
Salt and pepper to taste.

Shake in pint jar until thick.

*Mrs. Andrius A. Jones, Wife of Senator Jones (N. M.).*

#### RUSSIAN SALAD DRESSING

Put 3 large tablespoonfuls olive oil and 2 large tablespoonfuls of vinegar and sugar, a little salt and lots of paprika into a bowl and beat up well. Add 3 tablespoonfuls of good catsup and add 1 cup of very stiff mayonnaise. Put through a food chopper, 1 dozen sweet pickles, 1 small can of pimientos, and 1 bottle of stuffed olives (chives and tomatoes may be added if desired). Add to the above mixture and put on small, fine white heads of lettuce.

This is the prize Russian salad dressing.

*Mrs. Milton W. Shreve, Wife of Representative Shreve (Pa.).*

#### RUSSIAN SALAD DRESSING

2 tablespoons mayonnaise.  
1 cup chopped onion.  
1 hard-boiled egg, chopped.

2 tablespoons catsup.  
1 teaspoon "A-1" sauce.  
1 teaspoon Tarragon vinegar.

*Mrs. Adam M. Wyant, Wife of Representative Wyant (Pa.).*

#### THOUSAND ISLAND DRESSING

2 tablespoons finely chopped pimientos.  
2 tablespoons chopped chives.

2 tablespoons tomato catsup.  
2 tablespoons Chile sauce.

Add  $\frac{1}{2}$  cup mayonnaise, 1 cup whipped cream; also 2 hard boiled eggs, coarsely chopped.

*Mrs. John C. Allen, Wife of Representative Allen (Ill.).*

#### THOUSAND ISLAND DRESSING

$\frac{1}{2}$  cup sweet Chile sauce.  
2 hard-boiled eggs  
1 white onion  
1 green pepper

$\frac{1}{2}$  can pimientos.  
(chopped fine).  
 $\frac{3}{4}$  cup boiled salad dressing.

*Mrs. Charles L. Gifford, Wife of Representative Gifford (Mass.).*

#### THOUSAND ISLAND DRESSING

1 cup of olive oil, 1 cup of chili sauce; beat together thoroughly. Add beaten yolks of 2 eggs, 1 tablespoon of vinegar, 1 green pepper,

chopped fine, salt, pepper and paprika to taste; add last 2 hard boiled eggs, chopped fine.

*Mrs. P. T. Chapman, Wife of former Representative Chapman (Ill.).*

#### WALDORF DRESSING

1 cup mayonnaise to which has been added 2 tablespoons lemon juice, and 3 tablespoons powdered sugar; 2 cups of whipped cream; paprika.

*Mrs. Edward C. Little, Widow of the late Representative Little (Kan.).*



## SANDWICHES

### SANDWICH SUGGESTIONS

Serve sausage with lettuce and tomatoes. Sliced or minced tongue. Corn beef and lettuce. Cucumber, lettuce and mayonnaise. Deviled ham. Minced ham and mayonnaise. Ham, egg (boiled hard) and tongue minced. Chopped egg and mayonnaise. Chopped veal and salad dressing. Veal or chicken salad. Chicken liver, egg and lettuce. Chopped chicken, celery and olives. Chopped lamb and olives.

*Mrs. Chas. B. Timberlake, Wife of Representative Timberlake (Col.).*

### SANDWICHES

Cut slices of both white and graham bread lengthwise from bottom of whole loaf of bread. Prepare the following fillings: Put  $\frac{1}{4}$  pound of cheese and  $\frac{1}{2}$  can pimientos through meat grinder, first separately then together to make a paste. Mix with enough sweet cream to spread easily. For the other filling, mix tuna fish with mayonnaise. To put sandwiches together first butter a slice of white bread and spread with tuna fish mixture. On this place a slice of graham bread, butter and spread with cheese mixture, then another slice of white bread and tuna mixture and then graham bread and cheese mixture. On this place a slice of white bread only. This completes 1 brick, using 3 slices of white bread and 2 of graham bread to a brick. Trim off edges, wrap in waxed paper and place in ice box, for awhile before serving. When ready to serve cut in half inch slices.

*Mrs. Adam McMullen, Wife of Governor McMullen (Neb.).*

### DRESSING FOR SANDWICHES

This dressing makes delicious sandwiches to spread on lettuce. Keep a bottle on hand; 3 eggs beaten stiff, 3 tablespoonfuls sugar, 1 cup sour or sweet cream,  $1\frac{1}{2}$  teaspoonfuls salt, dash cayenne, 1 tablespoonful mustard dissolved in  $\frac{1}{2}$  cup vinegar. Boil all together in double boiler till nearly as thick as custard. Remove from fire, add lump of butter size of egg.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### ANCHOVY, SARDINE, CRAB OR LOBSTER FILLING FOR SANDWICHES

3 eggs boiled hard, 2 tablespoons butter, 6 anchovies or 6 boneless sardines or same bulk of lobster or crab meat. Melt butter, add minced fish meat and eggs; run through meat grinder. Soften with little lemon juice. When making sandwiches, a slice of pickle or cucumber placed between, adds.

*Mrs. D. U. Fletcher, Wife of Senator Fletcher (Fla.).*

## TOASTED BACON SANDWICH

Crisp bacon.  
Sliced tomato.  
Mayonnaise.

Crisp lettuce.  
Brown bread.

Toast bread. Trim off the crusts. Place on a plate overlapping. On 1 slice place crisp slices of bacon, on the other the sliced tomato, lettuce and mayonnaise. To be at their best these sandwiches should be served rather soon after making.

*Mrs. Alva B. Adams, Wife of former Senator Adams (Col.).*

## BENEDICTINE SANDWICHES

Two Philadelphia cream cheese, 2 medium sized cucumbers, 1 small onion. About 2 or 3 tablespoons mayonnaise, just enough to make a good creamy mixture. Put cucumber through meat grinder and put in strainer and let all juice out, then grind onion, but do not strain. Mash cheese with a little cream, mix all together and add dressing until it is right to spread.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## CELERY SANDWICHES

Take a half cup of celery, cut fine. Add a quarter of cup of pecan or walnut meats, chopped fine. Mix with  $1\frac{1}{2}$  tablespoons of mayonnaise and season with salt and cayenne. Spread between white buttered bread.

*Miss Grace C. Burton, Niece of Representative Burton (Ohio).*

## SANDWICHES

1 cup cottage cheese.  
2 hard-boiled eggs.

$\frac{1}{2}$  cup mayonnaise.

Chop eggs; mix thoroughly with cheese and mayonnaise. Spread liberally between thin slices of bread.

*Mrs. Franklin Menges, Wife of Representative Menges (Pa.).*

## SANDWICHES

To 1 package of cream cheese add  $\frac{1}{2}$  cup of chopped cucumber and some chopped chives or onions. Spread on a thin slice of bread; then butter a slice of bread; put the 2 together and toast on both sides.

*Mrs. W. W. Wilson, Wife of former Representative Wilson (Ill.).*

## CHEESE SANDWICHES

Grate American cheese and season with paprika and salt and a little cayenne. Put a layer of this cheese between 2 slices of bread, thus making a sandwich. Then butter the top slice of bread of each sandwich. Put into oven and brown.

*Mrs. William A. Rodenberg, Wife of former Rep. Rodenberg (Ill.).*

## FROMAGE ROLLS

With a sharp hot knife cut fresh white bread, while still warm, in as thin slices as possible, and remove crust. Cream butter, add an equal

quantity of cheese (grated American) and stir until well blended. Season with salt, paprika and a few grains of cayenne. Spread bread with mixture and roll each slice separately. Toast under gas to a delicate brown, turning so they brown evenly.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

### SANDWICH ROLLS

Cottage cheese.  
Butter.  
Cream.

Sliced bread.  
Parsley sprigs.

Work down cottage cheese with soft butter and cream until it is easy to spread. Place on thin slices of bread, which should be rolled up, around a sprig of parsley so that the sprig sticks out of one end of the sandwich. Place sandwiches together and tie with napkin until time to serve.

*Mrs. John C. Schafer, Wife of Representative Schafer (Wis.).*

### CHEESE FILLING FOR SANDWICHES

2 tablespoonfuls butter.	1 cup milk.
$\frac{1}{4}$ teaspoonful mustard.	1 cup grated cheese.
2 tablespoonfuls flour.	Salt and pepper to taste.

Melt the butter, stir in flour and then add the milk gradually and let it thicken. Add cheese and beat until smooth. This will keep for a week. Either pimiento or olives add flavor to this filling.

*Mrs. Edward M. Beers, Wife of Representative Beers (Pa.).*

### FRIED CHEESE SANDWICHES

Grind in food chopper, 1 pound American cheese, add  $\frac{1}{2}$  cup butter, pinch salt, paprika, spread on thin slices bread, form into sandwiches of any shape and fry in butter a delicate brown. Serve hot.

*Mrs. Allen F. Moore, Wife of former Representative Moore (Ill.).*

### HOT CHEESE SANDWICHES

These are especially good to serve for a Sunday night supper. Take a cupful of snappy cheese, add a beaten egg, tablespoonful of Worcestershire sauce, salt and mustard to taste. Cream the cheese and add the seasoning. Cut the bread in rounds, a half inch thick, spread with the mixture and place a slice of bacon on each round of bread. Put into a hot oven, and when the bacon is done, serve at once with a green salad.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

### RUSSIAN CHEESE SANDWICH

Cream  $\frac{1}{2}$  pound cheese smoothly by adding a few drops of tomato catsup at a time until it is the proper consistency for sandwich paste. Then add 1 tablespoon Worcestershire sauce, a dash of cayenne pepper and a slight pinch of salt. Spread on thinly sliced bread, buttered with mayonnaise.

*Mrs. Hubert D. Stephens, Wife of Senator Stephens (Miss.).*

### CREAM CHEESE AND PEPPER SANDWICH

Select bell peppers as symmetrical in shape as possible. After seeding carefully, stuff with cream cheese which has been highly seasoned. Slice

thinly crosswise, and place on round slices of bread which have been spread with mayonnaise. Have top slice of bread smaller than bottom. So the green ring of pepper will show.

*Mrs. W. M. Whittington, Wife of Representative Whittington (Miss.).*

### CHICKEN SANDWICHES

Finely chopped chicken, seasoned with celery, salt and white pepper. Thick whipped cream. Thinly buttered slices of bread. Lettuce leaves. Mix chicken and whipped cream carefully and spread evenly on lettuce leaves between slices of bread. This same sandwich may be made with mayonnaise and is not so rich.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

### CHICKEN SANDWICHES

1 grown chicken.

4 small sweet pickles.

1 cup celery.

2 hard-boiled eggs.

Cook chicken until tender. Remove bone and skin. Run through meat chopper with other ingredients named. Mix with cream dressing until very moist. Spread between two thin slices of bread.

*Mrs. Alfred Lee Bulwinkle, Wife of Representative Bulwinkle (N. C.).*

### CHICKEN SANDWICHES

Boil the chicken tender and cut up as for salad. Cut celery as for salad. Then measure 1 cup of cut-up celery to 1 cup of cut-up chicken. Pour some of the top of the liquor the chicken was boiled in over the chicken and celery. Then mix in mayonnaise dressing made of eggs and oil. Slice light bread, cut off the crust, spread both top and bottom slices of the bread with mayonnaise dressing and then put the chicken mixture between.

*Mrs. J. P. Buchanan, Wife of Representative Buchanan (Texas).*

### CHICKEN AND NUT SANDWICHES

Mince the white meat of roast chicken, and mix with  $\frac{1}{2}$  can of French mushrooms, chopped fine, and  $\frac{1}{2}$  cupful of chopped English walnuts. Season to taste with salt and pepper and moisten with melted butter. Spread between slices of whole wheat bread.

*Mrs. Edward E. Browne, Wife of Representative Browne (Wis.).*

### CUCUMBER SANDWICH

Chop 2 good-sized cucumbers fine, add a little onion juice, a dash of red pepper and as much mayonnaise as will make the right consistency. Use fresh white bread.

*Miss Grace C. Burton, Niece of Representative Burton (Ohio).*

### SOME DANISH SANDWICHES

See Favorite Dishes of All Nations, page 54.

### DATE AND CREAM CHEESE SANDWICHES

Large dates, stoned.

White lettuce leaves.

Cream cheese, softened with  
mayonnaise.

Thinly sliced buttered bread.

Stuff dates with prepared cream cheese and thoroughly chill. Cut dates crosswise in thin slices and arrange close together on the lettuce leaf between the buttered slices of bread.

*Mrs. George W. Norris, Wife of Senator Norris (Nebr.).*

### EGG SANDWICH FILLING

10 hard-boiled eggs. 1 green pepper.  
Mix with mayonnaise and add pimiento if desired.

*Mrs. Edward M. Irwin, Wife of Representative Irwin (Ill.).*

### EPICUREAN SANDWICHES

Four tablespoons butter, cream with 1 teaspoon dry or prepared mustard, 4 egg yolks, mash and combine with the butter; 4 sardines from which skin bone and tails have been removed. Mix in and add 1 large canned pimiento, rubbing to a paste with the above. Cut sandwich bread into thin slices spread lightly with butter first, then with the paste and put together in pairs. Trim off crusts and cut each sandwich into 2 or 3 strips.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Pa.).*

### FIG SANDWICH

Wash stem and chop 1 pound of figs, add  $\frac{1}{2}$  cup water and cook to a paste in double boiler. Few drops of lemon juice improves flavor. Cool and spread on buttered bread. Sprinkle with chopped nut meats and cover with buttered bread. Dates may be substituted.

*Mrs. Frank Clague, Wife of Representative Clague (Minn.).*

### FRIED SANDWICHES

See Favorite Dishes of All Nations, page 101.

### SANDWICHES

Chop cold boiled ham very fine; for each cupful take the yolks of 2 hard-boiled eggs, 1 teaspoonful of lemon juice,  $\frac{1}{4}$  teaspoon of mustard,  $\frac{1}{4}$  pound of butter,  $\frac{1}{2}$  teaspoon celery seed, pinch of cayenne pepper, 6 small cucumber pickles chopped fine, 1 teaspoon vinegar and  $\frac{1}{2}$  teaspoon sugar. Rub the eggs smooth with the butter, mix with the other ingredients and spread thin slices of bread with the mixture. Fold together or roll.

*Mrs. Arthur R. Robinson, Wife of Senator Robinson (Ind.).*

### HAM SANDWICH

1 pound boiled ham. 1 bottle mustard salad dressing.  
 $\frac{1}{2}$  dozen hard-boiled eggs. ing.

Put the ham and egg through the meat grinder. Add salad dressing to make a paste, spread on thin slices of buttered bread.

*Mrs. Hubert D. Stephens, Wife of Senator Stephens (Miss.).*

### HOT HAM SANDWICHES

1 pound boiled ham. 2 dozen slices bread.  
3 eggs.  $\frac{1}{2}$  teaspoon salt.  
1 cup milk.

Chop ham very fine and moisten with prepared mustard. Make sandwiches with the bread and meat. Beat eggs, add milk and salt. Dip sandwiches in the liquid and fry in ham or bacon fat or butter until brown on both sides. Good luncheon dish.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

### HAM AND OLIVE SANDWICHES

1 cupful of chopped lean ham.	1 saltspoon French mustard.
1 tablespoon olive oil.	6 olives, chopped fine.
1 teaspoon vinegar.	1 teaspoon minced parsley.

Work all to a paste and spread on thin slices of white bread.

*Mrs. Edward E. Browne, Wife of Representative Browne (Wis.).*

### MUSTARD PICKLE SANDWICHES

Run through grinder the solids of a bottle of mustard pickle, and add 6 hard-boiled eggs that have been pressed through a sieve, and mix all with a cup of mayonnaise, and spread on thin slices of graham or whole wheat bread. Shape sandwiches to suit.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### NUT SANDWICHES

Mix equal parts of grated Swiss cheese and chopped English walnuts. Season with salt and cayenne. Spread between thin slices of bread and cut in fancy shapes.

*Mrs. Ralph Updike, Wife of Representative Updike (Ind.).*

### NUT SANDWICH FILLING

Blanch 1 cup of almonds, 1 cup peanuts, 1 cup of filberts, add 1 cup pecans, grind 3 times through meat grinder, last time adding  $\frac{1}{2}$  cup water and beating thoroughly, adding a little salt. Pot and keep cool. The day you make the sandwiches beat in 1 quart heavy cream and add 1 cup sugar. This will fill 100 sandwiches.

*Mrs. John Morrow, Wife of Representative Morrow (N. M.).*

### NUT AND FRUIT SANDWICHES

Chop enough canned pineapple to make a cupful or shred the slices with a fork to an equal amount, add  $\frac{1}{2}$  cup maraschino cherries chopped fine,  $\frac{1}{2}$  cup blanched and chopped almonds or walnuts. Mix to a paste with a few drops lemon juice and a little powdered sugar and put between thin slices of Boston brown bread spread with peanut butter diluted with a little thick cream.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Pa.).*

### SANDWICH FILLING

1 cup orange marmalade.	$\frac{1}{2}$ cup pecan nuts, cut fine.
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Cream cheese, 2-inch cube, grated fine. Mix and spread on very thin white bread.

*Mrs. Carl Gunderson, Wife of former Governor Gunderson (S. D.).*



**DELICIOUS SANDWICH**

A delicious sandwich filling is made by combining chopped figs, chopped candied ginger, chopped nuts and lemon juice. A bit of mayonnaise may be used to make it into a paste.

*Mrs. Samuel Rutherford, Wife of Representative Rutherford (Ga.).*

**NUT AND RAISIN SANDWICHES**

Take equal quantities of nuts and raisins, moisten with cream or grape juice and spread on thin slices of bread.

*Mrs. Edward M. Beers, Wife of Representative Beers (Pa.).*

**PRESERVED GINGER SANDWICHES**

Thinly sliced buttered bread. Very thinly sliced preserved ginger or ginger finely chopped. Place the thin slices of ginger close together between the pieces of bread or scatter the chopped ginger evenly. Press slices together firmly.

*Mrs. George W. Norris, Wife of Senator Norris (Nebr.).*

**RELISH SANDWICHES**

Press 6 hard-boiled eggs through the potato ricer, 6 teaspoons of pickle relish, a little salt, rounding teaspoon of butter. Mix butter with the eggs, then the relish. A little salad dressing improves it if desirable. Spread on thin slices of bread.

*Mrs. Knud Wefald, Wife of former Representative Wefald (Minn.).*

**RIBBON SANDWICH**

Bread.  
Pimiento.

Chopped parsley.  
Egg yolk.

Cut bread, preferably sandwich bread, very thin. Spread with a soft butter. Sprinkle 2 slices with chopped parsley, 2 with mashed hard-boiled egg yolk, and 2 with chopped pimiento. Pick up the slices with colors arranged as desired. Top with plain slice of bread. Press together firmly and stand in icebox under a weight until firmly set. Trim off crusts and slice with very sharp knife to any thickness desired.

*Mrs. Alva B. Adams, Wife of former Senator Adams (Col.).*

**ROAST BEEF SANDWICHES**

Chop rare roast beef very fine, taking care to use only the lean portions of meat. Sprinkle with salt, pepper and a saltspoon of horseradish. Mix and spread on graham bread.

*Mrs. Edw. E. Browne, Wife of Representative Browne (Wis.).*

**ROLLED TOAST**

Cut very thin, bread that will roll without crumbling; spread with soft butter; roll, starting at one corner, into as tight a roll as possible without breaking the bread; fasten by piercing with a wooden toothpick; toast slowly; remove toothpick, and serve. (May first be dipped in cheese, or spread with cheese, or cinnamon and sugar, or maple sugar, or any conserve.)

*Mrs. Herbert C. Hoover, Wife of the Secretary of Commerce.*



the mixture with thick mayonnaise and spread between thin slices of bread.

*Mrs. Thomas L. Rubey, Wife of Representative Rubey (Mo.).*

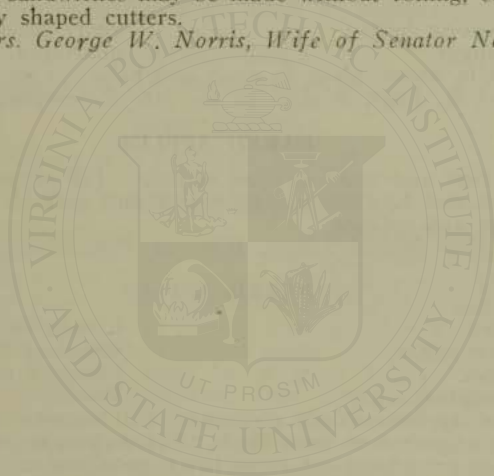
#### ROLLED WATER CRESS SANDWICHES

Water cress, finely chopped,  
rejecting larger stems.  
Salt and pepper.

Small amount of mayonnaise.  
Fresh bread, thinly sliced.  
Softened butter.

Mix small amount of mayonnaise with chopped cress. Trim off crusts, spread with butter, then cress and season sparingly. Roll quickly and fasten with toothpicks. Insert a leafy sprig of cress in each end of the little rolls. Let stand several hours in a covered stone jar, in a cold place, with a damp napkin under the cover. Remove toothpicks before serving. These watercress sandwiches may be made without rolling, cut in triangles or cut with fancy shaped cutters.

*Mrs. George W. Norris, Wife of Senator Norris (Nebr.).*



## DESSERTS

*The mission of the dessert being that of a comforter of the stomach, which, already appeased, nevertheless craves a little reflex flattery through the palate.*  
—The Pleasures of the Table.

### APPLES (Mountain Recipe)

1 tablespoon butter.

1 cup sugar.

Add a little water, place in oven and bake.

*Mrs. Robert N. Page, Widow of the late Representative Page (N. C.).*

1 quart of apples, peeled and quartered.

### BAKED APPLES

Remove core and small amount of pulp. Fill centers with finely cut marshmallows and English walnut meats and sprinkle top with a little salt, cinnamon and nutmeg.

*Mrs. Martin Davey, Wife of Representative Davey (Ohio).*

### BAKED APPLES

Apples

Brown sugar.

Butter.

Granulated sugar.

Cinnamon.

Whipped cream

Chopped nuts.

Water.

Select red apples. Wash and core. Fill centers with brown sugar. Place a piece of butter on each apple. Place them in a deep baking dish with one cup of granulated sugar and two cups of water. Sprinkle cinnamon over all and bake until tender. Serve with whipped cream and chopped nuts.

This recipe may be varied by using red drops in the syrup in which they are baked. Very nice to use when following a red color scheme.

*Mrs. Mell G. Underwood, Wife of Representative Underwood (Ohio).*

### BAKED APPLES

Select apples of uniform size. Peel and core and arrange in baking dish. Fill the cavity of each apple with English walnuts or pecans. Over all sprinkle a cup of sugar and have the dish half full of water. Bake until apples are clear, then place a marshmallow on each and return to oven until marshmallows are light brown. If eaten cold, serve with whipped cream.

*Mrs. Joseph Whitehead, Wife of Representative Whitehead (Va.).*

### BAKED APPLES

Peel and core apple. Fill with pineapple, cut in size of dice, then

bake. Before serving cover with whipped cream and pour over that pineapple juice.

*Mrs. C. C. McChord, Member of Congressional Club.*

#### DAINTY DESSERT FOR CHILDREN

Pare and core nice tart apples, place close together in a buttered pudding dish, fill the cavities with sugar, lay a small piece of butter on top of each, flavor with little nutmeg or cinnamon.

Cover with a plate and cook in oven until tender.

Into 1 pint of hot milk stir  $\frac{1}{2}$  cup of sugar and pinch of salt, the yolk of 2 eggs and pour it over the apples.

Place the dish again in the oven and when the custard has set spread a meringue made of the whites of the eggs, a heaping tablespoon of sugar and flavor as desired and place in oven to brown slightly.

Serve with plain sweetened cream or cold sauce.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

#### APPLE CAKE

See Favorite Dishes of All Nations, page 51.

#### APPELSTRUDEL

See Favorite Dishes of All Nations, page 25.

#### APPLE DELIGHT

7 apples—uniform size.

7 marshmallows.

$\frac{3}{4}$  cups sugar.

$\frac{1}{4}$  teaspoon nutmeg.

Core apples, then pare.

$1\frac{1}{2}$  cups water—hot.

Put sugar and water into saucepan and bring to a boil.

Boil apple—putting in 2 or 3 at a time so as not to crowd—in the water and sugar until they are soft and clear. It will be necessary to turn them occasionally. Arrange them on a glass baking dish. Stuff each core space with half marshmallow. Clip the remaining marshmallows into small bits and scatter over the top. After apples are removed from the saucepan, continue to boil the syrup until it is thick or almost jelly. Pour over the apples and run into a warm oven for a few minutes. Serve hot or cold.

*Mrs. B. G. Lowrey, Wife of Representative Lowrey (Miss.).*

#### APPLE FLUFF

See Favorite Dishes of All Nations, page 93.

#### APPLE SNOW

1 quart of applesauce.

2 whites of eggs, beaten stiffly.

Mix egg whites into sauce, sweeten to taste and sprinkle with chopped nuts. Serve as dessert.

*Mrs. Frank Gardner, Wife of Representative Gardner (Ind.).*

#### APPLE SPONGE

1 pound of apples.

2 lemons

1 pint water.

1 envelope of Knox gelatin.

1 pound of granulated sugar.

Whites of 3 eggs.

Boil sugar and water a few minutes and then add apples; stew until tender and run through a colander. Add gelatin dissolved in cold water. When very cold, beat in whites of 3 eggs beaten very stiff, add the juice of both lemons and rind of one. Pour in mold and serve with custard made of yolks of the eggs.

*Miss Jennie M. Moore, Sister of Representative R. Walton Moore (Va.).*

### MAZURKI WITH APPLES

See Favorite Dishes of All Nations, page 117.

### BANANA ROLLS

Make pastry, using butter, well creamed, and lemon juice instead of water. Roll thin a piece large enough to cover banana. Slice banana lengthwise. Place sections together snugly, the outside of one against the inside of the other. Place banana on pastry. Slash banana across several times, squeezing lemon juice over generously. Sprinkle with sugar and dot with butter. Moisten edge of pastry with lemon juice and roll. Then add more lemon juice, sugar and butter to the outside. Bake in medium oven for about 20 minutes.

*Mrs. Frank Crowther, Wife of Representative Crowther (N. Y.).*

### BIEN ME SABE—(Cocoanut Cream Sauce)

Break open a cocoanut and take care not to lose the water. Make a syrup with  $\frac{3}{4}$  of a pound of sugar and a little water. Grate the cocoanut, squeeze out all the milk from the grated fruit using the water you have saved to keep it moist. Now mix the syrup with the strained milk; add the beaten yolks of 3 eggs and strain again, cook over a slow fire, taking great care to stir all the time, till the cream is fairly consistent, when it must be cooled gradually as otherwise it may curdle.

*Mrs. Horace M. Towner, Wife of the Governor of Porto Rico.*

### CHOCOLATE BLANC MANGE

Put 1 quart of milk in double boiler and place on fire. When hot add 3 heaping tablespoons cornstarch mixed in a little cold milk. While milk is heating, shave 2 ounces of chocolate and put in a pan with 4 tablespoons of sugar and 2 of boiling water. Stir over fire until smooth. Then stir this into the cooked milk and cornstarch. Flavor with vanilla. Put in mold and serve cold with cream and sugar.

*Mrs. Edward C Little, Widow of the late Representative Little (Kan.).*

### BLANC MANGE

See Favorite Dishes of All Nations, pages 34, 56.

### BLESSED MOTHER

See Favorite Dishes of All Nations, page 35.

### BRYAN'S PUFF

2 cups of prunes, stewed,  
seeded and chopped.  
3 tablespoons of sugar.

Whites of 3 well beaten eggs  
(stiff).  
 $\frac{1}{2}$  teaspoon of baking powder.  
1 cup of nuts.

Stir all of the ingredients together lightly, then place in a buttered bowl, and slightly brown. Slip out on a flat dish or platter when cold, and place a border of whipped cream sweetened and flavored with vanilla, around the puff.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### CHOCOLATE CREAM BUNS

See Favorite Dishes of All Nations, page 25.

### CREAM TEA PUFFS AND PASTE

See Favorite Dishes of All Nations, page 100.

### CHARLOTTE RUSSE

$\frac{1}{2}$  pint cream.

$\frac{1}{2}$  cup sugar.

3 eggs.

1 envelope gelatine.

Beat cream stiff; add whites beaten stiff; then beat the yolks with the sugar. Moisten gelatin with little cold water, then add about  $\frac{1}{4}$  cup hot water to dissolve gelatine, and strain into yolks and sugar. Mix thoroughly and add to the beaten cream and whites. Flavor and set on ice, beating until it begins to form. Line a mold with sponge cake or lady fingers and fill center with mixture.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

### CHARLOTTE RUSSE

One cup of fresh milk over a third of a box of gelatin. Put on fire and let gelatin dissolve. Take off fire and pour over the yellows of 2 eggs and 1 cup of sugar. Wait until this cools a little and then mix thoroughly with it 1 quart of rich cream well whipped. Flavor with vanilla. Line a bowl with split lady fingers, pour into it this mixture and set aside to get cold.

*Mrs. Ben Johnson, Wife of former Representative Johnson (Ky.).*

### CHARLOTTE RUSSE

1 pint double cream.

$\frac{1}{2}$  pint single cream (very cold).

Beat until thick in cake bowl, with spoon egg beater. Sweeten and flavor. Add  $\frac{1}{2}$  of 1 package of Knox gelatin dissolved in a little water. Use  $\frac{3}{4}$  pound of lady fingers to line a pan with straight edge, and fill with alternate layers of cream and lady fingers. Let stand for 12 hours.

*Mrs. Chas. R. Davis, Wife of former Representative Davis (Minn.).*

### CHARLOTTE RUSSE

1 pint of cream.

$\frac{1}{4}$  pound of lady fingers.

$\frac{1}{2}$  cup of powdered sugar.

1 tablespoonful of Knox gelatine.

$\frac{1}{2}$  teaspoonful of vanilla.

Cover the gelatin with cold water, and let it soak for a half hour. Whip the cream, add sugar and vanilla. Line quart mold with lady fingers. To the soaked gelatin add just enough boiling water to dissolve it, then strain into the whipped cream; stir until it commences to thicken; then pour into the mold and set away on cracked ice to harden. Individual glasses may be used instead of mold if desired.

*Mrs. J. Banks Kurtz, Wife of Representative Kurtz (Pa.).*

## CHARLOTTE RUSSE

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1¼ cups milk.                         | ¼ cup cold water.             |
| Yolks 2 eggs.                         | ½ pint cream.                 |
| 2 tablespoons sugar, few grains salt. | 3 tablespoons powdered sugar. |
| 1¼ tablespoons granulated gelatine.   | ¾ teaspoon vanilla.           |
|                                       | Whites 2 eggs.                |

Scald milk and add gradually to egg yolks slightly beaten and mixed with sugar and salt. Cook over hot water, stirring constantly until mixture thickens. Add gelatin soaked in cold water. Strain and add whites of eggs beaten until stiff. Set bowl in pan of ice-water and stir thoroughly until mixture thickens. Then add cream beaten until stiff and mixed with sugar and vanilla.

*Mrs. Randolph Perkins, Wife of Representative Perkins (N. J.).*

## A CHEESE DESSERT

Take large glass plate; whip cream and roll it around the edge. Then for every 6 persons use 3 cakes of Blue Label cheese; put through the ricer over the top of the whipped cream. In the center use either bar-le-duc gooseberry jelly, plum jelly or strawberry jelly. Have salad plates and butter knives at each plate with 2 spoons—1 a large berry spoon. Serve with toasted saltine wafers or toasted and buttered Bent's water crackers.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

## CHEESE CAKE

- |   |                                    |
|---|------------------------------------|
| 1 box of Zweiback rolled with rollingpin. | 6 tablespoons of granulated sugar. |
| 1 teaspoonful of cinnamon.                | 6 tablespoons of melted butter.    |
- Mix well together—that forms the crust.

## Filling

- |                                  |                            |
|----------------------------------|----------------------------|
| 6 yolks of eggs.                 | 1½ pounds of cream cheese. |
| 1 scant cup of granulated sugar. | ½ lemon (juice only).      |
| ½ pint of cream.                 | 1 teaspoon of vanilla.     |
|                                  | 6 whites—to snow.          |

Mix cheese and cream together good and smooth and add the other fillings—eggs, sugar and flavoring. Bake in a spring form in a slow oven for 1 hour. Then leave stand in form until cold.

*Mrs. William W. Cohen, Wife of Representative Cohen (N. Y.).*

## COCOA ROLL

- |                      |                      |
|----------------------|----------------------|
| 5 eggs.              | 5 tablespoons cocoa. |
| 5 tablespoons sugar. | 1 cup cream.         |

Separate the whites and yolks of the eggs. Into the well beaten yolks beat the sugar and cocoa. Add the stiffly beaten whites and bake on buttered paper for 20 minutes. When baked place on damp cloth and roll. When cold open roll and spread with the whipped cream. Reroll and pour over the following dressing:

- |                  |                         |
|------------------|-------------------------|
| ¼ cup hot water. | 2 tablespoons of cream. |
| ½ cup sugar.     | Butter size of an egg.  |

Cook these ingredients together until the consistency of thick cream. Sprinkle with chopped walnuts.

*Mrs. Isaac L. Patterson, Wife of the Governor of Oregon.*



## COCOANUT COMPOTE

See Favorite Dishes of All Nations, page 38.

## BAVARIAN CREAM

- |                      |                  |
|----------------------|------------------|
| 1 pint cream.        | ½ cup sugar.     |
| 1 cup strong coffee. | Yolks of 2 eggs. |
| 1 cup milk.          | ½ box gelatine.  |

Scald milk, add coffee and sugar, remove from fire, and turn it slowly on the beaten yolks of the eggs. Return to fire a moment to set the eggs. Add the soaked gelatin. Stir until it has dissolved, then pass it through a sieve. When it begins to set, fold in the whipped cream. Serve with whipped cream, sweetened to taste.

*Mrs. Louis A. Frothingham, Wife of Representative Frothingham (Mass.).*

## PINEAPPLE BAVARIAN CREAM

- |                            |                     |
|----------------------------|---------------------|
| 1 can pineapple (crushed). | 1 cup of sugar.     |
| 1 pint cream.              | ½ package gelatine. |

Soak gelatin in ½ cup of water 1 hour. Put pineapple and sugar on to simmer 20 minutes. Add gelatin and strain through a sieve rubbing as much pineapple through as possible. When it begins to harden stir in ½ of cream which has been whipped. Set in cool place until time to serve. Serve with the remainder of cream which has been whipped.

*Mrs. Sam. G. Bratton, Wife of Senator Bratton (New Mexico).*

## BAVAROIS AU CHOCOLAT

See Favorite Dishes of All Nations, page 123.

## BAVARIAN CREAM

- |                     |                                 |
|---------------------|---------------------------------|
| 1 package gelatine. | 1 pint cream.                   |
| 1 quart rich milk.  | 1 cup sugar (or more to taste). |

Dissolve gelatin in the milk and cool it. When it begins to thicken good, beat it light with the egg beater. Fold in the pint of cream (whipped). Flavor as desired. It is good flavored with strawberry and colored a light pink. Serve with whipped cream.

*Mrs. John N. Sandlin, Wife of Representative Sandlin (La.).*

## BAVARIAN CREAM

- |                  |                        |
|------------------|------------------------|
| Yolks of 5 eggs. | Pinch of salt.         |
| 1 cup sugar.     | 1 pint of plain cream. |

Cream the eggs and sugar. Then add pinch of salt and the cream. Cook in double boiler until it thickens, stirring all the time. Remove from fire and add ½ package Knox gelatin that has soaked in ½ cup cold water for 5 minutes. When cool fold in 1 pint of stiffly beaten whipping cream. Flavor with vanilla. Turn into a mold that has been lined with lady fingers. Add more whipped cream on top and around edge when served.

*Mrs. Charles S. Deneen, Wife of Senator Deneen (Ill.).*

## CREME BRULEE

See Favorite Dishes of All Nations, page 71.

## COFFEE CREAM

See Favorite Dishes of All Nations, page 102.

## CREAM OF COCO

See Favorite Dishes of All Nations, page 49.

## GINGER CREAM

One-half box gelatine soaked over night in little cold water. In morning, add 1 pint boiling milk, add well beaten yolks of 3 eggs with 1 cup sugar. Return to boiler until it thickens. Strain and add  $\frac{1}{4}$  pound of preserved ginger cut fine. Set away to cool, stirring often until it begins to get stiff. Now add beaten whites of eggs and  $\frac{1}{2}$  pint whipped cream. Turn into mold. When ready for use, turn from mold, whip  $\frac{1}{2}$  pint cream and put over and sprinkle with macaroon crumbs.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa.)*

## NUT CREAM

See Favorite Dishes of All Nations, page 89.

## ORANGE CREAM

See Favorite Dishes of All Nations, page 99.

## PRUNE ORIENTAL CREAM

$\frac{1}{2}$ envelope Knox sparkling gelatin.	$\frac{1}{2}$ pint heavy cream.
$\frac{1}{4}$ cup cold water.	$\frac{1}{3}$ cup milk.
$\frac{1}{4}$ cup scalded milk.	$\frac{1}{3}$ cup cooked prunes, cut in pieces.
$\frac{1}{2}$ cup sugar.	$\frac{1}{3}$ cup chopped figs.
Whites of 2 eggs.	

Soak gelatin in cold water 5 minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs, beaten until stiff, heavy cream, diluted with milk and beaten until stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla), forced through a pastry bag and tube, and chopped pistachio nuts.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## ROCK CREAM

In  $\frac{1}{2}$  box of gelatine put 1 quart of milk, let it set 1 hour, then put on fire, add beaten yolks of 6 eggs with cup sugar. Stir all till thick as custard. Beat to a froth, the whites, add  $\frac{1}{2}$  cup sugar and stir this in when gelatine custard begins to congeal. After taking off custard, flavor with vanilla. Make a syllabub as a garnish, of cream, and wine sauce, whipped light.

*Mrs. Edward W. Pou, Wife of Representative Pou (N. C.).*

## ROYAL CREAM

1 quart milk.

 $\frac{1}{3}$  box gelatin.

3 eggs.

4 tablespoons sugar.

Put gelatin in milk. Let stand about half an hour. Beat yolks well; add sugar and beat; add to milk; set pan over boiling water; stir until mixture begins to thicken like soft custard. Have ready the whites beaten stiff. The moment the kettle is taken from the fire stir them in quickly. Add dessertspoonful of vanilla and lemon juice, mixed. Put in mold; place in cool spot to stiffen. Better made the day before it is to be served.

*Mrs. John Q. Tilson, Wife of Representative Tilson (Conn.).*

## CREME A LA SACHER

See Favorite Dishes of All Nations, page 26.

## SPANISH CREAM

1 pint milk.

2 eggs.

 $\frac{1}{2}$  package Knox gelatine.

4 tablespoonfuls sugar.

1 teaspoonful vanilla.

Beat yolks of eggs and sugar. Stir in dissolved gelatine. In separate bowl beat whites of eggs until very stiff. Pour boiling milk on yellow of eggs and gelatine mixture, stirring quickly. Stir in whites by beating rapidly. When partly cooled add vanilla, then pour into moulds. Serve very cold with cream, plain or double.

*Mrs. Percy Edwards Quin, Wife of Representative Quin (Miss.).*

## SPANISH CREAM

Soak  $\frac{1}{2}$  box of gelatine in  $\frac{1}{2}$  pint of milk for 1 hour. Boil 1 quart of milk in a double boiler, seasoned with 1 teaspoonful vanilla, and sweetened to taste. Beat 6 egg yolks and whites separately. Strain the gelatine into the yolks, stir in the whites, pour in the boiling milk, put all back on the fire, and let it thicken. Pour into molds and set on ice.

*Hon. William P. Cole, Jr., Member of Congress from Maryland.*

## SPANISH CREAM

5 teaspoons granulated gelatine.

5 tablespoons cold water.

 $1\frac{1}{4}$  cups boiling water. $3\frac{1}{3}$  cups milk.

5 eggs—yolks.

10 tablespoons sugar.

 $1\frac{1}{4}$  teaspoons vanilla.

5 eggs—whites.

A little salt.

Soften gelatine in cold water. Beat yolks in top of double boiler and add sugar and gradually the hot milk. Place boiler over hot water and stir until custard thickens. Remove boiler immediately from hot water and add the softened gelatine.

*Miss Mabel Boardman, Secretary American Red Cross (D. C.).*

## SPANISH CREAM

One quart milk, 4 eggs,  $\frac{1}{2}$  package of Knox gelatine; pour one pint of milk on gelatine, soak 1 hour, add the other pint of milk. Stir this over the fire until near boiling; beat the yolks of eggs with 3 tablespoons sugar and stir into milk just before it boils. When it comes to a boil

stir in the whites of eggs stiffly beaten, add to whites 3 tablespoons sugar. Flavor with vanilla. (Make the day before serving.) Serve with cream.  
*Mrs. W. F. Kopp, Wife of Representative Kopp (Iowa).*

## SPANISH CREAM

5 eggs. 1 quart of milk.  
 10 tablespoons of sugar. ½ box of gelatine.

Soak gelatine in milk ½ hour before putting on the fire. Beat yolks of eggs and 5 tablespoons of sugar together and add this to the milk and gelatine when they begin to boil. Take from the fire and add the beaten whites and balance of the sugar. Beat well, adding vanilla. Serve with whipped cream.

*Miss Jennie M. Moore, Sister of Representative R. Walton Moore (Va.).*

## TRILBY CREAM

½ pound of marshmallows. 2 tablespoonfuls sugar.  
 1 cup of English walnuts. 1 teaspoonful of vanilla.  
 2 ounces of candied cherries. 1 teaspoonful of Knox's gelatine.  
 ½ pint of heavy cream.  
 ¾ cup of milk.

Cut marshmallows in quarters with scissors, also cut cherries in halves leaving out a few to garnish the top with. Chop the walnut meat, whip cream until stiff, gradually adding milk and sugar then the rest of the ingredients. Dissolve the gelatine in 1 tablespoonful of cold water, then to it add 1 tablespoonful of hot water. This is best added before the fruits are put in. Keep marshmallows in closed box for they harden very quickly. Maraschino cherries are better than candied cherries.

*Mrs. Frederick W. Dallinger, Wife of Representative Dallinger (Mass.).*

## VELVET CREAM

Beat yolks of 4 eggs until very light. Add scant cup of sugar. Soak 1 tablespoon of gelatine in ½ cup of cold water. Place on fire and let come to a boil. Pour over egg and sugar mixture. Add 1 pint of cream whipped stiff. Add 1 teaspoonful of vanilla. Pour in mold and place in ice box. Will be ready to serve in about 4 hours.

*Mrs. E. B. Howard, Wife of Representative Howard (Okla.).*

## WHIPPED CREAM DESSERT

1 pint cream—whipped. ¼ pound peanut brittle, ground.  
 ¼ can pineapple, cut (fresh 4 cups cut marshmallows.  
 strawberries, raspberries or  
 peaches may be used).

Combine and serve on angel food or any other cake. Serves 10.

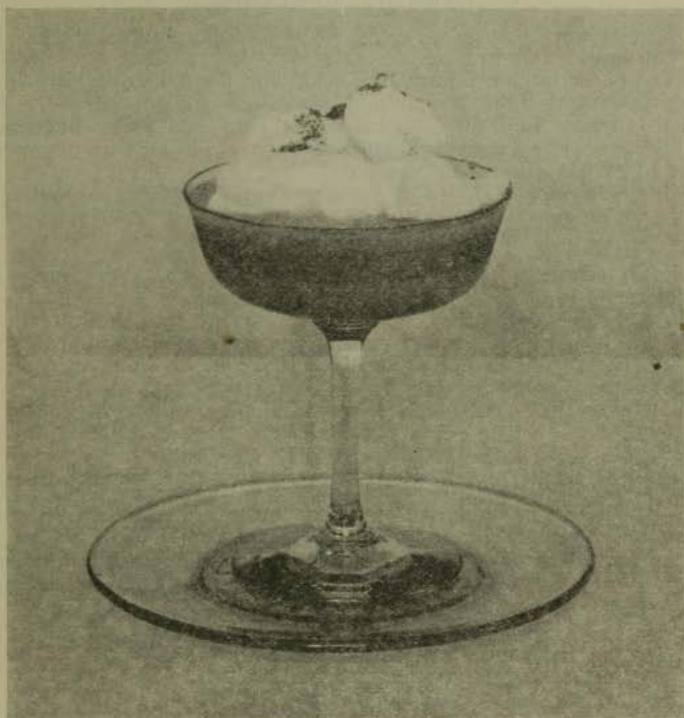
*Mrs. R. G. Simmons, Wife of Representative Simmons (Neb.).*

## WHIPPED CREAM DESSERT

1 pint double cream. 1 cup grape nuts.  
 2 pounds sugar. ½ pound chopped dates.  
 Flavor.

Whip cream, add nuts and dates, let stand on ice 2 hours.

*Mrs. Harry Hull, Wife of former Representative Hull (Iowa).*



### BAKED CUSTARD

1 quart rich milk.

4 eggs beaten together.

5 tablespoons of sugar.

Vanilla and nutmeg.

Mix the sugar and flavoring with the eggs. Scald, but do not boil the milk, add a little at a time to the beaten eggs. Bake until firm in custard cups, set in a pan of hot water. When baked custard will not stick to a knife, it is done. This recipe will fill 8 custard cups.

*Miss Helen Hudson, Daughter of Representative Hudson (Mich.).*

### BAKED CUSTARD (Filipino Style)

See Favorite Dishes of All Nations, page 113.

### CREAM CUSTARD

1 quart double cream.

10 yolks.

Put cream in double boiler and let come to a boil. Beat yolks well, add while boiling. Cook 3 minutes, pour in dish and let cool. After cooling, spread brown sugar on the top, put under boiler and let brown.

*Mrs. James Magee, Wife of former Representative Magee (Pa.).*

## CARMEL CUSTARD

1 pint cream.

 $\frac{1}{2}$  cup sugar.

Yolks 4 eggs.

Put cream in double boiler and heat, but do not boil. Brown sugar in frying pan until light brown and smoking, but not burned. Add to hot cream, stirring until dissolved. When cold add yolks of eggs, well beaten. Strain. Put into small custard cups. Set in pan of water and bake for 10 or 15 minutes or until set.

*Mrs. Philip P. Campbell, Wife of former Representative Campbell (Kan.).*

## MAPLE SYRUP CUSTARDS

1 quart whole milk.

4 eggs.

 $\frac{3}{8}$  cup real Wisconsin maple syrup.

Beat eggs—not separately. Add maple syrup, then milk. Mix thoroughly. Pour into small custard cups, place cups in dripping-pan, fill pan to near top of cups with boiling water. Place in medium oven and bake about 22 minutes or until silver knife comes out clean.

*Mrs. E. E. Browne, Wife of Representative Browne (Wis.).*

## PEAR AND CUSTARD DESSERT

Make a baked custard of 1 pint milk, 3 eggs,  $\frac{1}{4}$  cup sugar and pinch of salt. When baked, chill and turn out on a large plate. Around this stand halves of canned pears. Beat  $\frac{1}{2}$  pint cream and place on top of custard. Over all sprinkle a cup of almonds cut up. Serve very cold.

*Mrs. A. W. Bissell, Daughter of Hon. Hubert Work, Sec. of the Interior.*

## PINEAPPLE CUSTARD

See Favorite Dishes of All Nations, page 55.

## RICE CUSTARD

1 pint milk.

4 eggs.

2 tablespoons cooked rice.

2 handfuls raisins.

5 tablespoons sugar.

Beat eggs together; add sugar; add rice; stir in the milk  $\frac{1}{2}$  teaspoon of butter. Put in pan of water and bake. Add meringue whites of  $1\frac{1}{2}$  of the 4 eggs.

*Mrs. Albert Ritchie, Mother of Governor Albert C. Ritchie of Maryland.*

## SOFT CUSTARD

5 egg yolks.

5 tablespoons sugar.

 $2\frac{1}{2}$  cups milk. $\frac{1}{2}$  teaspoon vanilla.

A little salt.

Scald milk in double boiler. Beat yolks, add salt and sugar and pour on gradually the scalded milk. Pour back into top of double boiler and stir constantly until it looks creamy or it coats the spoon and the foam has disappeared. Then remove immediately from hot water. Cool and add flavoring.

Note: If custard curdles, place saucepan over cold water and beat until smooth.

*Miss Mabel Boardman, Secretary American Red Cross (D. C.).*

## THICK CUSTARD IN CUPS

See Favorite Dishes of All Nations, page 86.

## CZECH KOLACE

See Favorite Dishes of All Nations, page 50.

## A DAINTY DESSERT

$\frac{1}{2}$  pint of whipping cream.  $\frac{1}{2}$  pound marshmallows, cut up  
 $\frac{1}{2}$  pound of peanut brittle. with scissors.

Roll peanut brittle with rolling pin, and mix with cream and marshmallows and chill in ice box. To serve line ice glasses with lady fingers split, and heap in the mixture.

*Mrs. George Sutherland, Wife of Justice Sutherland.*

## DELICIOUS DESSERT

$\frac{1}{2}$  pound vanilla wafers, 1 cup nuts.  
 $\frac{1}{2}$  cup raisins. 1 pint of whipping cream.  
 $\frac{1}{2}$  cup dates.

Soak vanilla wafers in hot water sufficient to make a paste that will spread. Grind raisins, dates and nuts together to make a fine paste, adding a little cream or water if necessary. Take  $\frac{1}{2}$  the vanilla wafer paste and spread about  $\frac{1}{2}$  inch thick on bottom of pan (a loose bottom pan or mold is best to use.) Add  $\frac{1}{2}$  the cream which has been whipped until stiff. Then add the raisin, date and nut paste. Continue the process until there are 6 layers or all the ingredients are used. Pack ice around mold and allow to freeze for 3 or 4 hours. Slice like brick ice cream.

*Mrs. John M. Baer, Wife of former Representative Baer (N. D.).*

## A DESSERT

1 cup of powdered sugar. 1 teaspoon of vanilla.  
 6 eggs, beaten. 6 whites of eggs, beaten very  
 2 teaspoons cocoa. light.  
 1 teaspoon prepared coffee.

Mix all together. Bake in one thin pan in a moderate oven for ten minutes. Then beat cream very light, and put it on the cake. Roll up cake and cream. Put chocolate icing over it and put whipped cream in stripes at the end.

*Mrs. Wm. H. Taft, Wife of the Chief Justice and former President.*

## DELICIOUS DESSERT

3 egg yolks. 1 cup nut meats.  
 1 cup sugar. 2 dozen dates, cut in pieces.  
 $\frac{1}{2}$  teaspoonfuls baking powder  
 mixed with sugar.

Mix these ingredients and spread an inch thick on buttered tins and bake for 20 minutes in a moderate oven. Serve with whipped cream.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

## DELICIOUS DESSERT

Mix the well-beaten whites of 4 eggs with  $\frac{1}{2}$  pound of finely chopped nuts. Mix the well-beaten yolks of 4 eggs with 1 cup of sugar. Beat all

together, add 1 tablespoonful of flour mixed with 1 teaspoonful of baking powder. Add 1 teaspoonful of vanilla. Bake in 2 layer cake tins in a moderate oven for 30 minutes. When ready to serve put together with whipped cream.

*Mrs. James T. McCleary, Widow of the late Rep. McCleary (Minn.).*

#### TORRIJAS (Christmas Dessert)

See Favorite Dishes of All Nations, page 83.

#### DELIGHT

1 pint whipped cream—sweet-       $\frac{1}{2}$  pound white grapes.  
 en and flavor with vanilla.       $\frac{1}{2}$  pound marshmallows, all  
 $\frac{1}{2}$  pound English walnuts.      chopped fine.

Mix together with the cream. Put on ice and let stand for several hours.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

#### COFFEE DELIGHT

See Favorite Dishes of All Nations, page 63.

#### DAKOTA DELIGHT

1 cup pineapple juice.      The juice of 1 orange.

1 cup pear juice.

Mix and bring to boiling point and pour over  $\frac{1}{2}$  package Knox's gelatine soaked in  $\frac{1}{2}$  cup cold water. Pour into pan about 3 by 9 by 12 inches. Let harden. Beat  $\frac{1}{2}$  pint cream thick, add 1 tablespoon sugar,  $\frac{1}{2}$  package dates and  $\frac{1}{2}$  cup pecan nuts minced fine. Spread over gelatine. Put on ice for 15 minutes, cut in squares and serve. This will serve 12 people.

*Mrs. Carl Gunderson, Wife of the former Governor of South Dakota.*

#### NUT DELIGHT

Six eggs beaten separately. To beaten yolks add  $1\frac{1}{2}$  cups granulated sugar. To stiffly beaten whites add 3 cups chopped nuts (almonds, pecans or walnuts.) Mix all together lightly and add 1 teaspoon baking powder well sifted with 1 tablespoon flour. Bake quickly in 4 layer cake tins. When cold put together with 1 pint sweetened whipped cream. Let stand few hours before serving.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.)*

#### MRS. DENNETT'S SPECIALTY

Cut  $\frac{3}{4}$  pound of marshmallows in small pieces and soak in the juice of a can of pineapple over night. Whip 1 quart of double cream in the morning till very stiff. Cut in small pieces equal parts of candied pineapple, candied cherries, candied apricots, candied peaches, totalling 2 large cupfuls. Drain marshmallows, add to mixture, then add to whipped cream; sweeten with  $\frac{1}{2}$  cup of sugar. Let ripen for an hour or two on ice. In serving place maraschino cherries on top.

*Mrs. Fred Dennett, Member of Congressional Club.*



## EASY DESSERT

Toast slices of bread, 1 per person. Butter well and place on pan, add to each slice enough strawberries to cover. Sprinkle 1 tablespoonful sugar on each portion and bake in oven until strawberries are tender. Serve with whipped cream.

*Mrs. A. E. Carter, Wife of Representative Carter (Cal.).*

## EVELYN'S DESSERT

Whites of 6 eggs, beaten well.	1 teaspoon vanilla.
Yolks of 6 eggs beaten well.	1/4 tablespoons of flour sifted with 1 teaspoon baking powder.
1 1/2 cups sugar.	1 pint sweetened whipped cream and flavored.
1 1/2 cups finely pounded nuts (pecans).	

Beat yolks well, add sugar, then whites, nuts, vanilla. Last of all add flour and baking powder. Bake in 3 layer cake pans well greased and paper in bottom. Put together with whipped cream sweetened and flavored.

*Mrs. W. C. Wright, Wife of Representative Wright (Ga.).*

## FOOD FOR THE GODS

1 cup Graham cracker crumbs, rolled medium fine.	1 teaspoon baking powder.
1 cup sugar.	1/2 cup broken nut meats.
Salt.	3 egg yolks, beaten.

Mix in order given. Fold in beaten egg whites and bake in a moderate oven in buttered pie plate. Serve with whipped cream when cold.

*Mrs. Harold S. Tolley, Wife of former Representative Tolley (N. Y.).*

## FRUIT BAVARIAN FLUFF

1 cup milk.	1/2 cup cooked Sun-Maid prunes.
2 egg yolks.	1/2 cup cooked Blue Ribbon figs.
3 tablespoons sugar.	1/2 cup cooked Blue Ribbon peaches.
1/2 teaspoon vanilla.	4 slices pineapple.
2 teaspoons granulated gelatin.	1 cup whipped cream.
2 tablespoons cold water.	
1 cup Sun-Maid Nectars raisins, plumped.	

To plump raisins cover with cold water, bring to boiling point and boil 5 minutes. Drain and dry on a towel. Dry all fruits on a towel before adding to mixture. Scald milk in double boiler. Pour over the egg yolks which have been mixed with sugar. Return to double boiler and cook until custard coats the spoon. Remove and add gelatin which has been softened in cold water. Then add cut fruit and whipped cream. Mix lightly and set aside to harden.

*Mrs. Henry E. Barbour, Wife of Representative Barbour (Cal.).*

## FRESH FRUIT WHIP

1 cup crushed fruit.	Whites of 2 eggs.
1 cup sugar.	

Whip all together 5 minutes, then beat with eggbeater 40 minutes. Place on ice. Strawberries, raspberries, loganberries or peaches.

*Mrs. Howard S. Reeside, Daughter of the late Rep. Harmer (Pa.).*

## FRUIT CUP CAKE

- |                              |                         |
|------------------------------|-------------------------|
| 2 tablespoons of sugar.      | $\frac{1}{2}$ cup milk. |
| 2 tablespoons baking powder. | 1 cup flour.            |
| 2 tablespoons butter.        | Salt to taste.          |

Mix well, pour over any kind of fruit, bake until done. Delicious with cream.

*Mrs. Hays B. White, Wife of Representative White (Kan.).*

## PINEAPPLE CAKE GLACE

Cream  $\frac{1}{2}$  cup fat, gradually adding  $1\frac{1}{2}$  cups sugar. Add 1 well beaten egg. Sift  $2\frac{1}{2}$  cups flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt. Add to first mixture alternately with 1 cup cold water. Melt 2 tablespoons butter in an iron skillet and add 1 cup brown sugar, stirring until smooth. Spread with a layer of well drained pineapple, crushed. Pour batter over this and bake 45 minutes in a moderate oven. Turn out on a plate, cool thoroughly, spread with whipped cream and serve.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

## SKILLET CAKE

- |   |                |
|---|----------------|
| 3 teaspoons butter.   | 1 cup nuts.    |
| $\frac{3}{4}$ cup brown sugar.                              | 1 cup raisins. |
| 1 cup grated pineapple which has all the juice drained off. |                |

Put all in a skillet after butter has been melted.

## The Batter

- |                           |  |
|---------------------------|--|
| 1 cup sugar.              | 3 egg yolks.                           |
| $\frac{1}{2}$ cup butter. | $\frac{1}{2}$ spoonful vanilla.        |
| 2 cups flour.             | 3 egg whites beaten stiff, added last. |
| 1 cup sweet milk.         |  |
| 1 teaspoon baking powder. |  |

Pour batter over nuts, raisins and pineapple and bake. Turn upside down when done, and serve with whipped cream.

*Mrs. W. J. Driver, Wife of Representative Driver (Ark.).*

## SPIDER CAKE

- |                           |                          |
|---------------------------|--------------------------|
| 2 eggs.                   | Vanilla.                 |
| 1 cup sugar.              | 2 tablespoons butter.    |
| 1 cup flour.              | 1 large cup brown sugar. |
| $\frac{1}{3}$ cup water.  | 1 large can apricots.    |
| 1 teaspoon baking powder. | Whipped cream.           |

Beat eggs well. Add sugar, beat well and then add water, flour, baking powder and vanilla. To fix spider, melt butter, add brown sugar (do not boil, just melt.) Drain the apricots, place them right side down in spider and pour batter over. Bake 40 minutes in slow oven. Turn out on plate and cover with whipped cream.

*Mrs. Carl R. Chindblom, Wife of Representative Chindblom (Ill.).*

## ZITO (A Ceremonial Cake)

See Favorite Dishes of All Nations, page 139.

## WASHINGTON PIE

- |                            |                                  |
|----------------------------|----------------------------------|
| 1 heaping cup of flour.    | 2 eggs.                          |
| 2 teaspoons baking powder. | 1 cup powdered sugar.            |
| Sift together 4 times.     | $\frac{1}{3}$ cup water—vanilla. |

Beat eggs, add sugar and beat; add part flour, then water, then rest of flour. This makes 2 cakes. Bake in round shallow tins.

Filling for 1 cake: One cup milk; when hot add 1 egg well beaten, mixed with 2 tablespoons granulated sugar, 1 heaping tablespoon corn-starch dissolved in a little milk; vanilla. Split cake, put filling between the halves. Dust top with powdered sugar.

*Mrs. John Q. Tilson, Wife of Representative Tilson (Conn.).*

## FLAN A LA VIENNOISE

See Favorite Dishes of All Nations, page 72.

## FRUIT DESSERT

See Favorite Dishes of All Nations, page 52.

## GELATINE DESSERT

- |   |                                 |
|---|---------------------------------|
| $2\frac{1}{2}$ tablespoons Jello, dissolved<br>in $\frac{1}{2}$ pint boiling water. | 4 or 5 apricots (chopped).      |
| 2 cups whipped cream.   | $\frac{1}{2}$ cup chopped nuts. |
| 2 slices pineapple (chopped).   | 1 cup vanilla wafer crumbs.     |

When jello begins to congeal, beat with an egg whip and add whipped cream and other ingredients. Nice served on slice of angel food cake.

*Mrs. M. E. Trapp, Wife of the former Governor of Oklahoma.*

## GELATINE BRICK

Dissolve envelope granulated gelatine in 1 cup boiling water; when thoroughly dissolved pour it over 1 cup sugar; pour the sugar and gelatine mixture over the stiffly beaten whites of 4 eggs and mix thoroughly; divide into 3 portions, to the first add lemon flavoring and a few chopped maraschino cherries; flavor the second portion with vanilla and color with pink vegetable coloring, adding chopped nuts and dates; to the third portion add  $1\frac{1}{2}$  tablespoons melted chocolate and flavor with vanilla; mold in 3 separate portions; place together and cut in slices for serving; top with whipped cream.

*Mrs. John F. Shafroth, Widow of the late Senator Shafroth (Col.).*

## BANANA GELATINE WITH CHOCOLATE SAUCE

See Favorite Dishes of All Nations, page 47.

## COFFEE GELATINE

- |   |   |
|---|---|
| $1\frac{1}{4}$ cups strong, hot coffee. | 1 tablespoon gelatine in a little cold water. |
|---|---|

Dissolve until soft. Mix gelatine with coffee and enough sugar to taste sweet. Add vanilla to taste (1 teaspoonful); let harden. Mix with this 1 cup of cream, whipped; put in mold, let stand until firm enough to turn out.

*Mrs. Thomas W. Phillips, Jr., Wife of former Representative Phillips (Pa.).*

## ORANGE GELATINE

Two flat tablespoons any good gelatine, soak 15 minutes in  $\frac{1}{2}$  cup cold water,  $1\frac{1}{2}$  cups orange juice, juice of 1 lemon,  $\frac{3}{4}$  cup granulated sugar. Add sugar to fruit juices and let stand. Bring gelatine back to liquid. Form by putting cup in pan of hot water and stir till it becomes liquid. To this, add  $1\frac{1}{2}$  cups boiling water. Add this to fruit juice and sugar. Stir well, strain through fine sieve or cheese cloth, and put in 1 large mold or individual molds, which have been rinsed in cold water. Stand away to harden.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Pa.).*

## RAINBOW GELATINE

1 envelope minute gelatine.	1 cup whipped cream.
$\frac{1}{2}$ cup sugar.	1 cup grated pineapple.
$\frac{1}{2}$ cup boiling water.	1 cup strawberry pulp.

Mix gelatine with sugar and dissolve in boiling water. Set aside to cool and when beginning to thicken add whipped cream. Just before it sets, stir in pineapple, mix thoroughly and turn into mold. Make a second part just as the first, using 1 cup strawberry pulp instead of pineapple. Set aside until cool but not jellied, then pour on top of pineapple jelly, which is already solid, and set back in refrigerator. When ready to serve unmold and slice like ice cream.

*Mrs. John J. Cochran, Wife of Representative Cochran, (Mo.).*

## TAPIOCA GELATINE

1 pint milk.	1 tablespoonful dissolved gelatine.
$1\frac{1}{2}$ teaspoonfuls Instant tapioca, (scald 25 minutes.)	Vanilla enough to flavor.
$\frac{1}{2}$ cup sugar.	

When cool add  $\frac{1}{2}$  pint cream, whipped.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Pa.).*

## GOODY GOODY DESSERT

1 cup light brown sugar.	1 cup nut meats.
$\frac{1}{4}$ cup butter.	

Put in spider and pour over sponge cake. Slices of pineapple can be used in place of nuts.

*Mrs. Fletcher Hale, Wife of Representative Hale (N. H.).*

## HEAVENLY HASH

Whip 1 pint thick cream. Clip with scissors  $\frac{1}{2}$  pound fresh marshmallows. Cut up 1 medium size bottle maraschino cherries. To this add English walnuts. Just when ready to serve toss this all together, and finish with whole cherries and walnut meats. Do not add any sugar, as the marshmallows make it perfect.

*Mrs. N. B. Dial, Wife of former Senator Dial (S. C.).*

## HUNGARIAN CHOCOLATE RABBIT

Yolks of 7 fresh eggs.	7 heaping teaspoons cocoa.
7 heaping tablespoons powdered sugar.	Dash of vanilla.

Stir half an hour, then fold in the beaten whites of eggs. Butter shallow pan and dust with flour. Bake about 15 or 20 minutes in slow oven. Roll while hot with wax paper between. When cold remove wax paper and spread with whipped cream, about 1 pint.

*Mrs. George Nicholas Seger, Wife of Representative Seger (N. J.).*

### ICE BOX CAKE

In the upper part of a double boiler mix 3 cups of grated sweet chocolate (about  $\frac{3}{4}$  of a pound),  $\frac{1}{2}$  a cup of cold water, and  $\frac{1}{3}$  cup of sugar; set over hot water and add, 1 at a time, the unbeaten yolks of 9 eggs, beating in each as added; cook until the mixture is of custard consistency; let cool and add the whites of the 9 eggs, beaten stiff. Line a pan with paraffin paper, then arrange lady fingers, or strips of sponge cake, all around the sides and bottom; pour in  $\frac{1}{3}$  of the chocolate custard; then add a layer of lady fingers; repeat until there are 3 layers of cake and 3 layers of custard. Let stand over night in the ice box. Serve with whipped cream. Decorate with candied fruit, if desired. Four dozen lady fingers are required. These proportions make a very large cake, requiring a pan 8 inches in diameter,  $3\frac{1}{4}$  inches deep. The recipe may be halved, or even quartered, using a correspondingly smaller pan.

*Mrs. Robert M. Leach, Wife of former Representative Leach (Mass.).*

### ICE BOX CAKE

1 scant  $\frac{1}{2}$  pound unsalted butter.

1 cup powdered sugar.

$\frac{1}{2}$  cake chocolate, melted.

1 teaspoon cold, strong coffee.

6 eggs, separated.

$1\frac{1}{2}$  dozen lady fingers.

Cream butter and sugar until fluffy, then cream in 1 egg yolk at a time, add vanilla, coffee and melted chocolate. Lastly, whites of eggs well beaten. Place separated lady fingers in a pan, cover with the custard, then lady fingers, again the custard, then the lady fingers on top, making 3 layers of lady fingers and 2 of custard. Put in ice box for 12 hours. Cover with whipped cream an hour or two before serving. (1 pint of cream before whipped.) Sprinkle finely cut cherries and whole pecans on top.

*Mrs. Arthur C. Hyde, Wife of former Governor of Missouri.*

### ICE BOX CAKE

4 tablespoons of sugar.

4 tablespoons of cold water.

Boil this for 5 minutes.

Melt  $\frac{1}{2}$  cake of chocolate,

add to sugar, boil 10 minutes.

Add 3 egg yolks and beat 10 minutes. Beat whites separately with a little salt and add to mixture. Beat 10 minutes, add vanilla. Line loaf tin with wax paper and add lady fingers in a row. Spread on mixture, put on another layer of lady fingers and then remainder of mixture. Place in ice box. Serve with whipped cream and cherries.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

### ICE BOX DESSERT

1 pound sweet butter.

2 full cups powdered sugar.

1 dozen eggs.

$\frac{1}{3}$  of a  $\frac{1}{2}$  pound cake of unsweetened chocolate.

1 dessert spoonful of vanilla.

3 dozen lady fingers.

Cream butter, add sugar and beat into a cream. Add melted chocolate and flavoring. Add the yolk of each egg separately—beating each time. Beat the whites stiff and fold in. Line the sides and bottom of the pan with lady fingers and put in half of the mixture, then a layer of lady fingers and add rest of mixture. Put in ice box 24 hours. Turn out on plate and serve with whipped cream. Half of recipe will serve 8 or 10 people.

*Mrs. John F. Miller, Wife of Representative Miller (Wash.).*

### ICE BOX DESSERT

1 pint heavy cream (whipped.)      3 boxes chocolate snaps.

Put layer of chocolate snaps, 2 deep, in glass pie plate. Cover this with whipped cream and then add another layer of chocolate snaps, 2 deep, and fill the plate with whipped cream. Sprinkle top with chocolate decorettes. Keep in ice box overnight.

*Mrs. Cordell Hull, Wife of Representative Hull (Tenn.).*

### ICE BOX PUDDING

1 pint whipping cream.       $\frac{1}{4}$  pound chopped almonds.  
1 tablespoon Knox's plain gel-      12 marshmallows.  
atine.      6 macaroons.  
 $\frac{1}{4}$  cup milk.       $\frac{1}{2}$  cup grated pineapple.  
1 cup sugar.

Tablespoon (rounded) Knox's gelatine dissolved in  $\frac{1}{4}$  cup of water. After standing add  $\frac{1}{4}$  cup of hot milk and 1 cup of sugar. Cool and whip. Add 1 pint cream (whipped) and  $\frac{1}{4}$  pound chopped almonds, 12 marshmallows, 6 macaroons (crushed),  $\frac{1}{2}$  cup grated pineapple. Preserved cherries may be added. Pour mixture in shallow pan, place in ice box 12 hours. Cut in squares to serve. Serves 14.

Note: English walnuts may be substituted for almonds and vanilla wafers for macaroons.

*Mrs. Clifford R. Hope, Wife of Representative Hope (Kan.).*

### ICE BOX PUDDING

2 squares chocolate.       $\frac{1}{2}$  cup sugar.  
 $\frac{1}{4}$  cup water.      Melt in double boiler.

Beat 4 egg yolks, stir into chocolate and cook until not too thick. Let cool. Line a dish with 2 dozen lady fingers, cream  $\frac{1}{2}$  pound unsalted butter with 1 cup sifted confectioner's sugar, to this add the beaten whites of 4 eggs, to this add the cool chocolate custard. Pour mixture on lady fingers and put in the ice box for 24 hours. Serve with whipped cream.

*Mrs. W. W. Wilson, Wife of former Representative Wilson (Ill.).*

### ICE BOX PUDDING

$\frac{1}{2}$  cake chocolate.      5 tablespoons water.  
Place in double boiler and when melted add:  
 $\frac{3}{4}$  cup sugar.      4 egg yolks.

Let boil until it thickens, stirring often; add beaten whites of eggs and vanilla to taste. Line pan with lady fingers or sponge cake and pour chocolate over cake. Place in ice box over night and when ready to serve decorate with whipped cream.

*Mrs. Edward B. Vreeland, Wife of former Rep. Vreeland (N. Y.).*

## DAY BEFORE DESSERT

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1 dozen marshmallows.            | 1 cup sugar.                          |
| 1 pint heavy cream.              | $\frac{1}{2}$ envelope Knox gelatine. |
| 1 small can pineapple.           | 1 spoonful vanilla.                   |
| $\frac{1}{4}$ cup cold water.    | $\frac{1}{2}$ cup pecans.             |
| $\frac{1}{4}$ cup boiling water. |                                       |

Use canned cherries seeded, if preferred, instead of pineapple. Soak the gelatine in the cold water until dissolved. Add boiling water and sugar. When cold add the whipped cream and diced marshmallows and vanilla, the nuts and pineapple. Serve on angel cake or lady fingers. Leave in ice box over night.

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

## ENGLISH COFFEE CAKE

- |                       |                             |
|-----------------------|-----------------------------|
| 3 dozen lady fingers. | 1 cup butter.               |
| 4 eggs—yolks.         | 10 tablespoons warm coffee. |
| 1 cup powdered sugar. | 1 cup ground nuts.          |

Mix eggs, sugar, butter, coffee and flavoring to consistency of thick icing. Separate cakes and put one-half in pan. Spread mixture over, then place other half of cakes on and press together. Turn out on flat surface and put the remainder of the mixture on top and sprinkle with ground nuts. Let stand until set. Serve with whipped cream. Will serve 16 persons.

*Mrs. Edward Jackson, Wife of the Governor of Indiana.*

## FLOURLESS CAKE

- |                         |                               |
|-------------------------|-------------------------------|
| 7 eggs.                 | 1 quart English walnut meats. |
| 1 cup granulated sugar. |                               |

Beat the whites and yellows separately and then together. Add the sugar. Grind the nuts in a food grinder, moderately fine and add to mixture. Bake in two layers and put together with 1 quart of whipping cream whipped stiff and flavored with 1 teaspoon vanilla and  $\frac{1}{2}$  cup powdered sugar. Pile part of whipped cream on top and serve as a dessert.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

## FROZEN FRUIT CAKE

One pint of custard. Dry in oven  $1\frac{1}{2}$  dozen macaroons,  $1\frac{1}{2}$  dozen lady fingers; crumble with hands. Chip  $\frac{1}{2}$  pound marshmallows, 1 package of dates, 1 cup pecans, 1 package of crystallized pineapple, and 1 of cherries. Mix well, add 1 teaspoon vanilla, 1 quart of whipped cream. Pack in freezer and set 6 or 8 hours. This will serve at least 25 people.

*Mrs. John W. Moore, Wife of Representative Moore (Ky.).*

## ELECTRIC REFRIGERATOR DESSERT

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 2 cups confectioners sugar. | 3 squares chocolate.              |
| $\frac{1}{2}$ pound butter. | Lady fingers or sponge cake.      |
| 6 eggs.                     | $\frac{1}{2}$ pint whipped cream. |

Method: Cream butter and sugar. Beat eggs, one at a time, add to mixture, stirring well after each. Add melted chocolate. Any desired flavoring may be used instead of the chocolate, such as fresh strawberries or peaches. Line a mold with lady fingers or sliced sponge cake (former

preferred) and pour in sufficient mixture to cover the bottom layer. Continue to fill, alternating the mixture and cakes. Place in electric refrigerator for 12 to 24 hours and serve with whipped cream. Individual molds may be used.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

### GOOSEBERRY FOOL

See "Jefferson Cook Book," page 18.

### CHOCOLATE ICE PUDDING

$\frac{1}{2}$  pound Maillard's chocolate.      2 dozen lady fingers on strips  
4 eggs.      of sponge cake.

Melt the chocolate in double boiler adding not more than 2 tablespoons hot water and a little sugar if desired. When thoroughly melted and smooth remove from fire and beat egg yolks in one at a time. Fold in the stiffly beaten whites of the eggs. Arrange in mold 1 layer of lady fingers, 1 layer of chocolate mixture and repeat. *Leave in ice box over night.* Cover with slightly sweetened whipped cream before serving and slice like cake.

*Mrs. Dwight F. Davis, Wife of the Secretary of War.*

### ICE BOX CAKE

1 cup butter.       $\frac{1}{2}$  cup nut meats, chopped fine.  
1 cup sugar.       $2\frac{1}{2}$  dozen lady fingers, split.  
4 eggs.      1 dozen macaroons, broken in  
 $\frac{1}{2}$  cup shredded pineapple.      small pieces.

Cream butter and sugar, add 1 egg, beat 5 minutes. Repeat until the 4 eggs are used, add pineapple and nuts, then cover bottom of pan with lady fingers, flat side down, spread one-half of butter mixture over lady fingers, then add macaroons, then remainder of paste, then cover with rest of lady fingers. Let stand in ice chest for 48 hours. Serve with sweet cream, sweetened and flavored. This serves 16.

*Mrs. Tom Connally, Wife of Representative Connally (Tex.).*

### JUNKET

4 cups milk.      2 teaspoons vanilla.  
4 tablespoons sugar.      2 tablespoons cold water.  
1 junket tablet.

Heat the milk until lukewarm, add the sugar and flavoring. When sugar is dissolved add the tablet which has been dissolved in the cold water. Pour mixture immediately into individual molds. Stand in warm room undisturbed until firm like jelly, then put on ice to cool. Serve with whipped cream, or  $\frac{1}{2}$  teaspoon bright jelly for garnish.

*Miss Mabel Boardman, Secretary of American Red Cross (D. C.).*

### KING CHRISTIAN IX'S COURT DISH

See Favorite Dishes of All Nations, page 51.

### LADY FINGER PUDDING

2 dozen lady fingers.      3 eggs.  
 $\frac{1}{4}$  pound butter.       $\frac{1}{2}$  cup cold coffee, strong.  
 $1\frac{1}{2}$  cups sugar.



Cream butter and sugar, add 1 yolk at a time, stirring. Add coffee and whites of eggs, beaten. Add 6 dry macaroons, rolled, also one cup pecans. Put  $\frac{1}{2}$  of each ladyfinger in pan, then cover with dressing, add the other half of lady finger and finish with a covering of the dressing. Put in ice box and chill. Cover when serving with whipped cream. This will serve 8 persons. This may be made the day before it is served.

*Mrs. J. W. Harreld, Wife of former Senator Harreld (Okla.).*

### LEMON SPONGE

Rind and juice of 1 lemon, mix with 1 cup sugar.	Butter size of walnut—cream above well and add 1 cup milk.
1 heaping tablespoonful flour.	Whites of 2 eggs, beaten stiff.
Yolks of 2 eggs.	

Can be baked in ramekins same as cup custard or baked in a pie crust.

*Mrs. Charles J. Esterly, Wife of former Representative Esterly (Pa.).*

### GINGER PEAR DESSERT

1 package lemon jello.	6 canned pear halves.
1 pint ginger ale.	

Dissolve jello in boiling ginger ale to which a speck of ginger has been added. When starting to congeal, beat with an egg beater. Place halves of pears, drained of all juice into dish and pour beaten jello over them. Let harden, remove from dish, cut in slices and serve with whipped cream.

*Mrs. Harold S. Tolley, Wife of former Representative Tolley (N. Y.).*

### MACARON PUDDING

1 quart milk.	4 heaping tablespoons sugar in whites.
1 envelope Knox's gelatine.	1 pound macaroons.
4 eggs, beaten separately.	1 tablespoon vanilla.
5 heaping tablespoons sugar in yolks.	

Put milk in pan and put gelatine in milk, heat slowly until gelatine is dissolved. Beat yolks and sugar until creamy. Beat whites stiff and add sugar. Add yolks then whites to scalded milk; cook until thick; add vanilla, pour in mold lined with macaroons. Serve with whipped cream.

*Mrs. Sam D. McReynolds, Wife of Representative McReynolds (Tenn.).*

### MOUSSE

See Favorite Dishes of All Nations, pages 28, 98, 132.

### NUMMY DESSERT

1 cup of sugar.	$\frac{1}{2}$ cup butter.
2 egg yolks (unbeaten).	$\frac{1}{2}$ cup milk.
$1\frac{1}{2}$ cups of flour.	2 teaspoons baking powder.
2 squares chocolate (melted).	$\frac{1}{2}$ teaspoon vanilla.

At last add whites of 2 eggs, beaten. Bake in 2 layers. Put whipped cream between and when ready to serve pour over it the sauce, hot.

## Sauce

- |  |                            |
|--|----------------------------|
| $\frac{1}{2}$ cake chocolate (melted). | $\frac{1}{2}$ cup water.   |
| 1 heaping tablespoon of flour.         | Butter the size of walnut. |
| 1 cup of sugar.                        | Few drops of vanilla.      |
| 1 cup milk.                            | Pinch of salt.             |

Blend sugar and flour, add chocolate, water, milk and other ingredients. Cook in double boiler until it thickens. Pour over cake.

*Mrs. Franklin Fort, Wife of Representative Fort (N. J.).*

## NUT FRAPPÉ

- |                                       |                         |
|---------------------------------------|-------------------------|
| $\frac{1}{2}$ envelope Knox Sparkling | strawberries.           |
| Gelatine.                             | 1 cup cream.            |
| $\frac{1}{4}$ cup cold water.         | $\frac{3}{4}$ cup milk. |
| $\frac{1}{2}$ cup sugar.              | White of one egg.       |
| 1 cup cooked pineapple and            | 1 cup chopped nuts.     |

Soak gelatine in the cold water 5 minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and fold in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces. Serve ice cold in sherbet glasses and sprinkle with chopped nuts.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## BAKED ORANGES

Select the number of firm, ripe, California oranges desired and cut them into halves. Place the cut oranges in a pan and cover with water, and allow 1 cup of sugar to every quart of water. Place the pan in the oven of moderate heat and bake for 6 hours, basting and turning frequently. When done, orange skin should be very tender, transparent and jelly-like, and juice very thick.

*Grace Dodge Hotel, Washington.*

## BAKED ORANGES

See Favorite Dishes of All Nations, page 128.

## ORANGE MIST

Soak 2 tablespoons gelatin in  $\frac{1}{4}$  cup cold water, dissolve in  $\frac{1}{2}$  cup boiling water. Add  $1\frac{1}{2}$  cups sugar,  $1\frac{1}{4}$  cups orange juice,  $\frac{1}{4}$  cup lemon juice, grated rind of 1 orange. Then add  $2\frac{1}{2}$  cups whipped cream. Turn into fancy molds and serve with cream.

*Mrs. A. E. Carter, Wife of Representative Carter (Cal.).*

## CALIFORNIA ORANGE CUPS

Wash and clean out shells of oranges, cut in half, fill with following mixture : Three egg yolks mixed with 2 tablespoons cold water,  $\frac{3}{4}$  cup sugar, juice  $\frac{1}{2}$  lemon and juice 2 oranges (no rind.) Beat till creamy and cover till thick in double boiler; add 3 well beaten whites while on stove. Cool and fill shells and serve with whipped cream on top or a meringue.

*Mrs. John B. Kendricks, Wife of Senator Kendricks (Wyo.).*

## PEACHES PARISIENNE

Skin and slice the peaches. Mix raspberry ice with vanilla ice cream and whipped cream and add some raspberry jelly. Mix everything together and decorate with whipped cream.

*Mrs. Ben L. Fairchild, Wife of former Representative Fairchild (N. Y.).*

## PECHES DUCHESSE

See Favorite Dishes of All Nations, page 30.

## MRS. R. H. DAVIS' HAITIAN BAKED PINEAPPLE

Grease a baking dish with butter, take three cans of pineapple, using only one-third of the juice, to which add one cup of sugar, let it boil about ten minutes, to make a syrup. Cut pineapple into small pieces, cover bottom of pan, then a layer of bread crumbs, sprinkle with sugar and dot with butter. Proceed in same manner until the dish is filled. Then pour the syrup over it and bake slowly for two hours, (the success is in the baking), until it is a light golden brown, clear through. To be eaten with meat course.

*Mrs. C. R. Davis, Wife of former Representative Davis (Minn.).*

## PINEAPPLE CHANTILLY

Soak  $\frac{1}{2}$  pound of fresh marshmallows in 1 pint preserved pineapple, over night. Whip 2 cups of triple cream very stiff, then beat into the first mixture until thoroughly blended. Turn into mold, chill on ice and serve with whipped cream and toasted marshmallows.

*Mrs. Frank Gardner, Wife of Representative Gardner (Ind.).*

## PINEAPPLE CHARLOTTE

1 cup boiled rice.

1 pint whipped cream.

2 cups shredded pineapple.

Mix rice and pineapple together. Add half of the whipped cream. Serve in sherbet glasses with dab of whipped cream and cherry on top. Mashed strawberries may be used instead of pineapple.

*Mrs. J. B. Sosnowski, Wife of former Rep Sosnowski (Mich.).*

## PINEAPPLE DELIGHT

1 pint coffee cream.

1 can sliced pineapple.

$\frac{1}{2}$  pound marshmallows.

Cut pineapple and marshmallows in small pieces, add cream, stir and set in refrigerator until next day. May be used the same day.

*Mrs. Edward Keating, Wife of former Representative Keating (Col.).*

## PINEAPPLE FLUFF

1 can pineapple, cut small.

Grapes seeded and peeled.

1 box marshmallows, cut small.

$\frac{1}{2}$  pint whipped cream.

Make sauce of the following:

$\frac{1}{2}$  cup sugar.

Juice of 1 lemon.

Juice of 1 orange.

2 eggs.

Beat eggs, add sugar, lemon and orange juice. Cook until thick. When cold add whipped cream and add to pineapple mixture.

*Mrs. Rice Means, Wife of former Senator Means (Cal.).*

## PINEAPPLE PUFF

To 1 package of Jello (or similar gelatin) add 1 cup boiling water. When beginning to set, add 1 can of crushed pineapple and keep on ice. Before serving, whip  $\frac{1}{2}$  pint of heavy cream and beat into the gelatin until light and fluffy. Chill again before serving. Also delicious made of pitted, cut-up, cooked prunes.

*Mrs. J. E. O'Connell, Wife of former Rep. O'Connell (R. I.).*

## PINEAPPLE LOAF

See Favorite Dishes of All Nations, page 137.

## SUNDAY DESSERT

$\frac{1}{4}$  pound blanched almonds. 1 dozen candied cherries.  
1 dozen marshmallows.  $\frac{1}{2}$  dozen macaroons.

Clip all rather fine with scissors and mix together. Dissolve 1 rounded tablespoon gelatin in  $\frac{1}{4}$  cup cold water. Add  $\frac{1}{4}$  cup boiling water; to this add 1 cup sugar and stir until dissolved. Set aside to cool. Whip 1 pint of cream stiff, add gelatin, almond mixture and beat until thoroughly mixed. Flavor with vanilla, pour into molds and chill. This makes 10 to 12 slices. Serve with whipped cream or custard sauce.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## PRUNE CAKE

$1\frac{1}{4}$  cups sugar. 1 teaspoon (rounded) soda.  
 $\frac{1}{2}$  cup butter. 2 eggs.  
1 cup chopped, cooked prunes. 1 teaspoon cinnamon.  
 $2\frac{1}{2}$  cups flour.  $\frac{1}{2}$  teaspoon nutmeg.  
1 cup prune juice.

Bake in sheet form. Serve with generous amount of whipped cream.

*Mrs. Sam A. Baker, Wife of the Governor of Missouri.*

## PRUNE WHIP

1 cup cooked prune pulp. 1 teaspoon vanilla.  
3 egg whites.  $\frac{1}{2}$  cup chopped walnuts.  
3 tablespoons sugar.

Beat whites of eggs and add sugar, vanilla, and fold in prune pulp together with chopped nut meats. Pour in an ungreased pudding dish, place in pan of hot water and bake in moderate oven until firm in center.

Serve hot or cold with whipped cream.

*Mrs. John McDuffie, Wife of Representative McDuffie (Ala.).*

## PRUNE WHIP

Soften 1 tablespoon gelatin in 2 tablespoons cold water. Dissolve over boiling water and add 1 cup of hot prune pulp and  $\frac{1}{2}$  cup sugar. Beat while cooling and when beginning to stiffen fold in 1 cup whipped cream and well beaten whites of 2 eggs. Turn into individual molds and chill. Garnish with 2 halved prunes filled with  $\frac{1}{2}$  marshmallows. Top each with whipped cream.

*Mrs. Nicholas J. Sinnott, Wife of Representative Sinnott (Ore.).*

## PRUNE WHIP

$\frac{1}{3}$  pound prunes.  $\frac{1}{2}$  cup sugar.  
Whites 5 eggs.  $\frac{1}{2}$  tablespoon lemon juice.

Pick over and wash prunes, then soak several hours in cold water to cover. Cook in same water until soft. Remove stones and rub through a strainer. Add sugar, and cook 5 minutes. Beat whites until stiff. Add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding dish and bake 20 minutes in slow oven. Serve with boiled custard, cold.

*Mrs. Ralph O. Brewster, Wife of the Governor of Maine.*

### PRUNE WHIP

20 prunes that have been boiled until very tender. Beat the whites of 4 eggs to a stiff froth. Add a small cup of sugar and  $\frac{1}{4}$  teaspoon cream of tartar. Cut the prunes and stir in thoroughly. Bake  $\frac{1}{2}$  an hour in dish set in pan of water in not too hot an oven. Serve with whipped cream.

*Mrs. Dan Sutherland, Wife of Delegate Sutherland (Alaska).*

### PRUNE WHIP

1 cup prune pulp.	A small pinch salt.
$\frac{3}{4}$ cup sugar.	2 egg whites.
$\frac{2}{3}$ cup chopped nuts, walnuts or pecans.	2 teaspoons vanilla.

Beat prune pulp, egg whites, sugar, and salt until of the consistency of whipped cream. Fold in nut meats, and add vanilla. Pile in sherbert glasses, place in ice-box. Serve very cold. Good with or without cream.

*Mrs. W. D. Tabor, Daughter of Representative W. P. Martin (La.).*

### PRUNE WHIP

To a cup of prune pulp add  $\frac{1}{2}$  cup of sugar, 1 tablespoon of lemon juice. Add 1 teaspoon of gelatin that has been softened in 2 tablespoons of cold water. Raise to boiling point and pour over the stiffly beaten whites of 2 eggs. Fold in just enough to mix well. Pile into glasses and top with whipped cream.

*Mrs. W. C. Hawley, Wife of Representative Hawley (Ore.).*

### PRUNE PASTE

For a small family take 1 cup of stewed prunes from which the pits have been removed, 3 bananas, and a  $\frac{1}{2}$  cup of walnut kernels. Run these through a meat grinder. Add 2 teaspoonsful pulverized sugar and beat to a paste. Add beaten white of 1 egg. Serve with whipped cream.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### TURBAN OF PRUNES CHANTILLY

See Favorite Dishes of All Nations, page 31.

### RHUBARB WHIP

See Large Gatherings, page 698.

### RODGOOD—RED CURRANT SHOPE

See Favorite Dishes of All Nations, page 54.

## MAPLEINE CREAM ROLL

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 egg.                   | 1 cup milk.                      |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{2}$ teaspoon Mapleine. |
| $\frac{1}{4}$ cup flour. | 2 tablespoons butter.            |

Mix sugar and flour, add milk, egg, Mapleine and butter, and cook all together until thick. All measurements level.

*Mrs. W. E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

## SOPA DOURADA (Golden Soup)

See Favorite Dishes of All Nations, page 35.

## COFFEE SOUFFLÉ

- |   |                        |
|---|------------------------|
| $1\frac{1}{2}$ cups coffee.                       | 1 tablespoon gelatine. |
| $\frac{1}{2}$ cup milk.                           | Soak in cold coffee.   |
| $\frac{1}{3}$ cup sugar.                          |                        |
| Heat in double boiler and cook like soft custard. |                        |
| 2 egg yolks.                                      | Little salt.           |
| $\frac{1}{3}$ cup sugar.                          |                        |

Cream eggs and sugar together and add to mixture. When cooked add beaten whites and vanilla, after mixture cools. Mix well. Serve with sweetened whipped cream.

*Mrs. Joseph Walsh, Wife of former Representative Walsh (Mass.).*

## DATE SOUFFLÉ

- |                           |                                   |
|---------------------------|-----------------------------------|
| 2 eggs, well beaten.      | 1 cup English walnuts, quartered. |
| 1 cup sugar.              | 1 cup dates, seeded and halved.   |
| 1 tablespoon flour.       |                                   |
| 1 teaspoon baking powder. |                                   |

Bake in a flat pan 30 minutes. Cut in 8 squares. Serve either ice cream or whipped cream on top.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

## LEMON SOUFFLÉ

- |                                   |                |
|-----------------------------------|----------------|
| Yolks 4 eggs.                     | 1 cup sugar.   |
| Grated rind and juice of 1 lemon. | Whites 4 eggs. |

Beat yolks until thick and lemon colored. Add sugar gradually and continue beating. Then add lemon rind and juice. Cut and fold in whites of eggs beaten until dry. Turn into buttered pudding dish, set in pan of hot water and bake 35 or 40 minutes. Serve with whipped cream or any sauce desired.

*Mrs. R. P. Hartley, Wife of the Governor of Washington.*

## PRUNE SOUFFLÉ

Melt 2 tablespoonsful butter; cook to a paste with same amount of flour, add  $\frac{1}{4}$  cup sugar and simmer to thick smooth sauce. Remove from fire and while hot beat in well-whipped yolks of 3 eggs and  $\frac{1}{2}$  teaspoon of

lemon extract. Fold in  $\frac{1}{2}$  cup prune pulp and whites of eggs stiffly beaten, and pour into buttered pudding dish. Bake slowly till firm; serve.

*Mrs. Nicholas J. Sinnott, Wife of Representative Sinnott (Ore.).*

### RICE DAINTY

$\frac{3}{4}$  cup cooked rice.

$\frac{3}{4}$  cup powdered sugar.

$\frac{3}{4}$  cup fruit, cut in pieces.

$\frac{3}{4}$  cup whipped cream.

Mix ingredients and fold in whipped cream. Top with maraschino cherry.

*Mrs. David Hogg, Wife of Representative Hogg (Ind.).*

### SNOW BALLS

Cream  $\frac{1}{3}$  cup butter, add  $\frac{3}{4}$  cup sugar gradually and then  $\frac{1}{2}$  cup milk, alternating with 2 cups of flour. 2 teaspoons baking powder, whites of 4 eggs, beaten stiff. Steam in buttered tins; roll in powdered sugar.

#### Sauce

Cream  $\frac{1}{3}$  cup butter and add  $1\frac{1}{3}$  cups powdered sugar; beat into this, 1 egg yolk. Mix gradually 1 cup strawberries. Serve cold.

*Mrs. Arthur T. Hannett, Wife of former Governor of New Mexico.*

### STRAWBERRY DUMPLINGS

Sift together 2 cupfuls of flour, 2 teaspoonfuls of salt and a tablespoon of sugar. Rub in tablespoonfuls of shortening, and moisten with just enough milk to make a soft dough. Roll about  $\frac{1}{4}$  inch thick. Line well greased gem pans with the dough, having enough to come together over the top. Fill with strawberries cut into bits and sweetened; bring the edges of the dough together and pinch firmly; brush over with milk, to give a brown glossy surface, and bake about 20 minutes. Serve hot with hard sauce, flavored with strawberry, or with whipped cream sweetened and flavored.

#### Cream Sauce

$\frac{1}{2}$  cupful of sugar, and 1 tablespoon of butter; add alternately the stiffly beaten white of 1 egg, and a cupful of crushed strawberries, beat well and put in ice box before serving.

*Mrs. James Couzens, Wife of Senator Couzens (Mich.).*

### STRAWBERRY MERINGUE CHANTILLY

Whisk the whites of 8 eggs very stiff and then mix in 1 pound of powdered sugar. Use a flat baking pan and bake in a slow oven 5 layer cakes. Make the layer cakes with a piping bag circular snail shape, sprinkle with sugar. Make 1 cake smaller than the other to build a cone, cover each layer with whipped cream and strawberries. Regulate the size of layers to number of guests; decorate the cone generously with whipped cream and berries and the cone will prove to be a wonderfully attractive show piece for a buffet table.

*Restaurant, House of Representatives, Ernest Zahn, Chef.*

## STRAWBERRY SHORT CAKE

- |                                 |                  |
|---------------------------------|------------------|
| 1 quart flour.                  | powder.          |
| $\frac{1}{2}$ cup butter.       | 1 pinch of salt. |
| 3 tablespoons granulated sugar. | Mix thoroughly.  |
| 2 heaping teaspoons baking      |                  |

Add sweet milk until dough is about as stiff as pie dough. Roll on board until about an inch thick. Bake in 2 round cake pans. Have berries sweetened and put thick, between layers and on top. Serve while warm with either plain or whipped cream.

*Mrs. Harry C. Caufield, Wife of Representative Caufield (Ind.).*

## OLD-TIME STRAWBERRY SHORT CAKE

- |                  |                           |
|------------------|---------------------------|
| 1 quart flour.   | 3 teaspoons baking powder |
| 1 teaspoon salt. | (level).                  |
|                  | 1 cup of butter.          |

Enough milk to make a soft dough. This makes 8 individual cakes. Beat the whites of 2 eggs until stiff. Add enough sugar to make a thick icing; spread on split cakes. Then cover with the strawberries that have been cut into small pieces, and have been sweetened.

*Mrs. James F. Strother, Wife of Representative Strother (W. Va.).*

## SHORT CAKE

Sift together 1 cup flour, 1 cup sugar (scanty), 1 teaspoon (heaped) baking powder, pinch of salt,  $\frac{1}{3}$  cup melted butter, 2 eggs and fill cup with milk; pour into bowl of flour, etc., beat and add vanilla. 2 layers or muffins.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va.).*

## STRAWBERRY SHORT CAKE

- |                          |                            |
|--------------------------|----------------------------|
| 1 egg.                   | 1 cup coffee, cream.       |
| $\frac{1}{2}$ cup sugar. | 2 cups flour.              |
| 1 teaspoon vanilla.      | 2 teaspoons baking powder. |

Bake in 2 square layers. 2 boxes of berries—24 perfect ones for top. Mash the remaining berries with 2 cups of sugar. Let stand 10 minutes. Put between and on top of cake. Cut in as many pieces as desired. Cover with whipped cream, sweetened. Add perfect berries on top.

*Mrs. Charles E. Winter, Wife of Representative Winter (Wyo.).*

## STRAWBERRY SHORT CAKE

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| $\frac{3}{4}$ cup of butter, melted. | 1 egg.                          |
| $\frac{3}{4}$ cup of sugar.          | 2 teaspoonfuls of baking powder |
| 1 cup of milk.                       | stirred into the flour.         |
| $2\frac{1}{2}$ cups of flour.        |                                 |

Stir the sugar and egg together and milk and flour. Then pour in the melted butter. This makes 2 layers. Place the following filling between the layers: Whites of 2 eggs, 2 cups of granulated sugar, 2 cups of berries. Beat the whites of the eggs, adding alternately 2 or 3 berries and a sprinkle of sugar, beating the mixture several minutes between. Continue adding the berries and sugar until all is used.



It should be beaten 20 minutes. Put a layer of fruit on the cake and cover with the filling. Put on the other layer and cover well with fruit and filling.

*Miss Ellen Wood, Sister of former Rep. Ira W. Wood (N. J.).*

### STRAWBERRY SHORT CAKE

1 pint of flour.	$\frac{1}{2}$ teaspoonful salt.
1 heaping teaspoonful baking powder.	1 tablespoonful butter.
	2 tablespoonfuls sugar.

Sift flour, baking powder, salt, and sugar together; and rub in butter. Mix with enough sweet milk to make a soft dough. Roll out dough to the size of dinner plate. Bake and split when cold. Cut 1 quart of strawberries in half, cover with a cupful of sugar. Whip 1 pint of cream. Put a layer of strawberries and cover with whipped cream between cake and layer of strawberries covered with cream on top of cake.

*Mrs. Zebulon Weaver, Wife of Representative Weaver (N. C.).*

### STRAWBERRY SHORT CAKE

2 cups flour.	2 teaspoons sugar.
4 teaspoons baking powder.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{4}$ cup butter.

Mix dry ingredients, sift twice, work in butter with tips of fingers, and add milk gradually. Toss on floured board, divide in 2 parts. Pat, roll out, and bake 12 minutes in a hot oven in butter cake tin. Split and spread with butter. Sweeten strawberries to taste, place on back of range until warmed, crush slightly, and put between and on top of short cakes. Cover top with whipped cream, placing a few uncrushed berries on top of cream.

*Mrs. John McDuffie, Wife of Representative McDuffie (Ala.)*

### SHORT CAKE

1 cup of sugar.	3 cups of flour.
$\frac{1}{2}$ cup of butter.	2 teaspoonfuls of yeast powder.
1 egg.	
1 cup of sweet milk.	

Have hot. One-half as above for 4.

#### Filling

$1\frac{1}{2}$ cups of sugar.	1 pint of strawberries, mashed.
$\frac{1}{2}$ cup of butter.	

Mix butter and sugar to a cream and stir in berries and the white of an egg beaten.

*Mrs. James W. Dunbar, Wife of former Representative Dunbar (Ind.).*

### STRUDEL WITH DUTCH CHEESE

See Favorite Dishes of All Nations, page 26.

### SWALLOW NEST

Take the whites of 10 eggs, beat up, and mix 1 pound of sugar therewith when beaten up. Make 2 rings from this on a baking sheet; bake in a moderately heated oven for about  $\frac{3}{4}$  of an hour. When baked, take some whipped cream, spread the whipped cream over 1 of the baked rings and

place second baked ring on top of first ring—and then put puree of mashed chestnuts on top.

*Mrs. Gifford Pinchot, Wife of former Governor of Pennsylvania.*

### QUICK SWEETS

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 cup flour.                 | 1 cup Sun-Maid Nectars raisins. |
| 2 teaspoons baking powder.   | 4 tablespoons sugar.            |
| $\frac{1}{2}$ teaspoon salt. | 2 teaspoons butter.             |
| 3 tablespoons shortening.    | 1 teaspoon cinnamon.            |
| $\frac{1}{2}$ cup milk.      |                                 |

Sift together flour, baking powder and salt. Cut in shortening and add sufficient milk to make a soft dough. Roll  $\frac{1}{8}$  inch thick. Cut in 6-inch squares. Place a small handful of raisins in the center of each, with 1 teaspoon of sugar and  $\frac{1}{4}$  teaspoon butter. Wet edges of dough with cold water and fold over the raisins, pressing edges tightly together. Brush with milk and roll in remaining sugar and cinnamon which have been mixed together. Place  $\frac{1}{4}$  teaspoon butter on top of each sweet and bake in moderate oven (350 degrees F.) 15 minutes. Serve hot with lemon sauce.

### Lemon Sauce

- |                           |                             |
|---------------------------|-----------------------------|
| 1 cup sugar.              | 1 tablespoon lemon extract. |
| $\frac{1}{3}$ cup butter. | 1 cup boiling water.        |
| 2 tablespoons flour.      |                             |

Cream butter with sugar and flour. Add boiling water and boil one minute. Remove from fire, add lemon extract and serve hot.

*Mrs. H. E. Barbour, Wife of Representative Barbour (Calif.).*

### BUTTERMILK TAPIOCA

- |                            |                          |
|----------------------------|--------------------------|
| $\frac{1}{2}$ cup tapioca. | 2 eggs.                  |
| 1 pint buttermilk.         | $\frac{3}{4}$ cup sugar. |

Method: Boil tapioca and buttermilk slowly for 15 minutes. Take from stove, and add beaten yolks and sugar. Add whites when cool, and serve with whipped cream on top.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

### FRESH FRUIT AND TAPIOCA

Slice and sweeten strawberries and stoned cherries and allow to stand in juice. Cook tapioca until very clear but not too thick. Pour hot over fresh fruit. Serve cold with rich cream.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

### ALMOND TORTA

See Favorite Dishes of All Nations, page 100.

### CREAM TURNOVERS OR TARTS

See Favorite Dishes of All Nations, page 134.

### BLITZ TORTE

- |                           |                           |
|---------------------------|---------------------------|
| $\frac{1}{2}$ cup butter. | 3 tablespoons milk.       |
| $\frac{1}{2}$ cup sugar.  | 1 cup flour.              |
| 4 egg yolks.              | 1 teaspoon baking powder. |
| 1 teaspoon vanilla.       | 4 egg whites.             |

Cream butter, gradually add sugar, yolks, vanilla, milk, flour and baking powder in order named. Spread mixture in 2 round or square shallow cake pans. Whip whites very light; add  $\frac{3}{4}$  cup sugar gradually, and spread mixture on unbaked mixture in both pans. Sprinkle with 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon cinnamon. Bake in moderate oven 30 minutes. Put layers together with thick custard.

*Mrs. E. B. Vreeland, Wife of former Representative Vreeland (N. Y.).*

### CHARM TART

#### Part I.

Whites of 8 eggs. 1 teaspoon vinegar.  
2 cups of sugar (granulated). 1 teaspoon vanilla.

#### Part II.

$\frac{1}{2}$  pint double cream. Add  
Flavored whipped cream. 2 tablespoons sugar.

Directions: Beat whites of eggs for 10 minutes, then add sugar gradually, beating it in the whites of eggs for 10 minutes. Add vanilla and vinegar. Put in large deep cake pan with loose bottom lightly buttered. Bake in very, very slow oven for 1 hour. When cold pile flavored whipped cream on top, sprinkled with chopped nuts and marachino cherries cut in halves.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

### COTTAGE CHEESE TORTE

Filling: Beat 5 eggs very light. Take 3 heaping tablespoons sugar mixed with 1 heaping tablespoon flour and add to eggs. Mix this with 1 pint cottage cheese and 1 pint table cream. Cook in double boiler until very thick, stirring all the time. When cool, add juice and grated rind of 1 lemon.

Cake: Add 1 cup sugar, 3 teaspoons cinnamon, almost  $\frac{1}{4}$  pound melted butter to  $1\frac{1}{2}$  boxes crushed Zwiebach. Spread soft butter as thick as possible on bottom and sides of spring mold. Pat on this, Zwiebach mixture. Fill pan with custard. Sprinkle Zwiebach mixture on top and bake in slow oven 45 minutes. When cold, remove sides and serve on bottom of mold.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

### DATE TORTE

1 cup sugar.	1 package dates.
$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup walnuts.
1 egg.	2 cups flour.
1 teaspoon vanilla.	2 level teaspoons baking powder.
1 teaspoon soda.	
1 cup hot water	

Method: Cream butter and sugar, add beaten egg, dates and walnuts, chopped, flour sifted with baking powder, vanilla, soda dissolved in hot water. Bake in shallow pans and serve with whipped cream.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## DATE CAKE

- |              |                           |
|--------------|---------------------------|
| 1 cup dates. | 2 tablespoons flour.      |
| 1 cup nuts.  | 1 teaspoon baking powder. |
| 1 cup sugar  | 5 eggs.                   |

Beat yolks with sugar, add chopped nuts and dates, flour and baking powder; add beaten whites. Bake in 3 layers  $\frac{1}{2}$  hour. Put whipped cream between layers and on top.

*Mrs. George H. Dern, Wife of the Governor of Utah.*

## DATE CAKE

- |                         |                                 |
|-------------------------|---------------------------------|
| 3 eggs.                 | 1 cup chopped dates.            |
| 1 cup granulated sugar. | $\frac{1}{2}$ cup chopped nuts. |
| 1 cup bread crumbs.     | 1 teaspoon vanilla.             |

Beat the whites of eggs very stiff; add the beaten yolks and other ingredients. Bake slowly in a moderate oven for 25 minutes. Cut in squares or break into bits and serve with whipped cream.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

## DATE TORTE

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 3 eggs.                              | 1 cup dry bread crumbs.               |
| 1 cup sugar.                         | $\frac{1}{2}$ teaspoon baking powder. |
| 1 cup dates (chopped).               | $\frac{1}{2}$ teaspoon vanilla.       |
| $\frac{1}{2}$ cup walnuts (chopped). |                                       |

Beat whites of eggs very stiffly. Add well beaten yolks. Next add bread crumbs and other ingredients. Bake in a moderate oven 25 minutes. Serve with whipped cream.

*Mrs. Ralph O. Brewster, Wife of the Governor of Maine.*

## KRIMMEL TORTE (Date Dessert)

Whites of 3 eggs beaten stiff, 1 cup sugar added gradually,  $\frac{1}{2}$  cup cracker crumbs, 1 cup walnut meats chopped fine,  $\frac{1}{2}$  pound chopped dates. Bake 20 minutes in hot oven. Break into small pieces with fork and serve with whipped cream.

*The late Mrs. O. J. Kvale, Wife of Representative Kvale (Minn.).*

## TART MAISON NIMB

See Favorite Dishes of All Nations, page 52.

## MOCHA TORTE OR COFFEE PIE

- |                               |  |
|-------------------------------|--|
| 1 cup powdered sugar, sifted. | $\frac{3}{4}$ cup Swans Down cake flour, |
| 4 egg yolks, well beaten.     | sifted with                              |
| 1 tablespoon coffee essence.  | $\frac{2}{3}$ teaspoon baking powder.    |

Last 4 egg whites beaten stiff and folded in. Bake quickly in 4 layers in greased tins. Fill with 1 pint of whipped cream, 2 tablespoons powdered sugar and 1 tablespoon of coffee essence.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

## PINEAPPLE TORTE

- |                                  |                             |
|----------------------------------|-----------------------------|
| $1\frac{1}{2}$ cups brown sugar. | 5 or 6 slices of pineapple. |
|----------------------------------|-----------------------------|
- Put sugar in frying pan; dot with butter; lay pineapple on sugar.

## Batter:

1½ cups granulated sugar.  
 3 eggs.  
 ½ cup water.  
 1½ cups flour.

1½ teaspoons baking powder.  
 1 teaspoon vanilla.  
 Pinch of salt.

Cream eggs and sugar 15 minutes. Add water and flour alternately. Add vanilla and salt. Sift baking powder with flour. Pour over pineapple. Bake in slow oven 1 hour. Turn over on platter and serve with whipped cream.

*Mrs. David Hogg, Wife of Representative Hogg (Ind.).*

## SHAM TORTE

2 cups granulated sugar.  
 Whites of 6 eggs.

1 tablespoon vinegar.  
 1 teaspoon vanilla.

Put sugar and whites into a mixing bowl and stir with a wooden spoon until it begins to get real white. Then add vinegar and vanilla and stir until stiff enough to stand up when dropped from spoon. Use the loose bottom tins (9 inches square) to bake it in. Butter and flour the tins and bake in 2 layers. Have a slow oven and bake from 40 to 45 minutes. Put layers together with a thick layer of whipped cream and fresh fruit such as strawberries, pineapple, peaches or ice-cream.

*Mrs. R. P. Hartley, Wife of the Governor of Washington.*

## SCHAUM TORTE

Whites of 6 eggs beaten stiff. Add 2 cups granulated sugar and beat for several minutes. Add 1 tablespoon vinegar and 1 teaspoon baking powder. Pour half of mixture into a spring-form pan and add the other half on top in as many tablespoonfuls as you wish to cut the Torte. Bake 2 hours in a very slow oven. When done lift off the top and fill with whipped cream into which has been folded pineapple diced fine and thoroughly drained. Put top back on and cut into 6 or 8 pieces, like a pie, and serve.

Schaum Torte may be kept several days, unfilled.

*Mrs. Carl Gunderson, Wife of the former Governor of South Dakota.*

## SCHAUM TORTE

Whites of 5 eggs beaten stiff. Beat slowly in 1½ cups sugar, 1 teaspoon vinegar, 1 teaspoon vanilla. Bake slowly in a crock for 50 minutes. When cold remove the top, fill with fruit, put top back, then cover with whipped cream. This will serve 6 or 8. Grease crock but not with butter.

*Mrs. Ben Paulen, Wife of the Governor of Kansas.*

## UPSIDE DOWN CAKE

1 egg.  
 1 cup sugar.  
 2 cups flour.  
 2 rounding teaspoons baking powder.

½ teaspoon salt.  
 1 cup milk.  
 1 tablespoon melted butter.  
 Flavor to taste.

Mix all together and beat hard, harder, hardest. Pour dough over

the following: 1 small can grated pineapple, 1 heaping tablespoon butter, 1 cup brown sugar, which has been melted together in large frying pan. Put frying pan in moderate oven and bake till dough tests done with straw. Turn upside down on plate and scrape out all pineapple that adheres to pan and spread over cake. Serve with whipped cream if desired.

*Mrs. Homer Hoch, Wife of Representative Hoch (Kan.).*

#### UPSIDE DOWN CAKE

3 egg yolks, well beaten.	3 level teaspoons baking powder.
$\frac{1}{2}$ cup pineapple juice.	3 egg whites, beaten in last cake portion.
$1\frac{1}{2}$ cups flour.	
1 cup sugar.	

Have ready caramelized and in pan  
 $\frac{3}{4}$  cup granulated sugar.  
 $\frac{3}{4}$  cup brown sugar.

Lay slices of pineapple in caramel, pour cake batter over it and bake. Serve with pineapple on top—after cutting in squares.

*Mrs. P. T. Chapman, Wife of former Representative Chapman (Ill.).*

#### APRICOT UPSIDE DOWN CAKE

$\frac{1}{4}$ pound butter or margarine.	1 can apricots.
1 cup brown sugar.	

Melt butter slightly in a heavy frying pan. Spread evenly over this the brown sugar and then the apricots with the hollows up.

Batter:

3 eggs.	1 cup flour.
1 cup sugar.	1 teaspoon baking powder.
5 tablespoons apricot juice.	

Beat the egg yolks, add sugar, apricot juice and flour sifted with the baking powder. Fold in the beaten egg whites. Pour over the first mixture and bake in a moderately hot oven. When done place cake plate on top of pan and turn over on plate. Serve with whipped cream. A pan 11 inches in diameter and 3 inches deep is not any too large.

Time in cooking, 20 minutes; temperature, 375 degrees; recipe makes 12 servings.

*Mrs. Robert M. Leach, Wife of former Representative Leach (Mass.).*

#### WYOMING APPLE SAUCE

See Large Gatherings, page 690.

#### ZABALOND (An Italian Dessert)

Yolk of 1 egg, 2 teaspoons sugar,  $\frac{1}{2}$  egg shell cooking sherry. Beat well. Quantity for 1 person.

*Mrs. Anthony Caminetti, Wife of former Rep. Caminetti (Cal.).*

## PIES

*Pie, often foolishly abused, is a good creature at the right time and in angles of thirty or forty degrees, although in semi-circles and quadrants it may sometimes prove too much for delicate stomachs.* —Artemas Ward.

### PIES

All pie crust should be made with a little baking powder added to regular recipe.

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

### PIE HINTS

A small pinch of baking powder may be added to pie crust to make more flaky.

A little white of egg spread over bottom of crust of pie before putting in filling will keep crust from soaking.

*Mrs. Chas. B. Timberlake, Wife of Representative Timberlake (Col.).*

### PIE CRUST

1 rounded tablespoon of lard.                      3 tablespoons of sifted flour.

2 tablespoons of ice water.                      Pinch of salt.

Mix with a fork. Double amount for two crusts.

*Mrs. P. T. Chapman, Wife of former Representative Chapman (Ill.).*

### PIE CRUST

Very satisfactory pie crust can be made of bread (hard wheat) flour as follows:

1 cup lard.

1 teaspoon salt.

$\frac{3}{4}$  cup water.

1 teaspoon baking powder.

3 cups sifted flour.

Sift flour, salt and baking powder into a bowl. Heat water and lard together until lard is melted. Mix with flour into a dough. Separate into 6 parts and spread on a floured board until cool enough to roll. This amount will make 3 covered pies. Keeping it several days makes it all the better.

*Mrs. B. G. Lowrey, Wife of Representative Lowrey (Miss.).*

### HOT WATER PIE CRUST

One scant cup lard or Crisco, add half cup boiling water. Mix to a cream. Pour this into 3 cups sifted flour, salted. This will keep in ice-box.

*Mrs. Dan Waugh, Wife of former Representative Waugh (Ind.).*

## PIE CRUST

1½ cups flour.  
½ cup lard.

¼ cup hot water.  
½ teaspoon baking powder.

*Mrs. James T. Begg, Wife of Representative Begg (Ohio).*

## NEVER-FAIL PIE CRUST

1 cup lard.  
½ cup boiling water.

Pinch salt.

Beat together into a mush and add 3 cups flour into which has been sifted ½ teaspoon baking powder. Make into a ball and set into ice box several hours before using.

*Mrs. A. P. Nelson, Wife of former Representative Nelson (Wis.).*

## HOT WATER PIE CRUST

Pour over ¼ cup of lard ¾ cup of boiling water. When lard is melted, stir in 3 cups of flour to which has been added 1 teaspoon baking powder and a pinch of salt. Turn out on board and roll out. (This makes crust for 2 pies—double crust.)

*Mrs. Dan Moody, Wife of the Governor of Texas.*

## PEACH OR APPLE PIE DOUGH

Make a soft dough of a cupful and a half of flour, half a cupful of butter, 2 teaspoons of baking powder, a pinch of salt, and a quarter of a cupful of sugar, and enough milk, as little as possible to make a soft dough.

*Mrs. Mae E. Nolan, former Member of Congress (Calif.).*

## SWEDISH TIMBALES

½ pint flour, well sifted.  
½ teaspoonful of salt.  
Gill of milk.

2 eggs.  
1 tablespoon salad oil or melted butter.

½ teaspoonful of sugar.

Beat eggs until light; put sugar, salt, and milk in eggs; pour the mixture in the flour and beat well and cook in hot lard with timbale irons. Be sure and add mixture to flour a little at a time. Fill timbales with creamed oysters, creamed chicken, or peas.

*Mrs. Dorothy Dennett Slemph, Member of Congressional Club.*

## APPLE PIE

"There is, for example, one made without undercrust, in a deep plate, and the apples laid in full quarters; or the apples, being stewed, are beaten to a mush and seasoned and put between the double paste; or they are sliced thin and cooked entirely within the covers; or they are put without seasoning into their bed, and when baked the upper lid is raised and the butter, nutmeg, cinnamon and sugar are added, the whole well mixed and the crust returned as if nothing had happened. But, oh! be careful of the paste! Let it be not like putty, nor rush to the other extreme and make it so flaky that one holds his breath while eating, for fear of blowing it away. Let it not be plain as bread, nor yet rich like cake. Aim at that glorious medium in which it is tender without being too fugaciously flaky; short without being too short; a mild, sapid, brittle thing, that lies upon the tongue, so as to let the



apple strike through and touch the papillae with a more affluent flavour. But this, like all high art, must be a thing of inspiration or instinct. A true cook will understand us, and we care not if others do not! Do not suppose that we limit the apple pie to the kinds and methods enumerated. Its capacity in variation is endless, and every diversity discovers some new charm or flavour. It will accept almost every flavour of every spice. And yet nothing is so fatal to the rare and higher graces of apple pie as inconsiderate, vulgar spicing. It is not meant to be a mere vehicle for the exhibition of these spices in their own natures; it is a glorious unity in which sugar gives up its nature as sugar, and butter ceases to be butter, and each flavoursome spice gladly vanishes from its own full nature, that all of them, by a common death, may rise into the new life of apple pie. Not that apple is longer apple. It, too, is transformed; and the final pie, though born of apple, sugar, butter, nutmeg, cinnamon, lemon, is like none of these, but the compound ideal of them all, refined, purified, and by fire fixed in blissful perfection.

—Henry Ward Beecher.

### APPLE PIE

Crust—

1¼ cups of sifted flour.

½ cup of shortening.

(½ butter, ½ lard.)

Small pinch of salt.

Liberal ½ spoonful of baking powder.

Sift baking powder through flour. Rub thoroughly the shortening into the flour; mix together with ¼ teacupful of cold water or enough to form a rather stiff dough. Mix as little as possible—just enough to get it in shape to roll out.

### Filling

Peel, core, slice or chop enough tart apples for a pie. Sprinkle over them 3 (about) tablespoonfuls of sugar, 1 teaspoonful of nutmeg, 1 small level tablespoonful of sifted flour, 2 tablespoonfuls of water, and a few bits of butter. Stir all together with a spoon. Put in pie tin lined with paste. Cover with top crust and bake about 40 minutes. The result will be a delicious juicy pie.

*Mrs. James A. Frear, Wife of Representative Frear (Wis.).*

### APPLE PIE DE LUXE

There is nothing to be quite compared with the flavor of apple pie, the crust of which has been generously sprinkled with grated Brookfield cheese prior to baking. This is your favorite apple pie and cheese combined in a delicious blend.

*Miss Clara Sproul, Daughter of Representative Sproul (Ill.).*

### BANANA PIE

Bake the pie shell of any good pie crust.

Pie filling—

1 pint of sweet milk.

1 tablespoon of butter.

1 tablespoon cornstarch.

Pinch of salt.

½ cup of sugar.

1 teaspoon of vanilla.

Cook all until thick then add the beaten whites of 2 eggs. Slice 2 large bananas in the pie shell, then pour on the filling and serve with slightly sweetened whipped cream.

*Mrs. R. E. Bailey, Wife of former Representative Bailey (Mo.).*

## DELICIOUS BANANA PIE

Mix 1 cup sugar with 2 heaping tablespoonfuls flour. Add to it 2 cups of warm milk, the beaten yolks of 2 eggs, and pinch of salt. Place in a double boiler and cook until it is a thick custard. Take from the fire and add a tablespoonful of butter. Have a baked crust ready. Slice a layer of bananas in the bottom, then add a layer of custard and so on until the crust is full. Top with meringue and brown in a moderate oven.

Peaches or other fruit may be used.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Pa.).*

## BLUEBERRY PIE WITH WHIPPED CREAM

Roll out any ordinary pastry dough and fit into pie tin. Put 2 table-spoons flour in bottom. Mix 1 cup sugar and 2 rounding tablespoons of flour with enough berries to fill your crust. Then bake first in a hot oven to cook the crust and then slowly to cook berries, until juice begins to run. When cold cover with whipped cream sweetened and flavored slightly.

*Mrs. Walter H. Newton, Wife of Representative Newton (Minn.).*

## BUTTERSCOTCH PIE

Add to 1 cup of brown sugar 2 heaping tablespoonfuls flour. Mix well. Stir into it 2 cups of warm milk, 2 beaten egg yolks, and pinch of salt. Cook until thick. Take from fire, and beat into the custard 2 tablespoonfuls of butter and 1 teaspoonful vanilla extract. When partially cool pour into a baked crust, and top with a meringue. Brown in a slow oven. For the meringue, beat the whites of 2 eggs light and add 2 tablespoonfuls of pulverized sugar.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Pa.).*

## BUTTERSCOTCH PIE

Part I.

Yolks 2 eggs.

1 cup milk.

1 tablespoon cornstarch.

Mix well.

Part II.

1 piece butter size of walnut.

4 tablespoons milk.

Melt in pan.

Cook 5 minutes.

1 cup brown sugar.

Add part I to part II and cook until thick. Pour into pie and add meringue.

*Mrs. John M. Nelson, Wife of Representative Nelson (Wis.).*

## BUTTERSCOTCH PIE

1 cup brown sugar.

Butter size of an egg.

$\frac{1}{4}$  cup water.

Boil this until it threads. While this is boiling mix in separate dish 3 eggs, 1 pint milk, 1 heaping tablespoon flour, 1 teaspoon vanilla. Pour this mixture slowly into boiling syrup and cook until thick. Pour into baked crust when cold. Cover with whipped cream.

*Mrs. H. G. Estep, Wife of Representative Estep (Pa.).*

## BUTTERSCOTCH PIE

Beat yolk of 1 egg and add  $\frac{2}{3}$  cup mlk. Make a thickening with a heaping tablespoon flour and  $\frac{2}{3}$  cup milk. Brown 1 tablespoon butter, add 1

cup brown sugar and brown. Add flour and milk; cook a while and then add the egg and milk. Put whites on top.

*Mrs. C. Ellis Moore, Wife of Representative Moore (Ohio).*

### CAKE PIE

- |                        |                                  |
|------------------------|----------------------------------|
| 1/3 cup melted butter. | 1 cup sugar.                     |
| 2 eggs.                | 2 level teaspoons baking powder. |
| Milk.                  | Pinch salt.                      |
| 1 cup pastry flour.    |                                  |

Break 2 eggs into melted butter in a cup. Fill cup to top with milk. Put into bowl; sift flour, sugar, baking powder and salt into the mixture in bowl and beat well with spoon. Bake in 2 layer-cake tins. Put any kind of filling between and on top

*Mrs. Chas. Underhill, Wife of Representative Underhill (Mass.).*

### CARAMEL PIE

- |                            |                     |
|----------------------------|---------------------|
| 1 cup of butter.           | 5 eggs.             |
| 1 cup of sugar.            | 1 teaspoon vanilla. |
| 1 cup of damson preserves. |                     |

Cream butter and sugar, add eggs beaten separately, then preserves, after seeds have been removed. Bake a rich pastry. This will make 2 pies.

*Mrs. Carter Glass, Wife of Senator Glass (Va.).*

### CARAMEL PIE

- |                  |                                 |
|------------------|---------------------------------|
| 4 eggs.          | 2 heaping tablespoons of flour. |
| 2 cups of sugar. | 1 tablespoon of butter.         |
| 2 cups of milk.  |                                 |

Brown 1 1/2 cups of sugar, and when this is entirely melted pour into it the mixture of milk, 1/2 cup sugar, flour (this previously heated but not boiling; add melted sugar slowly, stirring constantly to prevent lumping. Add butter. Cook to thick custard and fill pastry shell.

*Mrs. Dan Moody, Wife of the Governor of Texas.*

### CARAMEL PIE

- |                      |                       |
|----------------------|-----------------------|
| 1 tablespoon butter. | 2 egg yolks.          |
| 2 tablespoons flour. | 1 1/2 cups milk.      |
| 1 cup brown sugar.   | 1 tablespoon vanilla. |

Beat sugar and eggs together; add flour and butter; add to milk heated in double boiler and cook until thick. Put in baked pie shell; cover with beaten egg whites, sweetened with 2 tablespoons sugar, and brown in oven.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

### ONE CRUST CHERRY PIE

- |                  |                         |
|------------------|-------------------------|
| 2 cups cherries. | 3 tablespoonfuls flour. |
| 1 cup sugar.     | 1 tablespoonful water.  |
| Yolks of 2 eggs. |                         |

Stir all together and put this in crust. Bake and when done beat the white of an egg and frost top. Place back in oven and brown.

*Mrs. Frank B. Willis, Wife of Senator Willis (Ohio).*

## MOCK CHERRY PIE

- |                            |                                  |
|----------------------------|----------------------------------|
| 1 cup bog cranberries.     | $\frac{1}{2}$ cup boiling water. |
| 1 cup sugar.               | 1 tablespoonful flour.           |
| $\frac{1}{2}$ cup raisins. | 2 tablespoonfuls vanilla.        |

Cut the cranberries in halves and cover with cold water to take the seeds out. Chop the raisins, mix flour, sugar and a pinch of salt together. Add fruit and vanilla (which gives the cherry flavor.) Last add the boiling water. Bake a long time in moderate oven in deep plate with 2 crusts.

*Mrs. Ira G. Hersey, Wife of Representative Hersey (Maine).*

## CHESS PIE

- |                            |                             |
|----------------------------|-----------------------------|
| $1\frac{1}{2}$ cups sugar. | 3 tablespoons cream.        |
| 8 eggs.                    | $\frac{1}{4}$ pound butter. |
| 1 tablespoon flour.        | 1 tablespoon cornmeal.      |
| 3 tablespoons vinegar.     |                             |

Mix in order given. Cook in double boiler. Serve as whole or individual pies. Top with whipped cream.

*Mrs. John W. Martin, Wife of the Governor of Florida.*

## CHESS PIE

- |                           |                      |
|---------------------------|----------------------|
| 1 cup nuts.               | 1 whole egg.         |
| 1 cup seeded raisins.     | 1 teaspoon cinnamon. |
| 1 cup sugar.              | 1 teaspoon nutmeg.   |
| $\frac{1}{2}$ cup butter. | 1 teaspoon vanilla.  |
| 2 egg yolks.              |                      |

Pour  $\frac{1}{2}$  cup of boiling water on the raisins and allow to stand for 30 minutes. Cream the butter and sugar, then add the eggs which have been well beaten. Add to this, nuts coarsely chopped, raisins, spices and vanilla. Put in a double boiler and cook until thick. Remove from stove and fill pastry shells. Take the 2 remaining egg whites. Make a meringue. Allowing 1 teaspoon of sugar to each white. Put a meringue on top of filled pastry shells; brown in oven.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

## CHOCOLATE PIE

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1 cup of sugar.                     | Yolks of 2 eggs.           |
| 2 level tablespoons of corn-starch. | Butter the size of an egg. |
| 2 level tablespoons of cocoa.       | 1 cup of boiling water.    |

Mix the sugar, cornstarch and cocoa. Add the beaten egg yolks, the butter and boiling water; cook in a double boiler until thick; then place in a baked pie shell. When cool, cover with a meringue made with the beaten egg whites and 1 tablespoon of sugar. Place in the oven until the meringue is very light brown.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

## CHOCOLATE PIE

- Line a pie plate with pie crust. Make a mixture of:
- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 cup sweet milk.                    | 2 squares melted chocolate.     |
| 2 tablespoons butter (melted.)       | 1 cup bread crumbs.             |
| 1 cup sugar.                         | 1 pinch baking powder.          |
| 3 eggs (save 2 whites for meringue.) | 1 pinch cinnamon.               |
|                                      | $\frac{1}{2}$ teaspoon vanilla. |

Cook in hot oven 10 minutes and then in slightly cooler until done. Make meringue of 2 egg whites, 2 tablespoons sugar; lightly brown.

*Mrs. Chas. C. Bowman, Wife of former Representative Bowman (Pa.).*

### CHOCOLATE MERINGUE PIE

1 quart milk.	2 ounces butter.
8 ounces sugar.	8 eggs.
3 ounces chocolate.	2 teaspoonfuls of vanilla.

Put the sugar, milk and chocolate in a double boiler; stir until dissolved; beat yolks and whites separately, then add to contents in boiler and stir until thick. Remove from fire and put it in thin crusts of puff paste; whip the whites of 4 eggs with 2 ounces of sugar until firm. Spread over pie and brown. Ten portions.

*United States Senate Restaurant.*

### ALOHA CHOCOLATE PIE

1 cup sugar.	2 squares of chocolate.
1 cup milk.	1 tablespoon of butter.

Cook together for 15 minutes; add 1 heaping tablespoonful of cornstarch mixed with a little cold water. Cook slowly for 10 or 15 minutes. Then pour into the crust.

#### Crust

4 tablespoonfuls of butter.	1 heaping teaspoonful of baking powder.
$\frac{1}{2}$ cup sugar.	Enough flour to make a stiff dough.
2 tablespoonfuls of milk.	
1 egg.	

$\frac{1}{2}$  cup of cocoa.

Roll and bake on top of pie tins.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

### CONGRESSIONAL WASHINGTON PIE

$\frac{1}{4}$ pound butter.	4 yolks.
$\frac{1}{4}$ pound powdered sugar.	3 teaspoons milk.
$\frac{1}{4}$ pound flour.	1 teaspoon baking powder.

Beat well together, then divide into 2 layers. Beat the whites of 4 eggs; add 6 ounces granulated sugar; beat again. Then spread over the layers of dough, over this sprinkle  $\frac{1}{4}$  pound almonds (blanched and chopped). Then bake 30 minutes with a low fire.

#### Filling

1 beaten egg.	3 tablespoons sugar.
1 cup sweet cream.	1 teaspoon vanilla.
1 tablespoon cornstarch.	

Boil until thick and spread between the 2 layers. This keeps well 3 days. Serves 4 people.

*Mrs. Geo. M. Young, Wife of former Representative Young (N. D.).*

### CRANBERRY AND RAISIN PIE

1 large cup cranberries cut in halves.	1 large tablespoon flour.
$\frac{1}{2}$ cup chopped raisins.	1 teaspoon vanilla.
1 cup sugar.	Lastly add 1 cup of boiling water.

Have pie crust ready to put filling in.

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## CREAM PIE FILLING

Cream together 1 large tablespoon of butter and 1 cup sugar in which 1 tablespoon cornstarch has been placed. Add  $\frac{1}{2}$  pint of cream and the beaten yolks of 3 eggs. Cook in double boiler until thick. When cool flavor with 1 teaspoon of vanilla. Put in a baked pastry crust; top with meringue made of the egg whites and 3 tablespoons of sugar.

*Mrs. Virgil Chapman, Wife of Representative Chapman (Ky.).*

## CREAM PIE FILLING

1 pint thick cream.	$\frac{1}{2}$ cup sugar.
$\frac{1}{2}$ box Knox's gelatin.	1 cup finely chopped almonds.
$\frac{1}{2}$ cup fresh milk.	

Whip cream and place on ice. Dissolve gelatin in a little milk; when dissolved add the fresh milk and sugar. Place on stove and let boil *once*. Pour into cold dish and when cool add to whipped cream very slowly, beating all the time. Now add the nuts. (Have all ingredients cold, to keep cream from curdling.) Have pastry shell already cooked.

*Mrs. James M. Gudger, Jr., Widow of the late Rep. Gudger (N. C.)  
Mother of Representative Langley (Ky.).*

## CREAM PIE

1 tablespoonful butter.	1 pint milk.
1 cup sugar.	Vanilla (according to taste).
2 eggs.	1 tablespoonful cornstarch.

Put in baked crust.

*Mrs. Carl G. Bachmann, Wife of Representative Bachmann (W. Va.).*

## CREAM PIE

$\frac{1}{2}$ cup of sweet cream.	1 teaspoonful of vanilla.
$\frac{1}{2}$ cup of sugar.	Whites of 3 eggs.

Whip the cream to a stiff froth, add the sugar, then the beaten whites and whip together thoroughly. Line a pie plate with puff paste, fill with cream mixture and bake.

*Mrs. J. Banks Kurtz, Wife of Representative Kurtz (Pa.).*

## SOUR CREAM PIE

1 cup sour cream.	Yolks 2 eggs, well beaten.
1 cup sugar.	A little grated nutmeg.
$\frac{1}{2}$ cup chopped raisins.	Pinch of cloves.
1 heaping tablespoon flour.	$\frac{1}{2}$ teaspoon cinnamon.

Bake in lower crust, and when done spread over the beaten whites of the eggs.

*Mrs. Adam McMullen, Wife of the Governor of Nebraska.*

## SOUR CREAM PIE

Make and bake crust for pie. Fill with following mixture:

$1\frac{1}{2}$ cups thick sour cream.	$\frac{3}{4}$ cup finely chopped raisins.
Scant $\frac{1}{2}$ cup bread crumbs.	$\frac{1}{2}$ teaspoon each ground cloves, cinnamon and allspice.
2 eggs, well beaten.	
1 cup sugar.	

Cook in double boiler until thick. Fill previously cooked pie crust and cover with a cross-barred crust or meringue, or whipped cream may be added to suit taste.

*Mrs. John B. Kendrick, Wife of Senator Kendrick (Wyo.).*

### LEMON CUSTARD PIE

Boil as a syrup 1 cup sugar, 2 cups water and juice of 2 large lemons. Dissolve 3 rounded tablespoonfuls cornstarch in 1 cup cold water; add pinch of salt; pour into boiling syrup and cook 4 minutes, stirring constantly. Pour boiling mixture slowly into beaten yolks of 3 eggs and mix thoroughly. Pour the custard into the crust or mold and cool.

#### Pastry

Have pastry already baked on outside of inverted pan. The crust should be 2 inches deep.

#### Meringue

Whites of 3 eggs, cold;  $\frac{1}{3}$  teaspoonful cream of tartar; 3 tablespoonfuls sugar; pinch of salt and few drops vanilla. Mix and beat all together, without having first beaten the eggs. When very light and stiff enough to stand alone, spread over pie; or drop by tablespoonful where each piece is to be, keeping it heaped high. Brown lightly. Serve cold.

*Miss Elisabeth Dominick, Sister of Representative Dominick (S. C.).*

### CUSTARD PIE

$\frac{3}{4}$ cup sugar.	2 eggs, beaten.
1 tablespoonful flour.	$2\frac{1}{2}$ cups milk.

Mix sugar and flour, add a pinch of salt.

Bake in single crust. Dust a little nutmeg on top after pie is baked.

*Mrs. Calvin Coolidge, Wife of the President of the United States.*

### FIG AND PECAN PIE

1 quart of fig preserve.	1 pint of fresh cream.
2 cups of pecans.	

Heat the cream in double boiler, thicken with 2 tablespoons of cornstarch, add a large tablespoon of butter and mix with figs and pecans. Bake pie crust before adding filling.

*Mrs. Edwin Broussard, Wife of Senator Broussard (La.).*

### FOOLISH PIE

Beat whites of 6 eggs 5 minutes; add 2 cups of white sugar; beat 5 minutes more. Add 1 tablespoon vinegar, and 1 tablespoon vanilla. Place in 2 well-greased pie pans and bake 45 minutes in a very slow oven. Put together with fruit, nuts and whipped cream, and cover top with same mixture.

*Mrs. Robert N. Page, Widow of the late Representative Page (N. C.).*

### FOOLISH PIE

Whites of 6 eggs; beat stiff. Add slowly 2 cups of granulated sugar. Beat 5 minutes. 2 tablespoons of vinegar beat 5 minutes. Grease 2 pie

plates, pour in mixture. Place in cool oven, turn on mild heat and bake very slowly for 45 minutes. Don't brown. Remove crust from plates while hot and let it cool.

#### Filling

1 pint of rich cream beaten stiff. Pour this in pie crust. Place on this any kind of fruit, such as strawberries, soft peaches, canned cherries, fruit salad or pineapple. Do not sweeten fruit or cream. Add nuts if desired.

This serves 10.

*Mrs. John G. Richards, Wife of the Governor of South Carolina.*

#### FRENCH PIE

Butter a deep pie tin and fill with slices apples or peaches. Spread the fruit with sugar and nutmeg and pour over it a batter made of the following: Yolks of 2 eggs,  $\frac{1}{2}$  cup sugar, 1 tablespoon of butter, 1 cup of flour, 1 teaspoon of baking powder,  $\frac{1}{2}$  cup of sweet milk. Bake until apples are soft. Turn on a plate with apples on top. Make a frosting of the whites of 2 eggs thickened with confectioner's sugar. Spread on the apples. Return to oven and brown. Serve hot with cream.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

#### HAPPY THOUGHT PIE (Original)

$\frac{1}{2}$  cup sugar.

$\frac{1}{4}$  teaspoon salt.

5 tablespoons flour.

2 tablespoons cocoa.

Mix and dilute with  $\frac{1}{2}$  cup cold milk. Add to  $1\frac{1}{2}$  cups scalded milk. Cook over water until mixture begins to thicken. Add 2 egg yolks, beaten and diluted with 2 tablespoons cold milk. Cook until thick. Cool. Add 1 teaspoon vanilla,  $\frac{1}{4}$  cup chopped walnuts. Line a previously baked pie crust with 2 sliced bananas. Cover with cool mixture and top with meringue made of 2 egg whites, beaten; 2 tablespoons powdered sugar. Brown slightly in oven. (This recipe may be used with any chocolate pie or pudding recipe for a foundation.)

*Mrs. Melvin J. Maas, Wife of Representative Maas (Minn.).*

#### HONEY PIE OF SIPHONS

See Favorite Dishes of All Nations, page 78.

#### HUCKLEBERRY PIE

Put the huckleberries on in a boiler, sweeten well, putting in enough water to make a quantity of juice. Make a rich pastry, cut and bake in strips in a large biscuit pan; break up and put in layers in a covered dish, pouring berries over the pastry. Be sure to have enough juice to soften the pastry. Serve in a few minutes individually with whipped cream or a butter sauce. Peach pie is delicious made in the same way.

*Mrs. Hampton P. Fulmer, Wife of Representative Fulmer (S. C.).*

#### JELLY PIE

The yolks of 4 eggs, 1 cup sweet milk or cream,  $\frac{1}{2}$  cup of butter; melt over slow fire 3 tablespoons of blackberry jelly and a cup of brown sugar. Mix with above ingredients and flavor with vanilla. Use whites of eggs for meringue. This will make 2 pies.

*Mrs. Ben Johnson, Wife of former Representative Johnson (Ky.).*



## KENTUCKY PIE

- |   |                            |
|---|----------------------------|
| 1 cup sugar.                            | 1 tablespoon spices.       |
| 2 eggs.                                 | 1 tablespoon butter.       |
| 1 cup buttermilk with pinch of<br>soda. | 1 teaspoon ginger.         |
| 1 tablespoon corn starch.               | $\frac{1}{2}$ cup raisins. |
|   | $\frac{1}{2}$ cup nuts.    |

Process: Beat yolks of eggs, add sugar, buttermilk, spices and ginger. Cook in double boiler; when hot add cornstarch dissolved in water, stirring. Then add butter, raisins, and when thick remove from boiler and when cool add nuts. Place in crust already cooked. Make a meringue of the whites with 2 tablespoonfuls of sugar and brown.

*Mrs. Lamar Jeffers, Wife of Representative Jeffers (Ala.).*

## LEMON PIE

- |                                      |                            |
|--------------------------------------|----------------------------|
| Juice of 1 lemon and grated<br>rind. | 2 tablespoons cornstarch.  |
| 1 cup sugar.                         | $1\frac{1}{2}$ cups water. |
|                                      | 2 egg yolks.               |

Stir cornstarch in a little cold water and when other ingredients are hot, thicken. Place in previously baked puff paste crust. Beat whites of eggs to stiff froth with silver fork. Then add 2 tablespoons powdered sugar. Place in hot oven 2 or 3 minutes to brown meringue.

*Mrs. Rice Means, Wife of former Senator Means (Col.).*

## LEMON PIE FILLING

- |                               |                              |
|-------------------------------|------------------------------|
| 2 cups granulated sugar.      | $\frac{1}{4}$ teaspoon salt. |
| $\frac{2}{3}$ cup cake flour. | (Mix together).              |

Separate 3 eggs. Add beaten yolks to above. Add juice of 2 lemons, 2 cups boiling water and 1 tablespoon butter, stirring constantly. Place in double boiler and cook until thickened. Fill baked pie shell and cover with a meringue made of the 3 egg whites and 1 tablespoon sugar. Bake in medium oven until brown.

*Mrs. Joseph L. Hooper, Wife of Representative Hooper (Mich.).*

## LEMON PIE

Sift 2 cups of flour. Add to flour 2 tablespoons of butter, 1 teaspoon of baking powder, a little salt, and enough ice water to knead the dough. Line deep pie dish with the dough and bake about 25 minutes until brown.

## Filling

Beat yolks of 4 eggs. Add  $\frac{1}{4}$  cup of powdered sugar and juice of 2 lemons, also grated rinds. Cook 5 minutes in double boiler until thick, stirring constantly. Take off stove and let cool. Add beaten whites of 4 eggs, mixing through filling. Put in pie crust and let top brown in oven until the color of light brown toast.

*Mrs. Royal H. Weller, Wife of Representative Weller (N. Y.).*

## LEMON PIE WITH TOP CRUST

- |                                     |                       |
|-------------------------------------|-----------------------|
| 1 large lemon or two small<br>ones. | 1 large potato (raw). |
| 1 cup granulated sugar.             | 1 cup water.          |

Make pie crust in usual way. Grate rind of lemons and squeeze out the juice. Add to sugar and water. Stir thoroughly. Then grate the potato and add to the above before it has time to discolor. Place in crust and bake with top crust. This will make one very large pie. If pans are small the double recipe will make three.

*Mrs. John S. Benham, Wife of former Representative Benham (Ind.).*

#### LEMON PIE (EXCELLENT)

6 eggs.

1 cup sugar.

Juice of 2½ lemons.

Mix yolks of eggs, well beaten, with sugar. Add the juice of lemons. cook in double boiler until thick, stirring constantly. Beat whites of 4 eggs, add grated rind of 1 lemon, add to above mixture. Fill baked pastry shell and complete with a meringue.

*Mrs. Edward B. Vreeland, Wife of former Representative Vreeland (N. Y.).*

#### LEMON PIE

One large lemon. Grate the rind, squeeze the pulp. Pour over it 1 cup sugar. Dissolve 1 heaping tablespoon of flour or cornstarch in a teacup of water. Add the whites of 2 eggs and the yolks of 4, well beaten. One tablespoon of melted butter. Stir thoroughly and bake in 2 crusts. Beat the remaining whites, add 2 tablespoons of sugar. Spread on top when done and brown.

*Mrs. Chas. E. Kiefner, Wife of former Representative Kiefner (Mo.).*

#### LEMON PIE

1 cup sugar.

1 cup wet, fresh bread.

Juice of 2 lemons.

Yolks of 3 eggs.

Method: Into a double boiler put all ingredients. Cut a slice of bread 2 or 3 inches thick, remove the crust and hold under the faucet until saturated with water. Squeeze dry and fill measuring cup. Add to the other ingredients, mix and cook until thick enough to stay in crust when cut. Pour into a cooked crust. Make a meringue of the 3 whites and 3 tablespoons of sugar; put over top; bake in a slow oven for 10 minutes or until brown. There is no other liquid used except the lemon juice and the water left in the bread.

*Mrs. Samuel Rutherford, Wife of Representative Rutherford (Ga.).*

#### LEMON PIE

5 egg yolks in double boiler.

3 whites in one dish.

2 whites in another dish for the top.

⅔ cup sugar.

Juice and rind of 2 lemons.

2 tablespoons cold water.

2 tablespoons flour.

Cook to a custard. Stir and when cool beat in the stiffly beaten whites of 3 eggs. Use one crust and make meringue for the top with the 2 egg whites.

*Mrs. Royal S. Copeland, Wife of Senator Copeland (N. Y.).*

#### LEMON CAKE—PIE

1 cup sugar.

1 tablespoon butter.

2 eggs.

Juice of 1 lemon.

1 teaspoon lemon extract.

1 cup milk.

2 tablespoons flour.

Cream 1 cup sugar and 1 tablespoon butter. Add:  
 Yolks of 2 eggs, beaten. 1 cup milk.  
 Juice of 1 lemon. Whites of 2 eggs, beaten and  
 1 teaspoon lemon extract. added last.  
 2 tablespoons flour.

Cover pie pan with pastry. Bake until crust forms.

*Mrs. Guy E. Campbell, Wife of Representative Campbell (Pa.).*

### LEMON PIE

Bake puff pastry as for a Val-au-Vent and fill center with filling below. Put in double boiler 1 cup sugar, juice of 2 lemons, grated rind,  $\frac{1}{4}$  pound butter and when all is melted mix with 2 eggs well beaten. Put back in boiler and stir until thick. It is then ready for use.

*Mrs. David A. Reed, Wife of Senator Reed (Pa.).*

### LEMON PIE

3 egg yellows. 1 lump of butter, size of hick-  
 1 cup sugar. ory nut.  
 Juice of 1 lemon. 1 cup water.  
 2 level tablespoons flour.

Beat eggs until foamy, add sugar and flour, also water and lemon juice. Place in double boiler and when thick, add butter.

#### Crust

1 cup flour. 3 tablespoons ice water.  
 2 tablespoons Crisco. 1 teaspoon (scant) salt.

Cook crust, add filling and place meringue on top made of the beaten whites of the eggs and 3 tablespoons of sugar.

*Mrs. John E. Marlineau, Wife of the Governor of Arkansas.*

### EXCELLENT LEMON PIE

Crust: 1 level cup of Crisco. Pour over this  $\frac{1}{2}$  cup of boiling water and beat to a cream; add  $\frac{1}{2}$  teaspoonful of salt and about 3 cups of sifted flour. Have dough soft and leave on ice a few hours before using. When ready to make pie, roll the crust, place loosely in pie tin and bake in quick oven before adding filling.

Filling: 6 eggs, yolks and whites well beaten separately, 1 cup of sugar, juice of  $1\frac{1}{2}$  lemons and grated rind of 2, juice of  $\frac{1}{2}$  medium sized orange. Cook all together in double cooker, adding small lump of butter while hot. Cook until thick, stirring constantly, add half the beaten whites of eggs to this hot mixture, beat in well.

Meringue: To the remaining beaten whites of eggs, add 3 tablespoonfuls of confectioners' sugar and flavor with lemon extract. Pour the hot mixture into the crust which has already been baked; add the meringue and bake in very slow oven for 30 minutes. This makes a marvelous dessert and can also be baked in individual tins.

*Mrs. George Sutherland, Wife of Justice Sutherland.*

### LEMON PIE

See Favorite Dishes of All Nations, page 57.

## ANGEL LEMON PIE

Yolks of 3 eggs. 1 cup sugar.  
 1 lemon.  $\frac{1}{8}$  teaspoon salt.  
 Whites of 3 eggs.

Mix lemon rind and juice,  $\frac{1}{2}$  cup of sugar, salt and egg yolks in double boiler. Cook until thick. When this mixture is cool, fold into it a meringue made of the egg whites and  $\frac{1}{2}$  cup of sugar. Pour into a crust already baked and bake until puffed and brown.

*Mrs. W. B. Bowling, Wife of Representative Bowling (Ala.).*

## ARIZONA LEMON PIE

4 eggs. 1 cup granulated sugar.  
 1 large Arizona lemon.

Stir lemon juice, grated rind and sugar together and add well beaten yolks. Cook in double boiler till mixture begins to thicken. Remove from stove and add 2 whites well beaten. Return to double boiler and cook 10 minutes, stirring constantly. Turn into pie crust that has been baked and cover with meringue made of 2 remaining whites, beaten stiff, to which 2 tablespoons of sugar have been added. Brown slowly. This makes a small pie or can be used for 6 individual pies by baking the pie crust on the outside of gem pans.

*Mrs. Carl Hayden, Wife of Senator Hayden (Ariz.).*

## LEMON PIE CHIFFON

1 cup sugar. 3 tablespoons cold water.  
 3 eggs. Juice of 1 lemon; rind of  $\frac{1}{2}$  lemon.

Take  $\frac{1}{2}$  cup sugar, lemon juice and yolks of eggs and cook in double boiler until thick, stirring constantly. Beat whites of eggs until stiff; add pinch of salt to whites and remaining  $\frac{1}{2}$  cup sugar. Pour boiled ingredients into beaten egg whites and sugar; put in previously baked pastry shell and brown in hot oven quickly.

*Mrs. Arthur M. Free, Wife of Representative Free (Cal.).*

## CHIFFON LEMON PIE

To the whites of 3 eggs, well beaten, add  $\frac{1}{2}$  cup of sugar. (Set aside.)

To the yolks of 3 eggs and  $\frac{1}{2}$  cup of sugar, beaten together, add the juice and grated rind of 1 lemon. Cook in a double boiler until thick; while still hot add  $\frac{1}{2}$  of beaten whites; pour into a baked crust, cover with remaining half of whites and brown in oven.

*Mrs. Jeannette Knutson, Mother of Representative Knutson (Minn.).*

## CHIFFON LEMON PIE

3 eggs. 1 lemon, rind and juice.  
 3 tablespoons of hot water. 1 cup of sugar.

Beat yolks of eggs, add  $\frac{1}{2}$  cup of sugar, lemon rind and juice, and hot water. Cook in double boiler until thick like custard, stirring constantly. Remove from the fire, add beaten whites and  $\frac{1}{2}$  cup of sugar. Place in cooked shell and set in the oven from 5 to 10 minutes.

*Mrs. I. L. Lenroot, Wife of former Senator Lenroot (Wis.).*

## LEMON FLUFF PIE

Juice and grated rind of 1 lemon.	2 tablespoons cold water.
6 tablespoons granulated sugar.	1 rounding teaspoon butter.
4 eggs.	$\frac{1}{4}$ teaspoon salt.

Stir the lemon juice, sugar, water, butter, yolks of eggs (beaten), and salt together. Put in double boiler. Stir while cooking till it thickens. Beat the white of each 2 eggs separately. When the boiling mixture has thickened fold in the stiffly beaten whites of 2 eggs. Pour the mixture in a previously baked pie crust. Now add 2 tablespoons of sugar to the other egg whites; add a little vanilla.

*Mrs. M. E. Crumpacker, Widow of Representative Crumpacker (Ore.).*

## LEMON SPONGE PIE

1 cup sugar.	Grate rind and juice of 1 lemon.
2 level tablespoons butter.	3 egg yolks.
1 level tablespoon flour.	

Cream all together. Add  $\frac{1}{2}$  cup milk. Beat; fold in stiffly beaten whites of eggs. Bake in single crust in moderate oven.

*Mrs. F. M. Davenport, Wife of Representative Davenport (N. Y.).*

## MATRIMONY PIE

Pie crust pastry.	1 cup brown sugar.
1 pound currants.	

Line square cake tin with pie crust, leaving all edges hanging over. Wash and drain currants and sprinkle them in evenly, adding cup brown sugar. Lap over the currants the pastry edges. Bake in oven until pie crust is done.

This is a good lunchbox dessert, as it keeps fresh, does not crush or run and is very nutritious. It is a great favorite with the children.

*Mrs. John C. Schafer, Wife of Representative Schafer (Wis.).*

*I was happy to find my old friend, minced-pie, in the retinue of the feast; and finding him to be perfectly orthodox, and that I need not be ashamed of my predilection, I greeted him with all the warmth wherewith we usually greet an old and very genteel acquaintance.—Washington Irving.*

## MINCEMEAT

14 pounds best beef; salt to taste. Boil till very tender, then grind through medium sized knife. 1 pound suet ground real fine. Use all the meat juice. 28 pounds of apples; grind apples through medium sized knife. 9 pounds seeded raisins, 6 pounds currants, 1 quart cider vinegar and 1 pound granulated sugar, boiled together till forming syrup. 2 tablespoons nutmeg, 4 tablespoons cloves, 3 tablespoons allspice; mix thoroughly. Cook till apples are done. After all is cooked, add sugar as desired. While boiling hot, can in glass jars. This makes 20 quart jars. If made a week before Thanksgiving it will keep until March in a cool place, such as a cellar.

For pie make rich pie dough, 2 crusts. After mincemeat is in pie, put 3 lumps of butter size of hickory nut in it. Then add top crust.

*Mrs. Harry C. Canfield, Wife of Representative Canfield (Ind.).*

## MINCEMEAT

- |   |                                   |
|---|-----------------------------------|
| 4 pounds cooked beef or venison, chopped. | 10 teaspoons cinnamon.            |
| 9 pounds apples, chopped.                 | 1 teaspoon black pepper.          |
| 1½ pounds butter or suet.                 | 6 tablespoons salt.               |
| 4 pounds seeded raisins.                  | 1 quart cider and vinegar, mixed. |
| 2 pounds English currants.                | 1 quart New Orleans molasses.     |
| 1 pound citron, shredded.                 | 6 oranges, juice and grated rind. |
| ½ pound candied orange peel.              | 6 lemons, juice and grated rind.  |
| ½ pound candied lemon peel.               |                                   |
| 5 pounds brown sugar.                     |                                   |
| 3 teaspoons ground cloves.                |                                   |

Boil slowly 1 hour.

This recipe makes about 12 quarts. Will keep for years.

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## MINCEMEAT

- |   |                                 |
|---|---------------------------------|
| 2 pounds lean, boiled beef, chopped fine. | ½ pound candied lemon, chopped. |
| 1 pound of suet, minced to a powder.      | ½ pound candied orange chopped. |
| 5 pounds of apples, chopped.              | 2 teaspoons cinnamon.           |
| 2 pounds seedless raisins.                | 1 teaspoon cloves.              |
| 2 pounds currants.                        | 1 tablespoon salt.              |
| 2 pounds sultanas, chopped.               | 1 tablespoon nutmeg.            |
| ½ pound citron, chopped.                  | 3 pounds brown sugar.           |
|   | 1 gallon boiled cider.          |

Put in jars and seal tight; will keep all winter.

*Mrs. John M. Rose, Widow of the late Representative Rose (Pa.).*

## MINCEMEAT

- |                               |  |
|-------------------------------|--|
| 3 pounds of boiled beef.      | 5 cups of sugar.                                       |
| 6 pounds of chopped apples.   | 1 pint of broth that meat was boiled in.               |
| ½ pound of suet, ground.      | 1 quart of juice from pickles (pears, apple or peach). |
| 2 pounds of seedless raisins. | 1 tablespoon cloves.                                   |
| 1 pound of currants.          | 1 tablespoon cinnamon.                                 |
| ¼ pound of citron.            | 1 tablespoon nutmeg.                                   |
| 1 cup of vinegar.             |  |
| 1 cup of dark molasses.       |  |

Instructions: Boil meat and run through meat grinder. Pare apples. Run through meat grinder. Mix all ingredients. Let boil over a slow fire. Taste after cooked. If necessary, add more spices and sugar. Can or keep in cool place in earthen jar.

*Mrs. Charles E. Winter, Wife of Representative Winter (Wyo.).*

## GREEN TOMATO MINCEMEAT

- |                          |                       |
|--------------------------|-----------------------|
| 3 cups suet.             | 5 pounds sour apples. |
| 8 pounds green tomatoes. | 1 pound raisins.      |
- Cut up and soak the tomatoes in weak brine over night. Then grind above ingredients and add the following:

- 3 cups sugar. 1 tablespoon each cinnamon,  
 1 cup syrup (corn). cloves, nutmeg, salt.  
 1 cup vinegar. 3 tablespoons flour.  
 Boil 1 hour slowly. Cannot be told from mincemeat.  
*Mrs. R. G. Simmons, Wife of Representative Simmons (Neb.).*

## TOMATO MINCEMEAT

- 8 quarts green tomatoes. 1 tablespoonful of each kind  
 1 lemon. of spice.  
 4 pounds brown sugar. 1 tablespoonful salt.  
 2 pounds raisins. 1 cup vinegar.  
 Chop tomatoes and lemon quite fine, add other ingredients and cook  
 for 30 minutes. Jar and seal.  
*Mrs. Edward M. Beers, Wife of Representative Beers (Pa.).*

## GREEN TOMATO MINCEMEAT

- 1 quart chopped green toma- 1 cup vinegar.  
 toes. 1 pound raisins.  
 6 large apples, chopped. Rind and juice of large  
 4 cupfuls sugar. orange.  
 2 cupfuls light molasses. 2 teaspoons cinnamon.  
 1 cup chopped suet. 2 teaspoons cloves.  
 ¼ pound butter. 2 teaspoons nutmeg.  
 Cook until tender, then add: 5 tablespoons flour mixed to a smooth  
 paste. Cook slowly until thick and put in sealed jars.  
*Mrs. Arthur T. Hannett, Wife of former Governor of New Mexico.*

## MOCK MINCE PIE

- 1½ cups raisins. 2 tablespoons vinegar.  
 1½ cups bread crumbs. 1 teaspoon each of cloves  
 1 cup light brown sugar. cinnamon and nutmeg or  
 1 tablespoon butter. allspice.  
 1 cup molasses.  
 Add 1 cup hot water and cook 15 minutes. When cool turn into crust  
 and bake.  
*Mrs. Charles C. Kearns, Wife of Representative Kearns (Ohio).*

## NUT PIE

- 4 eggs, beaten light. Add 1 cup of sugar slowly.  
 Grind 1 cup nut meats and 12 small square crackers together. Add to  
 eggs and sugar. Bake in oven. Serve with whipped cream.  
*Mrs. William Arnold, Wife of Representative Arnold (Ill.).*

## ORANGE CREAM PIE

- Beat thoroughly the yolks of 2 eggs with ½ cup sugar; add 1 heaping  
 tablespoon of flour and 1 level tablespoon of cornstarch, dissolved in milk.  
 Pour into 1 pint of boiling milk and cook about 3 minutes. Let cool and  
 flavor with extract of orange and pour into a baked crust. Beat the whites  
 of the eggs to a stiff froth, add ½ cup of sugar, flavor with extract of  
 orange, spread on top of pie, put in oven and slightly brown.  
*Mrs. Henry W. Temple, Wife of Representative Temple (Pa.).*

## ORANGE PIE FILLING

Grate the outside and use the juice of 2 small oranges. Add to this the juice of 1 lemon. Mix 1 cup of sugar and 1 tablespoon of cornstarch, the yolks of 2 eggs and  $\frac{1}{2}$  cup of water together. Then add the fruit juices and cook in a double boiler until thick.

Fill a baked pie shell with the mixture, and when cool cover it with a meringue, made with the beaten egg whites and a tablespoon of sugar. Place in the oven until the meringue is very light brown.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

## OSGOOD PIE

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 4 eggs, beaten separately.      | 1 teaspoon each of cloves,      |
| 2 cups sugar.                   | cinnamon and allspice.          |
| 3 teaspoonfuls vinegar.         | 1 cup each of raisins and nuts. |
| 6 tablespoonfuls melted butter. |                                 |

Cook in double boiler and when thick put in previously cooked pie crust.

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

## PEACH OR PLUM PIE

- |  |   |
|--|---|
| 2 tablespoons flour.                                       | 1 cup sugar.  |
| 6 or 8 peaches or plums, according to size of pie desired. | 2 eggs.   |
| $\frac{1}{2}$ cup thick cream.                             | 1 teaspoon almond paste, or few drops almond extract. |
|  | Good pie crust.                                       |

Line pie pan with crust. Peel peaches or plums. Spread flour on crust and place fruit cut in half thereon. Leave some space between sections of fruit. Beat eggs, add sugar and cream. Pour over fruit and place in oven. Cook until the custard is well set, then add top crust without removing from oven. Bake until the crust is done. Reduce the temperature of the oven and bake slowly from half to three-quarters of an hour. This pie should be cold when served. If directions for baking are followed, it will be delicious. The pie is equally good the second day.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## PECAN PIE

- |                            |  |
|----------------------------|--|
| 1 cup milk.                | 1 teaspoon butter.                           |
| $1\frac{1}{2}$ cups sugar. | 3 eggs, reserving 2 whites for the meringue. |
| 1 cup pecans.              |  |

*Mrs. John W. Moore, Wife of Representative Moore (Ky.).*

## PINEAPPLE PIE

- |                                 |              |
|---------------------------------|--------------|
| 1 cup sugar.                    | 1 cup water. |
| 3 level tablespoons cornstarch. |              |

Cook in double boiler until clear 1 small can grated pineapple. Last, yolks of 2 eggs, beaten, and small lump of butter. The whites of eggs for top.

*Mrs. W. J. Bulow, Wife of the Governor of South Dakota.*



## PINEAPPLE PIE

- |                          |                              |
|--------------------------|------------------------------|
| 1 cup crushed pineapple. | 2 pounds flour, mixed in     |
| 1 cup sugar.             | $\frac{1}{2}$ cup water.     |
| 1 egg yolk, well beaten. | $\frac{1}{4}$ teaspoon salt. |

Cook in double boiler until thick. After cooking put in baked shell and use the white for meringue.

*Mrs. Frank H. Foss, Wife of Representative Foss (Mass.).*

## PINEAPPLE PIE

Mix 1 cup of syrup from the pineapple with 2 tablespoons of cornstarch and  $\frac{1}{2}$  cup of sugar and boil for 5 minutes. Add pineapple diced fine and mix with 2 well beaten eggs and 1 tablespoon of butter. Turn into a crust and bake. When done cover with a meringue made with the whites of 3 eggs and 3 tablespoons of sugar.

*Mrs. M. H. Thatcher, Wife of Representative Thatcher (Ky.).*

## PINEAPPLE PIE

- |                           |                             |
|---------------------------|-----------------------------|
| 1 cup shredded pineapple. | 1 tablespoonful cornstarch. |
| 1 cup sugar.              | Juice of 1 lemon.           |
| Yolks of 3 eggs.          | 1 tablespoon butter.        |

Procedure: Place the ingredients in a double boiler. Let cook and thicken. Then pour contents into a baked pie crust. Cover with meringue made of beaten whites of 3 eggs sweetened with a little sugar, and brown lightly in hot oven.

*Mrs. Arthur G. Sorlie, Wife of the Governor of North Dakota.*

## PINEAPPLE PIE

- |                               |                            |
|-------------------------------|----------------------------|
| 1 small can grated pineapple. | 2 egg yolks.               |
| 1 cup sugar.                  | 1 heaping teaspoon butter. |
| Juice of $\frac{1}{2}$ lemon. | 1 cup water.               |

Cook in double boiler and put in baked crust. Cover with meringue or whipped cream.

*Mrs. Samuel B. Hill, Wife of Representative Hill (Wash.).*

## PRUNE WHIP PIE

Line a pie plate with pastry and bake at 500 degrees F. for 10 or 12 minutes.

Soak prunes over night. Let simmer until prunes are soft and liquid has practically boiled away. Pit the prunes and cut in small pieces, then add  $\frac{3}{4}$  cup sugar and  $\frac{3}{4}$  cup chopped walnut meats. Fold in the whites of 2 eggs beaten until stiff. Pour the mixture into pastry shell. Bake at 375 degrees for 20 minutes. Remove from oven. When cold garnish with whipped cream sweetened.

*Mrs. Thaddeus C. Sweet, Wife of Representative Sweet (N. Y.).*

## PUMPKIN PIE

- |  |                                  |
|--|----------------------------------|
| 1 pint rich milk, heated to boiling point. | 4 level tablespoons white sugar. |
| 2 egg yolks.                               | 2 level tablespoons brown sugar. |
| Pinch of salt.                             |                                  |
| 4 level tablespoons pumpkin.               |                                  |

*Mrs. R. E. Bailey, Wife of former Representative Bailey (Mo.).*

*What moistens the lip, and what brightens the eye,  
What calls back the past, like the rich pumpkin pie.*

—J. G. Whittier.

### PUMPKIN PIE

- |                       |                                  |
|-----------------------|----------------------------------|
| 2 eggs, beaten.       | $\frac{1}{2}$ teaspoon cinnamon. |
| 1 cup of sugar.       | $\frac{1}{2}$ teaspoon ginger.   |
| 1 cup pumpkin.        | $\frac{1}{4}$ teaspoon salt.     |
| 1 cup thin cream.     | Bake in lower crust.             |
| $\frac{1}{3}$ nutmeg. |                                  |

*Mrs. Adam McMullen, Wife of the Governor of Nebraska.*

### PUMPKIN PIE

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 $\frac{1}{2}$ cups of pumpkin. | 2 eggs.                       |
| 1 cup of sweet cream.            | Spices to please one's taste. |
| 1 cup of brown sugar.            |                               |

Method: Cut the pumpkin into small pieces. Remove seeds. Steam the pumpkin until it falls into small pieces. Remove the meat of the pumpkin and run through a colander. Mix the pumpkin, cream, and sugar. Beat the eggs until very light; add eggs to pumpkin, sugar, and cream and stir. Place into a lower pie crust, and bake in a very hot oven. This calls for a deep pie pan.

*Mrs. Woodbridge N. Ferris, Wife of Senator Ferris (Mich.).*

### MY BETTER HALF'S PIE

- |                          |   |
|--------------------------|---|
| 1 cup of stewed pumpkin. | 3 eggs.                                 |
| 1 cup of sugar.          | A little nutmeg and cinnamon, and salt. |
| 2 cups of thin cream.    |   |

*Mrs. Jas. T. McCleary, Widow of former Representative McCleary (Minn.).*

### SAUCE FOR PUMPKIN PIE

- |                                   |                      |
|-----------------------------------|----------------------|
| 1 $\frac{1}{2}$ cups brown sugar. | Flavoring to taste.  |
| $\frac{1}{4}$ cup butter.         | 2 egg yolks, beaten. |
| $\frac{1}{2}$ cup cream.          |                      |

Cook in double boiler until thick. Beat 2 egg whites until stiff, and fold into mixture slowly.

*Mrs. Albert B. Fall, Wife of former Secretary of the Interior.*

### WHIPPED CREAM PUMPKIN PIE

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup pecan nuts.       | 2 eggs.                             |
| 1 cup heavy cream.                  | 1 $\frac{1}{2}$ teaspoons cinnamon. |
| 2 tablespoons granulated sugar.     | $\frac{1}{2}$ teaspoon nutmeg.      |
| $\frac{1}{2}$ cup brown sugar.      | $\frac{1}{2}$ teaspoon allspice.    |
| $\frac{1}{2}$ cup granulated sugar. | $\frac{1}{2}$ teaspoon ginger.      |
| 2 full cups stewed pumpkin.         | 1 teaspoon salt.                    |
| 2 cups rich milk.                   | 2 tablespoons flour.                |

Canned pumpkin and Borden's evaporated milk will make a rich pie. If the fresh pumpkin is used, evaporated milk is preferred. Beat the eggs. Stir the pumpkin in the milk with the sugar, and eggs, and flour and salt;

lastly the spices. Beat briskly for 5 minutes or more. Bake in a rich pie crust in a hot oven for several minutes, then moderately until done. Mix together the 2 tablespoonfuls of granulated sugar and heavy cream and beat until it stands. When the pie is cold spread over the top and sprinkle with the pecan meats. Delicious!

*Mrs. Edward D. Hays, Wife of former Representative Hays (Mo.).*

#### RAISIN PIE

$\frac{1}{2}$ cup of raisins, run through meat chopper.	1 egg.
1 cup of rhubarb, chopped fine.	Cup of sugar.
	4 crackers, crumbled.

Mix all together; place in crust; put on lattice top and bake.

*Mrs. A. E. Carter, Wife of Representative Carter (Cal.).*

#### RAISIN CRUMB PIE

1 box of raisins cooked in water to cover, with  $1\frac{1}{2}$  cups of sugar. Cool; mix together  $1\frac{1}{2}$  cups of sugar, 2 cups flour,  $\frac{1}{4}$  cup lard. Take out 1 cup for use on top of the pie. Mix the balance with 1 cup of milk, 2 eggs well beaten and add 2 teaspoonfuls of baking powder. Put the cooked raisins in the crusts, pour batter over the raisins and put the cup of crumbs on top. This makes 2 large pies.

*Mrs. Edward M. Beers, Wife of Representative Beers (Pa.).*

#### RASPBERRIES IN AMBUSH

Line pie tin with nice crust. Bake and while warm spread thickly with red raspberries and heap on these a meringue of 2 egg whites and powdered sugar. Mix some berries through the meringue. Brown lightly and serve as soon as cool.

*Mrs. Roy O. Woodruff, Wife of Representative Woodruff (Mich.).*

#### RHUBARB PIE

Line plate with crust and fill with 1 large cup of finely cut rhubarb; sprinkle with flour, and add  $\frac{1}{2}$  cup sweet milk, 1 cup sugar, and yolk of 1 egg mixed together.

Make meringue and place on top when pie is done.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

#### STRAWBERRY PIE

Into a deep, rich under crust that has been baked put sufficient strawberries, chilled and drained, to fill, and cover with sugar. Make a meringue of the whites of 2 eggs and 1 tablespoonful of sugar; cover the pie with it and brown quickly in very hot oven and serve immediately.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

#### STRAWBERRY PIE

Bake a rich pie crust in deep pie pan. When ready to serve pie fill crust full of strawberries, sweetened with granulated sugar. Put whipped cream over top of berries about 3 inches thick.

If one prefers a meringue may be used in place of the cream.

*Mrs. Harry Canfield, Wife of Representative Canfield (Ind.).*

## BROWN SUGAR PIE

- |                           |   |
|---------------------------|---|
| 1½ cups of brown sugar.   | 2 tablespoons of flour.                   |
| 4 eggs (yellows only).    | 2 cups of milk.                           |
| 1½ tablespoons of butter. | Pinch of salt. (Use whites for meringue). |
| 1 teaspoon of vanilla.    |   |
| Two pies.                 |   |

*Mrs. M. H. Thatcher, Wife of Representative Thatcher (Ky.).*

## SQUASH PIE

- |                      |                      |
|----------------------|----------------------|
| 1 egg.               | 2 tablespoons flour. |
| ½ cup sugar.         | A pinch of cinnamon. |
| 1 mixing cup squash. | A pinch of salt.     |
- Mix together; add enough milk to fill the pie tin, which has previously been lined with crust. When taken from the oven, sprinkle the pie liberally with nutmeg while hot.

*Mrs. John G. Sargent, Wife of the Attorney General.*

## SWEET POTATO PIE

One pound of steamed sweet potatoes finely mashed, 1½ cups sugar, 1 cup cream, or part milk, ½ cup butter, 3 well beaten eggs, flavor with lemon or nutmeg. One crust.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

## "OLE-TIME SWEET POTATO CUSTARD," NOW CALLED POTATO PIE

Boil a few sweet potatoes in a kettle until soft; mash up; putting in sugar and butter enough to make nice and rich; the yolks of 2 eggs to 1 pie (using the whites later for meringue); sweet milk, enough to keep from being stiff. Flavor with nutmeg or lemon and mix well. Fill crust with potato preparation and bake until crust is nice and brown. Then put a meringue on top.

*Mrs. Hampton P. Fulmer, Wife of Representative Fulmer (S. C.).*

## BANBERRY TARTS

- |                                   |                            |
|-----------------------------------|----------------------------|
| Juice and grated rind of 1 lemon. | 1 cup sugar.               |
|                                   | 2 dessert spoons of water. |
| 1 cup raisins, chopped fine.      | 1 teaspoon flour.          |
- Mix and let come to a boil. When cool, make pie crust, cut in circles about 3½ inches in diameter, fill with mixture and double over.

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## CITRON TARTS

- |                             |  |
|-----------------------------|--|
| Yolks of 6 eggs.            | Piece of butter size of walnut with shell. |
| 1 teacup light brown sugar. |  |
- Flavor with few drops lemon extract and 1 teaspoonful of lemon juice. Do not cream butter or beat eggs. Cut all together with a knife. Line small tart tins with rich pastry. Put 1 teaspoonful of mixture in center. Bake in quick oven. When tarts are cold dust with pulverized sugar.

*Mrs. Frederick A. Britten, Wife of Representative Britten (Ill.).*

## ORANGE MARMALADE TART

1 package Philadelphia cream  
cheese.

1 cup of flour.  
A pinch of salt.

$\frac{1}{4}$  pound of butter.

Cream cheese and butter together until well creamed. Add the flour with the salt, sifted. Cream again. Place on a biscuit board, roll thin; cut with a cookie cutter. In the center place a teaspoonful of marmalade; fold in half and crimp the edges. Bake a light brown.

*Mrs. E. F. Ladd, Widow of the late Senator Ladd (N. D.).*



## PUDDINGS AND SAUCES

*"Henry VIII of England, who rewarded his cook for having composed a pudding of especial merit by the gift of a manor."*

—The Pleasures of the Table.

### APPLE DOWDY

Fill pie tin with quartered apples. (Spread with fine sugar, bits of butter and sprinkle with cinnamon.) Cover with baking powder biscuit crust  $\frac{1}{2}$  inch thick. Bake, invert on plate, cover with the seasoning and serve with hard sauce or sugar and cream.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

### APPLE DUFF

Make a rich pie crust and line a deep pan with it. Fill crust with sliced apple, plenty of raisins, sugar and cinnamon to taste. Add small pieces of butter, then cover with crust, bake until apples are done.

*Mrs. J. Hampton Moore, Wife of former Representative Moore (Pa.).*

### APPLE DUMPLINGS

$1\frac{1}{2}$  cups flour.

$1\frac{1}{2}$  heaping teaspoons baking powder.

$\frac{1}{2}$  teaspoon salt.

$1\frac{1}{2}$  rounding tablespoonfuls of lard.

A little more than  $\frac{1}{2}$  cup of milk, or enough to moisten.

Mix like biscuit dough. Roll rather thin and spread with 2 full cups apples. Add a little sugar and cinnamon to the apples. Roll like jelly roll. Cut in about 4 dumplings as you cut cinnamon rolls.

#### Syrup

$1\frac{1}{2}$  cups dark brown sugar.

$1\frac{1}{2}$  cups white sugar.

2 cups water.

Let boil on top of stove. When dumplings are ready put into syrup and bake in the oven until brown. Serve with cream.

*Mrs. Adam McMullen, Wife of the Governor of Nebraska.*

### HOMESTEAD APPLE DUMPLINGS

These dumplings are baked in sauce and make a hearty dessert and are delicious when well made. Prepare a rich biscuit dough of 2 level cups of flour, 2 rounding teaspoonfuls of baking powder, and  $\frac{1}{2}$  teaspoonful of salt sifted together. Work into this two rounding tablespoonfuls of shortening and add milk enough to make as soft a dough as can be handled. Do not handle any more than is absolutely necessary. Roll to one-half inch in thickness and cut in three-inch squares. Put  $\frac{1}{4}$  of a

pared and cored apple on each square and pinch the dough together around the apple. Place the smooth side of each dumpling up, putting them in the pan, which should be a deep baking dish. Cover with sauce.

#### Sauce for Six Dumplings

1 pint of water. ¼ cup of butter.  
2 cups of sugar. A little lemon extract.

Let come to a boil and pour over the dumplings. Bake in a moderate oven for about 30 to 40 minutes. Cover the dish.

*Mrs. Joseph E. Ransdell, Wife of Senator Ransdell (La.).*

#### BAKED APPLE PUDDING

Pare, quarter and core enough apples for a pudding dish. Boil these in 1 cup of sugar and 1 cup of water. When clear let the apples cool and add 10 drops of orange extract. Beat whites of 2 eggs to a stiff froth, add a small quantity of sugar; beat again and pour this over the apples; dust thickly with chopped walnut meats, sprinkle with powdered sugar, stand in oven until a golden brown, when cold serve with cream.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*

#### APPLE PUDDING

1 cup sugar. 1 tablespoon flour.  
4 apples cut in dice. 1 teaspoon baking powder.  
½ cup nut meats. 1 egg.  
Bake and serve with whipped cream.

*Mrs. Rice Means, Wife of former Senator Means (Col.).*

#### APPLE MERINGUE PUDDING

2 cups stewed apples. ¼ cup sugar.  
3 eggs. 1 tablespoon lemon juice or  
½ teaspoon nutmeg. vinegar.  
½ teaspoon cinnamon. ¼ cup powdered sugar.  
2 tablespoons butter. 1 teaspoon flavoring.

While the apples are still hot add the spices, which have been thoroughly mixed, the butter and well-beaten yolks of eggs; sugar and lemon juice may be added, if needed. Beat until light, put into a buttered baking dish and cook 10 minutes in a hot oven. Take from the oven and cover with a meringue made from the whites of the eggs, powdered sugar and flavoring. Brown slightly. Serve cold with cream.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

#### APPLE ROLL

See Favorite Dishes of All Nations, page 50.

#### ASHBURTON PUDDING

4 cups of flour. 1 cup molasses.  
1 cup of milk. 1 cup of suet.  
1 cup raisins. 1 teaspoon of soda.  
Mix together and boil 3 hours.

## Sauce

- ½ cup of melted butter.                      1 egg.  
1 cup sugar.

*Mrs. J. Banks Kurtz, Wife of Representative Kurtz (Pa.).*

## BANANA PUDDING (ENGLISH)

- 5 bananas.    1 dozen preserved cherries  
1 tablespoon lemon juice.                      cut in small pieces.  
6 eggs (yolks and whites                      2 tablespoons cherry juice.  
beaten separately.)                              1 teaspoon vanilla.  
½ pound butter.                                      1 tablespoon cassia.  
1 cup sugar.    1 sponge cake.  
½ package plain gelatine.

Cream butter and sugar; add yolks, crushed bananas, cassia, lemon juice, vanilla, whites of eggs beaten stiff, cherries and gelatine which has been soaked in cold water for 5 minutes and then dissolved in 1 cup of hot water. Butter angel cake pan and line bottom and sides with sponge cake; pour in mixture, having pan ¾ full and cover top with cake. Put in refrigerator for 24 hours. Turn out into plate and frost with whipped cream. Decorate with cherries.

*Mrs. Louis D. Brandeis, Wife of Justice Brandeis.*

## BLACKBERRY PUDDING

- 1 egg, beaten.    2 teaspoons baking powder  
1 cup sugar.    with —  
¼ cup butter, melted.                              2 cups flour.  
½ cup milk.    1 coffee cup mashed blackberries.

## Sauce

- 2 cups sugar creamed with                      2 cups mashed blackberries.  
½ cup butter, add

Let stand in dish of hot water on back of stove.

*Miss Emily Taber, Sister of Representative John Taber (N. Y.).*

## BLUEBERRY PUDDING

- 3 teaspoons baking powder.                      2 tumblers flour.  
1 tumbler molasses.                              3 tumblers berries.

Sift flour and baking powder, add molasses, then berries; mix all well. Pour in shallow buttered pan. (Should be ½ or ¾ inch thick. Bake in rather slow oven.

## Sauce

1 cup powdered sugar.                              Butter size of an egg.  
Mix to a cream, add 1 egg very well beaten. Beat together until it separates, add ½ cup cream or milk. Vanilla.

This recipe in my mother's box is dated 1888. It has always been a favorite and during the blueberry season we use it very often.

*Mrs. John Q. Tilson, Wife of Representative Tilson (Conn.).*

## PRINCESS PUDDING

See Favorite Dishes of All Nations, page 102.



## WHIPPED BERRY PUDDING

See Favorite Dishes of All Nations, page 63.

## BLANC MANGE

4 cups milk.	Whites of 5 eggs.
6 tablespoons cornstarch.	Vanilla.
6 tablespoons sugar.	Pinch of salt.

Scald the milk in double boiler. Mix cornstarch, sugar and salt thoroughly; add slowly the scalded milk and boil 5 or 6 minutes, stirring constantly. Return to the double boiler and cook 20 minutes, stirring occasionally. Remove from fire and while very hot fold in the well-beaten whites of eggs. Add flavoring, put in wet molds and stand on ice for several hours. Serve with whipped cream, mashed berries or soft custard.

*Miss Mabel Boardman, Secretary American Red Cross, Washington, D. C.*

## DELICIOUS BREAD CUSTARD

Toast and butter 2 slices of bread—cut in small squares and place (buttered side up) in a pyrex dish. To 1 quart of sweet milk add  $\frac{3}{4}$  cup of sugar beaten in with 3 eggs. Flavor with nutmeg and  $\frac{3}{4}$  teaspoon orange extract. Pour over the bread and bake in a slow oven 1 hour. Test by inserting a silver knife. If it comes out clean or dry, the custard is done.

*Mrs. Frederick W. Magrady, Wife of Representative Magrady (Pa.).*

## CHOCOLATE BREAD PUDDING

2 cups of stale bread crumbs.	1 egg.
2 cups hot milk.	Dash of salt.
$1\frac{1}{2}$ ounces grated chocolate.	1 teaspoon vanilla.
$\frac{1}{2}$ cup sugar.	

Dissolve chocolate in hot milk, pour over bread crumbs; add sugar, salt and beaten yolk of egg and vanilla; then add white of egg beaten stiff. Serve hot with hard sauce.

*Mrs. Lenore Sherwood, Daughter of the late Representative Sherwood (Ohio).*

## CATHARINE'S CHOCOLATE BREAD PUDDING

1 cup stale bread crumbs.	$\frac{1}{8}$ teaspoonful salt.
2 cups scalded milk.	1 teaspoonful vanilla.
1 square chocolate.	Soak bread in milk 30 minutes.
$\frac{1}{3}$ cup sugar.	Melt chocolate.
1 egg.	

Add  $\frac{1}{2}$  of sugar and enough milk taken from bread and milk to pour. Then add to the mixture the remaining sugar, salt, vanilla, and egg beaten. Turn into pudding dish and bake 1 hour in moderate oven. Serve with hard sauce or foamy sauce.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

## BREAD PUDDING

One-half cup dry toast crumbs soaked in  $\frac{3}{4}$  cup milk. Make soft custard, flavor (1 pint milk, 2 eggs,  $\frac{1}{2}$  cup sugar.) Pour over crumbs, stir

well. Bake about  $\frac{1}{2}$  hour, not more. The eggs may be separated and the whites used for meringue. Rice and bread crumbs can both be used in same pudding to advantage if one is careful not to use too much.

*Mrs. Curtis D. Wilbur, Wife of the Secretary of the Navy.*

### LEMON BREAD PUDDING

1½ cups milk.	Yolks of 2 eggs.
1 cup bread crumbs.	Grated rind of 1 lemon.
½ cup sugar.	

Soak crumbs in milk, add sugar, beaten yolks and grated rind. Bake in slow oven until custard is set. Pour lemon juice over it. Put on top of it a meringue of the egg whites and 2 tablespoons powdered sugar. Brown in oven. Good either hot or cold.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

### BREAD PUDDING

See Favorite Dishes of All Nations, page 118.

### BROWN BETTY

Arrange in a baking dish alternate layers of buttered bread crumbs or cracker crumbs, and sliced apples. Dot over the top with butter and pour over this  $\frac{1}{2}$  cup of milk, in which has been stirred  $\frac{1}{2}$  cup of sugar. Sprinkle the top with nutmeg and cinnamon. Bake  $\frac{1}{2}$  hour in moderate oven. Serve with hard sauce.

*Mrs. Oscar E. Bland, Wife of former Representative Bland (Ind.).*

### BROWN BETTY

5 or 6 sour apples.	1 large teaspoon butter.
$\frac{3}{4}$ cup of sugar.	1 teaspoon lemon juice.
$\frac{1}{4}$ teaspoon nutmeg (grated.)	

Pare, core and cut the apples into eighths. Mix sugar, nutmeg and lemon juice and sprinkle over the apples. Dot with butter. Put in a small earthen dish, add hot water to keep from burning. Bake 3 hours in a very slow oven, when the apples will be dark red. Cool and bake between two crusts. The pastry should be very nice. Serve with cream. If you wish your Brown Betty to be large, increase the amounts. Bake in deep dish.

*Mrs. Edith Nourse Rogers, Member of Congress (Mass.).*

### BUTTERSCOTCH PUDDING

One of the easiest puddings to make is a butterscotch. Mix together 1 cup of brown sugar and 3 tablespoons of flour, add 1 cup of milk or water and the yolks of 2 eggs. Cook together until thick and remove from the fire. While still hot add 2 tablespoons of butter and  $\frac{1}{2}$  teaspoonful of vanilla. Beat the 2 whites of the eggs until stiff and fold in the hot pudding. Serve with whipped cream.

*Mrs. Jas. T. McCleary, Widow of the late Representative McCleary (Minn.).*

### BUTTERSCOTCH PUDDING

1 cup brown sugar.	2 eggs.
2 tablespoons butter.	$\frac{1}{4}$ teaspoon salt.
2 cups hot milk.	Juice of $\frac{1}{2}$ lemon.
2 tablespoons powdered sugar.	1 teaspoon vanilla.
1-inch thick slice stale bread.	

Melt brown sugar and butter over fire and cook till dark brown. Pour in hot milk and let simmer 10 minutes. Soak bread in cold water till soft. Pour milk and sugar over bread and beat in yolks of eggs, salt and vanilla. Bake in buttered baking dish in pan of water 45 minutes. Beat whites of eggs stiff. Add powdered sugar and lemon—spread over pudding and brown.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.).*

### CABINET PUDDING

See Large Gatherings, page 698.

### CARAMEL CUSTARD

4 cups milk.	4 eggs.
1 cup sugar (melted and caramelized.)	1 teaspoon vanilla.

Heat milk on direct heat, stirring to keep from scorching, and add melted sugar—stir until all sugar is dissolved; pour over slightly beaten eggs, add flavoring and pinch of salt, strain and pour into custard cups. Bake in a pan of hot water about  $\frac{3}{4}$  of an hour. Makes six cups.

*Mrs. J. F. Nugent, Wife of former Senator Nugent (Idaho).*

### CARROT PUDDING

1 cup carrots, grated.	1 teaspoon of cinnamon.
1 cup of apples, chopped.	$\frac{1}{2}$ teaspoon of cloves.
1 cup of sugar.	1 teaspoon of soda, sifted with
1 cup of suet, put through chopper.	2 cups of flour.

Steam 3 hours. Serve with any pudding sauce.

*Mrs. Frank B. Kellogg, Wife of the Secretary of State.*

### SPECIAL CHEESE PUDDING

See Favorite Dishes of All Nations, page 35.

### CHERRY PUDDING

1 cupful sugar.	1 egg.
1 cupful flour.	1 cupful nuts.
1 teaspoon soda in flour.	1 cupful cherries.

Fill cup full with cherries and juice. Beat sugar, butter and eggs; add flour, cherries and nuts. Bake in moderate oven 30 to 40 minutes. Serve with whipped cream.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

### INDIVIDUAL CHERRY PUDDINGS

2 tablespoons butter, melted.	1 cup milk.
1 cup sugar.	2 cups flour.
1 egg.	2 teaspoons baking powder.
1 cup cherries.	

Make a batter. Put the cherries (after the juice is drained off) in the bottom of small buttered bake dishes, pour batter on them and bake. Turn the puddings out with the fruit on top. This makes seven small puddings.

*Mrs. W. F. Kopp, Wife of Representative Kopp (Iowa).*

## CHOCOLATE PUDDING

One cupful milk, 1 cupful Ghirardelli ground chocolate; boil until thick. Cool, and add 3 eggs, separated, beat yolks with 1 cupful sugar, 1 large tablespoon Knox gelatine dissolved in cold water. Last whites beaten. Beat good with egg beater and mold. Serve with whipped cream.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## CHOCOLATE PUDDING

3 ounces chocolate.  
3 ounces sugar.

3 ounces butter.  
Yolks of 3 eggs.

Melt the chocolate, sugar and butter and stir in the yolks of the 3 eggs. Whip up the whites of the eggs and stir into the mixture. Fill the timbales three parts full and set them in a pan of warm water which is set in the oven for 30 minutes. There will be some of the mixture left after filling the timbales and cream should be whipped and stirred into this to be used as a sauce on the pudding.

*Mrs. George Payne McLean, Wife of Senator McLean (Conn.).*

## CHOCOLATE PUDDING

1 quart of milk.  
2 ounces of chocolate.  
1 cup of sugar.

4 tablespoonfuls of cornstarch.  
Pinch of salt.  
Vanilla.

Cook, then pour into mold, and when cold, serve with cream.

*Mrs. J. Banks Kurtz, Wife of Representative Kurtz (Pa.).*

## STEAMED CHOCOLATE PUDDING

1 egg, well beaten.  
1 cupful sugar.  
 $\frac{1}{2}$  cupful milk.  
1 cupful powdered sugar.

1 teaspoonful baking powder.  
1 tablespoonful melted butter.  
2 squares chocolate, melted;  
add little salt.

Steam one hour.

## Sauce

Cream butter, size walnut.  $\frac{1}{2}$  cupful cream, whipped stiff.  
1 cupful powdered sugar. Vanilla.  
1 egg, well beaten.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

## STEAMED CHOCOLATE PUDDING

2 squares chocolate.  
1 pint milk.  
1 cup dried bread crumbs.  
 $\frac{1}{2}$  cup butter.

2 eggs.  
 $1\frac{1}{2}$  cup sugar.  
1 cup seeded raisins.  
1 cup nuts.

Heat milk, add sugar, chocolate, raisins, bread crumbs, butter and cook until blended. Then add the beaten eggs and nuts. Steam 1 hour, or bake  $\frac{1}{2}$  hour. Serve with whipped cream.

*Mrs. R. G. Simmons, Wife of Representative Simmons (Neb.).*

## COCOANUT PUDDING

Make a nice rich pastry. Cut in small squares. Roll, not too thin, and line small tin shapes. Filling for same: Four eggs, 1 cup sugar, 1 grated

cocoanut, 1 teaspoon of vanilla, piece of butter size of a walnut. Fill the tin shapes with this batter and put in a large pan as many as it will hold and bake in a quick oven.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va.).*

### COCOANUT PUDDING

2 eggs.	6 tablespoons bread crumbs.
$\frac{1}{2}$ cup sugar.	$\frac{3}{4}$ cups seeded raisins.
$\frac{1}{4}$ pound shredded cocoanut.	$\frac{1}{2}$ cup melted butter.
$\frac{1}{2}$ pint milk.	

Cream egg yolks with sugar. Add well-beaten whites. Stir in milk, add cocoanut, crumbs and raisins. Add butter last. Bake.

*Mrs. Dolly Curtis Gann, Sister of Senator Chas. C. Curtis (Kan.).*

### CORN PUDDING

1 can corn.	$\frac{1}{4}$ teaspoon salt.
3 eggs, beaten up.	2 tablespoons butter.
2 tablespoons sugar.	1 cup milk.
1 teaspoon flour.	

Put the corn on and let it cook a little. Add the above ingredients to it. Place in casserole and bake for  $\frac{3}{4}$  hour.

*Mrs. David H. Kincheloe, Wife of Representative Kincheloe (Ky.).*

### COTTAGE PUDDING

$\frac{1}{4}$ cup butter.	1 cup milk.
$\frac{2}{3}$ cup sugar.	2 cups flour.
1 egg.	4 level teaspoons baking powder.
1 teaspoon salt.	

Cream butter, sugar, egg. Add dry ingredients, then milk. Bake 35 minutes.

#### Sauce

1 cup sugar.	$1\frac{1}{2}$ tablespoons lemon or orange juice.
$\frac{1}{2}$ cup water.	2 teaspoons butter.

Boil sugar and water to a syrup. Remove; add juice and butter. A custard sauce is also delicious.

*Mrs. Otis Wingo, Wife of Representative Wingo (Ark.).*

### COTTAGE PUDDING WITH STRAWBERRY SAUCE

Beat 1 egg, add  $\frac{3}{4}$  cup sugar, 3 tablespoons of melted butter, 1 cup milk; beat all well. Mix 2 cups flour, 2 teaspoons baking powder, saltspoon of salt. Add this dry mixture to the liquid, stirring well. Bake about 40 minutes.

#### Sauce

Cream 1 pint powdered sugar and  $\frac{1}{2}$  cup butter. Add 1 quart mashed strawberries. Last fold in beaten whites of 2 eggs.

*Mrs. Allen F. Moore, Wife of former Representative Moore (Ill.).*

## DATE PUDDING

½ cup butter.  
1 cup sugar.  
2 eggs.  
½ cup milk.

1 package dates (seeded, cut  
and floured.)  
2 teaspoons baking powder.

Add enough flour to make a stiff batter. Steam 2 hours. Serve with whipped cream.

*Mrs. James J. Davis, Wife of the Secretary of Labor.*

## DATE PUDDING

1 cup sugar.  
1 package of dates.  
1 ounce walnut meats.

2 tablespoons flour.  
2 teaspoons baking powder.  
2 eggs.

Cut up dates and nuts, sprinkle flour and baking powder over same. Mix in eggs well beaten. Bake in well-buttered tin in moderate oven 35 minutes. Serve with whipped cream.

*Mrs. Roy O. Woodruff, Wife of Representative Woodruff (Mich.).*

## DATE PUDDING

½ cup brown sugar.  
2 tablespoons butter.  
½ cup sweet milk.  
1 cup flour.  
2 teaspoons baking powder.  
1 teaspoon nutmeg.

1 teaspoon cinnamon.  
1 cup dates (chopped or cut  
in small pieces.)  
1 cup raisins.  
1 cup nuts (chopped.)  
Pinch of salt.

Mix these ingredients and put in pan and over it pour the following:

2 cups boiling water. 1 cup brown sugar.

Dissolve sugar in water; bake ½ hour. Serve with whipped cream.

Serves 6 people.

*Mrs. M. E. Trapp, Wife of former Governor of Oklahoma.*

## DATE PUDDING

2 packages of dates.  
1 cup pecans.  
3 eggs, beaten separately.

3 tablespoons flour.  
1 cup sugar.  
¼ teaspoon each salt and soda.

Bake an hour in very moderate oven.

*Mrs. J. B. Reed, Wife of Representative Reed (Ark.).*

## DATE PUDDING

1 cup nut meats.  
½ package dates, cut small.  
¼ cup flour.  
¼ cup sugar.

½ teaspoon baking powder.  
Pinch of salt.  
2 eggs.

Sift dry ingredients, add nuts and dates. Beat egg yolks and stir in dry mixture. Add egg whites and bake in very slow oven.

*Mrs. Carl G. Bachmann, Wife of Representative Bachmann (W. Va.).*

## DATE PUDDING

2 eggs.  
1 cup sugar.  
¼ cup butter.

¼ cup milk.  
1 teaspoon baking powder and  
flour to make a batter.

Stone and quarter dates enough to make a cup. Add to the batter. Fill molds half full and steam 30 minutes. Serve with a liquid sauce.

*Mrs. W. M. Jardine, Wife of the Secretary of Agriculture.*

### DATE PUDDING

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 2 eggs (beaten separately.)     | 1 teaspoon baking powder.        |
| 1 cup sugar.                    | 1 cup dates, cut fine.           |
| 1½ tablespoons flour (rounded.) | 1 cup English walnuts, cut fine. |
| 2 tablespoons milk.             |                                  |

Mix sugar, flour, baking powder, dates and nuts in 8 x 10 pan. Beat yolks very light and add to beaten whites. Then add milk. Pour egg mixture over dry mixture. Stir lightly and bake in pan of hot water in moderate oven 40 minutes. When done this should be syrupy on under side. Cut in squares and serve bottom-side up on plate with ice cream.

*Mrs. C. C. Dickinson, Wife of Representative Dickinson (Mo.).*

### DATE AND NUT PUDDING

- |                         |                          |
|-------------------------|--------------------------|
| ½ pound dates.          | ½ pound English walnuts. |
| ½ pound powdered sugar. | 4 eggs.                  |

Beat eggs separately, add sugar to yolks, also dates and nuts. Then fold in the beaten whites. Bake 20 to 30 minutes in a slow oven.

*Mrs. W. A. Ayres, Wife of Representative Ayres (Kan.).*

### DATE AND NUT PUDDING

See Favorite Dishes of All Nations, pages 82, 121.

### BISHOP WHIPPLE PUDDING

- |                        |                           |
|------------------------|---------------------------|
| 2 eggs, not separated. | 1 teaspoon baking powder. |
| ½ cup sugar.           | 1 cup chopped nuts.       |
| ½ cup flour.           | 1 cup chopped dates.      |

Mix as for cake and bake in biscuit pan. Serve with brown sugar sauce.

*Mrs. Lamar Jeffers, Wife of Representative Jeffers (Ala.).*

### SAUCE FOR DATE PUDDING

- |                     |                      |
|---------------------|----------------------|
| 2 scant cups sugar. | ⅔ cup butter.        |
| 1 egg.              | ⅓ cup cream or milk. |

Cream butter and sugar, add other ingredients and cook in double boiler until thick. Add any flavoring desired. Beat with Dover egg beater before serving.

*Mrs. Oscar E. Bland, Wife of former Representative Bland (Ind.).*

### BOILED DATE OR FIG PUDDING

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 cup of dates, stoned and cut fine. | 2 eggs.                         |
| 1 cup beef suet, cut-fine.           | 3 tablespoonsful baking powder. |
| 1 cup bread crumbs.                  | ¼ teaspoonful of salt.          |
| 1 cup of flour.                      | 1 teaspoon of vanilla.          |
| 1 cup of sugar.                      |                                 |

Put together the dates, suet and the bread crumbs. Then add the baking powder to the flour. Then the sugar and the salt. Put these all together, add the eggs well beaten to the milk and put into the previously mentioned

ingredients and stir well. Put into a buttered kettle with a tight lid. Set the kettle in boiling water which does not come more than half way to the top of the kettle. Add water constantly and boil 4 hours. Use liquid or hard sauce.

*Miss Ellen Wood, Sister of former Representative Ira W. Wood (N. J.).*

### A DELICIOUS PUDDING

Beat separately the yolks and whites of 6 eggs. To the yolks add  $1\frac{1}{2}$  cups of granulated sugar, and to the whites, beaten to the stiffest possible froth, add 3 cups of finely chopped or pounded nuts. Hazel nuts, pecans, or almonds are equally good. Mix all together very lightly and stir in 1 teaspoon of vanilla. Then last of all take 1 tablespoon of flour and 1 teaspoon of baking powder; run several times through the sieve and mix lightly into the above mixture. This must be baked quickly in jelly cake tins and when ready to serve is put together like layer cake with whipped cream. A pint of the cream beaten stiff, chilled, and flavored with vanilla, or anything preferred, will be sufficient for the layers, top and sides.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

### EXQUISITE PUDDING

See Favorite Dishes of All Nations, page 132.

### FIG PUDDING

$\frac{1}{2}$ pound each figs, chopped	1 teaspoonful cloves.
fine, butter and sugar.	1 teaspoonful cinnamon.
4 eggs.	1 teacup of milk.
$\frac{3}{4}$ pounds bread crumbs.	Pinch of salt.
$\frac{1}{2}$ nutmeg.	

Boil 2 hours. Serve with hard sauce.

*Mrs. John H. Small, Wife of former Representative Small (N. C.).*

### FIG PUDDING

$\frac{3}{4}$ pound grated bread.	6 ounces chopped suet.
$\frac{1}{2}$ pound figs, chopped fine.	1 teacup milk.
6 ounces sugar.	

Mix bread, suet, sugar, nutmeg, then add the figs with 1 egg well beaten. Milk last of all. Boil in a mold 4 hours.

*Mrs. Eugene Hale, Daughter of the late Senator Chandler (Mich.).*

*Widow of the late Senator Eugene Hale (Maine).*

*Mother of Senator Frederick Hale (Maine).*

### FRUIT PUDDING

Butter deep dish; put in fruit; use any kind of fruit, but I prefer cherries. Sprinkle with sugar; cover with following batter:

$\frac{1}{4}$ cup butter.	$\frac{3}{4}$ cup sugar.
1 cup sour milk.	Flour enough to make thick batter.
1 pinch of soda.	

$2\frac{1}{2}$  teaspoons baking powder.

Serve with sauce made of

1 cup sugar.

3 teaspoons butter.

1 tablespoon flour.

$\frac{3}{4}$  cup water.

Juice of lemon.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*



## FRUIT PUDDING

1 egg.  
 ½ cup molasses.  
 2 tablespoons brown sugar.  
 2 tablespoons butter.  
 Steam ½ hour.

1½ cups flour.  
 1 teaspoon soda.  
 ½ cup boiling water.  
 ½ cup chopped raisins.

## Lemon Sauce

½ cup sugar.  
 ½ cup butter.  
 1 egg.  
 3 tablespoons hot water.

Juice and grated rind of 1 lemon.  
 A little flour if necessary.

*Mrs. Rice Means, Wife of former Senator Means (Col.).*

## GINGER PUDDING

½ cup butter.  
 ½ cup molasses.  
 ½ cup hot water.  
 1 teaspoon vinegar.  
 1 teaspoon cinnamon.

1 teaspoon soda (dissolved in the hot water.)  
 1 teaspoon ginger.  
 Flour enough to make consistency of cake batter.

Steam 1 hour. Serve with lemon sauce.

*Mrs. J. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

## STEAMED GINGER PUDDING

1 egg  
 1 cup molasses.  
 ½ cup butter.  
 1 cup chopped Blue Ribbon figs.

1 cup hot water.  
 1 tablespoon ginger.  
 1 teaspoon soda.  
 2½ cups flour.

Beat egg in mixing bowl, add molasses, melted butter, figs and beat thoroughly. Add flour sifted with ginger and soda, and when well mixed, combine with hot water. Put in greased shallow pans and steam one hour. Serve with lemon sauce.

## Lemon Sauce

1 cup sugar.  
 ½ cup butter.  
 2 tablespoons flour.

1 tablespoon lemon extract.  
 1 cup boiling water.

Cream butter with sugar and flour. Add boiling water and boil one minute. Remove from fire, add lemon extract and serve hot.

*Mrs. Henry E. Barbour, Wife of Representative Barbour (Cal.).*

## GRAHAM PUDDING

1½ cups graham flour (do not sift).  
 1 teaspoon soda.  
 ⅔ cup molasses.

1 cup sweet milk.  
 1 cup chopped raisins.  
 Pinch of salt.

Dissolve soda and salt in milk. Add graham flour and syrup. Beat thoroughly. Add raisins. Put into a 2-quart pan and steam 3 hours.

Sauce for graham pudding:

1 cup sugar.

2 tablespoons water.

Let come to boil like syrup. Add 1 tablespoon butter. Beat 2 egg yolks in a pan, then gradually stir the above mixture into the yolks. Return

to the stove for a few minutes, stirring all the time. Remove from stove and add 1 teaspoon vanilla. Serve hot on pudding (which should be warm).

*Mrs. James H. Patten, Daughter of the late Senator Latimer (S. C.).*

### DELICIOUS GRAHAM PUDDING

2 cups graham flour.	A pinch of salt.
1 cup molasses.	1 teaspoonful cinnamon.
1 cup sweet milk.	1 teaspoonful cloves.
2 level teaspoonfuls soda.	½ teaspoonful ginger.

Flour 1 cup chopped raisins, a few plump table raisins, seeded, 1 cup chopped nut meats, ½ cup preserved cherries. (The cherries may be omitted.) Add to other ingredients, steam 3 hours. Can be made the day before needed, and heated in steamer before serving.

#### Sauce

Beat 1 cup sugar and ½ cup butter to a cream. Add the yolks of 3 eggs well beaten, then add the thoroughly beaten whites. Flavor generously with vanilla. Keep it cool, and beat again before using.

*Mrs. I. L. Lenroot, Wife of former Senator Lenroot (Wis.).*

### GRANDMOTHER'S PUDDING

See Favorite Dishes of All Nations, page 36.

### GRAPENUT RAISIN PUDDING

4 cups water.	1 cup grapenuts.
⅔ cup minute tapioca (scant).	¼ teaspoon salt.
1 cup brown sugar.	1 teaspoon vanilla.
1 cup raisins.	

Cook water and tapioca in double boiler until tapioca is clear. Remove from fire. Add remaining ingredients. Chill and serve with whipped cream. Chill in small molds if desired. The above rule will serve 8 people.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Maine).*

### HARLEQUIN PUDDING

To 1 pint of boiling water add 3 tablespoons of cornstarch, wet in a little cold water, juice of 2 lemons, 1 cup sugar. Cook until thick; when cool add whites of 2 eggs, well beaten. Stir chocolate in part of mixture and put in bowl, in layers. Serve with custard made of 1 pint of milk, mixed with yolks of 3 eggs. Flavor to taste.

*Mrs. Robert N. Page, Widow of the late Representative Page (N. C.).*

### HERSCHEL PUDDING

6 egg yolks and 6 tablespoonfuls sugar, creamed.	1 small bottle of Maraschino cherries and juice.
	1 tablespoon gelatine, dissolved in 1 cup cold water.

Put all of the above in double boiler and cook until thick, and while mixture is hot crumble in ½ box of vanilla wafers and tumble all into the stiffly beaten whites of the 6 eggs. Then add 1 cup of nuts. Make the day before it is to be eaten and cut in squares. Serve with whipped cream.

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

## HOLIDAY PUDDING

- |                                     |   |
|-------------------------------------|---|
| 3 pounds raisins, chopped slightly. | 10 eggs, beaten separately.                 |
| 1 pound currants.                   | 1 cup sweet milk, poured over bread crumbs. |
| 1 pound baker's bread crumbs.       | 2 egg glasses grape juice or coffee.        |
| 1 pound chopped apples.             | 1 good tablespoon flour to dredge fruit.    |
| 1 pound beef suet.                  |   |
| 1 pound sugar.                      |   |
| 1 piece citron, chopped fine.       |   |

Spice with nutmeg and cinnamon, steam 4 hours and to warm steam 1 hour.

## Sauce

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 cup powdered sugar.     | 1 cup whipped cream.            |
| $\frac{1}{3}$ cup butter. | $\frac{1}{2}$ teaspoon vanilla. |
- Grated rind of 1 orange and candied cherries. Cream butter and add sugar gradually, stirring constantly until smooth; add flavoring and orange rind and cherries. Carefully fold in whipped cream.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

## BAKED INDIAN PUDDING

- |                                |                      |
|--------------------------------|----------------------|
| 2 quarts milk.                 | 1 teaspoon salt.     |
| $\frac{1}{2}$ cup Indian meal. | 2 teaspoons ginger.  |
| $\frac{1}{2}$ cup molasses.    | 1 tablespoon butter. |

Boil 1 quart of milk, add to it molasses, butter, salt and ginger. Add meal, and cook for 20 minutes in double boiler. Then add 1 beaten egg, with half a cup of cream, and some cold milk and turn into buttered pudding dish. Bake 4 hours in a slow oven, stirring often while baking. Serve with vanilla ice cream.

*Mrs. Louis A. Frothingham, Wife of Representative Frothingham (Mass.).*

## BAKED INDIAN PUDDING

One quart milk, in which 4 tablespoonfuls of Indian meal is added, and cooked in double boiler about half an hour. Pour into buttered baking dish in which  $\frac{1}{8}$  cup of sugar,  $\frac{1}{3}$  cup of molasses, piece of suet size of an egg, chopped fine;  $\frac{1}{4}$  teaspoonful ginger,  $\frac{1}{4}$  teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful salt. Stir all together thoroughly. Bake three or four hours. Butter may be used instead of suet and salt.

*Mrs. Frederick H. Gillett, Wife of Senator Gillett (Mass.).*

## INDIAN MEAL PUDDING (Very Old)

Put  $1\frac{1}{2}$  quarts of milk on to boil; stir in slowly 1 cup meal,  $\frac{1}{4}$  cup flour. Take from fire when it has thickened a little and stir in quickly  $\frac{3}{4}$  cup of molasses. Then add:

- |                              |                                |
|------------------------------|--------------------------------|
| $\frac{1}{4}$ cup sugar.     | 1 heaping teaspoon cinnamon.   |
| $\frac{3}{4}$ cup butter.    | 1 teaspoon ginger.             |
| 1 cup raisins.               | $\frac{1}{2}$ teaspoon cloves. |
| Citron, 2 eggs, well beaten. | $1\frac{1}{2}$ teaspoons salt. |

Juice of 1 orange and the peel of half an orange, juice and  $\frac{1}{2}$  peel of 1 lemon. Slice peel of orange and lemon very thin; cup cold milk. Bake very slowly from  $2\frac{1}{2}$  to 3 hours.

*Mrs. George Payne McLean, Wife of Senator McLean (Conn.).*

## MY GRANMOTHER'S INDIAN PUDDING

(E. Carrow)

3 pints of scalded milk. Stirred well together while hot.  
 7 tablespoonfuls of Indian Meal.

When it is cold add 5 eggs,  $\frac{1}{2}$  pound raisins, 4 ounces butter. Spice and sugar to your taste.

*Mrs. Theodore Roosevelt, Sr., Widow of the late President Roosevelt.*

## INDIAN PUDDING

$3\frac{1}{2}$  cups milk. 1 egg.  
 $\frac{1}{2}$  cup molasses.  $\frac{1}{2}$  teaspoonful salt.  
 2 tablespoonfuls cornmeal.

Put a pint of milk to boil in double boiler, 2 tablespoonfuls of cornmeal stirred into  $\frac{1}{2}$  cup molasses, then stir it into the boiling milk, and add  $\frac{1}{2}$  teaspoonful of salt. When it has cooked a little, add  $\frac{1}{2}$  cup of milk and let cool. Stir 1 egg into it and after it has cooked 1 hour add the last cup of milk and bake from 3 to 4 hours longer. If it seems too soft, a little more cornmeal can be added. This can be eaten hot or cold. It is improved served with cream.

*Mrs. Jesse H. Metcalf, Wife of Senator Metcalf (R. I.).*

## LADYFINGER PUDDING

1 quart milk. 2 eggs.

A little salt, sugar to taste, 2 tablespoons of cornstarch; cook a few minutes; flavor with vanilla. Pour over ladyfingers while hot. When cold spread whipped cream on top.

*Mrs. Mae E. Nolan, former Member of Congress (Cal.).*

## LEMON PUDDING

The juice and grated rind of 1 lemon, cup sugar, yolk of 2 eggs, 3 well-rounded tablespoons flour, a pinch of salt, 1 pint rich milk. Mix the flour and part of the milk to a smooth paste, add the juice and rind of lemon, the cup of sugar, yolks well beaten, the rest of the milk (after having rinsed out the egg with it); line plate with puff paste  $\frac{1}{4}$  inch thick; pour in custard, bake in a quick oven until done. Beat whites to a stiff froth, add 2 tablespoons sugar, spread over the top. Return to oven and brown. Serve with very cold cream or whipped cream.

*Mrs. James R. Mann, Widow of the late Representative Mann (Ill.).*

## LEMON PUDDING

1 cup water. Juice and rind (grated) of 1 lemon.  
 1 cup sugar. A little salt.

Cook and thicken with 2 heaping tablespoons of cornstarch. Beat whites of 3 eggs until a stiff froth, and add the cooked mixture while hot. Put away in a bowl to cool.

Dressing for Lemon Pudding:

Yolks 3 eggs. A little salt.  
 $\frac{1}{2}$  cup sugar. 1 pint of sweet milk.

Cook in double boiler until creamy. Season with vanilla.

*Mrs. Samuel H. Miller, Widow of the late Representative Miller (Pa.).*

## LEMON CREAM PUDDING

Beat yolks of 4 eggs with 4 tablespoons of sugar, add juice and rind of 1 large lemon and 2 tablespoons of hot water. Simmer until it thickens, then remove from the fire and stir in the whites of 4 eggs, beaten stiff, with 2 tablespoonfuls of sugar.

*Mrs. Thomas Hall, Wife of Representative Hall (N. D.).*

## LEMON PUDDING

1 large lemon, grated and juice.	$\frac{3}{4}$ cup butter.
2 cups sugar.	2 eggs.
	1 quart boiling water.

## Crust

1 pint flour.	2 teaspoons baking powder
1 tablespoonful sugar.	and water to mix.
1 tablespoonful lard.	

Roll thin and put in bread pan. Pour the above mixture on top of dough and bake  $\frac{1}{2}$  hour.

*Mrs. Charles C. Kearns, Wife of Representative Kearns (Ohio).*

## MACARON PUDDING

1 tablespoon granulated gelatine.	$\frac{1}{3}$ teaspoon salt.
$\frac{1}{4}$ cup cold water.	$\frac{2}{3}$ cup pounded macaroons or graham crackers.
2 cups scalded milk.	1 teaspoon vanilla.
Yolks 3 eggs.	Whites 3 eggs.
$\frac{1}{3}$ cup sugar.	

Make custard of yolks and milk; stir in gelatin; when it begins to set, stir in macaroons and whites of eggs.

*Mrs. Robert Lansing, Wife of former Secretary of State.*

## MACARON PUDDING

1 envelope Knox gelatin, soaked 10 minutes in half cup tepid water. Make a custard, in double boiler, of 3 eggs,  $1\frac{1}{2}$  pints milk,  $\frac{2}{3}$  cup granulated sugar. Add gelatin while hot and let cool. 1 teaspoon vanilla, 1 pint whipping cream, whipped stiff and flavored with 1 teaspoon vanilla and  $\frac{1}{2}$  cup powdered sugar. Beat into custard and pour over 2 dozen macaroons arranged in a mold. Candied cherries and pineapple, cut up, may be added if desired.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

## MACARON PUDDING

4 eggs.	1 teaspoon vanilla.
1 cup sugar.	$\frac{1}{2}$ teaspoon almond extract.
1 level teaspoon Knox's gelatine.	15 macaroons, broken fine.
1 pint milk.	Whipped cream.

Into a double boiler put the beaten yolks of 4 eggs, 1 cup sugar, 1 teaspoon Knox's gelatin and 1 pint of milk. Cook 15 minutes and stir con-

stantly. When cool add whites of 4 eggs, beaten, 1 teaspoon vanilla, 1 teaspoon almond extract, 15 macaroons, broken fine; pour in a mold and let stand 24 hours. Serve with whipped cream.

*Mrs. Guy E. Campbell, Wife of Representative Campbell (Pa.).*

### MARIA PIA PUDDING

See Favorite Dishes of All Nations, page 36.

### MARMALADE PUDDING

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 large glassful orange marmalade. | 3 tablespoons melted butter. |
| 1 large glassful bread crumbs.     | A pinch of salt.             |
| 4 level tablespoons sugar.         | 2 eggs, well beaten.         |

Mix together and place in well greased pan that will fit in double boiler, and steam 2 hours. This is enough for 8 or 10.

#### Sauce

- |                                     |                         |
|-------------------------------------|-------------------------|
| $\frac{1}{3}$ cup melted butter.    | 1 tablespoon hot water. |
| $1\frac{1}{2}$ cups powdered sugar. | 2 teaspoons vanilla.    |
| 2 eggs, beaten light.               |                         |

Mix together and fold in 1 pint of whipped cream.

*Mrs. Ralph H. Cameron, Wife of former Senator Cameron (Ariz.).*

### MARMALADE PUDDING

See Favorite Dishes of All Nations, page 71.

### MARSHMALLOW PUDDING

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 tablespoon granulated gelatine. | Whites of 3 eggs.                  |
| 1 cup boiling water.              | 1 small teaspoon almond flavoring. |
| 1 cup sugar.                      |                                    |

Dissolve gelatin in boiling water, add sugar, stir until dissolved. When this mixture is cooled add the beaten whites of eggs and flavoring. Beat until mixture thickens. Turn this into a deep dish, first dipped in water, and let stand until serving time; then cut in squares and roll in finely ground grape-nuts. Serve with whipped cream, sweetened.

*Miss Doris Gibson, Daughter of Representative Gibson (Vt.).*

### MARSHMALLOW PUDDING

$1\frac{1}{2}$  rounding tablespoons gelatin; soak in  $\frac{3}{4}$  cup cold water; melt on fire and stir until dissolved. Add  $\frac{1}{2}$  cup cold water. Beat whites 6 eggs to a very, very stiff froth, add gelatin to the whites, slowly, beating constantly. Add 1 cup sugar,  $\frac{1}{2}$  teaspoon almond flavoring. Color  $\frac{1}{3}$  pink. Put in mold with layer of nuts and crystallized fruits between the layers of pudding. Serve with whipped cream. Half this recipe to serve 6.

*Mrs. Edward E. Eslick, Wife of Representative Eslick (Tenn.).*

### MARSHMALLOW PUDDING

- |                                      |  |
|--------------------------------------|--|
| $\frac{1}{2}$ pound of marshmallows. | $\frac{1}{2}$ cup chopped candied pineapple. |
| 1 cup of cream.                      |  |
| 1 teaspoonful of vanilla.            | 3 tablespoonfuls of powdered sugar.          |
| $\frac{1}{2}$ cup candied cherries.  |  |

Cut the cherries and pineapple in small pieces; whip cream, add sugar and vanilla and fold in remaining ingredients; adding last the marshmallows which have been cut in small pieces. Mold and chill.

*Mrs. William E. Borah, Wife of Senator Borah (Idaho).*

#### MAUVE PUDDING

- |   |                         |
|---|-------------------------|
| 1¼ tablespoonfuls gelatine.                 | 2 eggs.                 |
| ½ cup boiling water.                        | ¾ cup heavy cream.      |
| 1 tablespoon each lemon and orange extract. | 1 cup grapejuice.       |
|   | 1 cup granulated sugar. |

Let gelatin stand in little cold water till soft, dissolve in boiling water; add sugar and fruit juices. Let stand until it begins to set and beat with egg whip until it is frothy. Whip in egg whites very stiff, then fold in whipped cream. Serve in sherbet glasses and garnish with candied violets.

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

#### MOLD PUDDING

- |                       |                                 |
|-----------------------|---------------------------------|
| 1 quart milk, boiled. | 2 tablespoons jello, dissolved. |
| Yolks of 3 eggs.      | 1 teaspoon vanilla.             |
| 1 cup sugar.          | Serve cold.                     |

*Mrs. Royal S. Copeland, Wife of Senator Copeland (N. Y.).*

#### MOUNTAIN DEW PUDDING

- |                       |                     |
|-----------------------|---------------------|
| 1 cup cracker crumbs. | 1 tablespoon sugar. |
| 1 pint milk.          | Bake ½ hour.        |
| Yolks of 2 eggs.      |                     |

Beat whites of eggs to a stiff froth. Add 1 cup sugar, pinch of salt, lemon or vanilla. Lay on top and brown slightly.

*Mrs. Charles A. Eaton, Wife of Representative Eaton (N. J.).*

#### ORANGE PUDDING

Make a nice rich pastry, cut in small squares; roll not too thin and line small tin shapes. Filling for same: 4 eggs, ¼ cup butter, melted, 1 cup sugar; the juice of 3 oranges and ½ of a lemon. Fill the shapes and bake.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va).*

#### ORANGE PUDDING

Remove skin from sections of 5 or 6 oranges. Place in baking dish with about a cup of sugar over them. Prepare this custard in double boiler: 1 pint milk, when hot add 2 large tablespoons cornstarch, wet with a little milk. Cook fully 10 minutes. Add yolks of 3 eggs. Pour custard over oranges. Beat the 3 whites with 2 tablespoons sugar, spread over yolks and brown carefully in toasting oven.

Fit for king or queen!

*Mrs. Curtis D. Wilbur, Wife of Secretary of the Navy.*

#### ORANGE PUDDING

- |                |                                 |
|----------------|---------------------------------|
| 12 eggs.       | Juice of 1 lemon and 2 oranges. |
| 1 pound sugar. | 1 box Knox gelatine.            |

Beat the yolks and sugar, the longer the better; then add juice of lemon and oranges, then put gelatin in half cup cold water and after it is dissolved add 1 cup hot water; strain it in egg and sugar, mix thoroughly, set aside until it gets livery, then beat the whites; beat until it congeals. Pour in flat buttered pans.

*Mrs. Edward M. Irwin, Wife of Representative Irwin (Ill.).*

### PARADISE PUDDING

- |  |   |
|--|---|
| 3 tablespoons powdered gel-<br>atine soaked in | $\frac{1}{2}$ cup candied cherries, chopped<br>fine.  |
| 1 cup cold milk.                               | 1 dozen marshmallows, soaked<br>in a little hot milk. |
| 1 pint cream (whip.)                           |   |
| $\frac{1}{2}$ cup powdered sugar.              |   |
| 1 cup blanched almonds, chopped<br>fine.       |   |

Mix cream, nuts, cherries and marshmallows. Add the gelatine and stand in a cool place. Serve with whipped cream, each serving with red cherry in center.

*Hon. Howard M. Gore, Governor of West Virginia.*

### PEACH PUDDING

Take 1 can of peaches or same amount of fresh peaches. Butter a glass baking dish. Put in a layer of peaches, then bread crumbs, butter, cinnamon, sugar and chopped almonds. Repeat the process. Bake very slowly until peaches are very soft. Serve cold with rich cream.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

### PECAN PUDDING

- |                                |                               |
|--------------------------------|-------------------------------|
| 2 egg yolks, beaten light, add | $\frac{3}{4}$ cup sweet milk. |
| 1 tablespoon flour.            | 1 cup pecans.                 |
| $\frac{3}{4}$ cup sugar.       |                               |

Flavor with vanilla. Beat whites and put on top to brown.

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

### PENUCHE PUDDING

- |                       |                                    |
|-----------------------|------------------------------------|
| 2 cups boiling water. | 2 tablespoons cornstarch.          |
| 2 cups brown sugar.   | $\frac{1}{2}$ cup chopped walnuts. |

Mix cornstarch with sugar and add to boiling water. When thickened add nuts and remove from fire. Serve cold with whipped cream.

*Mrs. Frank H. Foss, Wife of Representative Foss (Mass.).*

### PERSIMMON PUDDING

- |                           |                            |
|---------------------------|----------------------------|
| 1 quart persimmons.       | 1 egg.                     |
| 1 quart sweet milk.       | 1 teaspoon soda.           |
| 1 teaspoon baking powder. | 1 teaspoon vanilla.        |
| 2 cups flour.             | $1\frac{1}{2}$ cups sugar. |

Wash persimmons and put through colander. Add other ingredients. Put in buttered pan and bake *very slowly* for 3 hours, stirring frequently while baking, except the last half hour.

*Mrs. W. A. Ayres, Wife of Representative Ayres (Kan.).*



## PINEAPPLE PUDDING

One-fourth pound of butter, melted with 1 pint of brown sugar; when all is melted place slices of canned pineapple all around on top of mixture, which has been poured in a baking pan. Slices may be put around the side of pan. Pour on top a sponge cake made of 5 yolks of eggs, 1 cup granulated sugar, 1 cup of flour (sifted), 1 level teaspoon of baking powder,  $\frac{1}{4}$  cup pineapple juice, whites of 5 eggs, beaten light. Bake 45 minutes and at once turn upside down. Serve with very heavy whipped cream.

*Mrs. Thomas S. Butler, Wife of Representative Butler (Pa.).*

## PINEAPPLE CUSTARD PUDDING

Fill a baking dish with squares of sponge cake cut in half. Over this pour a thick custard into which has been stirred a can of grated pineapple. Chill in refrigerator. Serve with whipped cream.

*Mrs. Joseph Whitehead, Wife of Representative Whitehead (Va.).*

## PLUM PUDDING

1 cup chopped suet.	1 teaspoon mace.
1 cup sugar.	$\frac{1}{2}$ teaspoon salt.
2 cups soft bread crumbs.	2 eggs, well beaten.
1 cup milk.	1 cup flour.
1 teaspoon vanilla.	1 teaspoon soda.
$\frac{1}{4}$ cup fruit juice.	2 cups chopped raisins.
2 teaspoons cinnamon.	$\frac{1}{2}$ cup nut meats.
1 teaspoon cloves.	$\frac{1}{2}$ cup chopped fruit peel.

Mix all the ingredients and fill greased pudding molds  $\frac{1}{2}$  full. Cover tightly and steam for 3 hours.

Plum puddings should be served hot. They may be steamed in individual molds or large molds. The large molds may be served whole from the table, or they may be cut in 1-inch slices and served in the kitchen. Hard, lemon, fruit, egg or vanilla sauce may be served with this type of a steamed pudding.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

## PLUM PUDDING

1 pound bread crumbs.	1 cup milk.
$\frac{1}{2}$ pound flour.	1 carrot, grated.
$\frac{1}{2}$ pound raisins.	1 teaspoonful spice.
$\frac{1}{2}$ pound currants.	2 ounces almonds, ground.
$\frac{1}{2}$ pound saltines.	$\frac{1}{2}$ pound suet.
$\frac{1}{4}$ pound peel.	1 pound brown sugar.
3 eggs.	

Mix all dry ingredients first then the eggs and milk; put in well greased basins, cover well and boil for 12 hours. Serve with hard sauce.

*Mrs. D. A. Reed, Wife of Senator Reed (Pa.).*

## PLUM PUDDING, OR STALE CAKE

Use any stale loaf cake, especially fruit cake, steaming a little to soften, and use following sauce:

Stir into a pint of water a paste made of 1 tablespoon of cornstarch (rubbed smooth with a little cold water), adding 1 cup of sugar, tablespoon of vinegar or lemon juice. Cook well for 3 minutes, and add piece of butter size of a small egg; when cool flavor with a tablespoon of vanilla or lemon extract.

*Mrs. Addison T. Smith, Wife of Representative Smith (Idaho).*

### PLUM PUDDING

1 cup of butter.	$\frac{1}{2}$ pound of seeded raisins.
1 cup of sugar.	$\frac{1}{4}$ candied lemon peel.
1 cup of sour milk.	$\frac{1}{4}$ pound citron.
1 teaspoon of soda.	1 cupful English walnuts.
3 eggs, beaten lightly.	$\frac{1}{4}$ pound of orange peel.
2 cupfuls of flour.	

Chop these ingredients; dredge and add to the batter. Steam 3 hours in baking powder cans. Fill each can about half full.

#### Sauce

2 coffee cups of pulverized sugar.	1 teacup of butter.
------------------------------------	---------------------

Cream butter and sugar together, and add  $\frac{2}{3}$  of a cup of whipped cream; flavor with vanilla or other extract.

*Mrs. Russell P. Goodwin, Member of Congressional Club.*

### ENGLISH PLUM PUDDING

$1\frac{1}{2}$ pounds stoned raisins.	$\frac{1}{4}$ pound sweet almonds (chopped).
$1\frac{1}{2}$ pounds currants.	1 nutmeg.
$1\frac{1}{2}$ pounds suet.	1 teaspoon salt.
$1\frac{1}{2}$ pounds flour.	1 teaspoon mixed spice.
1 pound sugar.	5 eggs.
$\frac{1}{2}$ pound grated bread.	$\frac{1}{2}$ pint milk.
$\frac{1}{2}$ pound lemon peel or citron.	A little synthetic brandy.

Boil first time 4 hours and when you want to use it, 2 hours.

*Mrs. J. M. Gudger, Jr., Widow of the late Representative Gudger (N. C.).*

*Mother of Representative Katherine Langley (Ky.).*

### THANKSGIVING PLUM PUDDING

Six common soda crackers, rolled fine and soaked in 3 pints of milk. Cream  $\frac{1}{4}$  cup of butter with 1 cup of sugar, add  $\frac{1}{4}$  teaspoon salt, 1 teaspoon mixed spice (cinnamon, nutmeg, allspice), and 6 well beaten eggs. Stir it all into the milk and add a larger cup of raisins. Bake in a deep pudding dish, very slowly, in a moderate oven for 2 hours or more, until very dark brown. Stir frequently during first hour to keep raisins from settling, and when nearly done add  $\frac{1}{2}$  cup of chopped nuts. Serve with the usual plum pudding sauce, fruit sauce, or the following: 1 cup sugar, 1 tablespoon flour, small lump butter. Stir thoroughly and add boiling water until right consistency and flavor.

*Mrs. Edward C. Little, Widow of the late Representative Little (Kan.).*

## PLUM PUDDING

- |   |                                       |
|---|---------------------------------------|
| 3 eggs.                                     | 1 cup of English walnut meats.        |
| $\frac{2}{3}$ of a loaf of bread, soaked in | $\frac{1}{3}$ of a glass of jelly.    |
| 1 pint of milk.                             | $\frac{1}{3}$ of a cup of jam.        |
| Spices to taste.                            | 1 small bottle of Maraschino          |
| $\frac{2}{3}$ of a cup of brown sugar.      | cherries, with the juice.             |
| $\frac{2}{3}$ of a cup of molasses.         | $\frac{1}{4}$ of a pound of lemon and |
| 1 teaspoonful of soda.                      | orange peel, chopped fine.            |
| 1 pound of raisins.                         | Juice and pulp of 1 orange.           |
| 1 pound of currants.                        | Juice and pulp of 1 lemon.            |
| $\frac{1}{2}$ pound of figs.                | 1 cup finely chopped apple.           |
| $\frac{1}{2}$ pound of dates.               | 1 pound of suet, chopped fine.        |

Dredge all fruit with flour. Mix all together. Put in greased tins with tight covers and boil for 4 hours. Reheat in tins when using.

*Miss Ellen Wood, First Treasurer of Congressional Club,  
Sister of former Representative Ira Wood (N. J.).*

## PLUM PUDDING

- |                            |                               |
|----------------------------|-------------------------------|
| 1 cup raisins.             | $\frac{2}{3}$ cup sweet milk. |
| $\frac{1}{2}$ cup sorghum. | 1 teaspoon soda.              |
| 2 cups graham flour.       |                               |

Cut the raisins in two; add sorghum, soda, sweet milk and flour. Beat thoroughly. Place in cold double boiler and steam 45 minutes.

## Hard Sauce

- |                           |         |
|---------------------------|---------|
| $\frac{1}{2}$ cup butter. | 2 eggs. |
| 1 cup powdered sugar.     |         |

Place butter in warm bowl and cream, adding sugar gradually. Then add the eggs, well beaten. Beat all together 6 minutes and place in jar in ice box.

*Mrs. Frank Clague, Wife of Representative Clague (Minn.).*

## ENGLISH PLUM PUDDING

- |  |   |
|--|---|
| $1\frac{1}{2}$ cups brown sugar.       | $\frac{1}{2}$ pound candied citron.     |
| 1 pound currants.                      | Flour enough to make stiff.             |
| 1 pound raisins.                       | $\frac{1}{4}$ teaspoon ground cinnamon. |
| $\frac{3}{8}$ pound beef suet, chopped | $\frac{1}{4}$ teaspoon ground cloves.   |
| fine.                                  | 3 eggs.                                 |
| 3 good sized apples.                   | 3 tablespoons milk.                     |

Put in buttered cloth and steam from 5 to 6 hours.

*Mrs. Carl G. Bachmann, Wife of Representative Bachmann (W. Va.).*

## MY GRANDMOTHER'S PLUM PUDDING

- |                                     |   |
|-------------------------------------|---|
| 1 cup sweet milk.                   | 3 cups flour.                           |
| 1 cup black molasses.               | 2 teaspoons baking powder.              |
| 2 teaspoons vanilla extract.        | 1 cup sweet beef suet cut up            |
| 1 teaspoon lemon extract.           | or chopped fine.                        |
| Fruit as follows:                   | 2 large circles of candied pine-        |
| 2 cups of raisins.                  | apple.                                  |
| 2 cups of currants.                 | 1 cup of different nuts.                |
| 1 cup of pecans (halves.)           | (Black walnuts, almonds,                |
| 1 cup of figs, cut up.              | hickory nuts, etc., ground.)            |
| 1 cup of dates, cut up.             | $\frac{1}{2}$ cup lemon peel and orange |
| 1 cup candied cherries cut in half. | peel each, candied.                     |
| 1 cup citron.                       |   |

Following spices:

- |   |  |
|---|--|
| $\frac{1}{2}$ teaspoon ground cinnamon. | $\frac{1}{2}$ teaspoon ground alspice. |
| $\frac{1}{2}$ teaspoon ground mace.     | $\frac{1}{4}$ teaspoon ground cloves.  |

Mix milk and molasses together, then extracts, then one-half of flour and last, the suet and fruit that has been well dredged in the other half of the flour.

Steam well, slowly, in a steamer for three hours. This will keep indefinitely in a cool place.

Serve with a hard butter sauce and whipped cream.

This steamed plum pudding should be brought to the Xmas dinner table flaming with burning brandy.

*Mrs. Clyde Kelley, Wife of Representative Kelley, (Pa.).*

### CHOCOLATE PLUM PUDDING

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 envelope Knox sparkling gelatin. | 1 cup seeded raisins.       |
| 1 cup cold water.                  | $\frac{3}{4}$ cup dates.    |
| 1 pint milk.                       | $\frac{1}{2}$ cup nuts.     |
| 1 cup sugar.                       | $\frac{1}{2}$ cup currants. |
| $1\frac{1}{2}$ squares chocolate.  | 3 egg whites.               |
| $\frac{1}{2}$ teaspoonful vanilla. | Salt.                       |

Soften gelatin in cold water ten minutes. Melt chocolate with part of the sugar; add a little milk, making a smooth paste. Put milk in double boiler. When hot, add melted chocolate, sugar, salt and soaked gelatin. Remove from fire; when mixture begins to thicken, add vanilla, fruit and nut meats, chopped, and lastly fold in beaten egg whites. Turn into wet mold decorated with whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### SAUCE FOR PLUM PUDDING

- |                            |                      |
|----------------------------|----------------------|
| 4 tablespoons butter.      | 4 tablespoons cream. |
| 8 tablespoons brown sugar. | 2 eggs.              |
- Cook in double boiler until thick.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

### POMPADOUR PUDDING

- Cook in double boiler:
- |                    |                              |
|--------------------|------------------------------|
| 2 cups of milk.    | 2 tablespoons cornstarch.    |
| 1 scant cup sugar. | $\frac{1}{2}$ teaspoon salt. |
| 3 egg yolks.       |                              |
- When cool drop spoonful of the following over the top:
- |                          |                      |
|--------------------------|----------------------|
| 2 beaten egg whites.     | 2 tablespoons cocoa. |
| $\frac{1}{2}$ cup sugar. | Vanilla.             |

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Maine).*

### PLUM PUDDING

See Favorite Dishes of All Nations, page 106.

## PRUNE PUDDING

1 cup butter.	2 teaspoons soda.
2 cups sour milk.	1 cup cracked nut meats.
3 eggs.	1 cup cinnamon.
4 cups pitted prunes.	1 cup cloves.
5 cups flour.	1 cup allspice.

Steam in cans and serve with sauce.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## PRUNE PUDDING

Wash clean a bowlful of prunes. Put them on to boil in a little water and sugar for an hour. Then strain off the juice and beat the prunes, taking out the stones. Soak half a paper of gelatin in cold water for 1 hour. Take the juice when lukewarm, add the gelatin, and let them come gently to a boil, but not boil.

Then put the prunes into a shape and pour the syrup over. When cold put it on the ice to stiffen; turn out and throw white of egg and sugar beaten together over it and serve with cream.

*Mrs. Eugene Hale, Daughter of the late Senator Chandler (Mich.).*

*Widow of the late Senator Eugene Hale (Maine).*

*Mother of Senator Frederick Hale (Maine).*

## CREAM RICE PUDDING WITH PEACHES

Cook in a double boiler 2 tablespoonfuls of rice in pint of milk in which is dropped a small piece of thick cinnamon. Add an extra cup of milk as the rice cooks dry. When tender add 2 tablespoonfuls of sugar and a tablespoonful of gelatin that has been dissolved in a little cold water. Remove the cinnamon and pour the rice into a ring mold after beating in a cupful of whipped cream. When cold turn out and fill the center with ripe sliced peaches and serve with plain or whipped cream.

*Mrs. George F. Huff, Widow of former Representative Huff (Pa.).*

## RICE

1 cup cooked rice (cold).	2 eggs, well beaten.
3 cups milk.	Butter, size of egg.

Stir in 2 tablespoons flour. Bake 45 minutes in a moderate oven.

*Mrs. Adam M. Wyant, Wife of Representative Wyant (Pa.).*

## FROZEN RICE PUDDING

Dissolve 1 package of gelatin in  $\frac{1}{2}$  cup of cold water for 5 minutes. Then add to 1 cup of cooked rice, sugar to taste,  $\frac{1}{2}$  cup of blanched almonds(ground), 1 teaspoon of vanilla, a taste of salt. When all is cool add 1 pint of whipped cream. Put in mold on ice for 6 hours and serve with chocolate sauce over it.

Chocolate Sauce:  $\frac{1}{4}$  cake of bitter chocolate dissolved in  $\frac{3}{4}$  cup of hot water, 1 cup of powdered sugar and let all cook up together. When cool add 1 teaspoon of vanilla.

*Mrs. Arthur Rouse, Wife of former Representative Rouse (Ky.).*

## RICE DIVINITY

1 quart of milk.	7 tablespoons of sugar.
1 tablespoon and a half of rice.	$\frac{1}{4}$ teaspoon of vanilla.
6 egg (yolks).	

Put the milk to boil and add the rice and cook slowly until done. Beat well the yolks with sugar till very creamy. After the rice is done pour small portion of the hot milk and rice into the eggs, stirring continuously, until half of the milk and rice is used. Then pour back in the pan and put it on the stove, stirring continuously.

As soon as the milk gets thick, it is ready to be served. Should be poured into dishes while hot and sprinkled with cinnamon. Nice with browned meringue.

*Mrs. Noble J. Johnson, Wife of Representative Johnson (Ind.).*

### CREAM RICE PUDDING

- |                             |                          |
|-----------------------------|--------------------------|
| 1 cup cooked rice.          | $\frac{3}{4}$ cup sugar. |
| 1 pint milk.                | 1 pint cream.            |
| 3 egg yolks.                | 1 teaspoon vanilla.      |
| $\frac{1}{2}$ box gelatine. | Salt.                    |

Scald milk and add rice. Beat egg yolks and sugar together. Stir milk and rice into yolks. Heat all in double boiler. Stir until thick. Add gelatin (soaked in hot water). Set aside to cool or in pan of cold water. Whip cream, fold in, add flavoring, put in mold. Serve with preserved fruit or fresh berries and whipped cream.

*Mrs. Carl R. Chindblom, Wife of Representative Chindblom (Ill.).*

### IMPERIAL RICE PUDDING

- |                          |                              |
|--------------------------|------------------------------|
| $\frac{1}{2}$ cup rice.  | 1 quart heavy cream.         |
| $\frac{1}{2}$ cup sugar. | 1 tablespoonful of gelatine. |
| 2 cups of milk.          | 2 teaspoons of vanilla.      |

Boil rice in milk in a double boiler until tender and dry; take from fire, add gelatine mixed with sugar. Set pan in ice water. Whip cream, add vanilla. Fold in rice lightly. Put into a mold and set in a pan of ice to chill. Serve with fresh strawberries or raspberries.

*Mrs. George Payne McLean, Wife of Senator McLean (Conn.).*

### CREAMY RICE PUDDING

- |   |  |
|---|--|
| 3 tablespoonfuls rice, rubbed<br>with butter the size of a<br>walnut. | 3 tablespoonfuls sugar.<br>Pinch of salt.              |
| 1 quart milk.   | $\frac{1}{4}$ cupful of raisins.<br>Nutmeg if desired. |
- Stir in slow oven every 2 minutes. Bake about 1 hour.

*Mrs. Edmund Platt, Wife of former Representative Platt (N. Y.).*

### RICE PUDDING

Mix  $\frac{1}{2}$  pint cream with enough whole milk to make 3 quarts, add  $\frac{3}{4}$  cup rice and  $1\frac{1}{4}$  cups sugar; put into shallow baking dish and cook 3 or 4 hours in very moderate oven, stirring frequently; do not let come to boil. When done should be consistency of thick cream.

*Mrs. John E. Raker, Widow of the late Representative Raker (Cal.).*

### RICE PUDDING

Wash thoroughly  $\frac{1}{3}$  cup rice; put in baking dish; add 1 quart of milk, a pinch of salt,  $\frac{1}{3}$  cup sugar,  $\frac{1}{2}$  cup seedless raisins,  $\frac{1}{2}$  teaspoon vanilla.

Bake slowly 1½ hours, stirring twice at first, and letting the pudding brown the last quarter or half hour. This pudding often has too much rice and sugar and too little milk.

*Mrs. Curtis D. Wilbur, Wife of the Secretary of the Navy.*

### LEMON RICE PUDDING

Yolks 4 eggs, beaten with ½ teaspoon salt.

½ cup sugar. ½ teaspoon lemon extract.

Grated rind of nearly 1 lemon. Stir into this 1 pint of milk, ½ cup rice which has been boiled 20 minutes in water. Bake 30 to 45 minutes or until firm.

#### Frosting

Beat up whites with juice of lemon and remaining rind and 2 cups of powdered sugar. Spread over top and cook until brown. Serve hot or cold.

*Mrs. Ralph O. Brewster, Wife of the Governor of Maine.*

### RICE PUDDING

See Favorite Dishes of All Nations pages 45, 118, "Invalids or Children," page 689.

### ROLY POLY PUDDING

See Favorite Dishes of All Nations, page 70.

### SALLY LUNN PUDDING

½ cup of butter, creamed.

1 cup of sugar.

2 eggs.

½ cup of milk.

1½ cups flour.

1 heaped teaspoonful baking powder.

Bake in a square shallow pan in a moderate oven 10 or 15 minutes, according to size of pan. Serve hot with hard sauce. Sally Lunn split and toasted is nice for breakfast tray.

*Mrs. George F. Huff, Widow of former Representative Huff (Pa.).*

### SCOTCH PUDDING

See Favorite Dishes of All Nations, page 69.

### SOUFLE PUDDING

2 cups milk.

1 tablespoon cornstarch.

1 tablespoon granulated sugar.

Cook 10 minutes; remove from fire; add 1 tablespoon butter, pinch salt and, when cool, well beaten yolks of 4 eggs. Fold in beaten whites of 4 eggs last; place in baking dish; bake like custard till center is stiff. Serve immediately with caramel sauce or sweetened cream.

*Mrs. F. M. Davenport, Wife of Representative Davenport (N. Y.).*

### SQUASH PUDDING

Boil squash until tender and mash. Add toasted bread, sugar, butter, 2 eggs, vanilla. Bake until brown.

*Mrs. Edwin Broussard, Wife of Senator Broussard (La.).*

## STEAMED PUDDING

- |   |   |
|---|---|
| 1 egg.                                      | 1 teaspoon soda, dissolved in                     |
| 2 tablespoons sugar, beaten together light. | 1 tablespoon hot water.                           |
| $\frac{1}{2}$ cup dark molasses.            | $\frac{1}{2}$ cup boiling water added last thing. |
| 2 tablespoons melted butter.                | Steam $\frac{3}{4}$ hour.                         |
| $1\frac{1}{2}$ cups flour.                  |   |

## Sauce

$\frac{3}{4}$  cup powdered sugar creamed with yolks of 2 eggs. Add this to  $\frac{1}{2}$  pint of whipped cream. Vanilla if you like it.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## STEAMED PUDDING

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup molasses.            | 1 teaspoon soda.           |
| $2\frac{1}{2}$ cups flour. | $\frac{1}{2}$ cup raisins. |
| Yolks 2 eggs.              | Salt and spice to taste.   |
| 1 cup hot water.           | Steam 2 hours.             |

## Sauce

One cup milk, butter size of an egg; beat together and pour while hot over 1 cup sugar and 2 eggs, beaten light. Flavor.

*Mrs. Chas. R. Davis, Wife of former Representative Davis (Minn.).*

## STEAMED PUDDING

- |                            |   |
|----------------------------|---|
| 1 cup suet (chopped fine). | $\frac{1}{2}$ cup New Orleans molasses. |
| 1 cup sour milk.           | $\frac{1}{2}$ teaspoonful salt.         |
| 1 teaspoonful of soda.     | 2 cups flour.                           |
| 1 cup raisins or currants. |   |

Steam 2 hours. Dates and nuts may be added if desired. Serve with vanilla sauce.

## Vanilla Sauce

- |                         |                         |
|-------------------------|-------------------------|
| 1 cup sugar.            | 1 cup water.            |
| 2 tablespoonfuls flour. | 1 tablespoonful butter. |
- Boil until thick and add vanilla.

*Mrs. Edward M. Beers, Wife of Representative Beers (Pa.).*

## DELICIOUS STEAMED PUDDING

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 cup molasses (corn syrup). | 1 cup raisins and nut meats mixed. |
| $\frac{1}{2}$ cup hot water. | Steam 2 hours.                     |
| 1 teaspoon soda.             |                                    |
| $1\frac{1}{2}$ cups flour.   |                                    |

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa.).*

## STEAM PUDDING

- |                           |   |
|---------------------------|---|
| 1 cup chopped suet.       | 1 cup currants.   |
| 2 cups fine bread crumbs. | 1 cup almonds.  |
| 1 cup sugar.              | $\frac{1}{2}$ teaspoon each, cloves, nutmeg and cinnamon. |
| $\frac{1}{2}$ cup milk.   | 4 well beaten eggs.                                       |
| 1 cup raisins.            |   |
- Dissolve level teaspoon soda in  $\frac{1}{2}$  cup warm water. Sift 2 cups flour



and flour fruit before adding to pudding. Steam 3 hours in medium sized baking powder can.

*Mrs. William E. Hull, Wife of Representative Hull (Ill).*

### STRAWBERRY PUDDING

½ cup sugar.	1 cup flour (Swansdown).
¼ cup milk.	1½ teaspoons baking powder.
¼ cup butter.	3 egg whites, beaten stiff.

Fill buttered cups, cover with oiled paper and steam ½ hour.

#### Sauce

¼ cup butter.	1 cup strawberries.
1 cup powdered sugar.	1 egg white, beaten stiff.

Cream butter, add sugar gradually, egg beaten stiff and berries. Beat until fruit is mashed. Sprinkle pudding with powdered sugar. Garnish with whole berries unhulled.

*The late Mrs. Hubert Work, Wife of Secretary of Interior.*

### QUICK SUET PUDDING

1 cup flour.	½ teaspoon salt and ½ tea-
1 cup chopped suet.	spoon soda.
1 cup raisins.	1 cup milk.
½ cup nuts.	2 eggs.
1 cup molasses or sorghum.	

Steam ½ hour in custard cups or 1 hour in suet pudding pan.

*Mrs. Charles E. Winter, Wife of Representative Winter (Wyo.).*

### SUET PUDDING

1 cup molasses.	1 teaspoon soda.
1 cup sweet milk.	¼ teaspoon cloves.
1 cup suet (chopped fine).	½ teaspoon allspice.
1 cup seedless raisins.	1 teaspoon cinnamon.
½ cup figs.	¼ teaspoon nutmeg.
½ cup currants.	Pinch of salt.
2½ cups flour.	

Stir soda into molasses and add the other ingredients. Steam 2 hours. Serves 10. May be served with any pudding sauce.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

### SULTANA PUDDING

See Favorite Dishes of All Nations, page 70.

### SOUTHERN STYLE SWEET POTATO PUDDING

Grate 2 large, raw sweet potatoes, add 3 or 4 eggs, ½ cup butter (or more), sugar to taste, a little cinnamon and allspice, enough sweet milk to make it thin like custard. Bake slowly in oven, stirring often so will cook through. When cooked, thoroughly brown.

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

### APPLE TAPIOCA PUDDING

1 cup minute tapioca; add 2 cups cold water; let stand 1 hour; drain off water and add 1 cup of sugar, butter size of a walnut, and 2 apples,

sliced crosswise. Alternate apples, tapioca and butter to fill baking dish. Sprinkle with nutmeg. Bake until clear.

*Mrs. Austin Peay, Wife of the Governor of Tennessee.*

### BLACK TAPIOCA PUDDING

1 cup pearl tapioca soaked over night. In morning add 1 pint water, 3 cups very dark brown sugar,  $\frac{1}{2}$  teaspoon salt. Bake slowly 2 or 3 hours, stirring often. Add 1 teaspoon vanilla when clear. Serve warm with whipped cream.

*Mrs. Daniel A. Reed, Wife of Representative Reed (N. Y.).*

### CARAMEL TAPIOCA PUDDING

$\frac{1}{2}$  cup minute tapioca.

1 quart boiling water.

$\frac{1}{2}$  teaspoon salt.

Cook these ingredients together and add:

1 teaspoon vanilla.

$1\frac{1}{2}$  cups sugar, carmelized.

Serve cold with whipped cream.

*Mrs. John C. Ketcham, Wife of Representative Ketcham (Mich.).*

### KEDGEMAKOOGE, INDIAN TAPIOCA PUDDING

Soak 4 heaping tablespoons pearl tapioca in water over night. Heat 1 quart milk in double boiler. Mix 5 tablespoons Indian cornmeal in a little cold water. Str gradually into hot milk and cook 15 minutes, stirring occasionally. Add  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup molasses, 1 tablespoon butter, 1 teaspoon salt. Bake 3 to 4 hours in slow oven, stirring occasionally. Serve with whipped cream.

*Mrs. Charles H. Eaton, Wife of Representative Eaton (N. J.).*

### TROY PUDDING

1 cup butter.

1 cup seeded raisins.

1 cup molasses.

1 cup of nuts (pecans).

3 cups flour.

1 teaspoon each of spice, cloves

1 cup buttermilk with 1 scant

and cinnamon.

teaspoon soda dissolved in it.

Steam until done. Serve with hard sauce or whipped cream.

*Mrs. Joseph T. Robinson, Wife of Senator Robinson (Ark.).*

### URNEY PUDDING

2 eggs, their weight in flour and butter, the weight of 1 egg in brown sugar. Cream the butter and sugar, add the eggs, then the flour.  $\frac{1}{2}$  teaspoon soda, 1 large tablespoon strawberry jam. Steam  $1\frac{1}{2}$  hours, add 1 large tablespoon strawberry jam to a clear sauce.

*Mrs. Charles A. Eaton, Wife of Representative Eaton (N. J.).*

### VANILLA WAFER PUDDING

$\frac{1}{2}$  pint cream.

Vanilla wafers.

1 small can of grated pineapple.

Cocoanut.

Beat cream stiff and add pineapple to  $\frac{1}{2}$  of it. Spread the cream and pineapple mixture between the wafers, 5 in a pile. Cover the outside

with the rest of the whipped cream slightly sweetened and sprinkle with cocoanut. Let stand 5 hours or more.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Maine).*

### VEGETABLE PUDDING

- |                   |                                |
|-------------------|--------------------------------|
| 1 cup carrots.    | 1 teaspoon nutmeg.             |
| 1 cup potatoes.   | 1 teaspoon cinnamon.           |
| 1 cup raisins.    | $\frac{1}{2}$ teaspoon cloves. |
| All chopped fine. | 3 tablespoons butter.          |
| 1 cup sugar.      | 1 cup flour.                   |
| Salt.             | 1 teaspoon soda.               |

Steam 3 hours.

*Mrs. Charles L. Gifford, Wife of Representative Gifford (Mass.).*

### WALNUT PUDDING DOROTHY

- |  |   |
|--|---|
| $1\frac{1}{2}$ cups walnuts or pecans. | 2 tablespoons flour.                    |
| $\frac{3}{4}$ cup chopped dates.       | $1\frac{1}{2}$ teaspoons baking powder. |
| $\frac{1}{4}$ cup chopped figs.        | 1 cup sugar.                            |
| 3 eggs.                                |   |

Beat eggs together, yolks and whites; add fruit, nuts, flour with baking powder. Pinch of salt. Bake in moderate oven in muffin tins.

*Mrs. Webster E. Brown, Wife of former Representative Brown (Wis.).*

### PUDDING SAUCE

- |              |                     |
|--------------|---------------------|
| 4 eggs.      | 1 teaspoon vanilla. |
| 1 cup sugar. |                     |

Beat yolks and whites of eggs separately. Beat sugar into yolks until of a rich creamy consistency and add flavoring. Add beaten whites. Good for plum pudding or any steamed pudding.

*Mrs. John F. Miller, Wife of Representative Miller (Wash.).*

### SAUCE FOR PUDDING

- |                           |                         |
|---------------------------|-------------------------|
| 1 cup sugar.              | 2 well-beaten eggs.     |
| $\frac{1}{2}$ cup butter. | 1 pint cream (whipped). |
- Cream sugar and butter thoroughly, add well beaten eggs, add carefully to the beaten cream; add vanilla for flavoring.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

### MAPLEINE PUDDING SAUCE

- |                            |                           |
|----------------------------|---------------------------|
| $1\frac{1}{2}$ cups sugar. | $\frac{1}{2}$ cup butter. |
| 3 tablespoons flour.       | 1 teaspoon Mapleine.      |
| 2 cups boiling water.      |                           |

Mix flour and sugar and rub in butter. Add the boiling water and cook until it thickens. Flavor with Mapleine.

(All measurements level.)

*Mrs. Wm. E. Humphrey, Wife of former Rep. Humphrey (Wash.).*

### MAPLE SUGAR SAUCE

- |                                  |                      |
|----------------------------------|----------------------|
| $\frac{3}{4}$ cup boiling water. | 1 tablespoon butter. |
| 1 cup maple syrup or sugar.      | 1 tablespoon flour.  |

Rub flour and butter together. Stir in boiling water. Cook until smooth and add to hot syrup.

*Mrs. S. Wallace Dempsey, Wife of Representative Dempsey (N. Y.).*

#### MOTHER'S PUDDING SAUCE

1 tablespoon butter. 1 cup sugar.

1 tablespoon flour.

Mix all together and add boiling water gradually, until you have amount required.

*Mrs. Dan Sutherland, Wife of Delegate from Alaska.*

#### LEMON BUTTER

2 cups sugar. 4 eggs.

2 lemons (juice).  $\frac{1}{4}$  cup butter.

1 lemon (rind).

Mix in order given. Boil until of creamy consistency, stirring constantly.

*Mrs. J. Russell Leech, Wife of Representative Leech (Pa.).*

#### LEMON BUTTER

2 cups sugar.  $\frac{1}{2}$  cup water.

$\frac{1}{2}$  cup butter. 3 lemons.

3 eggs.

Take juice of lemons and grate rind. Cream sugar and butter. Add eggs, well beaten. Cook all in double boiler. Stir until stiff.

*Mrs. Anderson Walters, Wife of former Representative Walters (Pa.).*

#### LEMON BUTTER

3 eggs.  $1\frac{1}{2}$  cups sugar.

3 lemons. 1 tablespoon butter.

Beat whites to stiff froth, add yolks 1 at time, then the sugar, slowly. Cook in double boiler, add butter.

*Mrs. Robt. G. Houston, Wife of Representative Houston (Del.).*

#### LEMON BUTTER FOR TEA CAKES

Grate rind of 3 lemons. 2 ounces butter.

Add the juice of 3 lemons. 3 eggs.

1 pound sugar.

Mix well, let come to a boil, stirring constantly.

*Mrs. John H. Wilson, Wife of former Representative Wilson (Pa.).*

## FROZEN DESSERTS

*Glittering squares of colored ice*

*Sweetened with syrup, tintured with spice.* —Thomas Bailey Aldrich.

### CUP, BABY'S DREAM

See Favorite Dishes of All Nations, page 98.

### COUPE PRINTANIERE

See Favorite Dishes of All Nations, page 33.

### ORANGE FRAPPE

1 pint water.

1 pint orange juice.

1 pint sugar.

Juice of 2 lemons.

Make a syrup by boiling sugar and water 20 minutes. Add the fruit juice, cool, strain and freeze. Use equal parts of rock salt and finely crushed ice for freezing.

*Mrs. Ralph Updike, Wife of Representative Updike (Ind.).*

### APRICOT ICE

1 can of apricots.

5 oranges.

2 lemons.

Whites of 4 eggs.

2½ cups of sugar.

1 quart water.

1 quart cream.

Press fruits through a sieve. Boil sugar and water to a syrup and allow to cool. Mix fruit and syrup and add the stiffly beaten whites. Start to freeze, then add cream and finish freezing. This makes a gallon.

*Mrs. W. B. Bowling, Wife of Representative Bowling (Ala.).*

### FROZEN BANANAS

See Favorite Dishes of All nations, page 55.

### COCOANUT ICE CREAM

Recipe for two. Grate 2 cocoanuts, pour 2 cups of boiling hot water over grated cocoanut, let stand for a few minutes and strain through a piece of scrim. Add a little sugar to this juice (to suit taste) and freeze.

*Mrs. Victor S. Houston, Wife of Delegate Houston (Hawaii).*

### CRANBERRY ICE (DELICIOUS)

1 quart cranberries.

1 pint water.

1 pound sugar.

Juice of 2 lemons.

Cook cranberries with the water until berries are tender—then strain,

pressing through colander, add sugar, cook until this is thoroughly dissolved. Cool, stir in the strained lemon juice and freeze. This will serve 7 persons.

*Mrs. John M. Robsion, Wife of Representative Robsion (Ky.).*

### CRANBERRY ICE

4 cups cranberries. 2½ cups sugar.  
4 cups water. 1 tablespoon lemon juice.

Boil cranberries and water, run through a sieve, add sugar and lemon juice while hot. Let cool and freeze. Will serve 12 people.

*Mrs. James M. Gudger, Jr., Widow of the late Rep. Gudger, Jr. (N. C.).  
Mother of Representative Katherine Langley (Ky.).*

### CRANBERRY ICE

3 pints cranberries. 1½ lemons.  
1½ pints sugar. 1 cup cream.

Boil cranberries in 3 pints of water. When soft strain. Add the sugar to the juice and bring to a brisk boil. Cool. Add lemon juice and freeze to a soft mush, then stir in the cream and finish freezing. To be served with the meat course. Serve 14.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

### FRUIT ICE

Dissolve 3 cups sugar in 3 cups water, cool. Add juice of 3 oranges (sieved), 3 lemons, the sieved pulp of 3 bananas, pulp and juice of one-half largest size can of crushed pineapple and apricots (sieved). Freeze.

*Mrs. Virgil Chapman, Wife of Representative Chapman (Ky.).*

### GRAPE WATER ICE

1 pint Welch's grape juice. Grated peel of 1 orange.  
Juice of 3 oranges. Grated peel of 1 lemon.  
Juice of 3 lemons. 1 quart water.  
2 cups sugar.

Boil together water and sugar for five minutes without stirring after boil is reached. Add fruit juices and grated peel, turn into freezer and freeze slowly. (Service for twelve.)

*Mrs. Dan A. Reed, Wife of Representative Reed (N. Y.).*

### DELICIOUS ORANGE ICE

1 pint water. Add juice of 2 lemons, and  
1 pint sugar, cooked until a of 8 or 10 oranges.  
rich syrup.

Last before freezing add 1 pint cream.

*Mrs. Allen F. Moore, Wife of former Representative Moore (Ill.).*

### THE THREE ICE

3 bananas. 3 cups water.  
3 oranges. 3 cups sugar.  
3 lemons. 3 egg whites.

Boil sugar and water 10 minutes. Let the mixture cool. Add banana

pulp which has been put through potato ricer; juice of the orange and lemons. Add stiffly beaten egg whites and freeze.

*Mrs. Wm. E. Humphrey, Wife of former Representative Humphrey (Wash.).*

### TUTTI FRUTTI ICE

See Favorite, Dishes of All Nations, page 66.

### CARAMEL ICE CREAM

1 pint milk. 2 eggs.  
1 cup sugar. ½ cup flour.

Beat sugar, flour and eggs together and stir in boiling milk. Put a second cupful of sugar in a spider and stir over fire until light brown and a liquid. Pour this into the boiling mixture, and cook 20 minutes from time you put in eggs and flour, stirring often until caramel is dissolved. When cold add 1 quart of sweet cream and freeze.

*Mrs. Pat. Harrison, Wife of Senator Harrison (Miss.).*

### CARAMEL ICE CREAM

2 eggs. 2 tablespoons of flour.  
1 pint of milk. 1 teaspoon of vanilla.  
2 cups of sugar. 1 teaspoon of salt.  
1 quart of cream.

Scald milk in double boiler. Beat eggs, flour and 1 cup of sugar together until light. Then turn into milk. Stir constantly until thickened, then occasionally. Cook in all 20 minutes. Put eggs in bowl without beating, add sugar, flour and salt. Then beat. Put 1 scant cup sugar into a frying-pan and caramelize. Add very slowly to the custard. When cool add whipped cream and flavoring. Strain and freeze. Crush ice. Mix 2 cups ice to ¼ cup salt.

*Mrs. C. C. Dickinson, Wife of Representative Dickinson (Mo.).*

### CITRON CREAM

See "Jefferson Cook Book," page 18.

### COFFEE ICE CREAM

Take 1 pint of thin cream, 2 cups of granulated sugar. Put in double boiler until boiling hot. Then mix in yolks of eggs (2); ½ cup sugar and 2 tablespoons of flour, all beaten together until smooth. Boil all together until mixture thickens a little. Set aside to cool, when thoroughly cold mix in 1 quart of heavy cream which has been whipped, the whites of 2 eggs beaten stiff and 1 cup of very, very strong black coffee. Freeze.

*Mrs. Thomas S. Butler, Wife of Representative Butler (Pa.).*

### EFFICIENCY ICE CREAM

1¼ cups sugar. 1 teaspoon vinegar.  
½ cup water.

Boil together as for an icing—till syrup thickens, but does not crackle. Remove from fire and stir syrup into well-beaten yolks of 2 eggs, returning mixture to fire to insure thorough cooking of yolks. Strain and beat this mixture into the stiffly whipped whites of 2 eggs. Cool, add juice of 1

lemon. Fold in 1 pint of double cream whipped very stiff, and last the  $\frac{3}{4}$  cup strained fruit for flavoring—strawberries, raspberries, peaches. Pack in ice and salt 3 hours. Serves 8 or 10 people.

*Mrs. John B. Kendrick, Wife of Senator Kendrick (Wyo.).*

### "FIVE THREES"

- |                       |                                      |
|-----------------------|--------------------------------------|
| 3 lemons.             | 3 cups milk (or 2 milk and 1 water). |
| 3 oranges.            |                                      |
| 3 bananas.            | 1 small can shredded pineapple.      |
| 3 cups sugar (scant). |                                      |

Peel and seed oranges, removing all tough skin, and crush. Mash bananas thoroughly, mix oranges, pineapple, lemon juice and bananas and add sugar. Let mixture get cold in freezer before stirring in milk. Stir thoroughly after adding milk and freeze. This serves 8 people bountifully.

*Mrs. Wm. Voris Gregory, Wife of Representative Gregory (Ky.).*

### FRENCH ICE CREAM

Scald the top of 2 bottles of milk, beat 4 eggs, 1 light, and add 1 cup of sugar; pour scalded milk on eggs and sugar and cook like soft custard. Cool. Take  $\frac{1}{2}$  pint of cream and whip; add to custard with a teaspoon and one-half of vanilla and freeze.

*Mrs. James W. Dunbar, Wife of former Representative Dunbar (Ind.).*

### FRUIT ICE CREAM

- |                |               |
|----------------|---------------|
| 2 eggs.        | 4 cups sugar. |
| 2 quarts milk. | 1 cup flour.  |
| 1 pint cream.  |               |

Add pineapple or very ripe peaches (crushed.) Mix flour and sugar, add milk and eggs, boil, stirring constantly. Cool and add fruit. Makes about 3 quarts.

*Mrs. T. S. Williams, Wife of Representative Williams (Ill.).*

### GRAPE ICE CREAM

- |                        |                             |
|------------------------|-----------------------------|
| 1 tablespoon gelatine. | 2 cups Welch's grape juice. |
| 1 cup cold water.      | 2 cups heavy cream.         |
| Juice of 2 lemons.     | 2 cups sugar.               |

Beat cream. Dissolve gelatine in cold water; stir in lemon juice and sugar. Heat Welch's to a boil and pour on the gelatine; stir until dissolved and put into freezer. As soon as it shows signs of freezing, mix with it the whipped cream. (Service for twelve.)

*Mrs. Dan A. Reed, Wife of Representative Reed (N. Y.).*

### ELECTRIC REFRIGERATOR ICE CREAM

- |  |  |
|--|--|
| 1 Junket tablet.                               | $\frac{1}{2}$ cup sugar.                       |
| 1 quart milk, or 1 pint milk and 1 pint cream. | Dissolve tablet in table-<br>spoon cold water. |

Heat milk lukewarm, add sugar, then dissolved tablet. Pour immediately into ice pan from which the compartments have been removed. Let stand until set. Place in refrigerator for 1 hour. Take out and into this stir any flavor desired, crushed fruit—fruit juice—strong coffee—melted chocolate—always sweetened, as ice cream never tastes as sweet after



freezing. A delicious cream is made by sweetening the junket with maple sugar or syrup and after the hour in the refrigerator stirring in marshmallows, dates, and nuts cut into small pieces. Three hours more in the refrigerator after addition of flavoring is required before serving.

*Mrs. Duncan U. Fletcher, Wife of Senator Fletcher (Fla.).*

### MACAROON ICE CREAM

1 quart of heavy cream.  $\frac{3}{4}$  of a cup of sugar.  
1 cup of macaroons. 1 tablespoonful of vanilla.

Dry the macaroons in the oven, pound and measure; add cream, sugar and vanilla and freeze.

*Mrs. William E. Borah, Wife of Senator Borah (Idaho).*

### MALTED MILK ICE CREAM

1 pound malted milk. 2 quarts water.  
1 pound sugar. Whites of 2 eggs.  
1 quart cream. 1 ounce vanilla.

Mix Horlick's malted milk with sugar and water, stirring until dissolved, add the vanilla, cream and beaten whites of 2 eggs. Freeze in the usual manner. The above recipe makes 1 gallon.

*Mrs. Henry Allen Cooper, Wife of Representative Cooper (Wis.).*

### MALTED MILK CHOCOLATE ICE CREAM

1 pound Horlick's malted milk. 2 ounces melted chocolate.  
1 pound granulated sugar. 2 ounces vanilla.  
3 quarts of water. 1 ounce gelatine or whites of 2 eggs.

Mix Horlick's malted milk, sugar and water, stirring until dissolved; add the vanilla and melted chocolate. Freeze in the usual manner. If coffee or other flavor is desired it may be used in place of vanilla or chocolate. The above recipe makes 1 gallon.

*Mrs. Henry Allen Cooper, Wife of Representative Cooper (Wis.).*

### MARASCHINO CREAM

1 quart of good cream.  $\frac{3}{3}$  cup nuts (hickory and English walnut).  
 $\frac{1}{2}$  pound sugar. 10 Maraschino cherries.  
1 teaspoon of vanilla.

Chop the nuts and remove fine dust by shaking in colander. Cut the cherries in quarters. Put the sugar and  $\frac{1}{3}$  of cream on to boil; when just at boiling point remove from the fire and add the nuts. When this is cold add the remainder of cream and freeze. The cherries should be added when the cream is about frozen.

*Mrs. J. Banks Kurtz, Wife of Representative Kurtz (Pa.).*

### NECTAR ICE CREAM

1 pint milk. 1 teaspoon vanilla.  
1 pint whipping cream.  $\frac{1}{4}$  teaspoon salt.  
1 egg. 1 cup Sun-Maid Nectar raisins, plumped and chilled.  
 $\frac{1}{2}$  cup sugar, caramelized.

$\frac{1}{4}$  cup sugar for custard.  
Boil raisins 5 minutes, drain and dry on a towel. Caramelize sugar

add 1 cup scalded milk and stir until dissolved. Add remaining sugar to egg yolk and combine with milk to make a custard. Cook until the custard coats the spoon. Remove from fire and add cold milk, cream, vanilla and salt. Freeze to a mush consistency, then add raisins and continue freezing until hard.

*Mrs. Henry E. Barbour, Wife of Rep. Barbour (Cal).*

### ORANGE ICE CREAM

½ dozen oranges.	1 quart milk.
3 cups sugar.	3 lemons.
1 quart cream.	

Squeeze the juice and pulp of 4 oranges over the 3 cups of sugar, and mix the juice of 3 lemons with this. Slice 2 oranges real thin and cut into blocks over the sugar, and let stand for an hour. Whip cream stiff, add orange mixture and milk, freeze and serve.

*Mrs. Lindsay C. Warren, Wife of Representative Warren (N. C.).*

### HENRY'S ORANGE ICE CREAM

Make a syrup of 4½ cups sugar, 1½ cups orange juice and ½ cup lemon juice. When cool add grated rind of 2 oranges. Have ready 1½ quarts cream and 3 eggs, beaten separately. Before putting the mixture together to freeze beat the syrup very thoroughly, then add the cream and eggs.

*Mrs. Edw. T. Taylor, Wife of Representative Taylor (Col.).*

### ICE CREAM

See Favorite Dishes of All Nations, pages 32, 82.

### PEACH ICE CREAM

Make a boiled custard of 1 quart cream, 1 pink milk, 3 eggs, 1 cup sugar. To this, when cool, add ½ gallon of soft peaches mashed and well sweetened. This makes 1 gallon of cream which is most delicious.

*Mrs. L. G. Hardman, Wife of the Governor of Georgia.*

### PEANUT BRITTLE ICE CREAM

½ pound peanut brittle.	½ pound marshmallows, cut in quarters.
	½ pint cream.

Run brittle through meat chopper or chop very fine. Add whipped cream and marshmallows. Pack in freezer for 3 hours. Do not turn crank. Serve with whipped cream sponge cake.

*Mrs. W. R. Farrington, Wife of the Governor of Hawaii.*

### PEPPERMINT ICE CREAM

3 barber pole sticks of peppermint candy.	1 quart of sweet milk.
	1 pint of cream.

Use peppermint sticks that are 12 inches long and 1 inch in diameter. Dissolve candy in sweet milk. You may have to heat some of the milk to dissolve the candy. Add cream and freeze. This is a very refreshing ice.

*Mrs. Jed Johnson, Wife of Representative Johnson (Okla.).*

## PEPPERMINT ICE CREAM

½ pound peppermint stick      ½ pint milk.  
candy.                                      1 pint cream.

Break candy in pieces and soak over night in the milk. The next day add 1 pint of cream and freeze.

*Mrs. Wm. E. Humphrey, Wife of former Representative Humphrey (Wash.).*

## PINEAPPLE-MARSHMALLOW ICE CREAM

Cut 1 pound of marshmallows into small bits and over them pour 1 can of grated pineapple and let stand an hour or two. Then mix with 1 pint of thick cream and freeze, or pack in a mold with salt and ice for mousse.

*Mrs. Finis J. Garrett, Wife of Representative Garrett (Tenn.).*

## PINEAPPLE ICE CREAM

1½ quarts whipping cream.      1 can of crushed pineapple.  
3 cups sugar.

Put all together in freezer and freeze.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## PINEAPPLE ICE CREAM

1 quart of cream.                      Juice of 3 oranges.  
1 quart of milk.                      5 egg whites.  
5 cups sugar.                          1 can grated pineapple.  
Juice of 2 lemons.

Dissolve sugar in the milk, add cream and fruit juices and pineapple. Freeze slowly at first. When frozen to a mush add the egg whites beaten stiff. Freeze until quite stiff.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

## STRAWBERRY ICE CREAM

1 quart strawberries.              1½ cups sugar.

Mix and let stand 1 hour and mash through a sieve. Add 1 pint of milk to pulp, let stand 10 minutes and strain. Whip ½ pint cream and add to the juice just before freezing.

*Miss Emily Taber, Sister of Representative John Taber (N. Y.).*

## STRAWBERRY ICE CREAM

1 pint cream.                          1 cup sugar (more if berries  
1 quart ripe strawberries.              acid).

Crush berries, stir in sugar, let stand ½ hour. Whip cream slightly and freeze slightly. Stir in berries and freeze well. Remove float, pack and let stand at least one hour and a half.

*Miss Alice Page, Daughter of the late Senator Page (Vt.).*

## STRAWBERRY ICE CREAM

2 boxes strawberries.              2½ cups sugar.  
3 pints cream.

Strain the berries and add ⅓ of sugar. Dissolve by heating the other

$\frac{3}{4}$  sugar in some of the cream. When cool add the rest of cream and freeze. Partly freeze the cream before adding the strained juice of strawberries. Use 3 parts ice to 1 part salt.

*Mrs. Chas. S. Deneen, Wife of Senator Deneen (Ill.).*

### SUPREME HONEY DEW MELON A LA PRINCESS

First take melon and scoop out balls, flavor them with lemon juice and sugar. Then take peach melba glasses, place vanilla ice cream in center of glass, arrange melon balls around the vanilla ice cream, pour some of the melon juice with juice of maraschino cherries over it, then put one maraschino cherry on top of the ice cream. Have edge of glass decorated with granulated sugar.

*S. S. Pres. Roosevelt, U. S. Lines.*

### ICE CREAM SAUCE

1 pint can of condensed milk. 3 heaping tablespoons of  
 $1\frac{1}{2}$  cups of sugar. cocoa.  
 1 teaspoon of vanilla.

Mix milk, sugar and cocoa and cook in a double boiler until thick. Add flavoring. Black walnuts added to this before serving are very nice.

*Mrs. T. J. B. Robinson, Wife of Representative Robinson (Iowa).*

### CHOCOLATE SAUCE

2 cups brown sugar.  $\frac{1}{4}$  cup cream.  
 2 squares chocolate.

Boil 5 minutes, add 1 teaspoon vanilla, serve hot over ice cream.

*Mrs. Henry Allen Cooper, Wife of Representative Cooper (Wis.).*

### CHOCOLATE SAUCE FOR ICE CREAM

Take 2 squares of chocolate,  $\frac{1}{2}$  cup of cold milk,  $\frac{1}{2}$  cup of sugar. Boil together until thickened. Serve hot over each portion of ice cream.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

### FRUIT SAUCES FOR ICE CREAM

Wash and sweeten to taste strawberries, raspberries, blueberries, cherries, peaches, pineapples, or other fruits, and serve cold over each portion of ice cream.

*Mrs. Albert Johnson, Wife of Representative Johnson (Wash.).*

### VANILLA ICE CREAM

Boil  $\frac{1}{2}$  vanilla bean in  $\frac{1}{2}$  pint of new milk for 20 minutes. Add 1 cup of sugar and when soft open the bean and stir the seeds through the milk. Strain and add 2 beaten eggs. When cold add 1 quart of good cream and freeze.

*Mrs. George F. Huff, Widow of former Representative Huff (Pa.).*

### APRICOT MOUSSE

Ingredients: Apricots, cream, sugar. Directions: Take 1 quart of peeled apricots, fresh or canned, and mash fine through a sieve, freeze to

a mush in freezer, add  $\frac{1}{2}$  pint cream, whipped stiff and sweetened; freeze hard. Serve in sherbet glasses.

*Mrs. John Hammill, Wife of the Governor of Iowa.*

### FROZEN ROCKY ROAD

1 square unsweetened chocolate, cut fine.	$\frac{1}{2}$ cup chopped nuts.
$\frac{3}{4}$ cup milk.	10 marshmallows, cut in quar- ters.
4 tablespoons sugar.	$\frac{1}{2}$ pint pastry cream.
1 teaspoon gelatin, dissolved in cold water.	Vanilla.

Bring to a boil sugar, milk and chocolate. Stir to prevent scorching and cook until smooth. Take from stove and add gelatine. Cool thoroughly and add marshmallows, nuts and vanilla. Gently fold in whipped cream. Mold, pack in salt and ice and let stand 4 hours.

Serves 7 or 8 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

### MOUSSE

1 cup maple syrup.	3 eggs.
1 pint thick cream.	

Boil maple syrup and beat lightly the yolks of the eggs. When syrup boils pour it on the eggs and beat until light and cool. Whip cream and the whites of the eggs and fold it into the custard; do not beat it in; and put in a mold and lay it in ice for about 4 hours to freeze hard.

*Mrs. Wm. Cabell Bruce, Wife of Senator Bruce (Md.).*

### CHOCOLATE MOUSSE

See Favorite Dishes of All Nations, page 140.

### CHOCOLATE MOUSSE

1 cake German chocolate, cover with boiling water, let stand until soft. Beat the yellow. Beat the yellow of 3 eggs with 3 tablespoons sugar, add softened chocolate then add whites of eggs, beaten very stiff. Flavor with vanilla. Serve with whipped cream.

*Mrs. L. A. Watres, Mother of Congressman Watres (Pa.).*

### ORANGE MOUSSE

Juice of 8 oranges.	2 teaspoonfuls gelatine, dis- solved in water.
Juice of 2 lemons.	2 cups of sweet cream.
$1\frac{1}{2}$ cups of sugar.	1 egg (white).

Heat orange and lemon juice and sugar together, and when cold add gelatin. Pour into mold. Pour on top of this the cream and white of egg, which have been beaten stiff. Pack in salt and ice (1 part salt to 2 parts ice) for 4 hours.

*Mrs. W. M. Whittington, Wife of Representative Whittington (Miss.).*

## MAPLE MOUSSE

2 cups maple syrup.

3 eggs, well beaten.

Cook in double boiler. When done add 1 tablespoon gelatine that has been soaked in small quantity of cold water. Have ready a quart of cream that has been whipped to a stiff froth; beat in the maple mixture and freeze without turning crank of freezer. This will make 2 quarts.

*Mrs. Edw. T. Taylor, Wife of Representative Taylor (Col.).*

## MAPLE MOUSSE

2 cups maple syrup.

8 eggs.

1 quart cream.

Separate eggs. Beat yolks well and add maple syrup. Let this come to boil, stirring all the time until it thickens. Take off stove and beat until cold. Chill in refrigerator for awhile. Whip cream and then whip whites stiff. Mix together. Stir whites and cream into the cooked mixture. Put into freezer. Pack with ice and salt. Repack when ice melts and let stand about 5 hours.

*Mrs. James H. Patten, Daughter of the late Senator Latimer (S. C.).*

## A MAPLE SYRUP DESSERT

Beat 5 eggs lightly until well broken apart, but not beaten, and pour on to them slowly  $1\frac{1}{4}$  cups of maple syrup. Cook in a double boiler until thick and then add 1 pint of stiffly beaten cream. Mold and pack in ice mixed with salt and allow to stand  $3\frac{1}{2}$  hours.

*Mrs. Robert Lansing, Wife of the former Secretary of State.*

## MAPLE MOUSSE

One cup maple syrup and yolks of 3 eggs cooked in double boiler until a thick custard. Let cool and beat well. Have ready 1 pint of cream whipped stiff and the whites of 3 eggs beaten stiff. Put custard into cream and add egg whites. Pack and freeze 4 hours.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## MAPLE MOUSSE

 $\frac{1}{2}$  cup maple syrup.

1 pint whipping cream.

4 eggs.

Cook syrup and beaten yolks of 4 eggs together in a granite or aluminum pan and stir constantly until it boils—strain and set aside to cool. Whip cream and add to it the stiffly beaten whites of 4 eggs. Whip syrup until light, mix with cream. Put in a mold and freeze 3 or 4 hours. This quantity will serve 12.

*Mrs. Edward Keating, Wife of former Representative Keating (Col.).*

## PINEAPPLE OR APRICOT MOUSSE

1 tablespoon granulated gelatine, dissolved in  $\frac{1}{4}$  cup cold water.

1 cup of the fruit.

1 cup of syrup off of fruit.

2 tablespoons lemon juice.

1 cup granulated sugar.

1 pint of whipping cream.

 $\frac{1}{4}$  pound marshmallows, cut into pieces.

Heat juice; add soaked gelatin, lemon juice and sugar. As mixture

thickens fold in whipped cream and diced pineapple or apricots put through a sieve. Can of either fruit is used. Put in mold until set, or freeze in electric refrigerator.

*Mrs. James F. Strother, Wife of Representative Strother (W. Va.)*

### ALEXANDRA PARFAIT ICE

See Favorite Dishes of All Nations, page 66.

### ANGEL PARFAIT

Whip whites of 3 eggs to a stiff froth. Cook slowly  $\frac{1}{2}$  cup of sugar and  $\frac{1}{2}$  cup water without stirring until it makes a soft ball in water. Beat syrup into eggs. Flavor with cherry flavoring or vanilla. When cold fold in 1 pint of cream whipped stiff. Mold and pack in ice and salt 4 hours.

*Mrs. W. C. Salmon, Widow of the late Representative Salmon (Tenn.)*

### ORANGE PARFAIT

$\frac{1}{2}$ gallon milk.	6 lemons.
5 eggs.	1 pint heavy cream.
1 dozen oranges, grate rinds of 2 oranges.	

To make: Make a custard of the milk and eggs and sweeten to taste. Put custard in freezer and let cool—then add orange and lemon juice, lastly the pint of cream, whipped lightly. Freeze all together.

*Mrs. Patrick H. Drewry, Wife of Representative Drewry (Va.)*

### FROZEN STRAWBERRY PIE

Bake round sponge cake 3 inches thick. Cut in three layers and fill with strawberry ice cream. Cover with whipped cream and freeze. Decorate with strawberries on top.

*Hotel Willard, Washington, D. C.*

### FROZEN PUDDING

1 pint heavy whipping cream.	$\frac{1}{2}$ pound crystallized cherries.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ pound crystallized pineapple.
1 cup blanched almonds.	$\frac{1}{4}$ pound crystallized ginger.
$\frac{1}{2}$ pound lady fingers.	

Use pudding mold, putting first a layer of the cream which has been stiffly beaten with sugar and 1 teaspoonful of vanilla, then a layer of the chopped fruit and nuts, then a layer of lady fingers. Fill mold in this way until all ingredients are used, being certain to reserve a layer of cream for the last or top of mold. Pack mold in ice and salt for 4 or 5 hours.

*Mrs. John H. Smithwick, Wife of former Representative Smithwick (Fla.)*

### FROZEN CARAMEL PUDDING

1 tablespoon Knox gelatine, melted in little warm milk.	$\frac{1}{2}$ cup cream.
1 cup maple syrup.	Mix $\frac{1}{2}$ cup sugar with 3 egg yolks.

Cook all this until thick and when cool add 2 bottles ( $\frac{1}{2}$  pints) whip-cream and freeze in mold surrounded by ice and salt.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.)*

## AUNT MARY'S FROZEN PINEAPPLE PUDDING

Drain  $\frac{3}{4}$  of a cup of juice from a can of sliced pineapple, and heat. Beat  $\frac{1}{2}$  cup of granulated sugar into the yolks of 4 eggs; pour this mixture into the hot juice, stirring constantly until thick, then remove from fire and beat until light. When cold add 1 cup of cream whipped very stiff. Pour into mold and pack in salt and ice for 4 hours.

*Mrs. John F. Shafroth, Widow of the late Senator Shafroth (Col.).*

## APRICOT SHERBET

1 large sized can apricots.	1 or more cups whipped
2 lemons.	cream.
4 cups water.	Whites of 3 eggs, beaten.
$2\frac{1}{2}$ cups sugar.	

Crush fruit by running through sieve or mash with potato masher; add fruit juices, water and sugar and freeze. Add beaten egg and whipped cream when juices and water are partly frozen.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

## LEMON SHERBET

Juice of 4 lemons.	4 cups sugar.
2 quarts milk.	1 pint heavy cream.
2 teaspoons lemon extract.	

Mix juice and sugar thoroughly then add extract. Add milk and cream. Freeze at once.

*Mrs. Ralph O. Brewster, Wife of the Governor of Maine.*

## LEMON SHERBET

$1\frac{1}{2}$ pints sugar.	Juice of 5 lemons.
3 pints milk.	

Add juice of lemons after milk and sugar are partly frozen. Do not heat milk. One pint of strawberries with  $\frac{1}{2}$  cup sugar may be added if desired.

*Mrs. Pat Harrison, Wife of Senator Harrison (Miss.).*

## LEMON SHERBET

1 quart milk.	2 eggs (beaten separately).
1 pound sugar.	2 lemons.

Take juice of lemons and add to sugar. Beat yolks of eggs light and mix with milk. Then add sugar and lemon juice, and last put in beaten whites. Freeze.

*Mrs. J. Banks Kurtz, Wife of Representative Kurtz (Pa.).*

## ORANGE SHERBET

$1\frac{1}{2}$ cups orange juice.	$1\frac{1}{2}$ cups milk.
$1\frac{1}{2}$ cups cream.	$1\frac{1}{4}$ cups sugar.
Juice of $\frac{1}{2}$ lemon.	

Dissolve sugar in fruit juices. Add milk and cream and freeze.

*Mrs. F. M. Davenport, Wife of Representative Davenport (N. Y.).*



## ORANGE MILK SHERBET

One quart milk, scalded with 2 generous cups sugar and pinch of salt. When cold add grated rind and juice of 2 oranges and juice of 1 lemon, 2 teaspoons of orange jello dissolved in 2 tablespoons of boiling water, then freeze.

*Mrs. T. Frank Appleby, Widow of the late Representative Appleby (N. J.).*

## ORANGE CREAM SHERBET

Strain juice of 9 oranges and 3 lemons. Sweeten well. Two quarts of cream: Whip 1 pint. One pint of milk,  $2\frac{1}{2}$  cups of sugar, whites of 2 eggs beaten stiff. Mix cream, milk and sugar thoroughly; when partly frozen add fruit juice and beaten whites of eggs and continue freezing in the usual manner.

*Mrs. John J. Blaine, Wife of Senator Blaine (Wis.).*

## FELECIE'S PINEAPPLE SHERBET

2 large pineapples.

$1\frac{1}{4}$  pounds sugar.

Juice 2 lemons.

1 quart water.

2 tablespoons gelatine.

White of 1 egg.

Cover gelatine with cold water and soak  $\frac{1}{2}$  hour. Boil sugar and water together 5 minutes. Take from fire, add grated pineapple and lemon juice, add meringue, white of 1 egg and put in sugar. Freeze.

*Mrs. Michael F. Phelan, Wife of former Representative Phelan (Mass.).*

## PINEAPPLE SHERBET

1 pint of shredded pineapple.

Juice of 3 oranges and rind

of  $\frac{1}{2}$  orange (grated).

1 quart of cream.

Juice of 1 lemon.

2 cups sugar.

Put pineapple, orange juice and lemon juice and sugar in freezer and freeze until it begins to thicken, then put in cream and finish freezing. Any other fruit may be used instead of the pineapple.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

## TIMBALES A LA FLORENTINE

See Favorite Dishes of All Nations, page 29.

## PAN AMERICAN SUNDAE

See Favorite Dishes of All Nations, page 49.

## CANDIES

### ALL-BRAN BRITTLE

- |                                     |   |
|-------------------------------------|---|
| 2 cups granulated sugar.            | $\frac{1}{4}$ cup butter.               |
| 1 cup brown sugar.                  | $\frac{1}{8}$ teaspoon salt.            |
| $\frac{1}{2}$ cup light corn syrup. | $1\frac{1}{2}$ cups Kellogg's All-Bran. |
| $\frac{3}{4}$ cup water.            |   |

Put the sugars, corn syrup and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature 300 degrees F. is reached. Remove from fire, add salt and butter, and stir only enough to mix well. Add Kellogg's All-Bran and turn at once on a greased slab or on a greased, inverted pan or baking sheet. Smooth out with a spatula. After about a half minute take hold of the edges of the candy and, lifting it slightly from the slab, pull it as thin as possible. Break into irregular pieces.

*Mrs. Jos. L. Hooper, Wife of Representative Hooper (Mich.).*

### CARAMELS

- |                               |                        |
|-------------------------------|------------------------|
| 1 cup grated chocolate.       | 1 pound sugar.         |
| $1\frac{1}{2}$ cups molasses. | 1 cup milk.            |
|                               | Butter size of an egg. |

Boil until it hardens when dropped in cold water. Add 1 teaspoon vanilla. Pour in buttered pan. Cut in squares.

*Mrs. John M. Rose, Widow of the late Representative Rose (Pa.).*

### CHOCOLATE CARAMELS

- |                               |                          |
|-------------------------------|--------------------------|
| 2 cups granulated sugar.      | Butter size of a walnut. |
| $\frac{1}{3}$ cake chocolate. | 1 teaspoon vanilla.      |
| 1 small can evaporated milk.  |                          |

Put in saucepan and cook until it boils, then add butter. Set in pan of cold water and beat until it thickens and add a cup of fine chopped nuts. Pour into a buttered dish and cut in blocks.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va.).*

### CHOCOLATE CARAMELS

- |   |   |
|---|---|
| 1 pound sugar.                          | Butter size of egg.                                     |
| $\frac{1}{4}$ cake of bitter chocolate. | 3 tablespoons molasses.                                 |
| $\frac{1}{2}$ cup cream.                | 1 teaspoon vanilla (after it has been boiling a while.) |

Put all ingredients in pan at once (except vanilla), and boil, stirring constantly until you find, by dropping some in cold water, it hardens; then put in greased pans to cool.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Pa.).*

## VANILLA CARAMELS

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 cup brown sugar.                  | $\frac{1}{4}$ cup butter.          |
| $\frac{1}{2}$ cup granulated sugar. | When done add:                     |
| $\frac{1}{4}$ cup white Karo syrup. | 2 teaspoons vanilla.               |
| $\frac{1}{2}$ cup cream.            | $\frac{1}{2}$ cup English walnuts. |
| 1 cup milk.                         |                                    |

Cook until makes a hard ball (not brittle) in cold water. Stir constantly while cooking. Turn into buttered pan and when cool turn on board and cut in squares. Wrap in paper if desired to pack.

*Mrs. Edw. T. Taylor, Wife of Representative Taylor (Col.).*

## THE CHILDREN'S CANDY

- |                          |                            |
|--------------------------|----------------------------|
| 3 cups granulated sugar. | $1\frac{1}{2}$ cups water. |
| 3 tablespoons butter.    |                            |

Mix ingredients thoroughly. Boil steadily. Don't stir. Grease marble with butter. Have cup of cold water and spoon; test candy carefully, when it seems a little crispy on spoon after dipping in cold water (real done), pour on marble. Sprinkle with flavoring and coloring; pull real hot.

Cut with scissors for mints; break just for candy. Put in tin box and it will cream in a few hours.

*Mrs. W. C. Wright, Wife of Representative Wright (Ga.).*

## CINNAMON WALNUTS

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 cup granulated sugar. | $\frac{1}{4}$ teaspoon cinnamon. |
| 3 tablespoons water.    | 2 cups walnut meats, halved.     |

Cook 3 ingredients until syrup strings. Then add nuts and beat hard. It takes about 10 minutes to prepare these.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## COCOANUT CANDY

- |                      |  |
|----------------------|--|
| 4 cups of sugar.     | 1 large cocoanut, grated.                    |
| 1 cup of sweet milk. | $\frac{1}{2}$ teaspoon of vanilla flavoring. |

Cook sugar and milk together, stirring until sugar dissolves. Boil until it creams when a little is stirred in a saucer. Add grated cocoanut and cook until it creams again in saucer. Add vanilla flavoring and enough fruit coloring to make a nice pink. Set the vessel in cold water and stir briskly until it begins to thicken; drop very quickly on oiled paper or pour into a buttered dish.

*Mrs. J. P. Buchanan, Wife of Representative Buchanan (Texas).*

## COCOANUT AND ALMOND CANDY

See Favorite Dishes of All Nations, page 36.

## DATE LOAF

- |                   |                             |
|-------------------|-----------------------------|
| 2 cups of sugar.  | $\frac{1}{2}$ pound pecans. |
| 1 cup sweet milk. | 1 tablespoon butter.        |
| 1 pound dates.    | 1 teaspoon vanilla.         |

Seed and shred dates; chop pecans into small pieces. Boil sugar and milk together till it forms soft ball in cold water. Then add dates, and let dissolve. Stir constantly. When mixture leaves sides of boiler, add

butter and vanilla. Take from fire and beat in pecans. Beat until very stiff, then roll in wet cloth and let cool before slicing.

*Mrs. W. M. Whittington, Wife of Representative Whittington (Miss.).*

### DIVINITY CANDY

(Use two vessels.)

Vessel No. 1  
 $\frac{2}{3}$  cup sugar.  
 5 tablespoons water.

Vessel No. 2  
 2 cups sugar.  
 $\frac{2}{3}$  cup corn syrup (Karo.)  
 2 tablespoons water.

Cook each until they string or will form a soft ball in water. When done beat No. 1 into the stiffly beaten whites of 2 eggs. Add No. 2 to No. 1 and beat until stiff. Add 1 pound English walnuts or other nuts. Mix well and put into pans so that candy will be about 2 or 3 inches thick. When cold slice.

*Mrs. Philip P. Campbell, Wife of former Representative Campbell (Kan.).*

### DIVINITY FRUIT SANDWICH

1 cup raisins.  
 1 cup dates.

1 cup nuts.  
 1 cup figs.

Put fruit and nuts through meat grinder, then roll flat in powdered sugar to fit a shallow pan. Place a layer of divinity or sea foam in bottom of pan, then the layer of fruit and nuts and another layer of divinity. When set cut into squares.

*Mrs. Heartsill Ragon, Wife of Representative Ragon (Ark.).*

### FRUIT PASTE

1 pound chopped dates.  
 1 pound chopped raisins.

1 pound chopped figs.  
 Few chopped nuts.

Add enough orange juice to roll mixture into balls. Cover with ground nuts.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### FUDGE

$\frac{1}{2}$  cup sugar.  
 4 tablespoons Karo corn  
 syrup.

$\frac{1}{2}$  cup heavy cream.

Cook to 240 degrees. Add 6 tablespoons melted chocolate, salt nuts and marshmallows cut up, vanilla, and lastly 2 level tablespoons of butter.  $\frac{1}{2}$  pound fondant. Cook all to 240 degrees; mix well and pour into pan lined with waxed paper.

*Mrs. Jas. H. MacLafferty, Wife of former Representative MacLafferty (Cal.).*

### FUDGE

3 cups sugar.  
 2 cans condensed milk.

3 tablespoons white Karo.  
 $\frac{1}{4}$  bar chocolate.

Cook until the mixture will not spread when dropped into cold water, stirring constantly. Add 1 cup chopped nuts. Beat until creamy and pour into buttered pans.

*Mrs. Heartsill Ragon, Wife of Representative Ragon (Ark.).*

## ELAINE'S FUDGE

3 cups white sugar.  
 1½ cups milk.  
 1 square chocolate.  
 Butter.

Nuts.  
 Marshmallows.  
 Cherries.

Bring chocolate and milk to a boil before adding sugar. Cook on a very slow fire until a soft ball forms in cold water. Pour into clean pan to cool. When cool beat until it thickens, then pour on a platter. When set, take a handful at a time and knead in as much butter as you can. Fold in nuts, marshmallows or cherries at last and form into rolls about 1½ inches in diameter. When cool slice.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## FUDGE

2 cups of granulated sugar.  
 1 cup milk.  
 ¼ cake unsweetened chocolate.

Piece of butter size of an egg.  
 1 teaspoon vanilla.  
 Stir all the time.

*Mrs. Mae E. Nolan, former Member of Congress (Cal.).*

## FUDGE

3 cups of sugar (brown is best).  
 4 tablespoons ground chocolate (sweetened).

Mix together.  
 Add 1 cup of cream or milk.

Put on stove and add butter, size of an egg, at boiling point. Boil until candy hardens in water. Take off stove; beat until nearly cold. Flavor with vanilla to taste.

*Mrs. Harry L. Englebright, Wife of Representative Englebright (Cal.).*

## BLACK WALNUT FUDGE

2 cups brown sugar.  
 1 cup cream.

Lump of butter size of egg.  
 1 cup black walnut meats.

Boil cream and sugar until forms soft ball when dropped in cold water; add butter, beat until it begins to cream; add nuts, pour on buttered platter to cool. Cut in squares.

*Mrs. Ralph Gilbert, Wife of Representative Gilbert (Ky.).*

## BROWN SUGAR FUDGE

2 cups brown sugar.  
 1 cup white sugar.  
 2 spoons white Karo syrup.

1 cup water.  
 1 teaspoon butter.  
 1 cup nut meats.

Boil sugar, syrup, butter and water together until it reaches soft ball stage; set aside to cool and when cold beat until creamy; add the nut meats and pour into buttered platter to mold. Mark in squares.

*Mrs. Lloyd Thurston, Wife of Representative Thurston (Iowa).*

## COCOA FUDGE

4 tablespoons cocoa.  
 2 cups sugar.  
 1 cup milk.

2 tablespoonfuls butter.  
 1 teaspoonful vanilla.

Place cocoa in saucepan. Rub into a smooth paste by adding part of the milk. Add 2 cups of sugar, piece of butter and all of milk except  $\frac{1}{4}$  cup. Place on fire and boil. Then add  $\frac{1}{4}$  cup of milk. Cook until it forms a soft ball when dropped in cold water. Take from fire, add vanilla and beat until it is just thick enough to pour into buttered pans. By adding  $\frac{1}{4}$  cup of milk last you will find fudge to be free from grain and nice and smooth. When cool cut into blocks 1 inch square or break.

*Mrs. Thomas F. Bayard, Wife of Senator Bayard (Del.).*

### CHOCOLATE FUDGE

2 cups sugar.

1 cup cream.

$\frac{1}{4}$  cup butter.

1 cup Instantaneous chocolate.

Let sugar and cream boil; add butter and chocolate; boil until little drops in water form soft ball. Remove from fire and beat until thick. Pour into greased pan.

*Mrs. Frances Parkinson Keyes, Wife of Senator H. W. Keyes (N. H.).*

### DOUBLE FUDGE

$1\frac{1}{2}$  cups white sugar.

$\frac{1}{4}$  cake grated chocolate.

$\frac{1}{4}$  pound marshmallows.

$\frac{1}{2}$  can condensed milk.

Put over fire and cook, stirring all the time, until it forms a soft ball in cold water; then beat until creamy; flavor with vanilla, and pour in buttered pan. Then take  $1\frac{1}{2}$  cups of light brown sugar,  $\frac{1}{2}$  can condensed milk and small lump of butter. Cook and stir this like the other, beat until creamy, and pour over the chocolate part. This is delicious. Chopped nuts may be added to either part if desired.

*Mrs. Edward C. Little, Widow of the late Representative Little (Kan.).*

### FAIRMONT FUDGE

3 cups granulated sugar.

$\frac{2}{3}$  cup boiling water.

1 heaping tablespoon butter.

$\frac{1}{4}$  cake baking chocolate.

$\frac{1}{4}$  cup white Karo syrup.

$\frac{1}{4}$  pound marshmallows (more or less, as desired.)

Let sugar and water boil. Then add syrup, butter and chocolate. Let boil without stirring until a little dropped into ice water forms a soft ball. Let cool in same vessel. Beat and add marshmallows just before the candy creams. Turn out on buttered tins or plates. Cut into squares.

*Mrs. M. M. Neely, Wife of Senator Neely (W. Va.).*

### HAWAIIAN FUDGE

1 pound Dot chocolate.

$\frac{1}{4}$  pound cocoa butter.

1 box marshmallows.

1 cup nut meats, chopped.

Melt chocolate and cocoa butter in double boiler. Pour over the nuts and marshmallows which are spread out on a platter. Place in ice box for 24 hours.

*Miss Vivian Vestal, Daughter of Representative Vestal (Ind.).*

### KRIS KRINGLE FUDGE

1 cup milk.

2 cups sugar.

1 teaspoon vanilla.

$\frac{1}{4}$  cup corn syrup.

4 tablespoons butter (creamed).

1 cup cherries (halves).

Pour milk into a saucepan, add corn syrup, creamed butter and sugar. Bring to a boiling point and cook until it reaches the soft ball stage. Take from the fire, add cherries and vanilla. Allow to cool 5 minutes and beat until creamy. Pour into buttered pan, and when cold cut in squares. Chopped almonds may be added with the cherries.

*Mrs. Ewin L. Davis, Wife of Representative Davis (Tenn.).*

### MARSHMALLOW FUDGE

5 pounds brown sugar.

2 ounces butter.

$\frac{3}{4}$  cake chocolate.

Milk enough to moisten.

Let dissolve slowly, then boil steadily until a small quantity dropped in a glass of cold water will make a soft ball. Take off fire, beat in a can of marshmallow cream, continue beating until candy begins to thicken. Pour into greased pans. While still warm cut into squares and in the center of each square press half an English walnut or half a pecan.

*Mrs. Joseph Whitehead, Wife of Representative Whitehead (Va.).*

### MAPLE FUDGE

1 teaspoon vanilla.

1 teaspoon of butter.

1 cup maple sugar or syrup.

$\frac{1}{4}$  cup of milk (if maple sugar is used).

2 cups of brown sugar.

1 cup of shelled walnuts.

1 cup of thin cream.

Mix syrup, sugar, cream and butter in saucepan. Cook rather slowly for about 20 minutes; take from fire, add vanilla. Stir continually until it begins to grain, when add nuts, continue stirring until rather hard. Pour into pans. If maple syrup, cream and butter are used with the brown sugar and the cooked mixture is not stirred after it is removed from the fire, this candy makes a delicious maple caramel.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

### MAPLE SUGAR FUDGE

1 cup maple sugar.

Butter size of a walnut.

$\frac{1}{2}$  cup cream, milk or water.

Mix sugar and liquid and boil until when dropped in cold water the mixture forms a soft ball. Remove from stove, place butter on the mixture but do not stir it in. Cool until about 90 degrees warm. Then stir until it begins to stiffen and pour into buttered pan.

*Mrs. Elbert S. Brigham, Wife of Representative Brigham (Vt.).*

### MARSHMALLOW-NUT BUTTER FUDGE

2 cups granulated sugar.

2 level tablespoons peanut butter.

$\frac{3}{4}$  cup milk.

1 teaspoonful of vanilla.

2 tablespoonfuls of cocoa.

1 heaping teaspoonful marshmallow cream.

Mix sugar, cocoa and milk together and let come to a boil. Boil from 3 to 5 minutes. Take from stove and add marshmallow cream and peanut butter and vanilla. Stir vigorously until it begins to fudge in the usual manner. Pour in buttered tin. This fudge never grains.

*Mrs. L. T. McFadden, Wife of Representative McFadden (Pa.).*

## NEIGHBORHOOD HOUSE FUDGE

- |                      |                                  |
|----------------------|----------------------------------|
| 2 cups sugar.        | 2 tablespoons Brookfield butter. |
| 1 cup milk.          | 1 teaspoon vanilla.              |
| 2 squares chocolate. |                                  |

Method: Mix sugar, milk and chocolate in a saucepan and bring to a boil. Stir constantly at first until chocolate is completely melted. Then boil slowly, stirring frequently, until a soft ball is formed when tested in cold water. Remove from the fire and place in a pan of cold water, add butter but do not stir it in the fudge. When it has cooled to blood heat, add the vanilla and beat until it is creamy. When it starts to become firm, nuts may be added. Turn out on oiled tins and cut in squares.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## NUT FUDGE

- |                     |                               |
|---------------------|-------------------------------|
| 1½ cups sweet milk. | 1 cup nut meats (black wal-   |
| 3 cups sugar.       | nut, pecans or hickory nuts). |
|                     | Butter ½ size of an egg.      |

Mix milk and sugar. Let cook until form soft ball when small portion dropped into glass of ice water. Add butter. Take from fire. Allow to cool a few minutes, then beat until begins to get creamy. Add chopped nuts. Beat until ready to set, then turn into a buttered pan or platter. Cut into squares with sharp knife.

*Mrs. T. H. Caraway, Wife of Senator Caraway (Ark.).*

## OLD FASHIONED FUDGE

- |                              |                       |
|------------------------------|-----------------------|
| 2 cups sugar.                | 1 cup milk.           |
| 2 tablespoons butter.        | ½ tablespoon vanilla. |
| ¼ cake chocolate or 6 table- |                       |
| spoons cocoa.                |                       |

Mix sugar and chocolate together, add butter and milk. Cook over slow fire until it will form a soft ball when tried in cold water. Remove from fire, add vanilla and beat until creamy. Pour on buttered plates. When cold mark in squares.

*Mrs. Ralph Updike, Wife of Representative Updike (Ind.).*

## PATIENCE FUDGE

- |                     |                              |
|---------------------|------------------------------|
| 2 cups white sugar. | 1 heaping tablespoon of but- |
| 1 cup brown sugar.  | ter.                         |
| 1½ cups milk.       | 1 teaspoon vanilla.          |

Put 1 cup of white sugar in a kettle on the stove, stir continuously until a golden brown caramel; pour 1 cup of milk quickly into the caramel to avoid over-cooking of caramel. Stir until a smooth syrup; add the other cup of white sugar, the cup of brown sugar, the half cup of milk, and the tablespoon of butter. Continue to stir this, being careful to stir from the bottom of the kettle until rather firm soft ball forms when tried in cold water. Take from fire, add teaspoon vanilla, stir slowly until a creamy mass forms, and pour in pans.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*





## PECAN KISSES

Whites of 6 eggs, beaten stiff, rind of 1 lemon, grated; gradually add 1 pound granulated sugar, and stir this for 15 minutes; then add  $\frac{1}{8}$  ounce citron, cut very small; also 1 pound chopped pecans. Drop on tins greased with beeswax and bake in slow oven.

*Mrs. Richard P. Freeman, Wife of Representative Freeman (Conn.).*

## KENTUCKY KERNELS

3 cups brown sugar.  
1 cup of cream.

1 tablespoon butter.

Directions: Stir cream and sugar together until sugar is dissolved. Bring to boiling point and boil 232 degrees or until candy forms soft ball when tried in water. Remove from fire and when cool add  $\frac{1}{2}$  teaspoon of vanilla and 2 cups of hickory nut meats. Beat with spoon until creamy, then drop with spoon on oiled paper.

*Mrs. Alben W. Barkley, Wife of Senator Barkley (Ky.).*

## NEW ENGLAND MAPLE SUGAR CANDY

Put 1 cup rich creamy milk into a saucepan, add 3 cups of dark brown sugar (or 2 cups of maple sugar), 1 cup white sugar; let boil until it forms a soft ball when dropped in cold water. Add 1 teaspoon vanilla and remove from the fire, then beat until it thickens. Stir in 1 large cup of walnuts broken fine, turn in buttered pan to cool; mark off in squares before it gets cold.

*Mrs. John C. Allen, Wife of Representative Allen (Ill.).*

## MARSHMALLOWS

1 envelope Knox sparkling gelatin.  
 $1\frac{1}{4}$  cups water.

2 cups fine granulated sugar.  
Few grains salt.  
1 teaspoonful vanilla.

Soak gelatin in  $\frac{1}{2}$  cup cold water 5 minutes. Put  $\frac{3}{4}$  cup water and sugar in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatin and let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture 1 inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits chopped may be added—or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## MARSHMALLOW NUT CREAMS

2 teaspoons cocoa.  
2 cups sugar.  
1 cup milk.  
1 teaspoon butter.

2 teaspoons marshmallow  
creams.  
24 marshmallows.  
 $\frac{1}{4}$  pound toasted almonds.

Mix cocoa and sugar. Add milk and butter; cook until it makes soft ball in water. Stir in marshmallows, cream and nuts, without beating; pour over marshmallows arranged in buttered plates.

*Mrs. W. C. Salmon, Wife of former Representative Salmon (Tenn.).*

## MINTS

4 cups sugar. ¼ tumbler water.  
½ pound butter.

Boil, without stirring, until it hardens when dropped in cold water. Pour out on a marble slab. Drop in 15 drops of oil of peppermint and any coloring desired. Pull like taffy until it begins to harden, then pull in 1 long string and cut in small pieces with scissors. Place in a tin box when cold to cream.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

## MINTS

3 cups sugar. 2 egg whites, beaten very stiff.  
¼ teaspoon cream tartar. Mix together.  
1 cup hot water, boil until it threads.

Pour ½ syrup over whites, keep beating, while adding 20 drops of essence of peppermint. Let other ½ syrup boil a little now and add to the first mixture. Beat until ready to drop.

*Mrs. E. B. Vreeland, Wife of former Representative Vreeland (N. Y.).*

## PEPPERMINT DROPS

2 cups granulated sugar. ½ cup boiling water.  
2 tablespoons marshmallow cream. Peppermint extract to taste.

Boil together sugar and water without stirring until it forms a soft ball in cold water; add marshmallow cream and peppermint and beat until soft and creamy. Drop from teaspoon on waxed paper. Use wintergreen for wintergreen drops.

*Mrs. L. T. McFadden, Wife of Representative McFadden (Pa.).*

## MOLASSES TAFFY

2 cups molasses. 1 tablespoon vinegar.  
1 cup white sugar. 1 tablespoon butter.  
Cook until it hardens in water and add ¼ teaspoon soda. Pull.

*Mrs. Albert W. Bissell, Daughter of the Secretary of the Interior.*

## NEPTUNE CREAMS

3½ cups granulated sugar. 1½ cups broken nut meats.  
¾ cup white Karo corn syrup. 2 squares chocolate.  
1½ cups water. 1 teaspoon vanilla.  
3 whites of eggs.

Boil sugar, syrup and water until it forms a firm ball when dropped in cold water. Pour over whites of eggs beaten stiff and beat the mixture until creamy. Add vanilla and nuts and pour into a greased bread pan. When cool place on a platter and coat with chocolate, melted over a slow fire.

*Mrs. David Meekison, Wife of former Representative Meekison (Ohio).*

## ORANGE DROPS

1 orange, juice and rind.

Confectioner's sugar.

Pinch of Tartaric acid.

Grate the rind of 1 orange and squeeze the juice, taking care to reject the seeds. Add pinch of tartaric acid, stir in confectioners' sugar until it is stiff enough to form into a small ball. Use the same process for lemon drops, using lemons in place of oranges. Color light yellow.

*Mrs. Elbert S. Brigham, Wife of Representative Brigham (Vt.).*

## CANDIED ORANGE PEEL

1 cup sugar.

Peel of 4 oranges.

Cover peel with cold water, bring to boiling point and cook slowly until soft; drain. Remove white part by scraping with spoon. Cut yellow portion in thin strips. Boil sugar with  $\frac{1}{2}$  cup water until syrup will thread. Add strips of peel and cook in syrup 5 minutes. Drain and coat with fine granulated sugar.

*Mrs. W. D. Tabor, Daughter of Representative Martin (La.).*

## BITTER ORANGE KONFYT

See Favorite Dishes of All Nations, page 41.

## PEANUT BRITTLE DELIGHT

Grind peanut brittle candy in food grinder. Whip cream and add enough of candy crumbs to flavor to suit taste. Serve as dessert with wafers or cake.

*Mrs. Clifford R. Hope, Wife of Representative Hope (Kan.).*

## MAPLE PANOCHA

4 cups of sugar.

1 butter size of an egg.

1 cup of milk.

Maple syrup, enough to color tan.

2 cups of chopped pecans.

1 teaspoon vanilla flavoring.

Cook and stir slowly until sugar is melted. Boil until it forms a soft ball when dropped into a glass of cold water. Add the pecans and vanilla flavoring. Stir until it thickens, then drop on oiled paper or buttered dish.

*Mrs. J. P. Buchanan, Wife of Representative Buchanan (Texas).*

## MEXICAN PINOCHÉ

2 cups of brown sugar.

1 butter ball.

 $1\frac{1}{4}$  cups of pecan nuts.

A pinch of salt.

1 cup of milk.

Boil milk and sugar together first (to prevent curdling), then add butter and salt; boil until creamy; take off the fire and beat until smooth. Then put in the pecans.

*Mrs. Edward Keating, Wife of former Representative Keating (Col.).*

## PENOCHE (CANDY)

3 cups maple sugar.

1 cup milk.

1 cup granulated.

Stir and boil until brittle in water. Add butter size of egg, 1 tablespoon vanilla and pour over top 1 cup chopped nuts.

*Mrs. S. A. Kendall, Wife of Representative Kendall (Pa.).*

### PEANUT BRITTLE

2 cups granulated sugar. 1 cup peanuts.

Put sugar into a skillet and melt, stirring constantly to prevent burning; when melted to a smooth brown syrup, pour over peanuts in a buttered pan. When hard break into pieces.

*Miss Grace E. Burton, Niece of Representative Theodore Burton (Ohio).*

### PEANUT SLICES

See Favorite Dishes of All Nations, page 37.

### SALTED PEANUTS

Buy the large green peanut and remove the skin and roast in oven. When roasted and partly cold, roll in white of egg that has been beaten a little, then sprinkle with salt. Almonds can be done the same way.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### PECAN CANDY (Very Good)

$\frac{3}{4}$  cup butter. 1 teaspoon vinegar.  
1 full cup brown sugar. 1 cup of pecan meats.

Cook 5 minutes or until it makes a soft ball when dropped into cold water. Pour over pecan meats, spread on buttered platter.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*

### MEXICAN PECAN CANDY

$1\frac{1}{2}$  cups sugar. 2 cups pecans.  
1 pinch of salt.

Mix sugar and pecans and enough hot water to melt sugar. Place that on fire; at the same time melt  $\frac{1}{2}$  cup of sugar, pour melted sugar into boiling mixture and cook a few seconds, then beat until it creams, and drop from a spoon on a buttered zinc table.

*Mrs. Earle B. Mayfield, Wife of Senator Mayfield (Texas).*

### CHRISTMAS POP CORN BALLS

1 cup molasses. 1 tablespoon butter.

Let come to a boil and add 1 cup of sugar; cook to consistency of a crisp ball when dropped into cold water or to 244 degrees. Remove from fire and add  $\frac{1}{4}$  teaspoon soda. Pour over about 2 quarts of freshly popped corn and shape into balls. Oil hands to prevent burning.

*Mrs. Jas. H. MacLafferty, Wife of former Representative MacLafferty (Cal.).*

### LOUISIANA CREOLE PRALINES

2 cups brown sugar. 1 tablespoon butter.  
1 teaspoon vanilla. 1 pound pecan meats.  
 $\frac{1}{2}$  cup cream.

Boil sugar, butter, and cream until it threads when dropped from end of spoon. Add pecans and vanilla. Remove from fire and beat until all

nuts are covered and dry. Drop on greased table top. Work fast, as candy hardens quickly. Will make a dozen or more pralines, depending on size.

*Mrs. W. D. Tabor, Daughter of Representative Martin (La.).*

### NEW ORLEANS PRALINES

$\frac{3}{4}$  cup white sugar.

$\frac{1}{2}$  cup brown sugar.

$\frac{2}{3}$  cup of heavy maple syrup, which must be free from any glucose. Cook to soft ball when dropped into cold water, or 240 degrees. Allow to slightly cook, then stir until it becomes milky. Add pecans and drop from spoon on waxed paper.

*Mrs. Jas. H. MacLafferty, Wife of former Representative MacLafferty (Cal.).*

### STUFFED PRUNES

See Favorite Dishes of All Nations, page 37.

### PULL CANDY

4 cups of sugar.

$\frac{1}{2}$  teaspoon of salt.

4 small teaspoons of vinegar.

Butter size of hickory nut.

1 cup boiling water.

$\frac{1}{2}$  teaspoon of vanilla.

Do not stir after it begins to cook. Cook until it forms a ball, when tested in cold water. Pour in buttered soup plates; when sufficiently cool, pull.

*Mrs. Ben Johnson, Wife of former Representative Johnson (Ky.).*

### SEA FOAM

Place 2 cupfuls of granulated sugar,  $\frac{1}{2}$  cupful of syrup and  $\frac{1}{2}$  cupful of water in a pan over a medium fire. Boil, stirring continually, until some, when tested in cold water, forms a soft ball. Then pour half of it into the whites of 2 stiffly beaten eggs and stir the mixture until every particle of egg is dissolved. Then place the other half over fire again and boil until quite a hard ball forms in cold water, after which pour into the egg mixture, stirring slowly as you pour. Beat well for 5 minutes, add 1 cup chopped nuts and flavoring, and beat until too thick to pour. Spread on a deep pan and break with the fingers when cool.

*Mrs. James R. Mann, Widow of the late Representative Mann (Ill.).*

### SEAFOAM CANDY

3 cups brown sugar.

1 small piece of butter, size of walnut.

1 cup water.

Cook until it boils and pour syrup slowly over the whites of 2 well beaten eggs. Put in a half cup of walnuts and drop from a tablespoon in small balls on paraffin paper or buttered dish.

*Mrs. Andrew J. Montague, Wife of Representative Montague (Va.).*

### SEAFOAM CANDY

3 cups light brown sugar.

1 teaspoon vinegar.

$\frac{1}{2}$  cup water.

Whites of two eggs.

Boil sugar, water and vinegar until brittle ball is formed when tested in cold water. Pour syrup into stiffly beaten whites of 2 eggs. Flavor to

taste. Beat until creamy, then drop by spoonful on waxed paper. Nuts or diced fruit may be added while mixture is being beaten or may be used to garnish.

*Mrs. Sam A. Baker, Wife of the Governor of Missouri.*

### SODA CANDY

- |                              |                          |
|------------------------------|--------------------------|
| 2 cups granulated sugar.     | 1 level teaspoon soda.   |
| 1 cup milk.                  | 1 teaspoon vanilla.      |
| 2 tablespoonfuls Karo syrup. | ½ pound English walnuts. |

Boil sugar, milk, syrup and soda together until a few drops put in cold water forms a soft ball. Stir constantly. When done add vanilla and nuts, and beat until stiffening, then pour into a buttered pan and mark in squares.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

### RAISIN TOFFEE

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup sugar.                   | 1 teaspoon vanilla.      |
| ½ cup water.                   | ½ pound sweet chocolate. |
| ¾ cup butter.                  | 1½ cups chopped nuts.    |
| 1 cup Sun-Maid Nectar raisins. |                          |

Boil together sugar and water to dissolve the grain, then add butter slowly in small pieces stirring constantly to keep it mixed. Cook until it will form a hard crack (300 degrees F.) when tested in cold water. Remove from fire, add vanilla and raisins. Pour into a greased pan. When cold remove it to an oiled paper. Break chocolate into pieces and put in the top of a double boiler. When the water begins to boil in the lower part remove from fire and allow chocolate to stand 10 minutes. Stir until creamy and melted. Spread a thin layer on one side of the candy and sprinkle liberally with chopped nuts. Turn the candy over and treat the other side the same way. After the chocolate sets the candy may be cut or broken into pieces. This improves on standing. A hard crack means that the candy snaps when it touches the cold water.

*Mrs. Henry E. Barbour, Wife of Representative Barbour (Cal.).*

### TURKISH DELIGHT

One quart sugar, ½ cup cold water and 1 box gelatin. Dissolve gelatin in 1 cup hot water. Juice 1 lemon and juice and grated rind of 1 orange. ½ pound nuts, small bottle Maraschino cherries with liquor. Bring sugar and water to a boil, add gelatin and boil 10 minutes by clock. Add lemon and orange juice. Boil 10 minutes longer. Add cherries and nuts chopped fine. Pour in shallow pan wet with cold water. When set, cut in squares and roll in powdered sugar.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### WHITE TAFFY

- |                          |                        |
|--------------------------|------------------------|
| 3 cups granulated sugar. | Butter size of walnut. |
| ¾ cup water.             | Vanilla to taste.      |
| ½ cup vinegar.           |                        |
- Boil until it spins a hair.

*Mrs. John M. Rose, Widow of the late Representative Rose (Pa.).*

## JELLIES, MARMALADES AND PICKLES

### VARIOUS FLAVORS FOR APPLE JELLY

When making apple jelly in the ordinary way, a number of different flavors may be obtained by adding a slice of lemon to the glass just before setting aside to cool. Very nice to serve with roast pork or fowl. Vanilla, pineapple, orange or any desired flavoring extract may be added in place of the lemon.

*Mrs. Mell G. Underwood, Wife of Representative Underwood (Ohio).*

### CRANBERRY JELLY

1 quart cranberries. 1 pound sugar.  
½ pint water.

Let cranberries and water boil 10 minutes with lid on. Put through sieve, add sugar and stir. Let come to boil and remove immediately. This will not jell if allowed to remain on heat after it comes to boil.

*Mrs. William L. Nelson, Wife of Representative Nelson (Mo.).*

### NEVER-FAIL CRANBERRY JELLY

One quart cranberries with 1 cup water. Cook five or six minutes. Put through fine sieve. Reheat, add 2 cups sugar, mix thoroughly but do not boil. Set to cool.

*Mrs. Homer Hoch, Wife of Representative Hoch (Kan.).*

### PARADISE JELLY

½ peck (red) apples. 2 quarts cranberries.  
12 quinces.

Cut the apples and quinces in quarters and add the cranberries. Cover with cold water and simmer gently until thoroughly done. Turn into a jelly bag and let drip all night. Measure the juice and for every pint allow 1 pound of granulated sugar and boil for 8 minutes. Skim off all the scum and pour into jelly glasses.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*

### PARADISE JELLY

20 crabapples. 1 quart cranberries.  
10 quinces.

Make as any other fruit jelly. Combination is "heavenly."

*Mrs. Duncan U. Fletcher, Wife of Senator Fletcher (Fla.).*

### QUINCE JELLY

Rub the quinces with a cloth until perfectly smooth, cut in small pieces, pack tight in a kettle, pour on cold water until level with the fruit, boil



until very soft; make a three-cornered flannel bag, pour in fruit and hang up to drain, occasionally pressing on the top and side to make the juice run more freely, taking care not to press hard enough to expel the pulp. There is not much need of pressing a bag made in this shape, as the weight of the fruit in the larger part causes the juice to flow freely at the point. To a pint of juice add a pint of sugar and boil 15 minutes, or until it is jelly.

*Mrs. James R. Mann, Widow of the late Representative Mann (Ill.).*

#### APPLE-RASPBERRY JAM

1 cup raspberries. 3 cups sugar.

2 cups apples chopped fine.

Put all together and boil 10 or 15 minutes. Makes 5 or 6 glasses.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

#### RASPBERRY JAM

1 pint of apple juice. 1 pint of sugar.

1 pint raspberries.

Cook separately 10 to 15 minutes and then stir the two together; when done and after putting in the glasses keep stirring until it begins to set.

*Mrs. W. D. Boies, Wife of Representative Boies (Iowa).*

#### STRAWBERRY JAM

2 cups large firm berries. 1 teaspoonful vinegar.

2 cups sugar.

Put all in saucepan, cook without stirring and continue boiling for 25 minutes. Take from fire, empty into bowl and let stand until cold. Fill jars and your fruit will not rise to top.

*Mrs. George P. Darrow, Wife of Representative Darrow (Pa.).*

#### AMBER MARMALADE

1 small pineapple chopped fine. 1 orange.

1 grape fruit. 1 lemon.

Slice grapefruit, orange and lemon fine, with sharp knife, removing seeds. Use 3 measures of cold water to 1 of fruit and let stand over night. Next morning boil hard uncovered for 15 minutes. Let stand 24 hours and then measure equal parts of sugar and fruit. Boil from 1 to 1½ hours or until it jellies and then fill sterilized glasses. Delicious with toast.

*Mrs. Edw. E. Browne, Wife of Representative Browne (Wis.).*

#### AMBER MARMALADE

See Favorite Dishes of All Nations, page 39.

#### CARROT MARMALADE

2 cups of ground carrots. 2 lemons; grate rind and

2 oranges; grate rind and use squeeze juice.

pulp.

2 lbs. sugar.

Cook 20 minutes.

*Mrs. Lenore Sherwood, Daughter of the late Rep. I. R. Sherwood (Ohio).*

## CARROT MARMALADE

12 raw carrots.  
Juice of 3 oranges or lemons.

1 teaspoon ground cinnamon,  
cloves and allspice.  
4 cups sugar.

Grate carrots and combine with sugar and set aside for an hour. Then add the spices, orange or lemon juice and cook slowly for 1 hour; pour into jars, let cool and seal.

*Mrs. W. M. Geddes, Member of Congressional Club.*

## MARMALADE

2 large oranges.  
2 lemons.

1 large grapefruit.

Put the fruit through chopper. Put cup to cup of chopped fruit and water and let stand over night. Measure 1 cup sugar to each of fruit and water; let boil slowly until it thickens—about 3 hours. I never use any marmalade except this home made variety.

*Mrs. Louis D. Brandeis, Wife of Justice Brandeis.*

## ORANGE MARMALADE

1 orange.  
1 grapefruit.

1 lemon.

Choosing those light in color.

Squeeze juice from all and put balance except seed through meat chopper. Measure and put 3 times as much water as you have juice and pulp and let stand for 24 hours. Second day: Boil 10 minutes and let stand 24 hours. Third day: Add cup of sugar for each cup of liquid and boil until finished—about 2 hours, until clear and jelly like. Even though thin when done, it will thicken in a few weeks.

*Mrs. Medill McCormick, Widow of the late Senator McCormick (Ill.).  
Daughter of the late Senator Mark Hanna (Ohio).*

## ORANGE MARMALADE

The best recipe for orange marmalade extant. Peel the oranges very thin and put peel to soak in salt water, 1 tablespoon of salt to a quart of water. Soak 24 hours, more or less. Then wash and boil 3 hours in fresh water, changing the water once. Cut with scissors as fine as possible. Peel all the white rind off oranges and discard. Cut oranges in small pieces and add to the cut rind. Then add sugar, pound for pound, and boil hard for 20 minutes. Do not seal. February and March is the best time to make orange marmalade as oranges are best then and cheapest. One dozen oranges will make about 14 glasses.

*Mrs. Robert E. Evans, Widow of the late Representative Evans (Neb.).*

## ORANGE MARMALADE

1 dozen oranges.

3 lemons.

Slice thin. Remove half the peel. To 1 pint of fruit add 2 pints of water. Let stand 24 hours, in an earthen jar. Boil until tender—about 40 minutes. Let stand another 24 hours. To 3 pints of fruit add  $2\frac{1}{2}$  of sugar. Cook in small quantities, until jellied. It is not necessary to seal.

*Mrs. J. J. Kindred, Wife of Representative Kindred (N. Y.).*

## ORANGE MARMALADE

6 oranges.  
4 lemons.

1 grapefruit.

Wash the fruit, slice very thin, first cutting in quarters to remove the seeds. To each pound of sliced fruit add 3 pints of cold water; let this stand 24 hours, then boil 2 hours or until peel is perfectly tender. Let stand until the next day. To each pint of boiled fruit add 1 pint of granulated sugar, boil together for 2 hours or until it jellies. This makes 20 glasses.

*Mrs. John M. Wolverton, Wife of Representative Wolverton (W. Va.).*

## ORANGE MARMALADE

1 large grapefruit.  
2 oranges.  
1 lemon.

3 quarts of cold water.  
5 pounds of sugar.

Put all the fruit, except seed, through grinder, add water and let stand 24 hours, then boil 1½ hours; let stand 24 hours, add sugar and boil 1 hour. Pour in glasses and when cool, pour melted paraffin over top.

*Mrs. Thomas S. Butler, Wife of Representative Butler (Pa.).*

## ORANGE MARMALADE (Palace Hotel Recipe)

First day:

6 oranges.

3 lemons.

Slice fine, skin and all. Add 3 pints water to each pound of fruit. Mix and let stand.

Second day:

Boil 45 minutes rapidly.

Third day:

Weigh, add sugar pound for pound. Boil rapidly. Should make thin jelly in 45 minutes.

*Mrs. H. E. Barbour, Wife of Representative Barbour (Cal.).*

## ORANGE MARMALADE

7 medium sized oranges.  
1 grapefruit.

1 lemon.

Wash fruit, leave rind on and slice thin. Add 2½ pints of water to 1 pint of fruit. Let stand 24 hours. Boil 2 or 3 hours or until rather thick. Add 1½ pints of sugar to 1 pint of fruit and let mixture stand 24 hours, stirring occasionally. Boil until thick enough to jelly and put in glasses. Use enamel kettle.

*Mrs. Fred W. Green, Wife of the Governor of Michigan.*

## ORANGE MARMALADE

6 large oranges.  
2 large lemons.

5 quarts of sugar.

Slice the fruit very thin and put in a gallon jar, fill the jar up with water and let stand 24 hours. Boil this mixture for ½ an hour before putting in the sugar, add sugar and boil until it jellies.

*Mrs. T. J. B. Robinson, Wife of Representative Robinson (Iowa).*

## ORANGE MARMALADE

2 good sized or 3 small oranges. 1 lemon.

Cut oranges and lemon in small pieces, rind and all. Mix together with 10 cups cold water. Let stand 24 hours. Then boil  $1\frac{1}{2}$  hours. While hot, add 7 cups sugar and let stand 24 hours. Then boil  $1\frac{1}{2}$  hours. Makes 8 ordinary jelly glasses.

*Mrs. Guy U. Hardy, Wife of Representative Hardy (Col.).*

## ORANGE MARMALADE

Peel of 2 oranges.

Peel of 2 grapefruit.

Peel of 2 lemons.

Cut peel in narrow strips with scissors, after fibre has been removed. Cut pulp of fruit in small pieces. Add peel to pulp. Add twice as much water as fruit. Let stand over night. In the morning let come to a boil and cook 5 minutes. Let stand overnight. Measure and add 1 cup of sugar to each cup of fruit mixture. Cook until it jellies—stirring as little as possible. When cooked put in jars and seal.

*Mrs. Philip P. Campbell, Wife of Representative Campbell (Kan.).*

## JERONE'S ORANGE MARMALADE

3 or 5 small oranges.

4 pounds of sugar.

2 lemons with three oranges  
or three lemons with five oranges.

12 jelly glasses of cold water.

Slice oranges and lemons with skin into very thin slices. Cover with water, set away for 24 hours in cool place. At the end of first 24 hours, boil moderately hard for 1 hour from time mixture begins to boil. At the end of hour set away in cool place for 24 hours. Then boil mixture slowly for 40 minutes from start of boiling; then slowly add the sugar so that the boiling does not entirely stop boiling, only stir enough to keep it from burning. When the mixture clings quite a little to spoon, it is done.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

## ORANGE AND PEAR MARMALADE

Take 8 pounds of ripe pears and core and grind them. Then take 3 oranges and 2 lemons, remove the seeds and grind them, skins and all. Put all this ground fruit into a preserve kettle and add 6 pounds of sugar, stirring it in well. Bring it to the boil and let cook until clear. Then fill in jars and seal.

*Mrs. Clyde Williams, Wife of former Representative Williams (Mo.).*

## PEACH MARMALADE

5 lbs. peaches, pared and sliced thin.

5 lbs. sugar, added after other ingredients have thoroughly heated.

5 oranges, juice and pulp, rind of 2, chopped.

Cook about 45 minutes.

*Mrs. John C. Ketcham, Wife of Representative Ketcham (Mich.).*

## PEACH MARMALADE

6 lbs. peaches (after cutting).      Juice of 2 lemons.  
 5 lbs. sugar.      Grated rind of 1 orange.  
 Juice of 4 oranges.

Cook slowly, stirring occasionally to prevent burning.

*Mrs. George R. Stobbs, Wife of Representative Stobbs (Mass.).*

## PINEAPPLE-APRICOT MARMALADE

1 pound dried apricots.      10 cups of sugar.  
 1 can crushed pineapple (large  
 size.)

Soak apricots  $\frac{1}{2}$  hour and then wash. Cover with cold water and soak over night. Put through meat chopper and add pineapple and sugar to the apricots in the water they have been soaked in. Boil for  $\frac{1}{2}$  hour, stirring to prevent burning. Results should be clear and amber colored.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Maine).*

## PINEAPPLE AND MINT MARMALADE

1 fresh pineapple.      1 bunch mint.  
 $1\frac{1}{2}$  juicy apples.

Put fruit through meat grinder. Crush mint in ice for color. Add sugar—cup for cup—and while cooling swish sprays of mint through the fruit. Cook down as for any marmalade. One can shredded pineapple may be substituted.

*Mrs. E. C. Ellis, Wife of former Representative Ellis (Mo.).*

## RHUBARB AND ORANGE MARMALADE

3 pints rhubarb.      3 pints sugar.  
 3 oranges.

Cut up rhubarb and shred orange, cutting through peeling and all. Mix with the sugar and let stand over night. Cook 15 to 20 minutes.

*Mrs. Fred S. Purnell, Wife of Representative Purnell (Ind.).*

## RHUBARB MARMALADE

Cut rhubarb into small pieces, then measure, then wash. To 1 quart of rhubarb add 1 quart sugar,  $\frac{1}{2}$  cup vinegar, 1 cup small seedless raisins, ground cloves and cinnamon to taste. Cook the rhubarb with a little soda, then put in colander to drain. Then cook all ingredients together until done, less than  $\frac{1}{2}$  hour.

*Mrs. Carl E. Mapes, Wife of Representative Mapes (Mich.).*

## GOOSEBERRY BAR-LE-DUC

6 pounds gooseberries.      9 pounds sugar.  
 1 pint vinegar.

Put gooseberries, vinegar and  $\frac{1}{2}$  the sugar on to boil for 20 minutes. Then add the rest of the sugar and boil for 45 minutes.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

## APRICOT CONSERVE

½ pound dried apricots.                      ½ pound almond nut meats.  
1 can shredded pineapple.                  1½ cups sugar.

Soak apricots in warm water 30 minutes. Wash and cook until very tender and rub through colander. Add pineapple and sugar. Cook 45 minutes. Cool partially and add nut meats.

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

## APRICOT-PINEAPPLE CONSERVE

Soak 1 pound of dried apricots in 4 cups of water 2 days; pour over this 1 cup of pineapple juice and cook gently ½ hour; then add 8 cups of sugar and the pineapple from 1 medium sized can; cook until the required thickness.

*Mrs. Oscar E. Bland, Wife of former Representative Bland (Ind.).*

## SOUR CHERRY CONSERVE

2 pounds sour cherries, pitted.            2¾ pounds sugar.  
2 oranges.                                      1 pint red raspberry juice.  
½ pound raisins.

Cook all together for 20 minutes before adding the sugar—then 15 minutes after putting sugar in.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.).*

## CURRANT CONSERVE

5 pounds currants.                              2 pounds seedless raisins.  
1 to 2 pounds sour cherries                3 oranges.  
(stoned).

Grate the rind of 1½ oranges; cut the rest of the oranges and rind into small thin slices; 1¼ pounds sugar to each pound of fruit; add water (a trifle) to the currants and extract juice as for currant jelly; to the juice add cherries, raisins, oranges and sugar. Cook from 20 minutes to ½ hour. Seal in jelly cups or jars.

*Mrs. J. Hampton Moore, Wife of former Representative Moore (Pa.).*

## GRAPE CONSERVE

2½ pounds grapes.                              2 oranges.  
2½ pounds granulated sugar.              ½ pound pecans.  
1 pound seeded raisins.

Separate skins from pulp. Put both skins and pulp on to cook. Put pulp through sieve to take out seeds. Put oranges through meat grinder. Add oranges to pulp and sugar and cook 5 minutes. Add raisins to skins and cook 5 minutes. Put the two together and cook until rather thick. Just before taking from the stove add the nuts.

*Mrs. William Arnold, Wife of Representative Arnold (Ill.).*

## GRAPE CONSERVE

8 pounds of grapes.                              1 pound of English walnuts.  
2 sliced oranges.                                4 pounds of sugar.  
1½ pounds of seeded raisins.

Wash the grapes, press the pulp from the skins. Cut the oranges in

quarters and slice very thin through the skin. Put the grape pulps in a double boiler until softened, then press through a sieve to remove seeds. Add the skin and orange to the pulps and let simmer until the skins are tender. Add the raisins and sugar and cook down like marmalade.

*Mrs. Ernest R. Ackerman, Wife of Representative Ackerman (N. J.).*

### GRAPE CONSERVE

3 pounds Concord grapes.

Pulp the grapes, cook till seeds come out, strain, cook  $\frac{1}{2}$  of skins 5 minutes. (Cook all and grind half.) Put cooked skins through meat grinder. One pound raisins, 2 oranges, add to pulp with 3 pints sugar and boil 5 minutes. Before taking from fire add broken nut meats,  $\frac{1}{4}$  pound English walnuts, more or less. Put in orange skin also. Box of seeded raisins—14 ounces is enough.

*Mrs. Frederick W. Dallinger, Wife of Representative Dallinger (Mass.).*

### GRAPE CONSERVE

Five pounds Concord grapes, washed and pulped; boil pulps and sift out seeds and add skins to pulp. Cook ten minutes, then add three medium sized oranges sliced thin, and 1 lemon. To this add equal quantities of sugar. Cook until it jellies, then add 1 pound of seeded raisins. Let this come to a boil and put up in glasses. When cool cover with paraffin.

*Mrs. Edw. E. Browne, Wife of Representative Browne (Wis.).*

### GRAPE CONSERVE

Remove<sup>d</sup> the skins from purple grapes, cook pulp and remove the seeds; add the skins to the pulp. To each quart of the above mixture add 1 quart of sugar, 1 cup of raisins, the grated rind and juice of 2 oranges. Cook until it jells.

*Mrs. Lloyd Thurston, Wife of Representative Thurston (Iowa).*

### PEAR CONSERVE

Five pounds of ripe pears, cut in small pieces. Five pounds sugar added; let stand over night. Add 1 pound seeded raisins, juice of 3 oranges, juice and rind of 3 or 4 lemons; cook until it jells and add 1 pound of English walnuts.

*Mrs. John Morrow, Wife of Representative Morrow (N. M.).*

### PLUM CONSERVE

Four quarts plums—do not peel, cut in quarters and take out stones; 4 oranges, chop rind; 1 pound raisins, whole; 5 pounds sugar, 1 pound English walnuts. Put all together in kettle and simmer  $\frac{1}{2}$  hour. Cook slowly. Makes 5 pints.

*Mrs. John J. Kindred, Wife of Representative Kindred (N. Y.).*

### PLUM AND CHERRY CONSERVE

4 pounds pitted plums (about  $\frac{1}{2}$  pound seeded raisins.

4 quarts). 2 oranges, sliced.

3 pounds sugar.  $\frac{1}{2}$  pound walnuts (in shell).

Put the rind of 1 orange and the nuts through meat grinder or cut in small pieces. Cook until thick.

*Mrs. Geo. W. Edmonds, Wife of former Representative Edmonds (Pa.).*

## RHUBARB CONSERVE

## Ingredients:

- |  |                    |
|--|--------------------|
| 1 quart of rhubarb (wash and<br>cut in cubes), | 1 box dates.       |
| 1 quart of sugar.                              | 2 oranges, ground. |
|  | 1 cup nuts.        |

Directions: Cook rhubarb, sugar and oranges until the rhubarb is clear, then add dates, add nut meats when almost done.

*Mrs. John Hammill, Wife of the Governor of Iowa*

## TOMATO CONSERVE

Take 5 pounds ripe tomatoes, peel and seed them and cook 2 hours with  $3\frac{1}{2}$  pounds of sugar. Then add  $\frac{1}{2}$  pound of raisins and  $\frac{1}{2}$  pound chopped walnut meats and 2 or 3 pieces of ginger root cut up fine. Cook until it jellies. This makes 10 glasses.

*Mrs. Roy O. Woodruff, Wife of Representative Woodruff (Mich.).*

## CARMEL PEACHES

Allow 2 peaches for each serving; pare and leave whole. Put into a warm frying pan a liberal tablespoon of butter and allow it to brown. Add 1 cup of light brown sugar; when butter and sugar are thoroughly mixed add the peaches and a pinch of salt; add water to half cover the peaches. When the peaches are tender add 1 teaspoon of flour mixed smoothly in a little water to thicken the syrup.  $1\frac{1}{2}$  dozen peaches for this amount. Serve hot.

*Mrs. Roy O. Woodruff, Wife of Representative Woodruff (Mich.).*

## PLUM COMPOTE

- |   |                  |
|---|------------------|
| 3 pounds California blue plums<br>(take out seeds). | 1 pound raisins. |
| 3 pounds white sugar.                               | 3 oranges.       |

Cook slowly until like jam, and seal.

*Mrs. Edward C. Little, Widow of the late Representative Little (Kan.).*

## CHERRY PRESERVES

Place cherries in colander and your boiling water over them. To 1 quart fruit add 1 quart sugar, 1 level teaspoonful cornstarch to each quart fruit. Place on stove, let come to boil, using a slow fire at first. Remove and add 1 pint more of sugar. Place on stove and let come to good boil again. Pour in crocks and stir gently for 2 or 3 days, keeping covered with thin cloth. Put up in cold glass jars and seal. Other fruit may be used in same way. Add rhubarb to raspberries.

Note: Add cornstarch to sugar.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## SUN MADE CHERRY PRESERVES

- |                            |                  |
|----------------------------|------------------|
| 1 pint of seeded cherries. | 1 pint of sugar. |
|----------------------------|------------------|

Cook 8 minutes, then place in shallow vessel, cover with thin cloth and set in sun until it thickens. Then heat again and place in jars.

*Mrs. Frank Gardner, Wife of Representative Gardner (Ind.).*



**CURRENT PRESERVES**

Mix 3 pounds of sugar, 3 pounds of red currants, 3 thinly sliced oranges and let stand over night. In the morning cook 25 minutes. Lovely used with creamed cheese or over plain ice cream.

*Mrs. James T. Begg, Wife of Representative Begg (Ohio).*

**STRAWBERRY PRESERVES**

Wash and drain well. Take equal amount of sugar and berries, a layer of berries and a layer of sugar. Allow to stand long enough to collect enough moisture to cook. Put on stove and allow them to heat slowly. When they are thoroughly heated and come to the boiling point, allow them to boil 30 minutes. Remove from stove, cover, and let them stand until next day and jar them cold. Color and size retained by this method. Cherries may be preserved in the same way after seeding.

*Mrs. John M. Rose, Widow of the late Representative Rose (Pa.).*

**STRAWBERRY PRESERVES**

Cap your berries, heaping cup at a time, and put them in a colander. After your colander is about full, let the water run over them and then pour into saucepan, using only the water which sticks to them. Put over a slow fire and let them come to a boil. Take from fire and pour through a colander, reserving water to make jelly; put the berries in saucepan with the same number of (scant) cups of sugar as you had berries before they were cooked, and let come to a slow boil and boil 20 minutes. Remove from fire and pour in a bowl and let stand 24 hours before putting in jars. Never make more than 4 quarts at a time.

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

**STRAWBERRY PRESERVES**

4 pounds sugar. 2 pounds berries.

Make syrup of sugar and water, allowing it to cook until it threads. Add berries and cook for 15 minutes, or until syrup is thick as desired. Preserves made by this recipe will keep their color and flavor indefinitely.

*Mrs. William L. Nelson, Wife of Representative Nelson (Mo.).*

**SUN-KISSED STRAWBERRIES**

Select large, sound, ripe berries and wash before hulling, being careful not to bruise. Use  $\frac{3}{4}$  pound of sugar to 1 of berries. Put sugar in preserving kettle, dissolve and let become heated (not boiling.) Add berries and bring to a boil and let remain for 5 minutes. Remove from the fire and spread on shallow platters and place in sun until the syrup thickens. As a rule this takes from 2 to 3 days' time, varying according to the intensity of the sun's heat. When syrup reaches the desired thickness (not enough to become jellied) pack in cold sterilized jars and cover with hot paraffin. Strawberries preserved according to this recipe preserve their contour, color, flavor and fragrance. The small, over-ripe and defective berries may be used for jam.

*Mrs. Bolivar E. Kemp, Wife of Representative Kemp (La.).*

**STRAWBERRY SUNSHINE**

Wash 1 cup of berries; partly crush. Add 2 cups of sugar. Bring

slowly to a boil. Boil hard for 5 minutes. Put in jelly glasses and cover with paraffin.

*Mrs. M. E. Rhodes, Wife of former Representative Rhodes (Mo.).*

#### WATERMELON PRESERVE

- |                                      |   |
|--------------------------------------|---|
| 7 pounds melon rind cut or<br>diced. | 1 bottle Maraschino cherries.           |
| 5 pounds sugar.                      | 2 pints water; include fruit<br>juices. |
| 2 cans pineapple.                    |   |

Soak melon over night in lime water. (Two heaping tablespoons lime to a gallon of water; let stand a while and drain off.) Next day drain and rinse the melon, place in kettle of boiling water and boil *until tender*. Two hours, maybe longer. Then boil in the syrup until nearly done, when add the cut up pineapple. Boil a while longer, and add the cherries, boil but a few minutes longer, or the cherries will toughen. (I find the above amount of sugar makes so little syrup that you cannot cover the fruit even with the closest possible packing. I put more sugar.)

*Mrs. John N. Sandlin, Wife of Representative Sandlin (La.).*

#### WATERMELON RIND PRESERVES

- |                       |                             |
|-----------------------|-----------------------------|
| 10 pounds fruit.      | 1 cup salt.                 |
| 10 pounds sugar.      | Alum, size of a grape.      |
| 4 ounces ginger root. | Mace and cinnamon to taste. |
| 5 lemons, sliced.     |                             |

Dissolve salt in 4 quarts water, pour over fruit and soak 6 hours. Pour this off and let stand in fresh water 2 hours, changing water 3 times. Dissolve alum in 3 quarts boiling water, pour over fruit and boil slowly 5 hours. Pour off and let stand in fresh water until cold.

#### Syrup for Watermelon Rind Preserves

Take 1 cup water for every pound of sugar until clear; add ginger root, lemons sliced; mace and cinnamon; add fruit and cook until transparent. Seal while hot.

*Mrs. S. D. McReynolds, Wife of Representative McReynolds (Tenn.).*

#### CRANBERRY SAUCE

- |                      |                 |
|----------------------|-----------------|
| 1 quart cranberries. | 1 cup of water. |
| 2 cups of sugar.     |                 |

Boil 15 minutes, then put through a sieve and let cool.

*Mrs. Gale H. Stalker, Wife of Representative Stalker (N. Y.).*

#### DELICIOUS CRANBERRIES

- |                      |                 |
|----------------------|-----------------|
| 1 quart cranberries. | 1½ pints sugar. |
| 1 pint water.        |                 |

Boil sugar and water together for 5 minutes. Put in cranberries, cover, remove from fire and let stand 5 minutes. Place on fire and cook again 5 minutes, then allow to cool, still covered. They will look like candied cherries.

*Mrs. Charles J. Thompson, Wife of Representative Thompson (Ohio).*

## WHOLE CRANBERRY SAUCE

¼ cup of boiling water. every cup of cranberries.  
 1 cup granulated sugar to  
 Boil till cranberries are tender and plump like candied cherries.

*Mrs. Edmund Platt, Wife of former Representative Platt (N. Y.).*

## WINIFRED'S CANNED GRAPEFRUIT

Put two rinds in cold water, 1 teaspoonful salt added. Soak all night. In the morning pour off water and parboil in fresh water 5 minutes. Repeat 3 times, then boil about 15 minutes until tender. Cut into straws, or desired pieces and boil until clear in heavy syrup, about ½ hour. Let cool in syrup. When cold pour into strainer. Let stand about 2 hours and roll in granulated sugar, piece by piece. Put between oil paper in tin box and keep it in the ice box.

## Syrup

Make rich and heavy syrup. Three pounds of sugar, 3 cups water. The syrup which is left after draining can be used over and over again.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

## PEAR CHIP

8 pounds pears. Juice of 4 lemons.  
 4 pounds sugar. Grated rind of 2 lemons.  
 1 small jar preserved ginger.

Chip pears very thin, add other ingredients and allow to stand over night. Boil slowly until golden brown and thick.

*Mrs. George Nicholas Seger, Wife of Representative Seger (N. J.).*

## PEACH CHIPS

8 pounds peaches, sliced thin. 3 lemons, sliced very thin.  
 6 pounds sugar. 1 small jar preserved ginger.  
 Cook slowly for 2 hours. Place in jelly glasses and seal.

*Mrs. J. J. Kindred, Wife of Representative Kindred (N. Y.).*

## QUINCE HONEY

Put 6 pounds sugar and 3 pints water in a preserving kettle and boil 10 minutes. Add 6 large quinces which have been pared and grated, and cook 30 minutes. Pour into jelly glasses and cover with paraffin when cool.

*Mrs. Wm. M. Morgan, Wife of Representative Morgan (Ohio).*

## SPICED CURRANTS

5 pounds currants. 1½ ounces stick cinnamon.  
 3 pounds sugar. 1 ounce whole cloves.

Wash and remove currants from stems. Tie the spices in little bags and boil all together for 1 hour. A delicious relish to serve with meats.

*Mrs. Clarence J. Morley, Wife of former Governor Morley of Colorado.*

## SPICED CURRANTS

3 pounds currants.	3 tablespoons cloves.
4 pounds sugar.	3 teaspoons allspice.
1 pint vinegar.	3 teaspoons cinnamon.

Boil slowly 2 hours.

*Mrs. C. L. Brumbaugh, Widow of the late Representative Brumbaugh (Ohio).*

## SPICED GOOSEBERRIES

5 pounds of ripe fruit.	2 tablespoons of cloves.
4 pounds of brown sugar.	2 tablespoons of cinnamon.
1 pint of vinegar.	

If berries are ripe, scant measure, using only 3 pounds of sugar,  $\frac{1}{2}$  pint of vinegar,  $1\frac{1}{2}$  tablespoons of cloves. Boil slowly 2 hours or more until quite thick.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## SPICED GRAPES

6 pounds Concord grapes.	2 teaspoons of cinnamon.
3 pounds granulated sugar.	2 teaspoons of cloves.
$\frac{1}{2}$ pint of vinegar.	A pinch of salt.

Skin grapes, cook pulp until soft. Rub through sieve to remove seeds. Then add pulp and skins to vinegar and sugar. Boil until it begins to thicken.

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## SPICED GRAPES

Pulp 7 pounds of grapes, preserving skins. Boil pulp and rub through colander to remove seed. Add skins to strained pulp and boil with vinegar and spices. Use  $4\frac{1}{2}$  pounds of sugar, 1 pint vinegar. Spice quite highly with ground cloves, allspice and cinnamon. Boil until thick.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Okla.).*

## SPICED PEACHES

1 basket of peaches, peeled.	4 pounds sugar.
1 gallon vinegar.	

Put in a bag whole cloves, cinnamon and allspice. Boil vinegar, melt sugar with a little water, pour into boiling vinegar, drop in spice bag. Put in a few peaches, cook until tender; take out peaches and put in a stone crock. Add a few more peaches, cook until tender; drop in pot; continue until all peaches have been cooked. Then pour the boiling syrup over the peaches in crock and drop in spice bag and seal for winter use, taking them out as needed.

*Mrs. J. Hampton Moore, Wife of Representative Moore (Pa.).*

## A HINT FOR CANNING PICKLES

To any ordinary pickle recipe or to your favorite one add green nasturtium seeds. I find the spicy flavor imparted to the pickles is quite appetizing and different.

*Mrs. Mell G. Underwood, Wife of Representative Underwood (Ohio).*



## BEEF RELISH

- |                                |                |
|--------------------------------|----------------|
| 3 cups chopped beets (boiled). | 1 cup vinegar. |
| 2 cups chopped cabbage.        | Salt to taste. |
| 1 cup sugar.                   | Can cold.      |

*Mrs. John C. Allen, Wife of Representative Allen (Ill.).*

## CORN RELISH

Cut the corn off 4 dozen ears of fresh corn and scrape the ears. Salt reasonably well and set aside for several hours. Squeeze out all the juice and put the corn into the mixing bowl. To it add 1 small head of cabbage, that has been ground fine,  $\frac{1}{2}$  dozen green sweet peppers,  $\frac{1}{2}$  dozen red sweet peppers, also ground, and  $\frac{1}{2}$  dozen large white onions; add 6 to 8 cups of sugar, 1 teaspoon black pepper, 1 teaspoon ground mace, 1 teaspoon curry powder, 1 teaspoon cinnamon, 2 teaspoons celery seed, 8 teaspoons mustard seed and the clove (large) of a garlic, ground up fine. Over this pour 2 quarts of white wine pickling vinegar that has been brought to a boiling point. If vinegar is strong use part water.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## MRS. WILLIAMS' PEPPER RELISH

- |                                |                 |
|--------------------------------|-----------------|
| 1 dozen red peppers, seeded.   | 3 large onions. |
| 1 dozen green peppers, seeded. |                 |

Put all through chopper. Pour boiling water over the mixture and let stand 10 minutes. Drain and repeat this operation 3 times.

- |                          |                     |
|--------------------------|---------------------|
| 2 cups granulated sugar. | 2 tablespoons salt. |
| 1 pint vinegar.          |                     |

Boil and pour over mixture. Boil all 15 minutes and bottle.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## SAUER CABBAGE

See Favorite Dishes of All Nations, page 139.

## "CALVARY CHURCH" PICKLE

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 12 garlic buttons (peel them). | 1 cup tarragon vinegar.           |
| 50 large, firm dill pickles.   | $\frac{1}{2}$ cup whole peppers.  |
| 12 pounds sugar.               | $\frac{2}{3}$ cup whole allspice. |
| 3 pints cider vinegar.         | 1 cup olive oil.                  |

Cut pickle in cross pieces 1 inch thick and let drain over night. Boil for 10 or 15 minutes the sugar, vinegar, peppers and allspice. Place in stone jar (2 gallon size) a layer of pickle, then 2 garlic buttons, another layer of pickle and 2 garlic buttons until all are used. Pour boiling mixture over layers of pickle and let stand overnight. Then stir in cup of olive oil. Stir once every day for 2 weeks. When pickle is ready to use, raisins may be added if liked.

*Mrs. Philip P. Campbell, Wife of former Representative Campbell (Kan.).*

## CATSUP

One peck tomatoes, cut and cook until soft; strain through sieve. Add 1 quart of vinegar,  $\frac{1}{2}$  tablespoonful of red pepper, 1 tablespoonful black pepper, 1 tablespoonful of each ground mustard, cloves, cinnamon and all-

spice, 2 tablespoonfuls salt,  $\frac{1}{2}$  cup sugar. Boil until thick; bottle while hot.

*Mrs. J. Hampton Moore, Wife of Representative Moore (Pa.).*

### RIPE TOMATO CATSUP

- |   |  |
|---|--|
| 1 peck ripe tomatoes.                     | 2 tablespoonfuls celery seed.            |
| 6 red and 6 green peppers.                | 1 teaspoonful of cloves.                 |
| 6 onions.                                 | 1 cup each sugar and grated horseradish. |
| 4 tablespoonfuls each salt, black pepper. | $1\frac{1}{2}$ pints vinegar.            |
| 6 tablespoonfuls mustard.                 |  |

Boil all together. When tomatoes, onions and peppers are thoroughly soft, strain through sieve. Cook liquid from same and bottle.

*Mrs. John H. Small, Wife of former Representative Small (N. C.).*

### CENTURY SAUCE

- |                              |                           |
|------------------------------|---------------------------|
| 12 ripe tomatoes.            | $\frac{1}{4}$ cup salt.   |
| 12 apples.                   | 1 pound seeded raisins.   |
| 12 onions.                   | 2 teaspoons cinnamon.     |
| 12 peppers (6 green, 6 red). | 1 teaspoon ground cloves. |
| 1 quart vinegar.             | 1 teaspoon nutmeg.        |

Put through chopper and cook  $1\frac{1}{2}$  hours.

*Mrs. Scott Leavitt, Wife of Representative Leavitt (Mont.).*

### CHERRY OLIVES

Fill a quart size fruit jar with cherries with the stems left on. Add 2 level teaspoonfuls of salt and fill the jar half full of cider vinegar, cold. Pour in cold water to fill and seal tight.

*Mrs. Arthur G. Sorlie, Wife of the Governor of North Dakota.*

### CHICAGO HOT

- |   |                                      |
|---|--------------------------------------|
| $\frac{1}{2}$ peck fresh tomatoes, chopped and drained. | $\frac{1}{2}$ cup salt.              |
| 1 cup onions, chopped.                                  | 2 teaspoons cinnamon.                |
| 1 cup celery, chopped.                                  | 1 teaspoon cloves.                   |
| 1 cup sugar.  | $\frac{1}{2}$ teaspoon black pepper. |
| 1 cup white mustard seed.                               | $\frac{1}{2}$ teaspoon paprika.      |
| Mix. Uncooked relish.                                   | 1 quart vinegar.                     |

*Mrs. C. W. Ramseyer, Wife of Representative Ramseyer (Iowa).*

### CHILLI SAUCE

- |                              |                          |
|------------------------------|--------------------------|
| 25 large, ripe tomatoes.     | 2 hot peppers.           |
| 2 quarts of celery, chopped. | 2 cups of sugar.         |
| 6 onions, size of walnuts.   | 3 tablespoons of salt.   |
| 3 red mangoes.               | 2 cups of cider vinegar. |
| 3 green mangoes.             |                          |

Boil 1 hour and bottle and seal or use fruit jars.

*Mrs. Milton W. Shreve, Wife of Representative Shreve (Pa.).*

## CHILLI SAUCE

24 large, ripe tomatoes.	6 tablespoonfuls of salt.
8 onions.	1 tablespoonful of cinnamon.
8 green peppers.	1 tablespoonful of allspice.
8 cups of vinegar.	1 tablespoonful of nutmeg.
8 tablespoonfuls of sugar.	1 tablespoonful of cloves.

Boil all together well and seal while hot.

*Mrs. James W. Collier, Wife of Representative Collier (Miss.).*

## CHILLI SAUCE

Take 40 pods red chilli, wash, remove stem end and seeds, boil until tender. Let cool, then scrape the pulp from the outside skin. Chop fine and add to the juice that was left in the stewpan. Add 2 onions, chopped very fine. Add 2 quarts of tomatoes, chopped fine. Cook until all looks a deep red color, then add 3 tablespoons salt, 2 teacups of sugar and just before taking from the fire add vinegar to taste. This recipe makes 10 glasses.

*Mrs. Richard C. Dillon, Wife of the Governor of New Mexico.*

## CHILLI SAUCE

18 large, ripe tomatoes (skinned and chopped).	6 small onions (chopped).
3 green peppers (chopped).	
Boil until tender (about $\frac{3}{4}$ of an hour.)	Add the following mixture:
2½ cups vinegar.	1 teaspoon each of nutmeg,
1 cup sugar.	cloves, allspice and cinnamon.
2 teaspoons salt.	
Boil 20 to 25 minutes.	

*Mrs. Melvin J. Maas, Wife of Representative Maas (Minn.).*

## CHILLI SAUCE

1 peck ripe tomatoes.	6 tablespoons of sugar.
1 dozen onions.	4 tablespoons of cinnamon.
1 dozen red peppers (medium size).	4 tablespoons of ginger.
7 tablespoons of salt.	8 cups of vinegar ( $\frac{1}{2}$ gallon).

Peel tomatoes and onions and run through small grinder. Add ingredients, boil slowly for 3 hours.

*Mrs. David Lynn, Daughter of former Representative Trimble (Ky.).*

## CHILLI SAUCE

After scalding and peeling tomatoes that are sound and red ripe, chop them into small pieces. Take 36 pounds tomatoes, 2 pounds chopped onions, 10 ounces chopped ripe bellnose peppers, with stems and seeds removed. If the mixture is too mild add a little cayenne pepper. Put into a kettle (enamel) and boil down to 18 pounds. It is well to let tomatoes stand for a while after chopping and allow some of the juice to be extracted, after which this juice should be concentrated by boiling down before other ingredients are added. This overcomes the tendency of the tomatoes to settle on the bottom of the kettle and burn. During all the



time of boiling the mixture should be stirred carefully. When mixture has been concentrated to 18 pounds add  $2\frac{1}{4}$  pounds cider vinegar and 9 ounces salt. Then concentrate to  $18\frac{1}{2}$  pounds and add 6 pounds sugar. Boil 5 to 10 minutes over slow fire and place immediately in sterilized jars, sealing while hot.

*Mrs. Michael F. Phelan, Wife of former Representative Phelan (Mass.).*

### CHILLI SAUCE

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 1 peck ripe tomatoes.         | 2 cups sugar.                        |
| 1 quart onions, chopped fine. | 1 teaspoon allspice.                 |
| 2 red peppers.                | 2 teaspoons cinnamon.                |
| 2 green peppers.              | 2 teaspoons nutmeg.                  |
| 2 tablespoons salt.           | $\frac{1}{2}$ teaspoon whole cloves. |
| 3 cups vinegar (cider).       |                                      |

Mix ingredients well. Boil till thick and seal hot. Especially good with cold meats, and for use in preparing Thousand Island dressing.

*Mrs. W. M. Whittington, Wife of Representative Whittington (Miss.).*

### CHILLI SAUCE

- |   |                                      |
|---|--------------------------------------|
| 20 or 30 large, ripe tomatoes or<br>2 quarts. | 6 large green peppers or 1<br>quart. |
| Chop onions, peppers and tomatoes fine.       | 5 large onions or 1 quart.           |
| 1 level teaspoon black pepper.                | 4 level teaspoons cinnamon.          |
| $\frac{1}{2}$ level teaspoon cayenne.         | 1 level teaspoon ground cloves.      |
| 1 level teaspoon turmeric.                    | 4 tablespoons salt.                  |
| 4 level teaspoons white mustard seed.         | 3 pints mild vinegar.                |
| 4 level teaspoons celery seed.                | 2 teacups brown sugar.               |

Cook tomatoes, peppers, onions, spices and sugar about  $1\frac{1}{2}$  hours. Then add vinegar and cook 20 minutes. Makes about 4 quarts.

*Mrs. H. E. Barbour, Wife of Representative Barbour (Cal.).*

### CHILLI SAUCE

- |  |  |
|--|--|
| 3 green peppers.                                       | 1 big peck ripe tomatoes.                                    |
| 3 red peppers.   | 2 quarts, not so ripe, tomatoes.                             |
| 1 quart onions.  |  |
| Put through cutter and drain over night in jelly bags. |  |
| 1 quart vinegar.                                       | Allspice, red pepper, mustard seed and horseradish to taste. |
| 10 large spoonfuls of brown sugar, or more.            |  |
| 1 teaspoon cloves.                                     |  |

*Mrs. Harry S. New, Wife of the Postmaster General.*

### CHILLI SAUCE

- |                   |                      |
|-------------------|----------------------|
| 24 ripe tomatoes. | 2 cups vinegar.      |
| 8 green peppers.  | 6 tablespoons sugar. |
| 5 onions.         | 4 tablespoons salt.  |
- Cloves, cinnamon, tied in bag and boiled 2 hours.

*Mrs. Tom Connally, Wife of Representative Connally (Texas).*

## MY MOTHER'S CHILLI SAUCE

24 ripe tomatoes.	4 tablespoonfuls sugar.
8 onions.	3 cups vinegar.
3 peppers (green.)	15 cloves.
4 tablespoonfuls salt.	1 ounce French mustard seed.

Peel tomatoes and slice. Put onions and peppers through food chopper. Put all together and cook until the tomatoes lose their shape. Seal in air-tight cans.

*Mrs. Edmund Platt, Wife of former Representative Platt (N. Y.).*

## CHOPPED PICKLES

12 large cucumbers, chopped.	2 quarts green tomatoes, chopped.
12 onions, chopped.	
Put salt on and let stand over night and drain. Scald in weak vinegar and water. Drain. Add:	
5 cups vinegar.	1 tablespoon turmeric.
2½ cups brown sugar.	2 tablespoons celery seed.
2½ cups white sugar.	2 teaspoons mustard seeds.
2 tablespoons dry mustard.	
Scald and seal.	

*Mrs. Thomas Hall, Wife of Representative Hall (N. D.).*

## FRENCH CHOW-CHOW

2 quarts of cucumbers, cut in small pieces.	1 quart green tomatoes (after sliced.)
1 quart onions.	1 head cauliflower or cabbage.
	4 sweet peppers.

Make a brine of 1 gallon water and 1 cup salt. Put above ingredients in this brine and allow to stand 24 hours. The following morning, drain, scald and drain again.

## Seasoning

6 tablespoons ground mustard.	5 cups sugar.
1 tablespoon turmeric.	2 quarts vinegar.
1 cup flour.	

Mix above, and bring to a boil. Put the vegetables in this sauce.

*Mrs. M. H. Thatcher, Wife of Representative Thatcher (Ky.).*

## CHOW CHOW

¼ peck string beans, cut in pieces.	1 large head of cabbage.
3 pints lima beans.	½ pound granulated sugar.
6 to 8 ears of corn cut from cob.	½ teacup of salt.
8 green peppers.	2 ounces of celery seed.
¼ peck green tomatoes.	2 ounces mustard seed.
1 quart onions.	½ pound ground mustard.
	1 ounce turmeric powder.
	3 quarts vinegar.

Chop cabbage, onions, tomatoes and peppers fine. Boil string beans, lima beans and corn about 20 minutes. Put vinegar on to boil. Mix mustard and sugar, then add to vinegar, then add corn and beans, then each other vegetable, stirring all the time. Boil 20 minutes then put in jars.

*Mrs. J. Hampton Moore, Wife of former Representative Moore (Pa.).*

## FRENCH CHOW CHOW

- |                          |   |
|--------------------------|---|
| 1 quart large cucumbers. | 4 large sweet peppers, all<br>chopped coarse. |
| 1 quart onions.          | 2 stalks celery (chopped.)                    |
| 1 quart green tomatoes.  | 1 large cauliflower.                          |
| 1 quart green beans.     |   |

Divide into small pieces. Pour over all of these a weak brine of 1 gallon water with 1 cup salt. Let stand 12 hours, scald in some brine and drain through colander.

## Dressing

- |                        |               |
|------------------------|---------------|
| 6 tablespoons mustard. | 1 cup flour.  |
| 1 tablespoon turmeric. | 2 cups sugar. |

Mix the dry ingredients, heat 2 quarts vinegar, stir in, put on stove and cook until thick. Pour over pickles, scald well and seal in glass jars.

*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

## CHRISTMAS RELISH

- |                                     |                         |
|-------------------------------------|-------------------------|
| 2 dozen green peppers.              | 6 large Bermuda onions. |
| 2 dozen red peppers (ripe<br>ones.) | 3 tablespoons salt.     |
| 2 cups celery.                      | 3 cups sugar.           |
|                                     | 3 pints vinegar.        |

Grind up peppers. Boil 10 minutes. Drain and add other ingredients and seal while hot. Ready for use immediately.

*Mrs. W. W. Hastings, Wife of Representative Hastings (Ok.).*

## CORN PICKLE

- |                         |                          |
|-------------------------|--------------------------|
| 1 dozen ears of corn.   | 2 quarts vinegar.        |
| 1 dozen sweet peppers.  | 1 quart sugar.           |
| 1 quart onions.         | ½ cup salt.              |
| 1 quart cucumbers.      | 1 ounce celery seed.     |
| 2 quarts ripe tomatoes. | 1 ounce mustard seed.    |
| 3 to 5 hot peppers.     | ½ ounce turmeric powder. |

Boil 40 minutes, seal. Chop vegetables fine. Makes 7 quarts.

*Mrs. Edward M. Irwin, Wife of Representative Irwin (Ill.).*

## CORN RELISH

Chop 1 head of cabbage, sprinkle with salt and let stand 1 hour. Boil 12 medium sized ears of corn and cut the corn from the cob. To the corn add 4 large onions, 1 large or 2 small red peppers and chop all together; add chopped cabbage and cover with a dressing made of 1½ quarts of vinegar, 1 tablespoon mustard, 2 teaspoons salt, 1 tablespoon celery seed, 1 cup sugar. Let all come to a boil; then add 1 tablespoon flour and 1 teaspoon turmeric mixed together. Cook a few minutes. Seal in sterilized jars.

*Mrs. A. E. B. Stephens, Widow of the late Representative Stephens (Ohio).*

## CORN RELISH

- |                    |                         |
|--------------------|-------------------------|
| 12 ears corn.      | 4 large onions.         |
| 12 large tomatoes. | 2 or 3 large cucumbers. |
| 4 red peppers.     | 2 or 3 stalks celery.   |
| 4 green peppers.   |                         |

Put above ingredients through coarse meat grinder.

- |                         |                             |
|-------------------------|-----------------------------|
| 3 cups sugar.           | 1 teaspoon turmeric powder. |
| $\frac{1}{2}$ cup salt. | 1 teaspoon mustard seed.    |
| 3 pints vinegar.        | 1 teaspoon celery seed.     |
- Mix and boil 1 hour or until of right consistency.

*Mrs. Carl R. Chindblom, Wife of Representative Chindblom (Ill.).*

### CORN RELISH

- |                       |                             |
|-----------------------|-----------------------------|
| 15 ears sweet corn.   | 3 pints vinegar.            |
| 1 solid head cabbage. | $1\frac{1}{2}$ pints sugar. |
| 3 onions.             | 2 tablespoons salt.         |
| 1 sweet pepper.       | 3 tablespoons mustard.      |

Boil 20 minutes and seal while hot. This makes 7 pints.

*Mrs. John M. Wolverton, Wife of former Representative Wolverton (W. Va.).*

### CORN RELISH

Chop 4 large onions, 1 large cabbage, 8 red peppers, and 20 ears of corn. Add:

- |                               |                                    |
|-------------------------------|------------------------------------|
| $1\frac{1}{2}$ cups of sugar. | 1 quart of vinegar.                |
| $\frac{1}{2}$ cup salt.       |                                    |
| Bring to boiling and add:     |                                    |
| 3 tablespoons of mustard.     | 1 level tablespoon of celery seed. |
| $\frac{1}{2}$ cup flour.      |                                    |
| 1 tablespoon of turmeric.     | 1 scant quart of vinegar.          |

Dissolve mustard, flour and turmeric in vinegar until there are no lumps; add to rest and cook all 30 minutes. Seal in jars. Buy turmeric at a drug store. It adds little flavor, but is harmless and makes a mustard color. Test the vinegar for excessive sharpness.

*Mrs. James R. Mann, Widow of the late Representative Mann (Ill.).*

### CHUTNEY SAUCE

- |                        |                        |
|------------------------|------------------------|
| 4 dozen ripe tomatoes. | 1 tablespoon pepper.   |
| 8 large onions.        | 3 tablespoons cloves.  |
| 6 green peppers.       | 4 tablespoons mustard. |
| 4 tablespoons sugar.   | 1 quart of vinegar.    |

Boil 2 hours; strain and bottle.

*Mrs. James S. Parker, Wife of Representative Parker (N. Y.).*

### INDIAN CHUTNEY

- |                            |                          |
|----------------------------|--------------------------|
| 2 quarts tart apples.      | 2 quarts green tomatoes. |
| 1 pound raisins.           | 1 small onion.           |
| 3 cups brown sugar.        | 3 cups vinegar.          |
| 2 cups lemon juice.        | $\frac{1}{2}$ cup salt.  |
| 1 teaspoon cayenne pepper. | 1 ounce ginger.          |

Pare and chop apples, tomatoes and onion. Mix with other ingredients and put in an earthen jar over night. Cook slowly 3 hours and seal. Ready for use in 3 weeks.

*Mrs. David Meekison, Wife of former Representative Meekison (Ohio).*

## CUCUMBER PICKLE

- |  |                                      |
|--|--------------------------------------|
| 50 sour jumbo pickles.                 | $\frac{1}{3}$ cup whole allspice.    |
| 7 pounds brown sugar.                  | $\frac{1}{2}$ cup olive oil.         |
| 3 pints cider vinegar.                 | 2 tablespoons tarragon vine-<br>gar. |
| $\frac{1}{4}$ cup whole black peppers. | 6 cloves of garlic.                  |
| $\frac{1}{4}$ cup white mustard seed.  |                                      |

Cut pickle crosswise into  $\frac{1}{2}$  inch slices. Place in large earthenware jar or crock in layers, sprinkling each layer with spices. Boil vinegar and sugar 5 minutes and pour over pickle. Let stand till the next day, then add the tarragon vinegar and the olive oil. After several days it is ready for use. Put in Mason jars and seal.

*Mrs. Samuel C. Major, Wife of Representative Major (Mo.).*

## CUCUMBER PICKLE

- |   |   |
|---|---|
| 4 pounds fresh cucumbers,<br>weighed after peeling. | 1 tablespoon turmeric.                              |
| 2 pounds onions.                                    | $1\frac{1}{2}$ quarts brown sugar.                  |
| 2 tablespoons celery seed.                          | $\frac{1}{2}$ gallon vinegar.                       |
| 2 tablespoons fresh horserad-<br>ish.               | 6 small red sweet bell pep-<br>pers, cut very fine. |
| 2 tablespoons white mustard<br>seed.                | 5 tablespoons olive oil.                            |

Slice cucumbers and onions very thin, put in strong salt water and let stand over night. Drain well. Put vinegar, brown sugar and spices on fire and get well heated. Then add cucumbers, onions and peppers and boil 5 or 10 minutes. When cold add olive oil.

*Mrs. Charles R. Crisp, Wife of Representative Crisp (Ga.).*

## PICKLE

Take large green cucumbers, soak in cold water over night. Next morning slice lengthwise (do not peel). In each jar put  $\frac{1}{2}$  sliced onion in bottom. Line around inside of jar with the sliced cucumbers, fill center with celery, rest of onion on top. Pour over this 1 quart mild vinegar, 1 cup sugar,  $\frac{1}{2}$  cup salt, a little red pepper. Pour over boiling hot. Seal.

*Mrs. Dolly Curtis Gann, Sister of Senator Chas. C. Curtis (Kan.).*

## EASY CUCUMBER PICKLE

- |                            |                           |
|----------------------------|---------------------------|
| 300 small cucumbers.       | 1 teaspoon powdered alum. |
| $\frac{2}{3}$ cup of salt. |                           |

Wash pickles thoroughly, mix salt and alum, sprinkle through pickles; cover pickles with boiling water and let stand over night. In the morning strain and put in crock, sprinkle through them  $\frac{1}{2}$  cup mixed spices, 1 green ginger root, 1 tablespoon yellow mustard seed, 4 tablespoons salt, 4 tablespoons granulated sugar, cover with cold vinegar. Every morning put in a handful of brown sugar and stir well. Do this until you have used 3 pounds of brown sugar.

*Mrs. S. Wallace Dempsey, Wife of Representative Dempsey (N. Y.).*

## SLICED PICKLE

- |                                |                           |
|--------------------------------|---------------------------|
| 7 quarts sliced cucumbers.     | 10 small onions.          |
| $1\frac{1}{2}$ quarts vinegar. | 1 tablespoon celery seed. |
| 3 cups sugar.                  |                           |

Wash cucumbers; do not peel. Slice, make salt solution, 1 cup salt to 5 quarts water. Soak cucumbers overnight. In morning add onions, sliced, and other ingredients; bring to boiling point and can.

*Mrs. Dolly Curtis Gann, Sister of Senator Chas. C. Curtis (Kan.).*

#### SWEET CUCUMBER PICKLES

- |   |                             |
|---|-----------------------------|
| 12 medium sized cucumbers.                  | 2 tablespoons white mustard |
| 6 large onions.                             | seed.                       |
| 3 red or yellow sweet pep-<br>pers, sliced. | 2 tablespoons celery seed.  |
| 1 pound of brown sugar.                     | A little red pepper.        |
|   | Enough vinegar to cover.    |

Pare cucumbers and onions; cut into  $\frac{1}{2}$  inch slices. Sprinkle lightly with salt; let stand over night. In the morning rinse with cold water and drain. Boil until tender. Seal while hot.

*Mrs. James F. Strother, Wife of Representative Strother (W. Va.).*

#### SWEET CUCUMBER PICKLES

About 2 pounds brown sugar, 6 large pickles, right out of vinegar. Slice them across (through.) Put a layer of the slices then a thick layer of the brown sugar and some whole cloves and allspice. Repeat this until you have used all the pickles. Let the last layer be the sugar and spices. *Do not cook.* Let stand about 2 days before using. If the pickles are large, this quantity will make about  $\frac{1}{2}$  gallon.

*Mrs. Patrick H. Drewry, Wife of Representative Drewry (Va.).*

#### SWEET CUCUMBER MANGOES

Take medium size cucumbers. Let them stand in salt water 9 days. Then soak them in fresh water 24 hours. Open them lengthwise and take out the seeds. Place them in a preserving kettle with alternate layers of grape leaves, sprinkling a teaspoonful of alum over each layer. Cover with equal parts of vinegar and water. Squeeze the juice of some lemons, cut them in thin slices, including the peeling. Then fill the cucumbers with the slices of lemons and raisins. Tie the cucumbers together and place in jars, adding  $\frac{1}{2}$  ounce cloves, 1 ounce cinnamon, broken in small pieces. Make a syrup of 1 pound of sugar to 1 pint of vinegar. Boil well and pour over every morning for 9 days.

*Mrs. Harry B. Hawes, Wife of Senator Hawes (Mo.).*

#### MY MOTHER'S CUCUMBER MANGOES

Soak large green cucumbers in brine (strong enough to float an egg) 9 days; remove from brine and soak in fresh water 48 hours. Cut a slit lengthwise in the cucumbers, scrape out the seeds with a spoon, and wipe dry. Fill with seeded raisins, 3 or 4 thin strips of lemon (sliced without peeling), several cloves, then sew up the slits. Make a rich sweet pickle syrup of sugar, vinegar and spices, and pour it boiling hot over the cucumbers for 9 consecutive mornings. Cover well and set away for several months to ripen. One pound of raisins and  $1\frac{1}{2}$  lemons will fill 8 large cucumbers.

*Mrs. John F. Shafroth, Widow of the late Senator Shafroth (Col.).*

## CUCUMBER RINGS

Six large sour pickles sliced. Cover with 2 cups of granulated sugar, few whole cloves, and some stick cinnamon. Place in earthen bowl, let stand 24 hours, stirring frequently. Place in glass jars in a cool place.

*Mrs. Harry C. Ransley, Wife of Representative Ransley (Pa.).*

## DELICIOUS DILL-PICKLES

7 or 8 large dill pickles.	1 cup vinegar.
1 large onion.	1 cup water.
1 green pepper.	½ cup sugar.

Boil together the water, sugar and vinegar. Place the pickles, cut lengthwise in 4 pieces, the onion, sliced, and the green pepper, cut in strips, in a large bowl. Over this pour the syrup. If desired sweeter, ¼ cup of sugar may be used. Let stand a few hours before using and serve ice cold.

*Mrs. Carl R. Chindblom, Wife of Representative Chindblom (Ill.).*

## DRESDEN PICKLE

1 dozen each of yellow, red and green peppers.	2 heads cabbage.
10 onions.	Celery and white mustard seed to taste.

Grind peppers, onions and cabbage. Mix all together, cover with vinegar. Heat and seal hot.

*Mrs. C. Ellis Moore, Wife of Representative Moore (Ohio).*

## MRS. WILLIAMS' EAST INDIA PICKLES

Fifty medium cucumbers sliced, 6 onions sliced. Stand both in weak brine over night. Drain and wash thoroughly. Prepare:

3 quarts white wine vinegar.	1 teaspoon celery seed.
4 cups brown sugar.	2 teaspoons mustard seed.
3 small red peppers.	1 teaspoon black pepper
2 teaspoons curry powder.	(ground.)

Small quantity mixed spices tied in a bag and boiled 10 minutes with the above mixture and pour over cucumbers and onions. Bottle.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## ICE WATER PICKLES

Wash and cut up cucumbers, keep in ice water 2 hours, cut in 2 or 3 small onions to each quart, stalk of celery, 1 teaspoon mustard seed. Take 1 quart of diluted vinegar, ¼ cup of salt, 1 cup of sugar, heat and when slightly cold, pour over pickles and pack in jars and seal.

*Mrs. J. T. Nugent, Wife of former Senator Nugent (Idaho).*

## MY OWN INDIA RELISH

1 gallon cut cabbage.	3 pounds brown sugar.
½ dozen large onions.	½ ounce celery seed.
1 peck green tomatoes.	½ ounce turmeric.
10 green peppers.	½ ounce whole allspice.
Put all through food chop- per.	½ ounce whole cloves.
3 quarts good cider vinegar.	½ ounce ground ginger.
¾ cup salt.	½ pound mustard seed.

Put all spices in a bag and boil with the vinegar, sugar and salt for 20 minutes, then add the vegetables, boil 10 or 15 minutes longer. Cool. Put in large covered stone crock, placing a piece of cheesecloth over the crock before putting lid on. Makes about 4 quarts and will keep unsealed all winter.

*Mrs. Francis F. Patterson, Wife of former Representative Patterson (N. J.).*

### KALAMAZOO PICKLES

2 dozen dry onions sliced.                      2 dozen large cucumbers,  
sliced.

Salt to taste, let stand overnight; in the morning drain well. Add a dressing of:

1 quart vinegar.                                      1 tablespoon celery seed.  
3 cups granulated sugar.                      1 tablespoon of turmeric.  
2 tablespoons of ground mus-                      1 teaspoon of cayenne pepper.  
tard.    1 cup of flour.

Cook till thick, pour over pickles and let cook 5 minutes, then can.

*Mrs. Albert H. Vestal, Wife of Representative Vestal (Ind.).*

### ADA'S MANGO RELISH (Excellent)

Shred green, red and yellow mangoes (use scissors); drop into cold salt water for ½ hour. Make a syrup of 3 cups of vinegar and 2 cups of sugar. When hot drop in the mangoes for a few minutes. Drain, put in jars, heat syrup and pour over and seal.

*Mrs. John N. Summers, Wife of Representative Summers (Wash.).*

### MANGO RELISH

24 medium sized mangoes.                      2 cups granulated sugar.  
12 small onions.                                      1 quart cider vinegar.  
2 teaspoons of salt.

Make syrup of vinegar, salt and sugar. Grind the mangoes and onion in food grinder, using the coarse knife, and boil until tender and seal in pint jars while hot. When opened the relish will keep several weeks after seal has been broken if kept in a cool place. Excellent to use in sandwich spreads and slaw.

*Mrs. John Benham, Wife of former Representative Benham (Ind.).*

### MIXED PICKLE

Chop fine:

1 quart celery.    1 quart cucumber.  
1 quart green pepper.                                      1 quart onion.  
1 quart cabbage.    1 quart green tomatoes.

Salt and allow to stand overnight. Let boil 15 minutes, then add 1 quart vinegar and 2 cups brown sugar. As soon as this mixture comes to a boil, take up and fill jars, closing them at once.

*Mrs. N. B. Dial, Wife of former Senator Dial (S. C.).*

### MIXED PICKLE

1 quart large cucumbers cut                      1 quart green tomatoes cut  
in cubes.    coarse.  
1 quart small, left whole.                              2 red sweet peppers, chopped.  
1 quart button onions.                                      1 large cauliflower broken up.



Wash the ingredients and pour over them a brine made of a quart of water and cup of salt. Let stand 24 hours, bring to a boil in same solution and drain well.

#### Dressing for Same

6 tablespoons of Coleman's mustard. 1 cup of flour.  
 1 tablespoon of turmeric. 2 cups of sugar.  
 2 quarts of vinegar.  
 Mix well and cook until thick. Stir in the pickle. Heat thoroughly, put in glass jars and seal.  
*Mrs. South Trimble, Sr., Wife of former Representative Trimble (Ky.).*

#### MIXED PICKLE

1 quart sliced onions. 1 quart brown sugar.  
 $\frac{1}{2}$  quart sour cucumber pickle. 1 quart strong vinegar.  
 2 quarts sliced green tomatoes.  
 Handful of mixed spices. Soak tomatoes overnight in salt water, drain and cook ingredients  $\frac{3}{4}$  to 1 hour.  
*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

#### MIXED MUSTARD

$\frac{1}{2}$  cup flour. 1 tablespoon sugar.  
 $\frac{1}{4}$  cup dry mustard. 1 teaspoon salt.  
 1 tablespoon butter, melted.  
 Mix to paste like bread dough with hot water. Thin with hot vinegar to consistency to spread. Will keep for weeks.  
*Mrs. Chas. L. Underhill, Wife of Representative Underhill (Mass.).*

#### MRS. WILLIAMS' MUSTARD PICKLE

3 quarts small onions. 1 cup flour.  
 3 quarts cauliflower. 10 tablespoons ground mustard.  
 3 quarts cucumbers (small.)  $\frac{1}{4}$  teaspoon cayenne pepper.  
 3 quarts vinegar. Butter size of an egg.  
 6 cups brown sugar.  
 Put onions, cauliflower and cucumbers in separate dishes with a handful of salt on each, cover with boiling water and let stand overnight. Cook in same water until tender. Drain. Add sugar and vinegar and let come to a boil. Make paste of flour, mustard and turmeric (5c. worth); stir this into the other mixture and boil again. Cover pickles with the liquor and bottle.  
*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

#### COLD MUSTARD PICKLE

Cut into small pieces 1 quart of large green cucumbers, 1 quart of small gherkins, 1 quart of white onions, 1 quart of green tomatoes sliced and cut in cubes, 1 large cauliflower pulled into tiny flowerettes, 4 peppers sliced and cut in cubes, 1 head cabbage cut in cubes. Soak for 24 hours in a weak brine of about 1 cup of salt in a gallon of water. Place the whole on the fire, bring to a boil and pour into a colander to drain. Mix together 6 tablespoons ground mustard, 1 of turmeric, 1 cup of flour, 3 cups brown sugar, rub into a smooth cream with a little vinegar and dilute with ad-

ditional vinegar, 2 quarts being used in all. Pour the mixture into a preserving kettle and boil until it thickens, then stir in the pickles; let them boil up. Pour into jars and seal.

*Mrs. William L. Nelson, Wife of Representative Nelson (Mo.).*

#### COLD MUSTARD PICKLE

1 gallon vinegar.  
2 cups granulated sugar.  
 $\frac{1}{2}$  cup salt.

1 medium box Coleman's  
mustard.  
1 teaspoon saccharine.

Mix dry ingredients and gradually mix with vinegar. Use good cider vinegar. Put pickles in jars, cover with mixture and seal.

*Mrs. C. Ellis Moore, Wife of Representative Moore (Ohio).*

#### OIL PICKLE

60 small cucumbers, washed  
and sliced thin—do not  
pare.

$\frac{1}{2}$  cup salt.  
 $\frac{1}{2}$  cup sugar.  
1 cup olive oil.  
1 tablespoon celery seed.  
1 quart vinegar.

Mix seed dry. Use stone crock. Put layer of cucumbers, then a few drops of oil, seed and salt and so on until ingredients are used. Lastly pour over all the vinegar in which the sugar has been dissolved. Cover with plate and cloth, putting plate upside down inside of crock to press the contents down. Have vinegar cold.

*Mrs. Milton W. Shreve, Wife of Representative Shreve (Pa.).*

#### PEACH PICKLES

To 8 pounds peaches, 6 pounds sugar, 3 tablespoons of broken cinnamon bark, 1 tablespoon whole cloves, vinegar to moisten. Peel peaches, then place in stone crock, layer of peaches, layer of sugar, spices and sprinkle each layer with vinegar. When crock has been filled, place a weight on cover to keep peaches in juice. Let stand 3 days. Then put juice on stove and cook until thick. Add peaches and cook until you can pierce with a fork. Place in cans and seal while hot.

*Mrs. S. D. McReynolds, Wife of Representative McReynolds (Tenn.).*

#### PEACH PICKLES

7 pounds peaches.  
 $3\frac{1}{2}$  pounds brown sugar.  
1 quart vinegar.

1 ounce cinnamon.  
1 ounce cloves.

Boil the peeled peaches with stones left in in cup of vinegar and little water. Boil rest of vinegar and sugar with spices until quite thick. Drain peaches and put in jars. Pour over mixed juices. Let stand 2 weeks, then pour off the juice and boil down thick again, then pour over peaches again and they are ready for the winter.

*Mrs. Martin B. Madden, Wife of Representative Madden (Ill.).*

#### PEACH PICKLES

Pare 4 dozen peaches and stick with 3 cloves each. Make a syrup of:  
1 quart sugar.  
 $1\frac{1}{2}$  quarts water.  
2 cups vinegar.

2 lemons.  
Add stick of cinnamon.

When syrup boils, put in peaches and cook until tender. Can while hot.

*Mrs. Charles E. Winter, Wife of Representative Winter (Wyo.).*

### MRS. WILLIAMS' STUFFED PEACHES

Remove stones from large unpared peaches. Fill cavity with equal parts white mustard seeds and grated horseradish. Fasten together with toothpicks. Prepare vinegar and spices and brown sugar as for ordinary pickled peaches. When hot drop peaches into the mixture and when thoroughly heated bottle.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### PICKLE PEARS

1 quart vinegar.	1 ounce cloves.
2 quarts water.	1 ounce allspice.
6 pounds sugar.	1 stick cinnamon.

Boil all together. Stick 1 clove in each pear or peach and put 1 stick of cinnamon in each jar. Boil until pears look clear.

*Mrs. Fred A. Britten, Wife of Representative Britten (Ill.).*

### STUFFED PICKLE PEPPERS

Cut out the tops, take out the seeds and pulp, keep the pieces matched and put them in cold water while you prepare the stuffing. When ready for it drain and wipe dry. Select white cabbage heads; chop them fine. Add salt, celery seed, white mustard seed, ground ginger and mix with a little good olive oil. Fill and sew or tie up the peppers, place them in a jar with alternate layers of sliced onions, ginger root, allspice, and cloves. Stir into 1 gallon of vinegar  $\frac{1}{2}$  pound brown sugar and 1 pint of salt,  $\frac{1}{2}$  ounce of turmeric, pour over the peppers cold. In 6 weeks pour off the vinegar and add to it salt and sugar as at first.

*Mrs. David Lynn, Daughter of former Representative Trimble (Ky.).*

### PEPPER HASH

15 onions.	$1\frac{1}{2}$ cups brown sugar.
24 sweet peppers (12 green and 12 red.)	3 tablespoonfuls salt.
3 strong peppers.	1 quart vinegar.

Remove seeds from peppers, then grind onions and peppers together. Cover with boiling water; let stand 5 minutes. Drain off liquid well. Add sugar, salt and vinegar. Bring to boiling heat, put in jars.

*Mrs. Alfred Lee Bulwinkle, Wife of Representative Bulwinkle (N. C.).*

### PEPPER HASH

1 dozen green peppers.	$1\frac{1}{2}$ pints vinegar.
1 dozen red peppers.	$2\frac{1}{2}$ cups sugar.
14 small onions.	1 tablespoonful salt.

Boil 40 minutes, jar and seal.

*Mrs. Edward M. Beers, Wife of Representative Beers (Pa.).*

## PEPPER HASH

1 dozen green peppers. 1 dozen onions.  
1 dozen red peppers.

Chop or grind. Salt and put in bag to drain over night. In  $\frac{1}{2}$  gallon of vinegar put:

2 cups of white sugar. 2 tablespoons of white mustard seed.  
2 teaspoons of black pepper. 2 tablespoons of horseradish.

When it boils a few minutes, pour over hash.

*Mrs. South Trimble, Sr., Wife of former Representative Trimble (Ky.).*

## PICALLILI (Fine)

One peck green tomatoes. Chop fine, add a little salt and drain off water. Chop  $\frac{1}{2}$  head of cabbage, 6 good sized onions, 3 or 4 sweet green peppers, and red peppers to taste (one or two may be enough.) Mix all together, add white mustard seed, celery seed, 1 teaspoon turmeric powder, handful of mixed whole spices, 2 cups of brown sugar, vinegar to nearly cover. Cook 20 minutes and seal.

*Mrs. Edward C. Little, Widow of the late Representative Little (Kans.).*

## PINEAPPLE PICKLE

2 cups sliced canned pineapple.  $\frac{1}{4}$  cup of whole cloves, broken stick cinnamon and cardamom buds.  
2 cups light brown sugar.  
1 cup white wine vinegar.

Drain pineapple and cut slices in small sections. Make a syrup of sugar and vinegar. Add spices and boil 10 minutes. Then add pineapple and cook until transparent (15 to 20 minutes.) Seal in sterilized jars.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Maine).*

## SACCHARIN PICKLES

1 gallon cider vinegar. 1 scant cup ground mustard.  
1 rounded teaspoonful saccharin. 1 handful mixed spices.  
1 scant cup salt.

Fill 3 gallon jars nearly full of pickles. Pickles must be thoroughly washed. Pour mixture over pickles but do not weigh down. Stir occasionally with long handle spoon but do not touch with hands or return any to jar again that have been taken out. More spices or a cup of grated horseradish may be added if desired. Be careful and do not use too much saccharine.

*Mrs. John S. Benham, Wife of former Representative Benham (Ind.).*

## SOUTHERN PICKLES

2 quarts green tomatoes. 6 green peppers.  
1 quart small white onions. 1 dozen sweet gherkins.  
1 cauliflower.

Chop tomatoes and peppers rather coarse, cut cauliflower in small pieces, add onions. Cover with 2 quarts cold water and 1 cup of salt. Let stand over night. Boil 3 minutes, drain, add gherkins cut in small pieces.

## Dressing

- |                      |                        |
|----------------------|------------------------|
| 1 quart vinegar.     | ½ tablespoon turmeric. |
| ½ pint water.        | 3 teaspoons mustard.   |
| 3 tablespoons flour. | 2 cups sugar.          |

Boil and pour over all.

*Mrs. Charles L. Gifford, Wife of Representative Gifford (Mass.).*

## SWEET PICKLES

Wash small cucumbers in cold water. Then dry each pickle.

- |                                   |   |
|-----------------------------------|---|
| 1 gallon cider vinegar.           | 1 cup ground horseradish.                 |
| 1 cup salt.                       | 1 teaspoon saccharine sugar.              |
| 1 cup ground mustard (Coleman's.) | ½ cup mixed spices, omitting red peppers. |

Mix ingredients. Put pickles in large jar and pour all of the mixture over them. Securely cover the jar.

*Mrs. Harry C. Canfield, Wife of Representative Canfield (Ind.).*

## SWEET TOMATO PICKLE

One peck green tomatoes sliced thin, and 8 onions. Mix, salt well and let stand overnight. Drain thoroughly and add 1 pint of vinegar and 1 pint water. Boil 5 minutes, then drain again. Add 1½ quarts vinegar, 2 pounds brown sugar, 2 pounds white sugar, 1 teaspoon each of cloves, cinnamon and allspice, tied in a cloth. Cook until tomatoes are tender. Seal while hot.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## RADIATOR SWEET PICKLE

Secure large, firm dill or "Kosher" pickles—one dozen. Throw in a pan of clear, cold water and let stand for couple of hours. Rinse off and slice either thick or thin (thin slices become very brittle or crisp), and pack into jars (quart). When almost full, put in a small clove of garlic, slide in 2 long, red pepper pods, and 2 tablespoons of mustard seed. Put into the top of the jar as much powdered alum as will go on the end of a silver knife. Pour over this 1 cup of vinegar, 1 cup of water, to 2 cups of sugar, brought to a boiling syrup. Do not seal, but set aside on your radiator for several days (4, 5 or 6), putting the lid on each day long enough to shake thoroughly, and then fill up jar with syrup. These are very delicious and can be made any time of the year. They are *sweet hot*.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## GREEN TOMATO PICKLES

- |                          |                            |
|--------------------------|----------------------------|
| 1 bucket green tomatoes. | 6 pints vinegar.           |
| 2 dozen ripe tomatoes.   | 1 tablespoon black pepper. |
| ½ dozen red peppers.     | 1 teaspoon red pepper.     |
| 1½ dozen green peppers.  | 1 tablespoon horseradish.  |
| 5 cabbage heads.         | 1 tablespoon mustard.      |
| 3 dozen onions.          | 1 ounce mustard seed.      |
| 1 pint salt.             | 1 tablespoon celery seed.  |
| 2 pounds sugar.          | 1 tablespoon cloves.       |

*Mrs. Tom Connally, Wife of Representative Connally (Texas).*

## GREEN TOMATO PICKLE

Stir 1 gallon green tomatoes with 6 large onions, sprinkle with salt, let remain overnight. Wash thoroughly next morning and squeeze out all water, add 3 cups sugar, 4 tablespoonfuls of lemon, 4 tablespoonfuls of ground mustard, 1 light tablespoonful of black pepper. Place in a vessel, cover with cider vinegar, let cook until tomatoes are tender. Put in jars while hot and seal.

*Mrs. Pat Harrison, Wife of Senator Harrison (Miss.).*

## GREEN TOMATO PICKLE

One gallon of thin sliced green tomatoes, 6 onions sliced; keep the onions and tomatoes separate. Add to each 5 tablespoons salt. Let them stand overnight. In the morning strain them through a cloth; throw away the water; then add 1 tablespoon of pepper, 1 of allspice, 1 of cloves, 1 of mace, all ground fine; pods of green pepper, cut fine; 4 teaspoons table mustard,  $\frac{1}{2}$  pint grated horseradish. Mix all ingredients together and put them in a jar. Mix the tomatoes and spices as you put them in; cover with cold vinegar, or you may add as many green peppers as you wish, sliced.

*Mrs. Harry B. Hawes, Wife of Senator Hawes (Mo.).*

## GREEN TOMATO PICKLE

1 peck green tomatoes.	1 tablespoonful cloves.
4 sliced onions.	2 ounces celery seed.
2 pounds sugar.	2 ounces white mustard seed.
1 quart vinegar.	$\frac{1}{2}$ box dry mustard.
1 tablespoonful ground mace.	3 or 4 red peppers.

Slice tomatoes real thin, salt to taste and cover with boiling water. After standing several hours, drain; then mix in ingredients in the order given. Let the whole come to a boil.

*Mrs. Lindsay C. Warren, Wife of Representative Warren (N. C.).*

## GINGER TOMATOES

Six pounds green tomatoes peeled and cut in pieces, a few partly ripe ones make it a dark color; 5 pounds of granulated sugar, 3 lemons sliced, 1 teaspoon whole cloves, 3 pieces cracked ginger root. Cook until quite thick.

*Mrs. L. T. McFadden, Wife of Representative McFadden (Pa.).*

## VEGETABLE SPANISH SWEET PICKLE

Take 1 good-sized head of cabbage, cut rather coarse and let stand in cold water the night before making; 1 peck of green tomatoes, peeled and sliced  $\frac{1}{3}$  inch thick, with a little salt to stand overnight;  $\frac{1}{2}$  gallon cucumber pickles cut in  $\frac{1}{4}$  inch pieces. Cook cabbage in water until tender; when about done pour in a cup of vinegar and salt as you would to eat, and let this simmer for a while. Cook tomatoes in weak vinegar till tender, then drain cabbage and tomatoes and mix them together with cucumber pickles, to which add 4 green peppers with the seeds taken out, tablespoon turmeric powder, 1 of white mustard seed, 1 of celery seed and a little stick of cinnamon. Then take 3 pints of good vinegar, 3 pounds brown sugar and

boil until it thickens, pour over vegetables and simmer all for a while and seal boiling hot. Some put in seedless raisins. (Make about 7 quarts.) (Chop tomatoes.)

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

### VINEGAR OF THE FOUR THIEVES

See "Jefferson Cook Book," page 19.

### WATERMELON PICKLE

4 pounds melon rind after cooking.	1 pint vinegar.
4 pounds sugar.	2 ounces whole cloves, allspice and stick cinnamon.

Put the prepared rind into boiling water (plenty); cook until tender, drain thoroughly. Put spices in bag, cook with vinegar and sugar  $\frac{1}{2}$  hour. Remove spices, add rind, cook 20 minutes. Put up either hot or cold.

*Mrs. Chas. L. Underhill, Wife of Representative Underhill (Mass.).*

### WATERMELON PICKLES

For each 2 pounds of watermelon rind allow 3 cupfuls sugar, 3 cupfuls vinegar, 2 sticks cinnamon,  $\frac{1}{2}$  tablespoonful cloves,  $\frac{1}{2}$  tablespoonful allspice. Trim off the red portion and outer rind of the watermelons, which are best used at the height of the season, and in ripe, fresh condition. Cut the white part into pieces of suitable size and cook until tender, for about 15 minutes, in a part of water to which 1 teaspoonful of salt has been added, and drain well. Put into a syrup made of the vinegar, sugar and spices, and cook about 50 minutes, or until clear. If the vinegar is very acid it may be necessary to dilute it. Bottle the pickles in usual way.

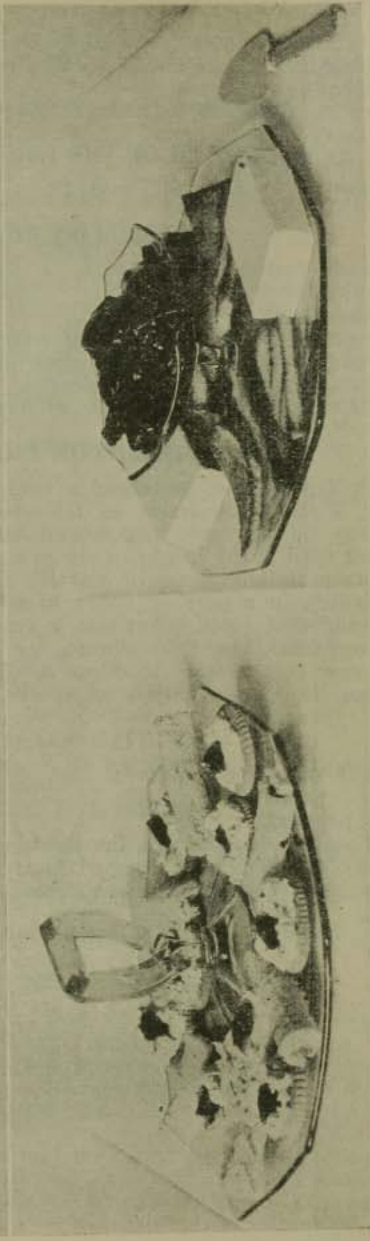
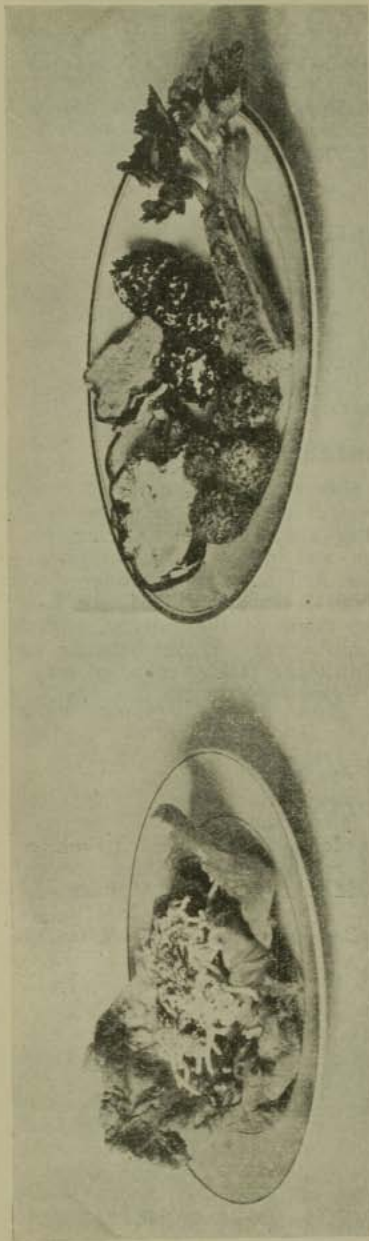
*Mrs. James W. Dunbar, Wife of former Representative Dunbar (Ind.).*

### WINTER SALAD

2 quarts of green tomatoes.	8 onions.
10 green peppers.	1 cup salt.
4 red peppers.	1 pint vinegar.

Let this soak overnight. In the morning drain and add  $\frac{1}{2}$  cup white mustard seeds, 1 cup celery, chopped fine; 1 cup granulated sugar, cover with vinegar and cook five minutes, then add 1 tablespoon of mustard. Seal up hot.

*Mrs. E. Hart Fenn, Wife of Representative Fenn (Conn.).*



#### ATTRACTIVE WAYS OF SERVING COTTAGE CHEESE

- (1) Pineapple salad with riced cream cheese.
- (2) Salad garnishes.
- (3) Cheese sandwiches.
- (4) Cream cheese, toast and bar-le-duc currants.

Bureau of Home Economics, U. S. Department of Agriculture.



## ENTREES, LUNCHEON, EGG AND CHEESE DISHES

### BIFF LINDSTROM

See Favorite Dishes of All Nations, page 129.

### BOCAS DE LOPEZ

See Favorite Dishes of All Nations, page 125.

### BUTTERCUP SPLITS

Cut peeled bananas in 2-inch lengths. Roll them in egg mixture, then in grated Brookfield cheese, and fry in hot deep "Silverleaf" lard till delicately browned. Delicious served with baked ham, or with broiled bacon slices.

*Miss Clara Sproul, Daughter of Representative Sproul (Ill.).*

### CARBONADA

See Favorite Dishes of All Nations, pages 21, 134.

### CELERY AND CHEESE CASSEROLE

1 cup Phenix American or Phe-

nix Swiss cheese.

1 cup milk.

2 tablespoons butter.

2 tablespoons flour.

$\frac{1}{2}$  teaspoon salt.

$\frac{1}{4}$  teaspoon pepper.

Combined as white sauce.

2 tablespoons grated onion (if desired).

1 cup cooked spaghetti.

2 cups cooked diced celery.

$\frac{1}{2}$  cup buttered grated bread crumbs.

To hot white sauce add finely diced cheese. Stir or beat with Dover egg beater until mixture is smooth. Mix together with spaghetti, celery and onions and add cheese mixture. Place in oiled casserole and cover with buttered bread crumbs. Bake 30 minutes in moderately hot oven. Service for 6.

*Mrs. B. H. Snell, Wife of Representative Snell (N. Y.).*

### CASSEROLE OF VEGETABLES

Arrange 2 cups of string-beans in the bottom of a greased casserole and cover with 1 cup of white sauce. Parboil 3 green peppers, cut in half lengthwise, and fill with the following stuffing. To 2 cups of soft bread crumbs add 2 tablespoons of melted butter. Reserve  $\frac{1}{2}$  cup of crumbs to top the casserole. To the other  $1\frac{1}{2}$  cups of bread crumbs add 1 cup of tomato pulp, 1 cup of ground, cooked meat (potted ham is excellent); pepper, salt, and hot water to moisten. Arrange stuffed peppers on top of the beans and white sauce. Fill the spaces with 10 small white onions

which have been cooked in  $\frac{1}{2}$  tablespoon of fat. Cover with crumbs and bake for 45 minutes at 350 degrees F.

*Mrs. Ernest W. Roberts, Widow of the late Representative Roberts (Mass.).*

### VEGETABLE CASSEROLE

1 can baked beans.

$\frac{1}{2}$  pimiento cheese.

1 can corn.

1 can tomato sauce.

Mix ingredients well and bake in moderate oven. Serves 6 or 8 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

### CHAFING DISH BIRDS

See Favorite Dishes of All Nations, page 133.

### CHARQUICAN

See Favorite Dishes of All Nations, page 42.

### CHEESE ASPIC

Take 4 Philadelphia cream cheeses and mix thoroughly with  $\frac{1}{2}$  pound of Roquefort cheese. Then dissolve 2 packages of Knox gelatine in 1 cup of cold water, add 3 cans of canned consomme, hot. Let stand. As it congeals line a mold with it, and place the cheese rolled into the shape of a ball in the center, covering with jelly until the mold is filled. What is left of jelly use as decoration around dish.

*Mrs. Hamilton Fish, Jr., Wife of Representative Fish (N. Y.).*

### CHEESE BALLS

See Favorite Dishes of All Nations, page 63.

### CHEESE ROLLS

See Favorite Dishes of All Nations, pages 48, 60.

### CHEESE CAKE (WITH ZWIEBACK)

2 pounds cottage cheese.

1 package Zwieback.

1 cup sugar.

1 cup sugar.

4 eggs.

1 teaspoon cinnamon.

$\frac{1}{2}$  pint cream.

$\frac{1}{2}$  cup butter (melted).

Speck of salt.

3 tablespoons flour.

$\frac{1}{2}$  lemon (juice).

Roll Zwieback fine, mix with 1 cup sugar, 1 teaspoon cinnamon and  $\frac{1}{2}$  cup butter, melted, and set aside  $\frac{3}{4}$  of a cup of the mixture to sprinkle over top. Butter a 9-inch spring form well, spread and press Zwieback mixture on bottom and sides of form. Beat 4 eggs, without separating, with 1 cup of sugar until light. Add a speck of salt and a teaspoonful of vanilla. Into this stir well  $\frac{1}{2}$  pint of cream, then add 2 pounds of cottage cheese and 3 tablespoons of flour, and mix all together. Stir until smooth and pour into Zwieback lined form. Sprinkle remaining Zwieback mixture over top and bake in a moderately slow oven, 325 F for 1 hour. Turn off heat, let stand in oven 1 hour until cooled, remove rim of spring form,

and place with tin bottom on serving plate. If vanilla is not desired you can use lemon. Chopped pistachio nuts sprinkled on top can also be used.

*Mrs. M. A. Michaelson, Wife of Representative Michaelson (Ill.).*

### CHEESE CARROTS

Take any yellow American cheese. Grate, add enough cream to make the cheese of the consistency to mold. Roll into cones like small carrots. Dust with paprika. Stick a sprig of parsley in the end of the cone, and you have a very lifelike carrot to serve with your lettuce or any other salad. Especially effective at Thanksgiving on plate with salad served in cups made from red apples.

*Mrs. T. H. Caraway, Wife of Senator Caraway (Ark.).*

### CHEESE CHARLOTTE

2 pounds grated cheese.	1 can pimientos cut fine.
1 cup hot milk.	1 cup mayonnaise.
4 large sour or dill pickles, ground.	3 envelopes gelatine.

Have all ingredients ready. Soak gelatine in  $\frac{1}{2}$  cup cold water. Then add 4 tablespoons hot water. Cream cheese and hot milk until smooth. Add pickle, pimientos, mayonnaise and gelatine in the order given. Pour in wet molds and set in ice to harden. Serve sliced with mayonnaise. This serves about 20 people.

*Mrs. Charles R. Crisp, Wife of Representative Crisp (Ga.).*

### COTTAGE CHEESE (Sure way)

Let sour until a thick mass 2 or more quarts of milk poured in a large earthen crock. Sprinkle over with a little salt, then cut clabber with a silver knife into 1 inch squares. Fill to top with boiling water and let stand until water is lukewarm. Pour through strainer, then into thin white bag to drain over night. Break up with fork, add little salt and cream.

*Mrs. Chas. B. Timberlake, Wife of Representative Timberlake (Col.).*

### COTTAGE CHEESE NOODLES

See Favorite Dishes of All Nations, page 84.

### CHEESE CRACKERS

Grate  $\frac{1}{2}$  pound American cheese, add 1 tablespoonful of butter and a dash of paprika. Mix into a smooth paste and cover saltine crackers. Put in the oven to brown. Serve hot.

*Mrs. George Payne McLean, Wife of Senator McLean (Conn.).*

### RING TUM DITTY

Put in chafing-dish piece of butter the size of a walnut. Add 1 small onion, *chopped very fine*. Cook *thoroughly*. Add 1 pound cheese, cut very fine; 1 cup milk and 1 tablespoon flour. Mix together and cook until cheese is well melted. Add 1 cup tomato catsup, 1 teaspoon dry mustard, 1 tablespoon Worcestershire sauce, salt, pepper and last add 1 egg well beaten. Stir and let cook for a few minutes. Serve on crackers.

*Mrs. J. Russell Leech, Wife of Representative Leech (Pa.).*

## DICTUM-DITTY

Melt together 2 tablespoons butter and 1 cup cheese, crumbled; pinch of salt. Add 1 chopped green pepper, 1 can tomatoes,  $\frac{1}{2}$  chopped onion and little red pepper. Cook together until creamy and add 2 beaten eggs the last thing. Serve on toast.

*Mrs. A. P. Nelson, Wife of former Representative Nelson (Wis.).*

## DREAM CAKES

1 loaf of bread.	Salt.
$\frac{1}{2}$ pound of New York cheese.	Much butter—1 pound.
Mustard, dry.	

Make a sandwich of the bread and cheese, cutting the cheese in thin slices. Spread mustard and a little salt on cheese. Put a large piece of butter in spider and when melted and hot put a sandwich at a time in and fry on first one side then the other, pressing down on sandwich. When nicely brown and cheese melted serve hot with ginger ale. Good for a late supper.

*Mrs. Alice Frye Briggs, Daughter of the late Senator Frye (Maine).*

## DREAM CAKES

Cut slices of bread 1 inch thick and 3 inches long,  $1\frac{1}{2}$  inch wide. Take out centers, leaving a box of bread spread with butter, and put them in oven to brown. Make a mixture of  $\frac{1}{2}$  cup cream; when boiling thicken with a little butter and flour. Add a pinch of salt, 2 cups grated American cheese. When melted fill centers, dust with paprika and set in oven to brown. Serve very hot.

*Mrs. George Payne McLean, Wife of Senator McLean (Conn.).*

## CHEESE ENTRÉE

1 cup cracker crumbs.	1 tablespoon butter.
$\frac{1}{2}$ cup grated cheese.	Season to taste.

Add 1 full coffee cup of boiling water. Cook in double boiler for 20 minutes. Take from fire and stir in 1 well-beaten egg mixed with 1 tablespoon of cold water. Cook 3 minutes longer and serve hot on toasted crackers. Garnish with lettuce leaves.

*Mrs. A. M. Peterson, Sister of Representative Curry (Cal.).*

## SCALLOPED CHEESE

1 quart milk.	$\frac{1}{2}$ tablespoon salt.
3 cups dried bread crumbs.	$\frac{1}{4}$ teaspoon paprika.
$\frac{1}{4}$ pound cheese.	4 eggs.
1 tablespoon butter.	

Heat milk and pour over dried bread crumbs. Add chopped cheese; cool. Add salt, pepper, melted butter, and well-beaten eggs. Mix well, pour into buttered baking-dish, and bake slowly  $1\frac{1}{2}$  hours, or until done. Serve grape jelly with it.

*Allies' Inn, Washington.*

## CHEESE FONDUE

- |   |                              |
|---|------------------------------|
| 1 cup scalded milk.                                   | 1 tablespoon butter.         |
| 1 cup stale bread crumbs.                             | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{4}$ pound mild cheese, cut in small pieces. | 3 eggs.                      |

Soak bread in milk, add cheese, butter, salt and beaten egg yolks. Beat egg whites very stiff and fold into the mixture. Pour in buttered baking dish and bake in moderate oven.

*Mrs. Ralph Updike, Wife of Representative Updike (Ind.).*

## CHEESE FONDUE

Soak 1 cup bread crumbs in 2 cups milk; add 3 beaten eggs,  $\frac{1}{2}$  tablespoon melted butter, dash red pepper, salt to taste; 2 cups grated cheese. Mix and bake until firm in a moderate oven. Will serve 6 people.

*Mrs. Olger B. Burtness, Wife of Representative Burtness (N. D.).*

## CHEESE FONDUE

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1 cup scalded milk.                 | 1 tablespoon butter.         |
| 1 cup soft, stale, bread crumbs.    | $\frac{1}{2}$ teaspoon salt. |
| 4 tablespoons grated Phenix cheese. | Dash of red pepper.          |

Mix all together. Add yolks of 3 eggs beaten stiff. Then cut and fold in whites of 3 eggs beaten very stiff. Bake 20 minutes.

*Mrs. Bertrand H. Snell, Wife of Representative Snell (N. Y.).*

## FONDUE AU PARMESAN

See Favorite Dishes of All Nations, page 69.

## GALETTES AU CAMEMBERT

See Favorite Dishes of All Nations, page 34.

## CHEESE AND HAM

See Favorite Dishes of All Nations, page 76.

## CHEESE LOAF

- |                                    |   |
|------------------------------------|---|
| 4 cakes cream cheese.              | 1 cup blanched almonds.                                       |
| 2 pimientos.                       | Salt and red pepper to taste.                                 |
| 2 green peppers.                   | 1 package gelatine, dissolved in as little water as possible. |
| $\frac{1}{2}$ pint cream, whipped. |   |

*Mrs. S. Otis Bland, Wife of Representative Bland (Va.).*

## CHEESE LOAF

- |                             |  |
|-----------------------------|--|
| 3 pounds of cottage cheese. | 1 envelope Knox's gelatine.            |
| 1 pound of cream cheese.    | $1\frac{1}{2}$ pints cream.            |
| 1 can pimientos.            | 2 teaspoons salt and paprika to taste. |
| 1 bottle of olives.         |  |

Put cream cheese through a food chopper and mix with cottage cheese, add olive and pimientos (chopped), then gelatine which has been dissolved in cream. Line a mold with sliced olives and fill with the loaf and let it set.

*Mrs. John W. Moore, Wife of Representative Moore (Ky.).*

## CHEESE LOAF

- |                        |                          |
|------------------------|--------------------------|
| 2 pounds cream cheese. | 1 pound shelled almonds. |
| 1 bunch celery.        | 1 bottle stuffed olives. |
| 2 cans pimientos.      | 1 quart whipped cream.   |

Prepare material as for salad. Whip the cream. Grate the cheese. One box of gelatine mixed with 2 cups of cold water. Work in the cheese with the gelatine, when it becomes soft, as creaming butter for cake. Fold in the whipped cream. Add the other ingredients, the olives last. Place oil paper in mold. Slice and serve with dressing, on lettuce. This will serve about 35 people.

*Mrs. Ewin L. Davis, Wife of Representative Davis (Tenn.).*

## CHEESE LOAF

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 pound cream cheese.           | 1 cup nuts.             |
| 1 cup cream scalded.            | 1 bottle olives, small. |
| 2 tablespoonfuls Knox gelatine. | Pepper and salt.        |

Run cheese through meat grinder, scald cream and add gelatine that has been dissolved in cold water, beat in cheese and add other ingredients; pour into loaf pan and have cold and slice. This may be served with salad dressing.

*Mrs. J. W. Harrel, Wife of former Senator Harrel (Okla.).*

## CHEESE RAMEKINS

Use 2 tablespoonfuls of grated cheese, 1 tablespoonful of butter, 2 tablespoonfuls of bread crumbs, 4 tablespoonfuls of milk,  $\frac{1}{4}$  teaspoonful of mustard,  $\frac{1}{4}$  teaspoonful of salt,  $\frac{1}{8}$  teaspoonful of pepper, 1 egg. Boil the crumbs in the milk until soft, and add the butter, mustard, salt, pepper and cheese and the yolk of the egg. When all are well mixed, stir in the white of the egg, beaten to a stiff froth. Put the mixture in china cases, filling each case but  $\frac{3}{4}$  full, and bake 5 or 6 minutes. They make a pretty cheese course for either luncheon or dinner.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## BAKED RAREBIT

- |   |                                      |
|---|--------------------------------------|
| $\frac{1}{2}$ pound soft American cheese. | $1\frac{1}{2}$ teaspoons salt.       |
| 6 eggs.                                   | $\frac{1}{2}$ teaspoon paprika.      |
| $1\frac{3}{4}$ cups milk.                 | $\frac{1}{4}$ teaspoon white pepper. |

Chop cheese fine. Heat milk in double boiler. Stir cheese into milk. Beat eggs slightly and add dry ingredients. When milk and cheese are steaming hot pour over seasoned eggs and mix well. Pour this mixture into a buttered baking-dish, place in a pan of hot (not boiling) water and bake in a moderate oven 30 minutes or until set. Serve hot.

*Mrs. Bill G. Lowrey, Wife of Representative Lowrey (Miss.).*

## AILEEN NUSBAUM'S MEXICAN RABBIT

## Chilli Sauce

- |  |                              |
|--|------------------------------|
| 2 tablespoons butter.                    | 1 tablespoon chopped onions. |
| $1\frac{1}{2}$ tablespoons chilli powder | 1 teaspoon sugar.            |
| 1 tablespoon flour.                      | $\frac{1}{2}$ teaspoon salt. |
| Cream in saucepan.                       | Cook for $\frac{3}{4}$ hour. |
| Add boiling water and                    |                              |

## Tomato Sauce

- |                            |                              |
|----------------------------|------------------------------|
| 1 can tomatoes.            | $\frac{1}{2}$ teaspoon salt. |
| 1 teaspoon chopped onions. | Thicken with cornstarch or   |
| 1 teaspoon sugar.          | flour.                       |

## Rabbit

- |  |                              |
|--|------------------------------|
| $1\frac{1}{2}$ pounds American cheese. | $\frac{1}{2}$ teaspoon salt. |
| 3 eggs.                                | 1 teaspoon Lea and Perrins   |
| 1 cup cream.                           | sauce.                       |
- Melt cheese, add mixture of eggs, cream, etc., well beaten. Stir until creamed.

## Toast

To serve, place toast on plate, then cheese mixture. Cover with tomato sauce, then chilli sauce, strips of crisp bacon. Olives and celery on plate.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## TOMATO RAREBIT

- |   |                                |
|---|--------------------------------|
| 1 large tea glass tomato juice<br>(strained). | $\frac{1}{4}$ teaspoon pepper. |
| $\frac{3}{4}$ pound grated cheese.            | $\frac{1}{4}$ teaspoon salt.   |
| 2 eggs.                                       | 1 teaspoon flour.              |
| $\frac{1}{4}$ teaspoon cayenne.               | 1 teaspoon grated mustard.     |
|   | 1 tablespoon butter.           |

Put tomato juice in chafing-dish, let this get almost boiling hot; add cheese, stirring until blended well. Mix cayenne, pepper, salt, mustard and flour, and wet with some of tomato juice left for this purpose, making a soft paste. Pour this in with tomato juice and cheese. Give a stir or two, add the well beaten eggs. Cook until thick. Serve on hot toast.

*Mrs. Ewin L. Davis, Wife of Representative Davis (Tenn.).*

## TOMATO RAREBIT

Put 2 tablespoonfuls butter in chafing-dish. When melted add 2 tablespoonfuls flour. Pour on gradually  $\frac{3}{4}$  cup thin cream. As soon as mixture thickens add  $\frac{3}{4}$  cup stewed and strained tomatoes, mixed well with  $\frac{1}{2}$  teaspoon of soda. Then add 2 cups finely cut cheese, 2 eggs slightly beaten, salt and mustard to taste. Serve as soon as cheese has melted on graham toast.

*Mrs. John H. Wilson, Wife of former Representative Wilson (Pa.).*

## TOMATO AND CHEESE RAREBIT

Melt 3 tablespoons butter, add 2 tablespoons flour,  $\frac{3}{4}$  cup milk. When thickened add  $\frac{3}{4}$  cup stewed and strained tomato, mixed with  $\frac{1}{2}$  teaspoonful soda; add 2 cups of cheese cut fine; 2 beaten eggs, season with salt, cayenne and mustard; serve on toast or wafers.

*Mrs. Harry L. Engelbright, Wife of Representative Engelbright (Cal.).*

## WELSH RAREBIT (To Serve Twelve)

- |                                |                          |
|--------------------------------|--------------------------|
| 2 pounds American cheese.      | 2 tablespoons flour.     |
| 8 cups hot milk.               | 2 tablespoons butter.    |
| $1\frac{1}{2}$ teaspoons salt. | 4 or 6 eggs.             |
| 2 teaspoons ground mustard.    | Cayenne pepper to taste. |

This rarebit may be mixed at any time before the guests arrive and set aside to be cooked when wanted. Mix dry ingredients, flour, mustard and salt. Cut cheese very fine and add dry mixture. Beat eggs and rub into mixture of cheese, then set aside in large granite saucepan. Measure milk into another saucepan. Cover and set aside. When ready to serve place cheese mixture over a slow fire. As it begins to melt add milk (which has been heated) a little at a time, stirring constantly. When milk and cheese are the consistency of cream sauce, add butter and pour over hot crackers.

*Mrs. W. E. Evans, Wife of Representative Evans (Cal.).*

#### A WELSH RAREBIT THAT NEVER STRINGS

1 large cup of grated or finely cut cheese.	Cayenne pepper.
$\frac{3}{4}$ cup of cream.	Dash of mustard.
2 well beaten eggs.	1 teaspoon sugar.

Put butter size of walnut in pan, over fire. When hot put in cheese, cream and seasoning; let melt for about 5 minutes, then stir in the eggs. Let it cook until the mixture has thoroughly emulsified. Serve on crackers or toast, or can be used for delicious cheese sandwiches.

*Mrs. Edward C. Little, Widow of the late Representative Little (Kan.).*

#### WELSH RAREBIT

Melt 1 tablespoon butter; add 2 cups cheese cut fine, and stir until melted, then add yolks of 2 eggs beaten with  $\frac{1}{2}$  cup of milk or cream,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon mustard; stir until smooth; serve on toast. (This should be made over hot water.)

*Mrs. Harry L. Englebright, Wife of Representative Englebright (Cal.).*

#### WELSH RAREBIT THAT WILL NOT STRING

One pound cheese cut fine; sprinkle with tablespoon of flour. Beat 1 egg and add to cheese and flour, also add mustard, paprika and salt to taste. Can use tabasco and Worcestershire sauce if liked. To 1 pint of warm milk add tablespoon of butter, then add cheese mixture and stir until smooth and serve on saltines.

*Mrs. W. M. Geddes, Member of Congressional Club.*

#### TALMOUSSE AU ROQUEFORT

See Favorite Dishes of All Nations, page 33.

#### SAVORY CHEESE

One-half pound American cheese,  $\frac{1}{2}$  cup butter, creamed together; grind in meat grinder 1 pimiento,  $\frac{1}{2}$  onion, 6 green olives, 1 teaspoon parsley, 2 tablespoons catsup, 1 tablespoon Worcestershire sauce, salt to taste, and mix well with cheese and butter. Mold.

*Mrs. Allen F. Moore, Wife of former Representative Moore (Ill.).*

#### SOIR (A HOME-MADE CHEESE)

See Favorite Dishes of All Nations, page 60.



## SPANISH SURPRISE

Take strips of cheese about 4 inches in length and  $\frac{1}{2}$  inch thick. Take strips of pimientos and roll around cheese. Put a tiny bit of salt on these, drop in batter rather thick and fry in hot fat until a nice brown. Serve with tomato sauce poured over it. The batter should be done through. The cheese just melted in the center. Serve hot.

*Mrs. Morgan G. Sanders, Wife of Representative Sanders (Texas).*

## CHEESE SPREAD

5 small packages cream cheese,	1 cupful raisins.
1 cupful walnuts (chopped.)	1 cupful cocoanut.
	2 tablespoons lemon juice.

Mix this all together, working it into a little round flat mold, saving out enough cocoanut to roll it in. Use to spread on crackers for a Sunday night "snack" or an evening spread. This makes a large quantity.

*Mrs. Sol Bloom, Wife of Representative Bloom (N. Y.).*

## SPRUCE CABIN CHEESE

$\frac{1}{4}$ pound butter.	$\frac{1}{4}$ pound full American cream cheese.
-----------------------------	--

Blend thoroughly by creaming with fork constantly dipped in hot water. When smooth add:

1 tablespoonful catsup.	1 chive, crushed.
1 teaspoonful Worcestershire sauce.	$\frac{1}{4}$ teaspoonful onion juice.
A shake of tobasco sauce.	$\frac{1}{2}$ teaspoonful lemon juice.
1 pinch of curry powder.	A pinch of salt.

Beat as you would hard sauce, until perfectly smooth and creamy. Press into a mold, sprinkle with paprika; chill for 24 hours before serving.

*Mrs. Francis F. Patterson, Wife of former Representative Patterson (N. J.).*

## STUFFED CHEESE

See Favorite Dishes of All Nations, page 134.

## CHEESE TOAST

$\frac{1}{2}$ pound cheese or more.	3 tablespoons milk.
$\frac{1}{2}$ teaspoon baking powder.	1 egg.

Beat all together and spread on bread, lay a slice of bacon on top and toast a golden brown under the flame. Makes about 6 slices and is nice for Sunday night lunch.

*Mrs. Frank Foss, Wife of Representative Foss (Mass.).*

## TOMATO CHEESE TOAST

Melt 2 tablespoons butter, add 1 tablespoon flour, mix, add 2 table-  
spoons chopped green peppers,  $1\frac{1}{2}$  tablespoons chopped onions and cook 3  
minutes. Stir constantly. Add 1 cup canned tomatoes, stir until sauce boils,  
place over hot water, add 1 cup cheese cut in small pieces;  $1\frac{1}{4}$  teaspoons  
salt. Just before serving add 2 egg yolks slightly beaten. Stir until it  
thickens and fold in whites beaten stiff. Serve on toast, crackers or rusks.

*Mrs. Joseph Walsh, Wife of former Representative Walsh (Mass.).*

## CHEESE SPREAD AND CHEESE TOAST

See Favorite Dishes of All Nations, pages 93, 132.

## CASTILLIAN CHICKEN

See Favorite Dishes of All Nations, page 127.

## CHICKEN LIVER BROCHETTE

Chicken livers.

Bacon.

Cut strips of bacon in squares. Alternate bacon and livers on skewers until skewers are full. Fry until brown. Serve full skewers piping hot on toast.

*Mrs. Florence P. Kahn, Member of Congress (Cal.).*

## CHILI CON CARNE

See Favorite Dishes of All Nations, page 95.

## CHILI CON CARNE

1 pound spaghetti; boiled tender in salted water.

1 pound round steak, chopped.

1 can tomatoes.

2 or 3 large Spanish onions—sliced and fried a golden brown—not too much.

2 green peppers—chopped.

Chili peppers and red peppers to taste.

2 or 3 red peppers, chopped, paprika and tobasco, as wished.

Cook all together for 2 or more hours. Watch closely—burns easily. If in a hurry cook separately until nearly done—spaghetti by itself; meat by itself; tomatoes, peppers and onions together, then mix and cook all together for a few minutes. Best when cooked all together slowly. Excellent one-dish meal.

*Mrs. James H. Davidson, Widow of the late Representative Davidson (Wis.).*

## MOCK CHILI CON CARNE

½ pound hamburger.

2 or 3 medium onions.

½ small can tomatoes.

1 small can beans (any kind)

1 teaspoon chili powder.

Fry hamburger and onions separately until partly done, then combine all ingredients, season to taste. Bake 20 minutes.

*Mrs. R. G. Simmons, Wife of Representative Simmons (Neb.).*

## CHILI CON QUESO

Fry a small chopped onion in 1 tablespoon butter, add 1 teacup strained tomatoes, cook well, add 1 egg, 1 cup milk, salt, pepper and 4 chilipitines chopped fine or ½ teaspoon chilli powder. Lastly add 1 cup of grated cheese and serve on slices of toast.

*Mrs. Earle B. Mayfield, Wife of Senator Mayfield (Texas).*

## CHILI REHLENOS

Stuff 8 sweet peppers (a large can) with the following:

2 cups cold beef, veal or chicken, chopped fine.

1 cup stock or gravy.

½ cup raisins.

½ cup chopped pecans or walnuts.

½ teaspoon chili powder.

Make a thin batter of  $\frac{1}{2}$  cup milk, 1 egg, 2 tablespoons flour and  $\frac{1}{4}$  teaspoon salt. Roll pimientos in batter and fry in hot grease.

*Mrs. Earle B. Mayfield, Wife of Senator Mayfield (Texas).*

### AMERICAN CHOP SUEY

$\frac{1}{2}$ package spaghetti, cooked.	1 pound hamburg steak.
4 small white onions.	1 can tomato soup.
2 tablespoons butter.	2 teaspoons salt.

Cut up onions, salt and cook in butter until tender, but do not brown. To the onions add the steak and cook until partly done. Then mix meat and onions with spaghetti and taste for proper seasoning. Over mixture pour 1 can tomato soup and mix. Bake in moderate oven  $\frac{1}{2}$  hour. Eight generous servings.

*Mrs. Henry W. Temple, Wife of Representative Temple (Pa.).*

### COCIDO MADRILENO

See Favorite Dishes of All Nations, page 127.

### CREME DE VOLAILLE

Grind the meat of a boiled chicken, add 1 cup of bread crumbs, 1 tablespoon of chopped parsley, 1 medium sized grated onion. Season with salt, black and red pepper and a little nutmeg. Moisten with  $\frac{1}{2}$  cup cream,  $\frac{1}{2}$  cup chicken broth and 2 whole, slightly beaten, eggs. Chop  $\frac{1}{2}$  can of mushrooms, reserving the rest for garnishing, and place in the beaten mixture. Put in a well-greased mold and boil 45 minutes. Serve with cream sauce. Peas may be substituted for mushrooms if preferred.

*Mrs. Virgil Chapman, Wife of Representative Chapman (Ky.).*

### BRAIN CROQUETTES

2 sets brains.	1 heaping tablespoon butter.
1 cup hot milk.	2 tablespoons flour.
Yolk 1 egg.	1 teaspoon salt.

Process: Scald brains and remove skin. Boil until tender, add salt and cayenne pepper. Set aside to cool. Make a cream dressing of the butter, flour and milk, add well-beaten egg and cook, stirring constantly until it thickens. Set aside to cool. When cold add cold brains, form into croquettes and put into refrigerator. When ready to cook roll in sifted cracker crumbs or meal and fry in deep hot lard.

*Mrs. Charles R. Crisp, Wife of Representative Crisp (Ga.).*

### CHEESE CROQUETTES

Whites of 4 eggs, beaten to stiff froth. Add 2 cups ground cheese, 1 heaping tablespoon flour, salt and cayenne pepper to taste. Shape in ball, roll in crumbs and fry delicate brown.

*Mrs. Edward E. Eslick, Wife of Representative Eslick (Tenn.).*

### EGG CROQUETTES

1 cup milk.	1 tablespoon flour.
1 tablespoon butter.	Season well.

Add about 4 chopped hardboiled eggs and set away until cold. Form croquettes. Roll in cracker crumbs and egg and fry in deep lard.

*Mrs. Adam W. Wyant, Wife of Representative Wyant (Pa.).*

### PALMITO CROQUETS

See Favorite Dishes of All Nations, page 47.

## CROQUETTES DE PLÁTANO

- |                            |                      |
|----------------------------|----------------------|
| 3 green or ripe plantains. | 1 teaspoon salt.     |
| 3 eggs.                    | 3 teaspoons sugar.   |
| 3 tablespoons butter.      | ½ teaspoon cinnamon. |

Wash, peel and steam the plantains (green bananas may be used instead), mash with potato masher, add 2 eggs, the butter, salt, cinnamon and sugar. Form into croquettes, dip in crumbs, beaten egg and again in crumbs. Fry in deep fat and drain on absorbent paper. Serve with guava jelly.

*Mrs. Horace M. Towner, Wife of the Governor of Porto Rico.*

## RICE CROQUETTES

- |                         |   |
|-------------------------|---|
| 1 cup hot, boiled rice. | 2 tablespoons milk.                     |
| 1 teaspoon sugar.       | ¼ teaspoon salt.                        |
| 1 teaspoon butter.      | Cooked raisins may be added if desired. |
| 1 egg.                  |   |

Mix ingredients in order given, and beat well. Shape into balls and dip in bread crumbs, beaten egg, and again in crumbs. Fry in deep fat and drain on brown paper. Serve with hard sauce.

*Mrs. Martin L. Davey, Wife of Representative Davey (Ohio).*

## SWEETBREAD CROQUETTES

- |                             |                   |
|-----------------------------|-------------------|
| 2 large sweetbreads.        | Yolks of 2 eggs.  |
| 1 ounce butter.             | Juice of 1 lemon. |
| 1 tablespoon chopped onion. | Nutmeg.           |
| ½ pint cooked mushrooms.    | Parsley.          |
| 1 cup white stock.          |                   |

Parboil, cool and chop sweetbreads. Cook with butter, salt, pepper, onion, mushrooms, stock and eggs. Add lemon juice, parsley and nutmeg. Mix well and roll into balls. Dip in egg and bread crumbs and fry in boiling fat.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## SWEETBREAD AND MUSHROOM CROQUETTES

- |   |                        |
|---|------------------------|
| 1 cup mushrooms cut in small pieces.        | 1 cup croquette sauce. |
| 1 cup cold cooked sweetbreads, cut in dice. | A little lemon juice.  |

Fry mushrooms in butter. Add sweetbreads, seasoning and sauce. Shape, dip in crumbs, egg and crumbs again, and fry in deep fat.

*Mrs. F. Dickinson Letts, Wife of Representative Letts (Iowa).*

## SWEET POTATO AND ALMOND CROQUETTES

Bake 4 medium sized sweet potatoes. As soon as tender split open and scoop out the pulp, force it through a puree strainer. To 2 cups of pulp add ½ teaspoon salt, 3 tablespoons butter, 1 lightly beaten egg, ¼ cup blanched almonds, chopped and pounded to a paste—there must be a fourth cup of almond paste. Moisten mixture with sufficient hot milk or cream to the consistency to handle. Shape in the form of sweet potatoes, apples or pears. Dip in flour, egg and crumbs and fry in deep fat.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## INDIAN CURRY

- |   |   |
|---|---|
| 1 tablespoon Captain White<br>curry paste.  | 9 large onions, thinly cut and<br>fried in 2 ounces butter. |
| 1 chicken or 3½ cups veal, cut<br>in cubes. | 4 tomatoes, cut in slices.                                  |
| 1 freshly grated cocoanut.                  | 1½ tablespoons lemon juice.                                 |

Fry the onion until brown, add the tomatoes, meat and cocoanut; mix the curry paste with a little milk and add the cocoanut milk and let simmer for 15 minutes. Add lemon juice and serve on a platter with a border of rice cooked dry; accompany with Major Gray's Indian Chutney.

*Mrs. M. E. Crumpacker, Wife of Representative Crumpacker (Ore.).*

## PHILIPPINE CURRY

One medium sized chopped onion and 1 chopped green pepper browned in butter. Add ½ cupful chopped ham, seasoned with celery salt, thyme and 1 clove. Salt to taste and cook thoroughly, adding ½ pint stock and 1 heaping teaspoonful curry powder. After cooking for about 15 minutes add 1 egg yolk beaten with 1 tablespoonful cream and combine with 3 cupfuls boiled rice, allowing all to simmer together a few minutes before serving. It is a good idea to make the combination in a double boiler so that it can be kept hot until needed without being spoiled by overcooking. This makes a good luncheon dish. This recipe was one taught to my young son by a Philippine classmate at boarding school and one of which the school boys were very fond.

*Mrs. John D. Clark, Wife of Representative Clark (N. Y.).*

## BAKED EGGS

A delicious way to serve eggs for breakfast. Butter a pyrex dish. Carefully break as many eggs as needed into buttered dish. Sprinkle with salt and pepper. Chop bits of butter over top. Add sufficient cream to almost cover eggs. Place in moderate oven and cook until eggs are set. Serve hot in same dish.

*Mrs. W. A. Oldfield, Wife of Representative Oldfield (Ark.).*

## EGGS IN BASKET WITH BACON

Separate the whites from yolks of as many eggs as desired, being careful not to break the yolks. Add salt to the whites and beat until stiff enough to stand. Turn into a well-buttered shallow baking-dish, make small impressions for the yolks and carefully drop them in. Bake in a medium hot oven until the whites are a delicate brown. Garnish with crisp fried bacon.

*Mrs. Roy O. Woodruff, Wife of Representative Woodruff (Mich.).*

## EGGS BENEDICT

Split English muffin and toast, put a small piece of broiled ham on it, then a poached egg, put a rather thick Hollandaise sauce over all and on top a thin slice of truffle.

*Restaurant, United States Senate.*

## OEUF À LA BENEDICTINE

See Favorite Dishes of All Nations, page 72.

## CREAMED EGGS IN PASTRY

Take 6 hardboiled eggs and press the yolks through a colander. Cut whites into half-inch dice. Mix them together with a rich white sauce. Make some patty cases of puff paste and bake a light brown. Then fill with creamed eggs and serve hot.

*Mrs. Louis A. Frothingham, Wife of Representative Frothingham (Mass.).*

## CREAMED EGGS ON TOAST

Beat eggs well, add 1 tablespoon milk to each egg, cook until desired thickness, stirring constantly. Pour over buttered toast.

*Mrs. Allen F. Moore, Wife of former Representative Moore (Ill.).*

## BIRD NESTS

One slice of toast, buttered, and 1 egg for each serving. Break eggs carefully, keeping yolks whole, beat whites and put on toast, making a dent in the center of each in which put the yolk of an egg. Salt and pepper and place in hot oven for a few minutes. Nice luncheon dish, especially for children.

*Mrs. John F. Miller, Wife of Representative Miller (Wash.).*

## CREOLED EGGS

- |                         |                           |
|-------------------------|---------------------------|
| 1 can tomatoes.         | $\frac{1}{2}$ cup celery. |
| 3 onions, chopped fine. | Salt and pepper to taste. |
| 3 green peppers.        | 1 tablespoon butter.      |

One teaspoon of flour browned in butter and add onions, pepper and 1 dozen hardboiled eggs. Mix and put in baking-dish, grate cheese over top and put in oven to brown and cook.

*Mrs. W. C. Salmon, Widow of the late Representative Salmon (Tenn.).*

## EGGS AND SPINACH CREOLE

- |  |                           |
|--|---------------------------|
| 3 cups hot cooked spinach,<br>finely chopped and seasoned. | $\frac{1}{2}$ cup cream.  |
| 6 eggs.  | 2 large tomatoes, peeled. |
| 1 package pimiento cheese.                                 |                           |

Put cheese and cream in double boiler, thicken with flour diluted with small portion of cream. Stir over boiling water until cheese is melted. Place spinach in casserole. Slice each tomato in 3 slices. Arrange on spinach and put in hot oven until tomato is slightly broiled. Poach the eggs. Place 1 egg on each slice of tomato and add 1 tablespoon of cheese sauce to each egg. Serve hot at once. Serve 6 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

## CURRIED EGGS

See Favorite Dishes of All Nations, page 97.

## EGG CUTLETS

Make very thick white sauce with 2 heaping tablespoons flour, 2 of butter and 1 pint milk, salt to taste, cook well. Stir in 4 hard-boiled eggs, minced, 1 teaspoon chopped parsley, 1 teaspoon onion, minced. Spread on

plater. When cold form in cutlets, roll in egg and cracker crumbs and fry in deep fat. This serves 8.

*Mrs. Allen F. Moore, Wife of former Representative Moore (Ill.).*

### SCALLOPED EGGS

6 hard boiled eggs.

$\frac{1}{4}$  pound of grated cheese.

$\frac{1}{2}$  cup of white sauce.

Alternate layers of sliced eggs, white sauce and cheese. Sprinkle cracker crumbs over the top. Season with butter, pepper and salt. Bake in hot oven until the cracker crumbs are nicely toasted.

*Miss Helen Hudson, Daughter of Representative Hudson (Mich.).*

### HOW TO FRY AN EGG

A fried egg is a very pretty thing to look at but very hard to eat and very indigestible if it is served with the lower side fried into sole leather. A good housewife saves bacon and ham drippings which she keeps for frying. The frying pan should be scrupulously clean. Put on frying pan dripping sufficient, when dissolved, to immerse egg. The theory being that the egg should float and not come in contact with the metal of the pan. Break egg to be fried in saucer. When dripping is boiling hot, gently slide egg into pan. Extinguish flame under pan and baste egg with dripping until white film appears over top of yolk. Process ought not to exceed 1 minute.

*Mrs. Anthony J. Griffin, Wife of Representative Griffin (N. Y.).*

### EGG GEMS

Mix together 1 pint finely chopped meat, scraps of roast or other meat, and 1 pint bread crumbs; season with salt, pepper and a little butter. If meat is lean, moisten with milk. Heat this mixture thoroughly and fill gem pans. Break an egg on top of each and set in oven until eggs are sufficiently cooked.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

### EGGS HOLLANDAISE

Hollandaise sauce is used in place of mint to cover the eggs when ready to serve. The simplest way to make sauce Hollandaise is to place in a small saucepan the yolks of 2 eggs, 1 scant cup of butter, 1 tablespoon of water, and the juice of half a lemon. Place saucepan in a second one of hot water. Stir constantly. It is done when the consistency of boiled custard. If it remains longer it will curdle.

*Mrs. John B. Henderson, Widow of the late Senator Henderson.*

### EGG KROMESKIES

Hard boil eggs. Remove shells, brush with melted butter and roll in seasoned crumbs. Wrap each egg in strip of bacon and fasten with toothpick. Fry until bacon is crisp. Serve each egg on round of toast. Serve with cream sauce.

*Mrs. Adam M. Wyant, Wife of Representative Wyant (Pa.).*

### OEUF S MOULETS EN SOUFFLE

See Favorite Dishes of All Nations, page 28.

## OEUFs À LA NORFOLK

See Favorite Dishes of All Nations, page 72.

## MINT EGGS

A tablespoonful of minced fresh mint mixed with hot butter covers both the toast and the top of the jellied egg. It is placed in the oven to be quite hot when ready to serve.

*Mrs. John B. Henderson, Widow of the late Senator Henderson.*

## OMELET

6 eggs, whites and yolks beaten separately. 6 teaspoons of cornstarch.  
 ½ pint of milk. 1 teaspoon of baking powder, and a little salt.  
 Add the whites, beaten to a stiff froth, last, and cook in a little butter.

*Mrs. Gale H. Stalker, Wife of Representative Stalker (N. Y.).*

## PLAIN OMELET

Break and separate 6 eggs, beat whites to a stiff froth, add yolks, ½ teaspoon baking powder, ½ teaspoon salt, 3 tablespoons milk or cream, heat and butter baking-dish and cook in oven until firm; roll on to warm serving platter.

*Mrs. Daniel E. Garrett, Wife of Representative Garrett (Texas).*

## OMELET

See "For Invalids or Children," page 694.

## ASPARAGUS OMELET

Break 4 eggs into a bowl and beat until light and foamy. Add 4 tablespoonfuls of cream, a saltspoonful of salt and a dash of pepper. Have a clean, smooth omelet pan ready and melt a tablespoonful of butter in it, letting it run all over the pan to grease the sides as well as bottom. When hissing hot, pour in the egg mixture. As it cooks, prick with a fork in several places to allow the uncooked portion to run under. Lift with a fork until the whole is of a creamy consistency. Have in readiness several spoonfuls of cooked asparagus points, mixed with a little melted butter, a few drops of lemon juice and teaspoonful of chopped parsley. Spread evenly over the top of the omelet, double dexterously and shake out of the pan onto a hot platter.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

## ASPARAGUS CREAM OMELET

Stir 1 heaping tablespoon of butter and the same amount of flour together. Set the saucepan over the fire, and when well blended, add 1 cup of milk; stir until smooth, add a teaspoon of chopped parsley, remove from the fire and cool. Beat 3 eggs separately, the whites to a stiff froth; add the yolks to the cold sauce, with a teaspoon of salt and a dash of cayenne; add 1 cup also of cooked asparagus tips, and the stiffly beaten whites. Put a tablespoon of butter in a hot frying pan. When it is brown, pour in the mixture, break it in pieces with a fork to allow the uncooked portion to run down. When it is set, place in a hot oven for 5 minutes, double over and serve.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*



## BAKED OMELET

1 tablespoon butter.	6 eggs.
1 tablespoon flour.	½ teaspoon salt.
1 cup milk.	

Put the butter in a pan over fire. When melted add flour, mix well, then add the milk, gradually stirring until thick and smooth. Add the salt and set aside to cool. Beat the eggs separately, fold first yolks and then whites into the cream sauce; pour into a baking dish, and bake in a moderate oven for about 15 minutes. Serve at once.

*Mrs. Thomas L. Rubey, Wife of Representative Rubey (Mo.).*

## BAKED OMELET

6 eggs.	1 cup sweet milk.
1 tablespoon butter.	Salt to taste.
1 tablespoon flour.	

Melt butter in the pan you intend to bake the omelet; add flour; mix well; add cold milk gradually, then as much salt as desired. Beat the eggs separately; then put in the omelet, first the yolks, then the whites. Bake in a moderate oven.

*Mrs. James F. Strother, Wife of Representative Strother (W. Va.).*

## BAKED OMELET

A: 7 eggs well beaten; B: 1 tablespoon butter, 1 tablespoon flour, ½ teaspoon salt, 2 cups milk (boiling.) Boil B 1 minute. Add slowly to A. Pour into earthen dish and bake 20 minutes. Serve at once. Add grated cheese or ham before putting in oven.

*Mrs. W. E. Brown, Wife of former Representative Brown (Wis.).*

## MY FAVORITE OMELET

For three people use 7 eggs, separate the yolks and whites and beat thoroughly. To the yolks add salt and pepper to taste, have pan buttered well, mix whites and yolks, beating well while mixing, then put in hot pan in hot oven for few minutes. When done have melted butter and a little chopped parsley ready to pour on top and serve immediately.

*Mrs. Roy G. Fitzgerald, Wife of Representative Fitzgerald (Ohio).*

## PERFECT OMELET

6 eggs, beaten separately.	1 tablespoon of flour and a
1 cup of milk.	pinch of salt.

Mix flour, milk and salt. Add yolks, then whites. Butter an omelet pan or skillet, have very hot, pour in omelet, and bake five minutes.

*Mrs. M. E. Rhodes, Wife of former Representative Rhodes (Mo.).*

## RICE OMELET

One cup cooked rice, 2 eggs, beaten separately. Add 1 teaspoon water, ½ teaspoon salt, ¼ teaspoon pepper. Add rice, mix carefully. One tablespoon butter in pan. When hot put in mixture and cook until knife will cut without sticking. Cut half way in quarters and pour cheese sauce in and over:

1 tablespoon butter.	1 cup cheese.
1 tablespoon flour.	Melt without boiling.
1 cup milk.	

*Mrs. S. A. Kendall, Wife of Representative Kendall (Pa.).*

### EGGS A LA RISSOTTO

Chop 1 large onion well and cook slowly in 2 ounces of butter until tender; then add 2 tablespoonfuls of rice and stir until brown and then add 1 pint of jellied stock and slowly cook. Add pepper and salt to taste. Time for cooking about 1½ hours. Put rice on a dish and serve eggs fried in butter on top and decorate with parsley.

*Mrs. David A. Reed, Wife of Senator Reed (Pa.).*

### EMERGENCY SPANISH OMELET

Make omelet by plain omelet recipe and heat 2 small cans canned vegetable soup and pour over omelet. Serve hot.

*Mrs. Daniel E. Garrett, Wife of Representative Garrett (Texas).*

### SPANISH OMELET

See Favorite Dishes of All Nations, page 127.

### POACHED EGGS JELLIED

Break 6 eggs into 6 ramekin dishes; place in a spider of boiling water and boil 10 minutes. When the eggs begin to harden, fill each ramekin with bouillon jelly. If the ramekins are fairly large, the following proportions are correct for the jelly. To two bouillon cubes dissolved in ½ cup of boiling water, and thinned with another cup of boiling water, add ½ package of gelatine dissolved in half a cup of cold water; season with 3 drops of onion juice, a dash of allspice, and salt and pepper to taste. Peas, diced carrots, and sliced string beans are dropped in for a garnish and when the jelly is firm serve in the ramekins.

*Mrs. Harry S. New, Wife of the Postmaster General.*

### JELLIED POACHED EGGS

The best way of poaching eggs is to cook them very slowly in not too hot water, when the egg will be cooked evenly throughout. Muffin rings are placed in a flat bottom iron or other kind of spider or saucepan with warm water reaching to the top of the rings. The eggs are broken separately into each ring. The eggs may cook for half an hour or less time if in a hurry, when they will be in sort of a jelly. Each egg is removed by a pancake shovel shoved underneath, lifting each one to a piece of buttered toast and carefully taking off the muffin ring. The little water that escapes will not be too much to soften the toast a little. In place of common toast, golden toast may be used.

#### Golden Toast

Golden toast is made by soaking bread toast in milk mixed with 1 or 2 beaten eggs as for custard. When properly soaked it is sauted on both sides in a little hot butter. (And by the way cocoanut butter, called nut margarine, is in every way better than cow's cream butter. There is no

tuberculosis in a cocoanut. The flavor is the same and the price less than half.)

*Mrs. John B. Henderson, Widow of the late Senator Henderson.*

### POACHED EGGS WITH SHRIMP HOLLANDAISE

2 cupfuls Hollandaise sauce.	6 rounds of toast.
1 tablespoonful minced parsley.	6 slices of raw tomatoes.
1 small can of shrimp.	6 eggs.
	Salt, pepper and butter.

To the Hollandaise sauce add the parsley and shrimp cut in small pieces. Butter the toast and on each slice place a slice of tomato which has been sauted until brown. Poach the eggs, placing 1 on each slice of tomato. Sprinkle lightly with salt and pepper and pour the sauce over all. Serve very hot.

*Mrs. Francis F. Patterson, Wife of former Representative Patterson (N. J.).*

### SARDINE STUFFED EGGS

Four eggs hard-boiled and cut lengthwise. Remove yolk and mash, adding 4 minced sardines, 4 chopped olives, 2 teaspoons chopped water cress or parsley; salt, lemon juice. Bind with boiled dressing and stuff eggs.

*Mrs. Jas. H. MacLafferty, Wife of former Representative MacLafferty (Cal.).*

### SOFT COOKED EGGS

See "For Invalids or Children," page 688.

### SPANISH EGGS

(Recipe used by Senora Benicia Vallejo, wife of General Vallejo)

Empty a can of tomatoes in a frying pan; thicken with bread and add 2 or 3 small green peppers and an onion sliced fine. Add a little butter, and salt to taste. Let this simmer gently, and then carefully break on top the number of eggs desired. Dip the simmering tomato mixture over the eggs until they are cooked.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

### EGGS A LA SUISSE

Take a shallow baking-dish and put 2 large spoons of butter in a little bit of milk, then layer of grated cheese; break a number of eggs carefully and put them in the dish, being careful to keep them separate; season with salt and pepper, sprinkle cheese on top, put in the oven and as soon as the cheese is brown, serve.

*Mrs. B. F. Cheatham, Wife of the Quartermaster General of the Army.*

### TURKISH EGGS AND RICE

Boil 1 cupful of rice in 4 quarts of water and 2 teaspoons salt. Keep the water boiling fast enough to agitate the kernels of rice constantly until done, then drain and arrange on platter. Over the rice pour a white sauce to which has been added a quantity of cheese (grated.) Garnish with slices of hard-boiled eggs and parsley.

*Mrs. Jas. H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

## VENETIAN EGGS

Butter size of an egg.  
 1/2 can tomatoes.  
 1/4 cup chopped onion.  
 Salt and paprika.

Add 3 beaten eggs.  
 1/2 cup grated cheese.  
 Serve on buttered toast.

Make a sauce of the tomatoes, onion and butter, adding the eggs and cheese just before serving.

*Mrs. Jas. H. MacLafferty, Wife of former Representative MacLafferty (Cal.).*

## EGG WILLARD (Cold)

Fill small cassolette one-third with fresh salmon mousse, top with poached egg, cover thinly with mayonnaise, place a pimienta ring on center and fill ring with caviar.

*Hotel Willard, Washington.*

## EMPANADAS

See Favorite Dishes of All Nations, pages 22, 41, 43, 57.

## SPANISH ENCHILADAS

Have ready 2 cups of cold chicken, cooked and put through a grinder. Pour over this the juice of a small lemon.

2 onions, chopped fine.

1 pound grated cheese.

1 cup washed and dried raisins.

A goodly number of ripe or green olives.

Some chilli sauce heated.

Make a thin corn meal pancake 8 inches across. Lay this on a pan. On one-half of the pancake lay a little of the onion, chicken and cheese; also a few raisins, 2 olives and about a spoonful of the chilli sauce. Fold over the other half of the pancake and roll slightly. When this is done, sprinkle cheese over the pancake and heat in the oven. Serve hot with more chilli sauce poured over the enchiladas.

*Mrs. A. M. Peterson, Sister of Representative Curry (Cal.).*

## ENCHILADAS

See Favorite Dishes of All Nations, page 95.

## FIGINDA FOGUE

See Favorite Dishes of All Nations, page 125.

## FALSE FISH PUDDING

Mix to a smooth paste and cook slightly 1/2 pint of milk, 4 ounces of butter and 4 ounces of flour. Let cool and mix in yolks of 8 eggs, 1 at a time. Add pepper, salt and nutmeg to taste, then beat the whites stiff and fold in. Butter and flour a double boiler and cook for 1 hour, without lifting the lid. Make a rich cream sauce and add to it mushrooms, lobster, small asparagus tips or anything of the sort one likes and pour over the pudding. Serve immediately. A fine entree or luncheon dish.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## MEXICAN FRIJOLES

- |                            |                                  |
|----------------------------|----------------------------------|
| 1 pint of kidney beans.    | Salt and pepper to taste.        |
| 1 pound cheese (cut fine). | 1 tablespoon of Worcester sauce. |
| 1 can of pimiento.         |                                  |
| Lump of butter.            |                                  |

Cook the beans thoroughly, then add the other ingredients and heat either in oven in casserole or simply on top of the stove. This makes an excellent hot dish for a Bohemian lunch.

*Miss Helen Hudson, Daughter of Representative Hudson (Mich.).*

## MEXICAN FRIJOLES

Take 1 pint of dark red beans. Wash, and boil with 1 chopped onion and clove of garlic until very tender. Add five strips of crisply cooked bacon or pork, minced, and  $\frac{1}{2}$  cup of grated Parmesan cheese. Two cups of diced boiled beef or veal may make this a one-plate dinner.

*Mrs. Howard S. Reeside, Daughter of the late Representative Harmer (Pa.).*

## FRIJOLES, OR MEXICAN BEANS

Wash thoroughly and remove foreign particles from a pound of pink beans. Boil for 3 hours, or until soft. If soaked for 5 or 6 hours they will cook more quickly. Add salt to taste. Place 2 tablespoons of fat in large skillet and add  $\frac{1}{3}$  of the beans, stirring for a short time, and then mash with a fork. Add rest of beans and liquor, stirring all together, and serve at once, as otherwise they become too dry. Serve with this canned green chilli. Grated cheese and chopped onion sprinkled over top when ready to serve is an addition to which many are partial.

Note: *Sopa de Arros* and frijoles, with a salad and dessert, form a complete and satisfying meal.

*Mrs. Walter F. Lineberger, Wife of former Rep. Lineberger (Cal.).*

## MARY'S MEXICAN BEANS

- |                                |   |
|--------------------------------|---|
| 2 cups Mexican beans.          | 1 teaspoon mustard.                             |
| $\frac{1}{2}$ pound salt pork. | 1 level tablespoon red chilli or chilli powder. |
| 1 tablespoon molasses.         |   |

Soak beans in cold water overnight. In the morning put them in fresh cold water with one medium sized onion. Slowly bring to a boil. Dice and brown the pork. Add the balance of ingredients and simmer 3 hours.

*Mrs. Jas. H. MacLafferty, Wife of former Representative MacLafferty (Cal.).*

## ITALIAN GNOCCHI

- |                              |                                  |
|------------------------------|----------------------------------|
| $\frac{1}{2}$ cup corn meal. | $\frac{1}{2}$ cup grated cheese. |
| 1 pint milk.                 | Salt.                            |
| 2 egg yolks and 1 egg.       |                                  |

Boil milk, add corn meal, salt and  $\frac{1}{4}$  cup cheese. Boil  $\frac{1}{2}$  hour in double boiler. Remove from fire and mix in beaten eggs. Pour into baking-dish  $\frac{1}{2}$  inch thick. Allow to cool. Sprinkle  $\frac{1}{4}$  cup cheese over top; bake in hot oven until brown. This was brought me from Rome and makes a delicious and simple supper dish.

*Mrs. Louis D. Brandeis, Wife of Associate Justice Supreme Court.*

## GNOCCHI

See Favorite Dishes of All Nations, pages 29, 86, 139.

## HAM TRIFLE

3 cups cold boiled ham.	1 tablespoon butter.
	6 crackers.
2 hard boiled eggs.	1 pint milk.

Put ham through coarse grinder. Add cracker crumbs and eggs cut up fine. Make white sauce of butter and sufficient flour to thicken milk. Add to mixture and season with salt, pepper and a pinch of mustard. Bake for  $\frac{1}{2}$  hour, slow oven.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## LUNCHEON HAM

Take a slice of smoked ham 1 inch thick. Brown in frying pan on one side, turn and place 2 or 3 slices of canned pineapple on ham. Let brown and then add  $\frac{1}{4}$  cup each of water and pineapple juice. Cover pan and let simmer slowly for 1 hour.

*Mrs. Edward Voigt, Wife of former Representative Voigt (Wis.).*

## ROYAL SCALLOP

1 cup chopped ham.	3 hard boiled eggs.
--------------------	---------------------

Make a white sauce with 1 heaping tablespoon butter, 2 level tablespoons flour and  $1\frac{1}{2}$  pints milk. Chop whites and yolks of eggs separately. Add the whites of eggs and ham to cream sauce, then season. Sprinkle cracker crumbs over this and then yolks of eggs. Bake 5 minutes in hot oven.

*Mrs. Harry E. Rowbottom, Wife of Representative Rowbottom (Ind.).*

## SQUAW HASH

Cook Premium Bacon slices and remove from pan to hot plate. Fry chopped onions and green pepper in the bacon fat. Add one can corn and cook few minutes till heated well. Serve with the strips of bacon across it.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## CORNERED BEEF HASH

2 cups chopped corned beef.	1 pint cream.
3 cups finely diced potatoes, boiled the day before using.	2 tablespoons butter.
1 chopped onion.	Season to taste.

Melt butter in frying pan. Add the other ingredients and heat thoroughly on top of stove. Then put into greased baking-dish and brown in oven.

*Mrs. Frank O. Lowden, Wife of former Representative Lowden (Ill.).*

## KALDOMAR

See Favorite Dishes of All Nations, page 129.

## LLAPINGACHOS

See Favorite Dishes of All Nations, page 56.

## GOLOUBTZY

See Favorite Dishes of All Nations, page 124.

## LUNCHEON DISH

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 package gelatine.             | $\frac{1}{2}$ cup sugar.    |
| $\frac{1}{2}$ cup cold water.   | 1 teaspoon salt.            |
| $\frac{1}{2}$ cup milk vinegar. | 1 cup cabbage, cut fine.    |
| 2 tablespoons lemon juice.      | 2 cups celery, cut small.   |
| 2 cups boiling water.           | 2 cups tomatoes, cut small. |

Soak gelatine in cold water for 5 minutes. Add lemon juice, boiling water, vinegar, sugar and salt to this.

*Mrs. David H. Kincheloe, Wife of Representative Kincheloe (Ky.).*

## LUNCHEON DISH

One of our favorite courses at luncheon or dinner is a poached egg on toast (served individually) surrounded by flowerettes of cooked cauliflower or cubes of Jerusalem artichokes, all covered with sauce Hollandaise.

*Mrs. John B. Henderson, Widow of the late Senator Henderson (Mo.).*

## A TASTY LUNCHEON DISH

- |                    |                           |
|--------------------|---------------------------|
| 6 slices bacon.    | 1 pint milk.              |
| 3 sliced tomatoes. | $\frac{1}{2}$ cup flour.  |
| 3 sliced onions.   | Salt and pepper to taste. |

Halve bacon slices, and crisp. Arrange around edge of large platter. Fry onion, using bacon grease, drain and pile in center of platter. Dip tomato slices in seasoned flour, and fry in same grease. Arrange in platter, between bacon and onions. Add remaining flour to remaining grease, brown and add milk. When thick pour over all in platter. Be sure to have platter hot before starting and keep warm throughout cooking. Will serve six.

*Mrs. W. D. Tabor, Daughter of Representative W. P. Martin (La.).*

## QUICK LUNCHEON DISH

Open can of corn and add 1 large can of tamales, or 2 small ones, and a piece of butter the size of a walnut. Let simmer a few minutes, and serve. If tamales have the cornhusks, remove the husks first. Garnish with olives and parsley.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## LUNCHEON LOAF

- |  |   |
|--|---|
| $\frac{3}{4}$ pound ground beef-steak,<br>round preferred. | $\frac{1}{2}$ cup milk.                             |
| $\frac{1}{2}$ pound lean, fresh pork—<br>ground.           | 3 eggs.   |
| 1 small green pepper.                                      | $1\frac{1}{2}$ teaspoons salt.                      |
| 2 cups bread crumbs.                                       | 6 or 8 drops of tabasco.                            |
|  | 3 tablespoons baking drip-<br>pings or similar fat. |

Place all ingredients—except fat—in a bowl and mix thoroughly. Heat fat in iron frying pan. With the hands press the mixture into 2 smooth oblong loaves, and saute in the hot fat until they are well browned on all sides. Lift loaves from frying pan and make sauce as follows:

Fat in which loaves have been browned.

1½ tablespoons flour.

1 teaspoon salt.

Dash cayenne pepper.

1 tablespoon catsup.

2 cups hot water.

Brown flour in hot fat. Add seasoning. Pour in hot water—slowly—stirring constantly. Lift loaves back into frying pan with sauce, cover and bake in oven 30 minutes, turning loaves occasionally. Serve on platter, pour sauce over, garnish with sprigs of parsley.

*Mrs. Bill G. Lowrey, Wife of Representative Lowrey (Miss.).*

### MACARONI WITH CORN AND BACON

2 cups cooked macaroni, cut  
in small pieces.

2 cups medium white sauce.

1 can Golden Bantam corn.

3 slices bacon, cooked and cut  
in small pieces.

Place macaroni and corn in layers in a buttered baking-dish. Pour white sauce in and cover top with bacon and cracker crumbs. Bake 20 minutes in a hot oven.

*Mrs. Joseph L. Hooper, Wife of Representative Hooper (Mich.).*

### HAMBURGER STEAK AND MACARONI

Soak and cook 1 box of macaroni. Fry 1 large onion and 1 green pepper in pure bacon grease. When onion and green pepper are well fried, add ½ pound of hamburger steak and fry until brown. Then add this mixture to the already prepared macaroni. Use as dressing 2 small cans of tomato soup. Season to taste. If you like things very hot, add red pepper.

*Mrs. Clyde Williams, Wife of former Representative Williams (Mo.).*

### MACARONI LOAF

1 cup bread crumbs.

1 cup grated cheese.

Pimiento (sliced.)

1 cup cream.

3 eggs (beaten.)

Parsley (chopped—not too  
fine.)

Cook macaroni in salted water for about 20 minutes, enough to make about 4 cupfuls after cooked. It is well to note that too little macaroni will make the loaf crumbled and too much will make it too thick. If desired, the macaroni may be sliced. Mix the cooked macaroni well with the ingredients. Line pan with oiled paper. Place pan into another pan of hot water. Cover with paper and bake slowly for 1 hour. This recipe serves 6 persons.

*Mrs. Wm. E. Humphrey, Wife of former Representative Humphrey (Wash.).*

### MACARONI LOAF

1 cup macaroni.

1 cup cream.

¼ cup butter.

1 cup soft bread crumbs.

1 teaspoon salt.

¼ teaspoon pepper.

2 teaspoons chopped parsley.

¼ cup grated cheese.

3 eggs.

Boil macaroni until tender, take off stove and rinse in cold water. Drain, mix with other ingredients. Bake 1 hour in a well greased and floured pan.



## Sauce

- |                              |                                |
|------------------------------|--------------------------------|
| 2 tablespoons butter.        | $\frac{1}{4}$ teaspoon pepper. |
| 2 scant tablespoons flour.   | 1 cup strained tomatoes.       |
| Mix, then add                | 1 teaspoon chopped onions.     |
| $\frac{1}{2}$ teaspoon salt. | 1 teaspoon chopped parsley.    |

Cook together, then add 1 teaspoon chopped capers, 1 teaspoon Worcestershire sauce, 1 large teaspoon sugar. Pour the above sauce over the macaroni loaf and sprinkle grated cheese over the top.

*Mrs. Adam McMullen, Wife of the Governor of Nebraska.*

## EGG PLANT WITH LAMB OR MUTTON

See Favorite Dishes of All Nations, page 38.

## BAKED MUSHROOMS

- |                     |                             |
|---------------------|-----------------------------|
| 12 large mushrooms. | 2 tablespoonfuls butter.    |
| Salt and pepper.    | $\frac{3}{8}$ cup of cream. |

Wash and clean mushrooms, remove stems, peel caps and place in buttered pan, cap side up.

Sprinkle with salt and pepper, dot over with butter and add cream. Bake in hot oven 10 minutes.

Arrange on dry toast and pour over the remaining cream in pan and serve hot. Note: Many women consider that mushrooms are difficult to prepare for table—but if rules for cooking are followed closely they do not prove a disappointment.

Often they become tough during boiling process if boiled too long.

*Mrs. Henry Riggs Rathbone, Wife of Representative Rathbone (Ill.).*

## CREAMED MUSHROOMS

- |                              |                              |
|------------------------------|------------------------------|
| 1 pound mushrooms.           | Few grains pepper or red     |
| 5 tablespoonfuls butter.     | paprika.                     |
| $\frac{1}{2}$ teaspoon salt. | 2 tablespoonfuls flour mixed |
|                              | with 1 cup cream.            |

Clean mushrooms and remove caps and cut both stems and caps in thin slices. Melt butter, add sliced mushrooms and cook 3 minutes. Dredge with the cream sauce made of the flour and cream and cook 5 minutes, stirring constantly. Add the salt and pepper to the cream sauce before pouring over mushrooms. Serve on squares of toast.

*Mrs. Henry Riggs Rathbone, Wife of Representative Rathbone (Ill.).*

## CREAMED MUSHROOMS

Peel caps and scrape stems. Cut in pieces. There should be 1 pound mushrooms, 5 tablespoons butter,  $\frac{1}{2}$  teaspoon salt,  $1\frac{1}{2}$  tablespoonfuls flour,  $\frac{1}{2}$  cup thin cream. Melt butter, add mushrooms. Cook 3 minutes. Sprinkle with salt, dredge with flour and pour over cream. Cook 5 minutes, stirring constantly.

*Mrs. Randolph Perkins, Wife of Representative Perkins (N. J.).*

## CASSEROLE OF SWEETBREADS AND MUSHROOMS

Soak a pair of sweetbreads in cold water for 1 hour and cook for 15 minutes in slightly acidulated and salted boiling water; remove and break into small pieces, removing the membranes.

Skin and slice a cupful of mushrooms and stew them for 5 minutes in 4 tablespoonfuls of butter. Make a pint of well seasoned white sauce and add the sweetbreads and mushrooms to it. In the bottom of a buttered casserole place one pint of green peas with a few small balls of potatoes and carrots which have been cooked and seasoned with butter, season with salt and add a pinch of sugar. Over these pour the mushrooms and sweetbreads and set, covered, in the oven for about half an hour. Serve as an entree with brown bread and butter sandwiches.

*Mrs. Alfred E. Smith, Wife of the Governor of New York.*

### CREAMED SWEETBREADS AND MUSHROOMS

1 pair sweetbreads.	1 cup rich cream sauce, highly seasoned.
1 can mushrooms.	

Soak sweetbreads in ice water for  $\frac{1}{2}$  hour. Then cook gently until tender; cut in dice. Drain mushrooms and cut in small pieces. Add sweetbreads and mushrooms to hot cream sauce. Let cook in double boiler 5 minutes. Fill buttered ramekins, scatter over top buttered bread crumbs and brown lightly.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

### EGGS AND MUSHROOMS

6 hard-boiled eggs.	2 tablespoons minced parsley.
6 medium sized mushrooms.	1 tablespoon salt.
3 tablespoonfuls butter.	$\frac{1}{8}$ teaspoon pepper.
1 tablespoon flour.	1 cupful stock or top milk.

Wash, skin and cut the mushrooms into small pieces; saute in the butter for 5 minutes. Then sprinkle the flour over all and add the minced parsley, salt and pepper. Stir well together and add gradually the stock or top milk, stirring constantly. Cover and simmer for 5 minutes. Then add the hard-boiled eggs which have been cut in thick slices. Heat thoroughly and serve on rounds of hot buttered toast.

*Mrs. Sol Bloom, Wife of Representative Bloom (N. Y.).*

### STUFFED MUSHROOMS ON TOAST

Peel and trim fresh mushrooms, and lay them in oil. Take the stems and slice them very fine, mix them with a little minced shallots and chopped parsley, pepper and salt, fry this in butter for 5 minutes slowly. Arrange the mushrooms on a baking pan, flat side down; fill the cavities with the stem mixture, add a small piece of butter to each, and bake quickly for 5 minutes; serve on fried buttered toast, with whatever juice is left in the pan poured over.

*Hotel Raleigh, Washington.*

### NOODLES WITH MUSHROOM SAUCE

See Favorite Dishes of All Nations, page 105.

## NOODLE RING

- |                                  |   |
|----------------------------------|---|
| 2 tablespoons butter.            | $\frac{1}{8}$ teaspoon pepper.                      |
| $\frac{1}{2}$ cup hot milk.      | A little paprika.                                   |
| 1 cup bread crumbs.              | Creamed chicken, ham or fish.                       |
| 2 pimientos, chopped fine.       | 1 can small peas.                                   |
| 1 teaspoon chopped onion.        | $\frac{2}{3}$ cup of noodles, broken in small bits. |
| $\frac{1}{2}$ cup grated cheese. |   |
| 3 eggs, well beaten.             |   |
| $\frac{1}{2}$ teaspoon salt.     |   |

Pour scalding milk on bread crumbs, add the cheese, butter, onion seasoning and eggs. Pour over noodles which have been previously cooked in salted water. Pour into a ring mold which has been well greased and bake in a pan of hot water in a moderate oven until firm. Turn out on a chop plate, fill the center with creamed chicken, or any creamed meat or fish. Surround with heated peas, garnish with dashes of paprika and pieces of hard-boiled eggs on noodle ring.

*Mrs. A. M. Peterson, Sister of Representative Curry (Cal.).*

## NOODLE RING

Cook 2 cups noodles—drain and pour cold water over them. Mix 4 eggs, 1 cup cream, pinch of salt; pour over noodles. Pour into greased ring, set in pan of hot water and bake 30 minutes. One cup of milk and lump of butter may be used in place of cream. Serves 7 people.

*Mrs. William E. Hull, Wife of Representative Hull (Ill.).*

## BRIDGE RING FOR TWELVE

One large noodle ring filled with: Two packages boiled small noodles, drained and mixed with: One quart of milk, 8 eggs, well beaten; 2 tablespoons melted butter, salt, celery salt and paprika. Pour this mixture into noodle ring mold and place mold in pan of water. Bake until solid at 450 degrees. Turn out of pan and fill center with creamed chicken. Boil one 5-pound chicken. Take meat from bones. Cut up in cubes. Take 1 quart chicken broth and 1 quart cream. Thicken with flour, season and add chicken. Add 1 large can mushrooms cut in halves.

*Mrs. A. E. Carter, Wife of Representative Carter (Cal.).*

## PASTEL DE CHOCLO—GREEN CORN PIE

See Favorite Dishes of All Nations, page 44.

## PASTILITOS DE CHOCLO

See Favorite Dishes of All Nations, page 22.

## TURKISH PILAFF

See Favorite Dishes of All Nations, pages 131, 133.

## PIRAGI

See Favorite Dishes of All Nations, page 89.

## POLENTA

Cook 1 cup corn meal in salted water as for mush, about  $\frac{1}{2}$  hour. Add  $\frac{1}{2}$  teaspoon dry mustard,  $\frac{1}{8}$  teaspoon pepper and  $\frac{1}{2}$  cup of grated cheese.

Spread in shallow square tin until  $\frac{1}{2}$  inch thick. When cold cut into small squares and put into another tin. Put  $\frac{1}{2}$  cup grated cheese on top of squares and put in oven for 15 minutes or until cheese is melted and browned. Serve with any meat gravy.

*Mrs. William Kent, Wife of Former Representative Kent (Cal.).*

### TO MAKE RAVIOLIS

First make dough as follows: Beat 1 egg lightly, add an equal quantity of water, add flour until you have a fine smooth dough. Knead very hard, put into a covered dish until ready to roll out. It is better to stand for an hour or more. Roll out as thin as possible into sheets. Place the stuffing by heaping spoonfuls in piles 1 inch apart and  $1\frac{1}{2}$  inches from the edge on half the sheet. Fold over the other half and cut with a ravioli cutter.

#### Stuffing

- |   |  |
|---|--|
| 5 eggs.   | 1 set of brains.                                       |
| 1 handful grated cheese.  | Small lump of butter.                                  |
| $\frac{1}{2}$ cup olive oil.  | 1 clove of garlic.                                     |
| 1 cup of previously cooked greens (either spinach or French kale) squeezed dry. | A little thyme.  |
| 2 soaked crackers squeezed dry.   | A little parsley.                                      |
|   | A few finely chopped mushrooms well seasoned to taste. |

Put through a grinder and mix well. You should have a pastry jagger to cut the paste, but if not moisten the lower edge of the paste slightly and between each teaspoon of the mixture press the paste firmly together. Then cut the ravioli apart. Be sure it is well pressed or the paste will separate in cooking and spoil your dish.

To Cook: Put the raviolis into boiling water salted to taste. Boil very slowly until dough is cooked. Pour into a colander to drain. Put gravy and grated cheese into bottom of platter, then a layer of ravioli and thus alternate them until platter is full.

#### Gravy

Put oil in a pot, add beef or chicken cut into small pieces, fry until brown, add finely chopped onion, garlic, parsley or thyme. When these have browned add Del Monte sauce, cook well, add  $\frac{1}{2}$  cup dry mushrooms, previously soaked and chopped, pour in water the mushrooms soaked in, add enough water to cover contents of pot, season with salt and pepper.

#### Gravy Without Meat

Chop bacon, fry out, add finely chopped onion and cook to a golden brown, stirring constantly to prevent burning. Add sprig of parsley, a bay leaf, dash of thyme, 2 cloves,  $\frac{1}{2}$  can of tomatoes,  $\frac{1}{2}$  teaspoon pepper corns or pepper to taste. Let it cook 10 minutes, add  $1\frac{1}{2}$  cups brown stock and simmer until thick.

*Mrs. Anthony Caminetti, Wife of Former Representative Caminetti (Cal.).*

### ITALIAN RAVIOLI

See Favorite Dishes of All Nations, pages 30, 86.

**MEAT CHARTREUSE IN RICE**

Put any cold cooked meat and 1 onion through the food chopper. Season to taste with salt and pepper. Add 1 tablespoonful of Worcestershire sauce, add  $\frac{1}{2}$  cup of bread crumbs,  $\frac{1}{4}$  cup of melted butter and 1 well-beaten egg. A little gravy left from the roast or about  $\frac{1}{2}$  cup of stock should be added to moisten. Have ready 2 cups of boiled rice; grease a mold very thoroughly with butter, press the rice thickly on both sides and bottom; fill mold with the meat, cover top with rice, cover with a well-buttered paper; steam 45 minutes. Turn out on hot platter and serve with a highly seasoned tomato sauce.

*Mrs. Francis F. Patterson, Wife of Former Representative Patterson (N.J.)*

**BAKED RICE AND CHEESE**

Take 1 cup of rice boiled 20 minutes in boiling water, with a little salt. Strain, and make a cream sauce of 1 tablespoon of butter, 1 of flour, a cup of rich milk, pepper and salt to taste. Add 1 cup of grated American cheese. Put all together and strain through a fine sieve into a baking-dish. Add 3 hardboiled eggs cut in slices with the rice in layers. Cover with buttered bread crumbs, and bake 10 minutes.

*Mrs. Louis A. Frothingham, Wife of Representative Frothingham (Mass.).*

**CURRY AND RICE**

Meat: Cold meat of any kind cut in  $\frac{1}{2}$ -inch cubes will do. Fish: Cold fish or shell fish of any kind cut in  $\frac{1}{2}$ -inch cubes will do. Young carrots, curry powder, juicy onions, chutney, fresh garlic, good butter, dried ginger, a clean bag, a cocoanut with milk in it, or dessicated cocoanut and fresh milk or cream.

**To Prepare and Cook**

First: Mix a tablespoonful (or more) of curry powder very smooth with  $\frac{1}{4}$  pound (or more) of good butter and fry in it to a nice brown 2 sliced juicy onions, a teaspoonful of grated carrot and a clove of garlic.

Second: While the onion is frying (or before) put some freshly grated (or dessicated) cocoanut in the bag, which hold over a bowl, then pour over the grated cocoanut in the bag a cupful of the cocoanut milk (or fresh milk or cream), then squeeze the bag until all the juice and milk is squeezed into the bowl, the contents of which now pour over the frying onions.

Third: Now put in the pan with the onions and sauce  $\frac{1}{2}$  a cupful of cocoanut milk (or condensed milk or cream), a little freshly grated (or dessicated) cocoanut, a small piece of dried ginger, a tablespoonful of chutney (chopped fine in its juice), and salt and pepper to taste.

Fourth: Now put into the pan with the preceding things the meat or fish to be curried and let it stew over a slow medium fire for about an hour, to be constantly stirred meanwhile.

Fifth: When done put it by itself in a hot covered dish, squeeze the juice of  $\frac{1}{2}$  a lemon on it, and serve immediately, steaming hot.

**Rice**

While preparing the curry cook the rice so that each grain will be separate. Serve it steaming hot in a covered hot dish, and by itself.

## Serving

Pass the rice, then the curry, then the chutney and other things such as Bombay duck, cut up fresh tomatoes, cucumbers, pickles, radishes, etc. It is eaten in a soup plate with a spoon and fork.

Note: The garlic, ginger, carrots and chutney may be omitted in the making. Fresh grated ginger or powdered ginger may be substituted for dried ginger.

*Mrs. William Kent, Wife of Former Representative Kent (Cal.).*

## SCALLOPED RICE

1 cup rice.	1 teaspoon mustard.
1 teaspoon salt.	1 teaspoon salt.
6 cups water.	1 tablespoon butter.
Cook thoroughly and add to	1 tablespoon onion.
2 cups milk.	Mixed together.
1 cup grated cheese.	

Cover with buttered crumbs and bake 45 minutes.

*Mrs. John C. Ketcham, Wife of Representative Ketcham (Mich.).*

## RICE LOAF

2 cups rice (cooked.)	Butter the size of an egg.
2 cups bread crumbs.	Salt, pepper and 1 cup of pecans.
3 eggs.	

Cook in form of a loaf and serve with it a cream sauce with grated cheese in it.

*Mrs. John W. Moore, Wife of Representative Moore (Ky.).*

## RICE DISHES

See Favorite Dishes of All Nations, pages 23, 58, 76, 125, 428.

## STUFFED ROLLS (Columbian Style)

See Favorite Dishes of All Nations, page 44.

## SARMALE IN VINE-LEAVES

See Favorite Dishes of All Nations, page 120.

## SOPA PARAGUAYA

See Favorite Dishes of All Nations, page 105.

## BRAIN SOUFFLE

Clean and prepare brains, letting stand in cold water until blood disappears. One piece of butter, size of egg; cook together slowly. Add chopped parsley (1 tablespoon); pinch of salt, dash of nutmeg,  $\frac{1}{4}$  teaspoon white pepper. Soak 3 slices stale bread in water until soft. Add piece of butter size of lemon. Add yolk of 4 eggs. Mix all together. Then add cooked brains. Mix well. Then add whites of 5 eggs and medium size cup of grated American cheese. Put in mold well greased with butter. Cover and cook in dish of hot water.

*Mrs. Frederick A. Britten, Wife of Representative Britten (Ill.).*

## CHEESE SOUFFLE

- |                         |                              |
|-------------------------|------------------------------|
| 2 tablespoons butter.   | 3 eggs.                      |
| 3 tablespoons flour.    | $\frac{1}{2}$ teaspoon salt. |
| $\frac{3}{4}$ cup milk. | Cayenne.                     |
| 1 cup grated cheese.    |                              |

Put the butter into a saucepan and when hot add the flour and stir until smooth; add the milk and seasoning. Cook 2 minutes. Remove to the back of the stove and add the well beaten yolks and the cheese. Set away to cool. When cold, add the whites of the eggs beaten to a stiff froth. Turn into a buttered dish and bake from 20 to 25 minutes. Serve the moment it comes from the oven. One cup cooked flaked fish may be used instead of cheese.

*Mrs. Clyde Kelly, Wife of Representative Kelly (Pa.).*

## CHEESE SOUFFLE

- |                      |                       |
|----------------------|-----------------------|
| 1 pint milk.         | 2 tablespoons butter. |
| 1 cup grated cheese. | 2 tablespoons flour.  |
| 4 eggs.              |                       |

Melt the butter and add flour. Stir until blended but do not brown. Add milk. When thickened take from fire and add yolks of eggs—beaten—and cheese. When cool, add well-beaten whites of eggs. Bake  $\frac{1}{2}$  hour.

*Mrs. Philip P. Campbell, Wife of former Rep. Campbell (Kan.).*

## CHEESE SOUFFLE

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 1 cup milk.                     | $\frac{1}{8}$ teaspoon paprika.      |
| 1 cup grated cheese.            | $\frac{1}{2}$ cup soft bread crumbs. |
| $\frac{1}{8}$ teaspoon mustard. | 3 eggs.                              |
| 1 tablespoon butter.            | $\frac{1}{2}$ teaspoon salt.         |

Put all the above in a double boiler, except the eggs. Cook 3 minutes, then pour on the beaten yolks, fold in the whites beaten stiff, turn into a buttered dish and bake 25 minutes.

*Mrs. J. F. Nugent, Wife of former Senator Nugent (Idaho).*

## CHEESE SOUFFLE

- |                                 |   |
|---------------------------------|---|
| 2 tablespoons butter.           | $\frac{1}{4}$ cup grated Old English or |
| 3 tablespoons flour.            | Young American cheese.                  |
| $\frac{1}{2}$ cup scalded milk. | Yolks 3 eggs.                           |
| $\frac{1}{2}$ teaspoon salt.    | Whites 3 eggs.                          |

Few grains cayenne  
Melt butter, add flour, and when well mixed add gradually scalded milk. Then add salt, cayenne and cheese. Remove from fire; add yolks of eggs beaten until lemon-colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking-dish, and bake 20 minutes in a slow oven. Serve at once.

*The Allies' Inn, Washington.*

## CHEESE SOUFFLE

Cheese soufflé makes a good beginning for the meal and is easily prepared. Blend together 2 tablespoons flour and 2 tablespoons butter and heat in saucepan. When melted add 1 cup rich milk (warm), salt and pepper. Add beaten yolks of 3 eggs and a cup of grated cheese. Mix

thoroughly and turn into bowl to cool. When cool, add stiffly beaten whites of eggs, put into buttered baking-dish and bake 20 minutes in moderate oven. Serve hot.

*Mrs. Lindley H. Hadley, Wife of Representative Hadley (Wash.).*

### CHEESE SOUFFLE

Melt 2 tablespoons of butter, add 2 tablespoons of flour and stir until the mixture bubbles. Then add 1 cup of milk and stir until smooth. Whip in the yolks of 2 well beaten eggs. When the mixture is cool add 1 cup of grated cheese and the beaten whites of 2 eggs. Bake about 30 minutes in a moderate oven. Serve at once.

*Mrs. A. E. B. Stephens, Widow of the late Representative Stephens (Ohio).*

### CHEESE SOUFFLE

2 tablespoons butter.	½ cup scalded milk.
3 tablespoons flour.	¼ cup grated American cheese.
½ teaspoon salt.	Yolks 3 eggs, beaten thick and light.
⅛ teaspoon ground mustard.	Whites 3 eggs, beaten stiff.
¼ teaspoon paprika.	

Process: Melt butter in a saucepan. Add flour mixed with seasonings. Stir to a smooth paste and add gradually scalded milk, stirring constantly. Add grated cheese and when cheese is melted remove from range; add yolks of eggs and continue beating, then cut and fold in the whites of eggs. Turn mixture into a well greased 1-quart baking-dish and bake in a moderate oven 20 minutes. Serve at once.

*Mrs. John E. Rankin, Wife of Representative Rankin (Miss.).*

### CHEESE SOUFFLE

2 scant tablespoons butter.	4 eggs.
2 level tablespoons flour.	1 cup milk.
½ teaspoon salt.	1 cup grated cheese.
Cayenne.	

Use double boiler. Let milk come to a boil. Beat flour and butter until creamy. Add boiling milk gradually and cook 10 minutes. Beat egg yolks very light, add cheese and add to boiling mixture. One-half hour before serving, beat whites very stiff and add to above mixture. Butter a baking dish and cook in a moderate oven 30 minutes. Set baking-dish in pan of water to bake.

*Mrs. C. C. Dickinson, Wife of Representative Dickinson (Mo.).*

### CHEESE SOUFFLE

2 tablespoons flour.	1 cup milk.
2 tablespoons butter.	½ teaspoon salt.
½ cup grated cheese.	4 eggs, separated.

Put butter in saucepan and melt; remove from fire, add flour and mix until smooth. Return to fire, cook until frothy, then add cold milk. Cook until creamy, constantly stirring. Add salt and cheese. Remove from fire and stir until cheese has melted; add beaten egg yolks and cool the mixture. When cool fold in the stiffly beaten egg whites. Put into a buttered baking-dish or ramekins and set in a pan of hot water. Bake in a moderate oven (350 degrees F.) about 25 minutes or until firm in the center.

*Mrs. Richard J. Welch, Wife of Representative Welch (Cal.).*



## CHEESE SOUFFLE

Melt 1 large tablespoon of butter and add a heaping tablespoon of flour. Stir over fire until smooth. Add 1 cup milk and cook until thick. Take from fire; add  $\frac{3}{4}$  cup grated cheese (the older the better.) Drop into this the yolks of 5 eggs and add a good dust of red pepper. Add a little salt. Have oven hot. Beat whites of eggs very stiff, and add whites to mixture. Butter a casserole. Bake 20 minutes to  $\frac{1}{2}$  hour, first setting casserole in a pan of water.

*Mrs. Niels Juul, Wife of former Representative Juul (Ill.).*

## CHEESE SOUFFLE

1 cup grated cream cheese.	3 eggs.
1 cup milk.	Salt and pinch cayenne pep-
1 tablespoon flour.	per.
1 tablespoon butter.	

Blend flour and butter in a double boiler, stir in the scalded milk and keep stirring until smooth and thick, add cheese and stir until melted. When cold add the beaten yolks of the eggs and last fold in the stiffly beaten whites. Bake about 20 minutes in a moderate oven and serve at once.

*Mrs. Hubert D. Stephens, Wife of Senator Stephens (Miss.).*

## CHICKEN SOUFFLE

1 cup very rich milk.	Celery, salt and white pep-
1 teaspoon flour, moistened	per.
with cold milk.	2 egg whites whipped until
1 cup finely cut chicken.	stiff.
2 egg yolks beaten.	

Heat milk in double boiler, add moistened flour. When thick add chicken and egg yolks and cook 2 minutes. Add seasonings and whipped whites. Butter ramekins, fill with mixture, bake in moderate oven until a nice brown. When removed from the oven place a sprig of parsley in the center of each ramekin. Or bake in buttered molds and serve unmolded on a hot platter garnished with parsley or watercress and lemon.

*Mrs. George W. Norris, Wife of Senator Norris (Neb.).*

## CORNMEAL SOUFFLE

4 level tablespoons cornmeal.	3 eggs.
$\frac{3}{4}$ cup milk.	

Cook cornmeal in milk 5 minutes; let cool; stir in beaten yolks, then whites, beaten very stiff; put mixture in baking-dish and cook on top of stove 20 minutes, then in vessel of water; set in oven and bake 20 minutes; serve with drawn butter. Season to taste before cooking.

*Mrs. John F. Shafroth, Widow of the late Senator Shafroth (Col.).*

## DIPLOMATIC SOUFFLE

See Favorite Dishes of All Nations, page 81.

## MACARONI SOUFFLE

See Favorite Dishes of All Nations, page 30.

## MACARONI SOUFFLE

Heat 1 cupful sweet cream,  $\frac{3}{4}$  cupful sweet milk and  $\frac{3}{4}$  cupful butter. Pour this over 1 cupful cooked macaroni. Then add 1 cup bread crumbs,  $\frac{1}{2}$  cup grated cheese and season with salt and pepper. Beat 3 eggs and add to the macaroni mixture. Cut 1 pimiento into strips and add. Pour the mixture into a baking tin lined with waxed paper, place the tin in a pan of water (hot) and bake 35 minutes.

## Sauce for Macaroni

1 tablespoonful butter. 1 can strained tomato juice.  
1 tablespoonful flour.

Boil these together a few minutes and pour over the souffle when serving.

*Mrs. Arthur G. Sorlie, Wife of the Governor of North Dakota.*

## DOROTHY ANNE TOMATO SOUFFLE

1 pint tomatoes. 2 level tablespoonfuls of butter.  
1 small bay leaf. 2 level tablespoonfuls flour.  
1 slice onion. 3 eggs.  
Pinch of salt.

Cook the tomatoes, salt, onion and bay leaf together for 20 minutes and strain. Have 2 tablespoonfuls butter melted and mixed with the flour; pour hot strained tomatoes into this and stir until smooth. Remove from the fire and pour over the well-beaten egg yolks and set aside to cool. When cool add the stiffly beaten egg whites by folding them into the mixture. Put in buttered pan and bake in a moderate oven for about 30 minutes.

*Mrs. Richard Yates, Wife of Representative Yates (Ill.).*

## SPAGHETTI OR MACARONI

1 cup olive oil. A little Worcestershire, tabasco or any meat sauce and a little poultry seasoning.  
6 cans tomato hot sauce or can of tomatoes and 2 cans hot sauce.  
4 large onions.  $1\frac{3}{4}$  pounds hamburg sausage.  
2 cloves garlic. Salt and pepper.  
 $\frac{1}{4}$  teaspoon each of cloves, allspice and a dash of mace.  $\frac{1}{2}$  pound pork sausage.  
 $\frac{1}{4}$  pound dried mushrooms.  
Grated Parmesan cheese.

Soak mushrooms in 1 quart warm water for 2 hours; make meat into balls size of walnut and roll in flour. Put olive oil in skillet and fry onions and garlic a few minutes; take out, fry meat balls quickly a light brown. Put all in large pan and all tomatoes and seasonings and mushrooms, straining the water the mushrooms were soaked in and using it. Simmer gently for 2 or more hours. Pour over the cooked spaghetti and sprinkle generously with the grated cheese.

*Mrs. Clarence F. Lea, Wife of Representative Lea (Cal.).*

## RED KIDNEY BEANS WITH SPAGHETTI

Stew 1 cupful red kidney beans, seasoning with 1 teaspoonful salt. Cook 1 cupful spaghetti until tender. Make a sauce by cooking 2 tablespoonfuls minced onion in 2 tablespoonfuls bacon fat until softened. Add

flour to thicken and  $\frac{1}{2}$  cup tomato puree. Season well. Add to the spaghetti a little Parmesan cheese. Pour beans (dry) on platter and spaghetti around. Garnish with slices of crisp bacon.

*Mrs. Harry S. New, Wife of the Postmaster General.*

### SPAGHETTI A LA BRONX

(For Service of Six)

- |   |   |
|---|---|
| 1 pound spaghetti.                                      | 4 tablespoons tomato paste.                   |
| $2\frac{1}{2}$ pound tomatoes (either fresh or canned.) | 2 medium sized onions.                        |
| 2 teaspoonfuls sugar.                                   | English mustard (taste.)                      |
| Salt (to taste.)  | 4 tablespoonfuls Italian olive oil or butter. |
| White pepper (to taste.)                                |   |
| Cayenne pepper (to taste.)                              |   |

Drop teaspoonful salt in a deep cooking vessel with enough water to cover; when water boils immerse spaghetti, gently, so as to avoid breaking. Cook for 20 minutes. Strain.

While spaghetti is cooking, prepare dressing as follows: In a separate vessel place tomatoes (mashed if fresh) with finely cut onions. Add required condiments. Stir; boil 15 minutes. Strain.

Put oil or butter in frying pan. When pan is hot, stir in tomato paste very slowly.

Now mix in gradually the strained tomatoes and onions. Pour this mixture over the strained spaghetti.

To avoid breaking spaghetti, toss back and forth between the 2 vessels until the spaghetti is thoroughly impregnated with the dressing. Serve hot.

*Mrs. Anthony J. Griffin, Wife of Representative Griffin, (N. Y.).*

### ITALIAN SPAGHETTI

- |                                    |  |
|------------------------------------|--|
| 1 five or six-pound chicken.       | 2 large onions.                          |
| 2 cans of tomatoes.                | 1 pound dried mushrooms.                 |
| 1 stalk of celery.                 | Use dried red peppers and salt to taste. |
| 1 ham bone or 1 pound smoked meat. |  |

To make sauce cut up chicken in pieces and put on to cook with 8 quarts of water. Add all other ingredients; cook slowly 5 or 6 hours; stir often to prevent burning. Mushrooms should be soaked overnight before using. Strain and put on to cook another 2 or 3 hours to thicken. Take a deep baking dish, fill with cooked spaghetti, use sauce generously and sprinkle with grated Parmesan cheese; cover pan and bake slowly for about  $\frac{1}{2}$  hour or less. Will keep 2 or 3 days if kept in cool place.

*Mrs. Stanley H. Kunz, Wife of Representative Kunz (Ill.).*

### ITALIAN SPAGHETTI

- |  |                                     |
|--|-------------------------------------|
| 1 pound chopped pork and veal fried brown in | 1 tablespoon finely chopped garlic. |
| $\frac{1}{2}$ cup olive oil, then add        | 1 to 2 cups of water.               |
| 1 can Italian tomato paste.                  |                                     |

Cook 2 pounds Italian spaghetti in 2 quarts of water; drain and pour the above sauce over it. Serve with grated Parmesan cheese.

*Mrs. James H. MacLafferty, Wife of former Rep. MacLafferty (Cal.).*

## ITALIAN SPAGHETTI

One pound ground round steak, fry in grease; when almost done add 1 large onion (cut up), and let cook. Add 1 can tomatoes, let simmer a few minutes. Add a package of cooked spaghetti, mix well, add large amount chilli powder, place in oven and bake  $\frac{1}{2}$  hour.

*Mrs. J. L. Milligan, Wife of Representative Milligan (Mo.).*

## ITALIAN SPAGHETTI

1 pound round steak cut in small cubes.	5 onions cut in thin slices and browned in bacon grease.
Boil till tender.	1 can mushrooms.
Cut 4 slices of bacon and fry brown.	1 pint tomato pulp.

Add above mentioned ingredients and boil 20 minutes. Boil 1 box spaghetti 15 minutes and drain. Pour cold water over spaghetti and drain again. Mix all ingredients and put into casserole. Grate cream cheese and spread 2 inches thick over top of mixture. Instead of cream cheese, the contents of a large bottle of Parmesan cheese may be used. I personally prefer the Parmesan cheese. Place casserole in oven and bake slowly until cheese is golden brown.

*Mrs. Harry C. Canfield, Wife of Representative Canfield (Ind.).*

## SPAGHETTI A LA PROGRESSIVE

Boil spaghetti made of American Durem wheat about 12 minutes, but not more than 15 minutes. Do not boil your spaghetti to a paste as is often done. Drain your spaghetti well and then add following sauce, mixing well before serving.

Sauce: One slice of bacon for each person to be served; put in a pan and permit to dissolve. When all grease is out, remove the bacon and add 1 onion thickly sliced. When onion is thoroughly browned, remove onion. Add 1 can of tomatoes and a lump of butter. Season with salt, pepper and paprika. Bring to a slow boil and after 10 minutes add  $\frac{1}{2}$  can of tomato paste slightly diluted in warm water. Pour in slowly, stirring carefully as you pour in. Continue to boil for 20 minutes longer. After spaghetti is mixed with sauce add generous sprinkle of Parmesan cheese.

*Representative Fiorello H. LaGuardia (N. Y.).*

## SPAGHETTI

1 small can tomatoes.	1 green pepper.
1 good sized slice of ham.	$\frac{1}{3}$ package spaghetti.
1 small can mushrooms.	Parsley.
1 onion.	Grated cheese.

Boil spaghetti; dice ham and fry to light brown; cut and fry the onion and pepper a little; add to tomatoes and cook a little; add ham and spaghetti; put all in baking-dish with grated cheese on top. Bake about 25 minutes.

*Mrs. B. F. Cheatham, Wife of the Quartermaster General, U. S. Army.*

## SPAGHETTI AND SWEETBREADS

Boil small package of spaghetti in salt and water. When cold mix with  $\frac{1}{2}$  pint cream and 4 eggs beaten into mixture. Butter muffin pans.

Fill two-thirds full of spaghetti and bake until well browned. Serve with either fried oysters or fried sweetbreads.

*Mrs. Florence P. Kahn, Member of Congress (Cal.).*

### SWEETBREAD PATTIES

Have your sweetbread cleaned and boiled. Brown flour in lard (or make a roux.) Add onions, fry until brown; season highly with parsley, onion tops, red and black pepper and salt. Add sweetbread with an egg and butter put in the patties.

*Mrs. Edwin Broussard, Wife of Senator Broussard (La.).*

### STUFFED TOMATO, SQUASH, OR EGGPLANT

See Favorite Dishes of All Nations, page 73.

### TOMATO TIMBALES

- |                                       |                         |
|---------------------------------------|-------------------------|
| 2 cups tomatoes (juice and pulp.)     | 1 teaspoonful sugar.    |
| 1½ cups soft bread crumbs (fine.)     | ¾ teaspoonful salt.     |
| 1 tablespoonful finely chopped onion. | 1 teaspoonful pepper.   |
|                                       | 3 eggs slightly beaten. |
|                                       | ½ cup grated cheese.    |

Put tomatoes through a coarse sieve. Mix all ingredients and pour the mixture into buttered popover cups. Bake in pans of water in a moderate oven until firm. Serve hot with cheese sauce made as follows:

- |                          |                      |
|--------------------------|----------------------|
| 2 tablespoonfuls flour.  | ¼ teaspoonful salt.  |
| 2 tablespoonfuls butter. | ¼ cup grated cheese. |
| 1 cup milk.              |                      |

Make a white sauce of ingredients and add grated cheese and stir until dissolved. Serve over tomato timbales.

*Mrs. Thaddeus C. Sweet, Wife of Representative Sweet (N. Y.).*

### AMERICAN TAGLIARINI

- |                       |                              |
|-----------------------|------------------------------|
| 1 can corn.           | 1 small bottle green olives  |
| 1 can tomato sauce.   | cut up.                      |
| 1 can macaroni sauce. | 1 box egg noodles, boiled in |
| 1 cup grated cheese.  | salted water.                |
- Mix well and bake about 1 hour in moderate oven.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

### CRAB FLAKE TIMBALE

- |                       |  |
|-----------------------|--|
| 2 tablespoons butter. | 1½ cups crab flakes (canned or fresh.) |
| 2 tablespoons flour.  |  |
| 1 cup milk.           | 1 cup cream (whipped.)                 |
| ½ teaspoon salt.      | 2 eggs.                                |
| Paprika.              |  |

Melt the butter, add the flour and stir until well blended; then gradually pour on milk; make a thick sauce and add the salt, paprika, crab-flakes, whipped cream and egg yolks. Last of all add the beaten whites of

the eggs. Place in timbale forms and bake in pans surrounded by water, in a low oven. This serves 6 persons.

*Mrs. Frank Briggs, Daughter of the late Senator Frye (Me.).*

### TAMALES

See Favorite Dishes of All Nations, pages 46, 56, 95, 104, 126; also Large Gatherings, page 695.

### TAMALE PIE

One pound round beef with a little fat (rabbit or chicken are better.) Boil 1 hour, keeping well covered with water. Add 1 clove of garlic, salt and 1 tablespoonful of Grandma's Spanish pepper;  $\frac{1}{2}$  can of corn, 1 small can of hot sauce. Thicken with part flour and part cornmeal.

#### Crust

Put in saucepan  $\frac{1}{2}$  cup fresh lard, or other fat, or lesser amount of salad oil, with 1 pint of boiling water. Add teaspoonful of salt, and large cup of cornmeal, stirring slowly; also a little pepper. When mixture thickens spread on bottom and sides of shallow casserole or pyrex dish. Dot the crust generously with olives. Pour in filling. Place rest of crust on top and bake in hot oven about  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. The garlic may be omitted if desired. A canned tamale added to the mixture is an improvement.

*Mrs. Arthur M. Free, Wife of Representative Free (Cal.).*

### TAMALE PIE

Two pounds of lean meat,—chicken, pork or beef, etc.,—cover with water and cook until tender; 2 cups very coarse cornmeal and about 5 cups of water—enough to make a thick mush. Cook together 1 dessert spoon chilli powder, 1 pint tomatoes, 1 good sized onion chopped fine; salt to taste. Put together all three sets of ingredients, including the meat stock of which there should be about 2 cups. Add ripe olives, blanched almonds and about  $\frac{1}{4}$  cup of raisins, if desired, using less than a cupful of the first two named ingredients. Bake in a casserole, and serve hot. Many like to add catsup when serving, but this can be left to the individual taste. If the coarse cornmeal cannot be obtained, a substitute that is frequently used is the ordinary dry hominy, which is put through the meat chopper, using the finest knives,—enough to make between 2 and 3 cups, in place of the mush.

*Mrs. Walter F. Lineberger, Wife of Representative Lineberger (Cal.).*

### TAMALE PIE

See Favorite Dishes of All Nations, page 96.

### TOMALA BEANS

Soak and put on to cook in the usual way  $1\frac{1}{2}$  pints bayo beans, or Spanish red beans, with a small pinch soda and a piece salt pork; melt 2 tablespoons butter in pan, slice 1 medium sized onion and brown in butter; add 1 pound round steak, diced, brown; then add  $\frac{1}{2}$  can tomatoes; add above mixture to beans with enough water to keep juicy and boil until done. Just before serving add 1 heaping tablespoon Grandma's Spanish pepper which has stood  $\frac{1}{2}$  hour in  $\frac{1}{2}$  cup cold water.

*Mrs. John E. Raker, Widow of the late Representative Raker (Cal.).*

**TOURNEDOS VALENTINOIS**

See Favorite Dishes of All Nations, page 130.

**ZUCCHINI SPANISH**

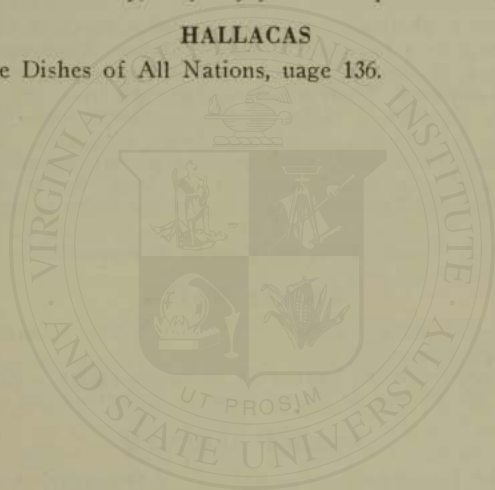
- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 clove garlic.                | 1 can hot sauce, Spanish style. |
| 1 medium sized onion.          | 1 Bluehill pimiento cheese.     |
| 2 tablespoons olive oil.       | Salt and pepper to taste.       |
| 2 pounds small Italian squash. |                                 |

Chop onions and garlic fine and simmer in olive oil until tender. Add sliced, unpeeled squash. Cover and cook until squash is tender. Add hot sauce and pimiento cheese. Cook slowly for 5 minutes. Will serve 6 or 8 persons.

*Mrs. T. J. Geary, Wife of former Representative Geary (Cal.).*

**HALLACAS**

See Favorite Dishes of All Nations, uage 136.



## FOR INVALIDS OR CHILDREN

*Such as have need of milk, and not of strong meat.*

—Hebrews V, 12.

### WHEY

1 Rennet tablet.

$\frac{1}{4}$  cup warm water.

1 quart milk.

Divide Rennet tablet into eighths, dissolve  $\frac{1}{8}$  in  $\frac{1}{4}$  cup warm water. Heat 1 quart milk to a luke warm temperature. Remove from stove and add the dissolved  $\frac{1}{8}$  Rennet tablet. Stir the mixture for 3 minutes and set aside for 40 minutes. Then separate the curd from the whey by straining the mixture through a clean square of cheesecloth. Throw away the curd. Place the whey back on fire and bring to a boil. Strain again and it is ready for use. For baby with weak digestive organs, use half whey, half top-milk and the usual amount of lime water and milk-sugar. Increase the milk and decrease the whey if the baby is digesting the food properly.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

### BARLEY WATER

1 tablespoon barley flour.

Pinch of salt.

1 teaspoon sugar.

Boil in 1 quart boiling water 15 minutes, strain. Flavor if desired.  
*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

### ORANGE ALBUMEN

Juice of 1 orange.

2 tablespoons crushed ice.

White of 1 egg.

Sugar.

To strained orange juice, add white of egg and stir until egg is dissolved. Add ice and sweeten to taste.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

### ALBUMENIZED MILK

$\frac{1}{2}$  cup milk.

1 white of egg.

Put white of egg into a tumbler, add milk, cover tightly and shake thoroughly until well mixed.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

### EGG NOG

1 whole egg.

$\frac{3}{8}$  cup milk.

2 tablespoons sugar.

Nutmeg.

Break egg into a glass, beat well, fill up the glass with milk, add sugar and nutmeg.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*



## EGG LEMONADE

1 well beaten egg.  
2 teaspoons sugar.

$\frac{3}{8}$  glass very cold water.

Lastly, the juice of  $\frac{1}{2}$  lemon. The juice of an orange may be substituted for lemon.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## ARROWROOT GRUEL

10 teaspoons arrowroot.  
10 tablespoons cold water.  
Sugar and lemon juice as required.

5 cups boiling water or milk.  
 $\frac{1}{8}$  teaspoon salt.

Blend the arrowroot and cold water to a smooth paste, add to the boiling water or milk and let boil up once. Cook in a double boiler for 2 hours. Add salt. Strain and serve.

*Miss Mabel Boardman, Secretary of American National Red Cross.*

## BARLEY GRUEL

5 tablespoons of barley flour.      10 tablespoons cold milk.  
5 cups scalded milk.      Salt.

Blend the barley flour with the cold milk and stir into the scalding milk, let it boil up once, then cook in double boiler 20 minutes. Season with salt to taste, add sugar if desired and strain.

*Miss Mabel Boardman, Secretary of American National Red Cross.*

## CORNMEAL GRUEL

1 quart boiling water.      Pinch of salt.  
 $\frac{1}{2}$  cup yellow cornmeal.

Stir cornmeal into boiling water, add salt, stir until smooth. Cook in kettle on back of range for 2 hours or in double boiler 3 hours, keeping quantity of water at full quart. Excellent for disordered stomach.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## EGG GRUEL

1 egg.      1 cup milk.  
Lemon juice.      Sugar.

Separate the yolk and white of an egg, beat both very stiff, add a few drops of lemon juice to yolk, add 1 tablespoon more or less of sugar to beaten white, fold the white into the yolk and pour over all, 1 cup of heated milk, beating rapidly all the time. Flavor as desired.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## OATMEAL GRUEL

2 tablespoons of oatmeal.      Pinch of salt.  
 $\frac{1}{2}$  teaspoon sugar.

Pour this slowly into a cup of boiling water and boil  $\frac{1}{2}$  hour. Strain and add 1 cup hot milk.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## OATMEAL GRUEL

1½ cups coarse oatmeal.

2½ teaspoons salt.

7½ cups of boiling water.

Milk or cream.

Add the oatmeal and salt to the boiling water and let boil for 5 or 6 minutes, continue cooking for 4 to 5 hours in a double boiler, adding more water if necessary. Strain and dilute with hot milk to make it of the right consistency. Reheat and serve.

*Miss Mabel Boardman, Secretary of American National Red Cross.*

## CHICKEN BROTH

3½ pounds chicken.

1 teaspoon salt.

3 pints cold water.

Pinch of pepper.

2 tablespoons rice.

Thoroughly clean chicken. Remove the fat and separate at the joints, put in kettle with the cold water and let stand ½ hour. Heat very slowly and let simmer 3 hours. Skim off fat, add rice and seasoning, if desired, and 1 small onion. Cook until rice is soft, then strain. If possible cook the day before using and let stand in cool place. Remove all fat before reheating. An old fowl, not too fat, is best for broth.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## MUTTON BROTH

2 pounds mutton cut from fore  
quarter.2 tablespoons of well boiled  
rice or barley.

1 quart cold water.

1 teaspoon salt.

Pinch of pepper.

Cook 4 hours, putting on in the cold water and heating slowly, strain, skim and season, add the cooked barley or rice crushing the grain through the strainer.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## BOUILLON

5 pounds round steak.

1 pound beef liver.

2 large stalks of celery.

4 medium carrots.

2 green peppers (seeds re-  
moved).

½ can of tomatoes.

Cut everything in pieces. Add 5 quarts of water. Salt. Cook all day down to 2½ quarts. Strain. Next day skim and add 2 whole eggs. Boil up once and then strain.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*

## SOFT COOKED EGGS

Into 1 quart of boiling water put 2 eggs, cover pan and let stand 10 minutes on back of stove. Serve in cup or on toast.

*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

## OMELET

Separate 2 eggs. To the yolks add a pinch of salt and a dash of pepper, beat until light, then add 2 tablespoons of milk or cream. Beat the whites stiff and fold in your mixture, pour in a hot buttered pan and

cook about 2 minutes, then put in oven 1 minute, fold, and serve immediately.

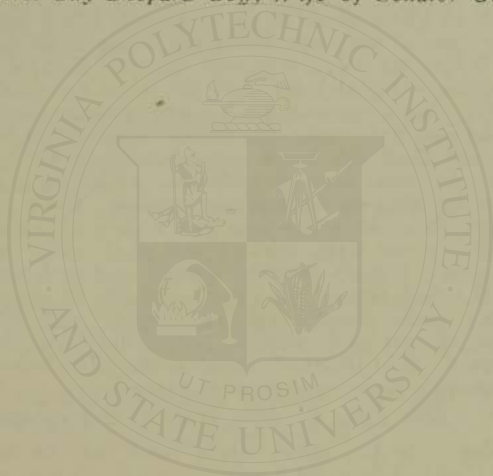
*Mrs. George M. Young, Wife of former Representative Young (N. D.).*

#### PLAIN RICE PUDDING FOR INVALIDS

5 cups of milk.	3 level tablespoons of sugar.
3 level tablespoons of dry rice.	Vanilla.
$\frac{1}{2}$ teaspoon of salt.	

Put in baking dish and add 10 bits of butter on top. Bake 3 hours in a very slow oven. It should not brown the first hour. It should cook to the consistency of thick cream. Stir 3 times in the first hour to keep the rice from sticking. Do not stir after film forms over the top. Delicious for delicate stomach.

*Mrs. Guy Despard Goff, Wife of Senator Goff (W. Va.).*



## FOR LARGE GATHERINGS

### TO BARBECUE A PIG OUTDOORS

1 small pig.  
 $\frac{1}{2}$  gallon vinegar.  
4 cups of salt.

2 or 3 tablespoonfuls of cayenne pepper.

Have a pig weighing about 30 or 35 pounds killed and dressed the day before cooking; use a little salt overnight. Dig a pit in ground about 1 foot deep, 4 x 5 feet, lay 4 or 5 iron rods across. Build a fire of hard wood (hickory gives the best coals) near by; put in pit fine coals to get it warm, ready for the pig. Split pig with hatchet or axe down each side of backbone through the ribs and head; take out brains, wipe off all blood and see that skin is clean. Lay flesh side down on rods. Put small coals under with a shovel, keep a very slow heat for 6 hours. If brown and tender by then, turn over by taking hold of the feet and turning. Have ready a mop, made by taking a stick about 30 inches long and a strip of white cloth, and wrap and tie around one end, take scissors and slash cloth up about 3 inches. Heat in a stew pan, 1 quart of cider vinegar and tablespoonful of cayenne pepper. Mop the flesh side of pig often until skin is crisp, and meat highly seasoned. Don't spare vinegar, salt and pepper, and don't take up until thoroughly cooked; lift and chop on board the bone and meat, if to be served to a crowd. Best sliced if served at the table, either hot or cold. If not seasoned enough, pour over more mixture.

*Mrs. Edw. W. Pou, Wife of Representative Pou (N. C.).*

Editor's Note: In the above whole lamb may be substituted for the pig, if desired.

### COFFEE FOR 100 PEOPLE

Divide 1 pound coffee in 2 equal parts. Place each  $\frac{1}{2}$  pound in a separate bag. (Salt bags can be used). 2 or 3 hours before serving pour 1 cup water over the 2 bags. Just before serving pour  $2\frac{1}{2}$  gallons boiling water over them. Place over fire and let come to boil when it is ready to serve.

*Mrs. Martin A. Morrison, Wife of former Representative Morrison (Ind.).*

### CAMP COOKERY, FROM A WYOMING CAMP

#### Wyoming Apple Sauce

Soak dried apples over night. In the morning look over and then add a tablespoon of dried raspberries for every quart of soaked apples. Cook long and slowly, keeping well covered with water. Sweeten generously before serving.

**Camp Rice—Japanese**

Wash rice in 5 waters. Place in a large kettle which can be covered tightly. Add for every cup of rice 2 large cups of water. Boil vigorously over a direct blaze till the water has disappeared and the rice perforated by small holes made by the rising bubbles. Set back and steam for 20 minutes. Every kernel will be separate, and as fluffy as feathers. Always purchase Japanese rice, obtainable at a Japanese store, if possible. Use as a vegetable with fish or with a meat stew, or mix with grated cheese. Rice curry is always a most acceptable camp dish.

**Cheese Eggs**

Prepare a heavy cream sauce. Place in a baking dish and drop into this as many eggs as you will need to serve. The sauce should just cover the eggs. Place over all sliced or grated cheese, and put into hot oven to brown the cheese and cook the eggs till they are of the consistency of poached eggs. This recipe can be used over an open fire if you can improvise a double boiler, as the milk scorches easily.

**Camp Soup**

Vary the camp menu by serving soup, made in the potato kettle, and with few extra ingredients. Pour off the potato water. Mash the potatoes and remove them. Return the potato water to the kettle, and add milk and butter. Add celery salt and onion salt, or some of the dried celery leaves which you have prepared and added to your camping outfit for flavorings.

**Camp Tapioca**

Soak dried apricots, prunes, peaches, etc., over night and add to minute tapioca, cooking slowly in a double boiler.

*Mrs. Frank C. Emerson, Wife of the Governor of Wyoming.*

**SHIREEN PILAU (Chicken with Rice)**

See Favorite Dishes of All Nations, page 108.

**CHELAU KEBAB (Roast Meat with Rice)**

See Favorite Dishes of All Nations, page 109.

**AGNEAU A LA BROCHE**

See Favorite Dishes of All Nations, page 76.

*From Major General Cheatham, Quartermaster General of the United States Army:*

**BATTER CAKES (For 60 Men)**

9 pounds flour.	9 ounces baking powder.
2 pounds sugar.	3 ounces salt.
36 eggs.	

Make a batter of the flour, sugar, salt and eggs (if practicable, about 10 hours before the cakes are to be made). Just before cooking each

portion of the batter, mix in the proper portion of baking powder. Serve hot with butter or syrup, or both.

### BEAN SOUP (For 60 Men)

- |                                     |                     |
|-------------------------------------|---------------------|
| 6 pounds beans, dry.                | 5 pounds soup bone. |
| 7 to 9 gallons water or beef stock. | 1½ pounds bacon.    |

Thoroughly clean and wash the beans and place them in the beef stock in a boiler near the center of the range and allow to simmer overnight. About 7 A. M. add the soup bone and bacon; boil until about 10 o'clock, or until the beans have gone to pieces and will pass through a colander. Regulate the amount of stock so that when the soup is ready to serve there will be about 6 gallons. Thicken with a flour batter and season with pepper and salt to taste. Serve hot with hard or fresh bread or croutons.

### HASH, CHOP SUEY (For 60 Men)

- |   |                        |
|---|------------------------|
| 4 pounds fat bacon, chopped fine.       | 3 cans corn.           |
| 1 gallon onions, chopped fine.          | 1 ounce chilli powder. |
| 10 pounds cooked beef, coarsely ground. | 1 gallon soup stock.   |
| 10 pounds turnips, cooked and chopped.  | 2 cans tomatoes.       |

Place the bacon in a large bake pan and put in the oven until well rendered; add the onions and fry until half done; add the other ingredients and bake for 1 hour.

### STEW, EL RANCHO (For 60 Men)

- |  |  |
|--|--|
| 12 pounds meat, fresh, without bone and with but little fat, cut in about 1½ inch cubes. | 4 pounds cabbage, with core in cabbage. Cut from top to bottom, in quarters or eighths, depending on size of head. |
| 10 pounds potatoes.  | 3 pounds onions, small preferred, whole.   |
| 2 cans No. 3 tomatoes, or 6 pounds fresh tomatoes.                                       |  |
| 3 pounds carrots, quartered lengthwise.  |  |
| 4 pounds turnips, sliced across grain.   |  |

Place the meat and such vegetables as turnips, carrots, and tomatoes in a large pan of cold water and bring slowly to a boil. Let simmer until the meat is tender and then add the remaining vegetables, season with salt, chilli colorado, comina and oregano, and cook until done. All ingredients should be thoroughly cooked but not broken into pieces in the cooking. The liquid should cover all the solids by about an inch. It should not be a reddish hue from the chilli pepper and tomatoes. The stew is improved by a bunch of parsley chopped fine and added just before serving, and a few sprigs of parsley may be used for garnishing. Serve hot with whole vegetables as far as possible. Any fresh meat and any vegetable may be used in this way.

**SOUR CREAM DRESSING FOR SLAW (For 60 Men)**

- |   |   |
|---|---|
| 1 pint vinegar.                                       | 2 teaspoonfuls salt.                      |
| 1 pint milk.  | $\frac{1}{8}$ teaspoonful cayenne pepper. |
| $\frac{1}{2}$ pint oil or 4 ounces of butter, melted. | 4 teaspoonfuls sugar.                     |
|   | 2 teaspoonfuls mustard.                   |

Add the vinegar to the milk, then the oil, then all other ingredients, stirring briskly with a wire beater. Add to the slaw just before serving.

**COCOA OR CHOCOLATE (1 Gallon)**

- |                                   |                            |
|-----------------------------------|----------------------------|
| 3 to 5 ounces cocoa or chocolate. | 4 ounces evaporated milk.  |
| 5 ounces sugar.                   | 1 gallon (scant) of water. |

Boil the water, add the cocoa and continue boiling for 5 minutes; add the milk and sugar to taste. Whip slightly with a wire whipper before serving. Serve hot.

**CHICKEN SALAD (For 60 Men)**

- |                                 |                          |
|---------------------------------|--------------------------|
| 30 pounds chicken.              | 1 quart vinegar.         |
| 2 bunches celery, diced.        | 2 ounces mustard.        |
| $1\frac{1}{2}$ pints olive oil. | 1 pound mashed potatoes. |

Wash the chicken thoroughly and place it in boiling water. Boil until the meat may be easily separated from the bones. Run the meat through the chopper and, when cold, add the diced celery. Mix the mustard, olive oil, potatoes and vinegar, and pour over the salad; mix well and season to taste with salt and pepper. May be served with or without mayonnaise dressing.

**FRENCH DRESSING (For 60 Men)**

- |  |                        |
|--|------------------------|
| 3 teaspoonfuls salt.                       | 1 pint cottonseed oil. |
| $\frac{1}{4}$ teaspoonful pepper, cayenne. | 1 pint vinegar.        |

Put the salt, pepper and oil in a dish and beat thoroughly. When thick and creamy, add slowly the vinegar. This dressing should not be poured over the salad until immediately before it is to be eaten

**BEEF LOAF (For 60 Men)**

- |                           |                            |
|---------------------------|----------------------------|
| 12 pounds beef, fresh.    | 1 pound flour.             |
| 3 pounds bread crumbs.    | 1 or 2 quarts beef stock   |
| 2 pounds onions, browned. | $\frac{1}{2}$ pound bacon. |

Grind the meat in a chopper, brown the onions; soak the bread in water and then squeeze out excess water; mix the meat, bread crumbs and onions together; season with salt and pepper to taste; make into loaves about the shape of an egg divided lengthwise and place in a bake pan a few inches apart. Then make a batter of the flour and beef stock, rubbing this over the loaves, and cook in a slow oven. A slice of bacon may be placed on the top of each loaf, if desired. Serve hot with gravy.

**BEEF POT PIE (For 60 Men)**

- |                         |                   |
|-------------------------|-------------------|
| 10 pounds beef, fresh.  | 3 pounds onions.  |
| 10 pounds potatoes.     | 3 pounds turnips. |
| 2 cans tomatoes, small. | 3 pounds carrots. |

Cut the beef into 1 inch cubes, place in cold water and bring quickly to a boil; add turnips and carrots cut in 1 inch cubes, and boil until these are nearly done; add potatoes and onions cut in 1 inch cubes, and the tomatoes; season with salt and pepper to taste, and finish cooking. Thicken slightly with flour batter, and cover with biscuits made from the following:

5 pounds flour.	2 ounces salt.
1 $\frac{1}{4}$ pounds lard.	5 ounces baking powder.

#### CREAM OF CABBAGE SOUP (For 60 Men)

6 pounds cabbage, chopped fine.	1 pound fat, butter preferred.
6 gallons beef stock.	1 pound flour, browned in the fat.
2 1-pound cans evaporated milk.	

Boil the cabbage about 15 minutes; drain the water off and add the beef stock; cook about one hour; thicken with a flour batter and, just before serving, season with pepper, salt and celerysalt to taste, and add the milk. Regulate the amount of beef stock so that when the soup is ready to serve there will be about 6 gallons.

#### OYSTER STEW (For 60 Men)

12 No. 2 cans oysters.	$\frac{1}{2}$ bottle Worcestershire sauce.
5 gallons beef stock.	3 1-pound cans evaporated milk.

Drain off the liquor; thicken the beef stock slightly with a flour batter and add the liquor from the oysters; bring to a boil; season to taste with salt, pepper and Worcestershire sauce and boil 5 minutes. Regulate the amount of beef stock so that when the stew is ready to serve there will be about 6 gallons. Add the oysters just before serving.

#### BAKED BEANS (For 60 Men)

15 pounds beans, dry.	5 ounces sugar, or
2 pounds bacon, diced.	$\frac{1}{2}$ pint molasses.

Wash the beans thoroughly in cold water; drain and place in cold water and boil 15 minutes; drain again and place all the ingredients in a boiler or jar in 5 gallons of hot water; season with pepper and salt to taste. Then boil for about 15 minutes, cover with a lid and bake in a medium hot oven. If the beans are to be served for dinner, the preliminary cooking should be attended to the preceding evening, the heat being regulated so as to continue cooking slowly for the greater part of the night. Add water next morning as required, covering the beans about 1 inch. If the breakfast requires a hot fire, the oven door to the beans should be left partly open, so that the beans will only simmer. If the oven cannot be so regulated, the beans should be placed on the range or mantel where they will only simmer. It may be necessary to add water several times in the course of the morning (in order to keep the beans barely covered). By 10 o'clock there should be sufficient juice in the kettle so that bubbles will rise to the surface as the beans simmer. One-half hour later the beans will be ready to serve and should then be removed to a place where they will be kept warm. Serve hot with some kind of salad. Water added during the cooking process should be boiling hot. Especially in summer the beans should not be soaked, as they may sour and have a bad flavor.



**ONIONS, STUFFED (For 60 Men)**

15 pounds onions, medium size.      8 pounds meat scraps.  
 3 pounds toasted bread crumbs.      8 pounds bread scraps.

Peel the onions with a sharp knife and remove the center from the stem end, leaving a shell. Then prepare a dressing, using the meat and bread, and stuff each onion full. Sprinkle the toasted bread crumbs in a well-greased bake pan and place the onions in the pan, greasing the onions well over the top and bake 40 minutes in a medium hot oven. Serve hot with chili or tomato sauce.

**SPLIT PEA SOUP (For 60 Men)**

6 pounds split peas.      1 pound bacon, diced and  
 6 gallons beef stock.      browned.  
 1 pound flour.

Add the peas and the bacon to the stock and let simmer over a low fire. Thicken with a flour batter; season with salt and pepper to taste. Regulate the amount of beef stock so that, when the soup is ready to serve, there will be about 6 gallons.

**BEEF À LA MODE (For 60 Men)**

20 pounds beef, fresh, round,      3 gallons beef stock.  
 (bottom preferred).      1 pound carrots, diced.  
 1 pound bacon or pork.      4 each pickles, issue, large.  
 1 pound fat, butter preferred.      2 cans tomatoes.  
 1 pound flour, browned in fat.

Cut the beef into pieces weighing about 5 pounds each; the bacon (or pork) into strips about the thickness of the little finger and the length of the pieces of beef, using a narrow-bladed knife. Cut a slit in each piece of the beef parallel with the grain. Insert about 4 pieces of the bacon, rolled in garlic and cayenne pepper, and 4 slices of pickle into the slit made in each piece of beef. Make a gravy of the flour, fat and beef stock. Cook slowly in a medium-hot oven for about 3 hours, or until well done. Remove meat from oven, slice across the grain, replace in the gravy, and cook a little longer; or slice and place on a platter with the gravy poured over it. Serve with hot gravy. The gravy should be very spicy; therefore season it well with garlic, bay leaves, etc.

**TAMALES (For 60 Men)**

8 pounds meat scraps.      3 pounds mashed potatoes.  
 1 pound cornmeal.      2 ounces salt.  
 5 pounds flour.

Run the meat through a chopper and season with salt, chilli pepper, oregano, comina seed, and garlic; moisten with beef stock. Meanwhile, make a stiff dough, using the flour and potatoes. Take about one-third of the dough and roll on the table about the thickness of pie crust, using the cornmeal for dusting; trim it on the side toward you and lay on the edge a roll of the mixture a little larger than the little finger; roll the dough about the meat and, when it meets, moisten slightly with water to make it hold together. Then cut from the sheet of dough remaining and repeat the operation. Cut the roll in pieces about as long as sausages and fry in deep lard. Serve hot with chilli sauce.

**BARBECUE SAUCE (For 60 Men)**

1 pound onions, browned to a crisp.	$\frac{3}{4}$ ounce red pepper.
3 ounces salt.	1 can tomatoes.
1 quart vinegar.	1 ounce saltpeter.
1 ounce ginger, nutmeg, allspice, all combined.	

Thoroughly mix all the above ingredients. Caramelize enough sugar to blacken  $1\frac{1}{2}$  quarts of water (it must be very black). Pour the water over the whole and let come to a boil. Set in a cool place and, after the mixture has cooled, add 2 ounces of sugar.

**YORKSHIRE PUDDING (For 60 Men)**

6 pounds flour.	1 ounce salt.
5 ounces baking powder.	Pinch cayenne pepper.

Mix all ingredients dry; add sufficient flour and water to make a dough somewhat softer than that used for biscuits. Drop the dough from the hand into the pan in which beef has been roasted, keeping each handful about 1 inch apart. Bake in a medium hot oven. The above recipe will be improved by adding 2 to 6 eggs, whipped to foam, to each pound of flour used. By substituting milk for water the product is greatly improved.

**CHICKEN, FRICASSEE (For 60 Men)**

25 pounds chicken.	12 each eggs, hard-boiled.
2 pounds butter.	2 cans evaporated milk.
1 pound flour.	3 gallons beef stock.

Divide each chicken into about 12 pieces (natural divisions). Make a gravy, using 1 pound butter, 1 pound flour, and the beef stock. Pepper and salt the chicken well; roll in flour and fry in deep fat; and put it in the gravy when fried. Dice the celery and season it well with celery salt and allow to simmer until done. Before serving add 2 cans of evaporated milk and 1 pound of butter. Care should be taken to break up the chicken as little as possible. When adding the butter and milk, have the gravy so thick that the butter will be taken up by it and not float on top. Serve on a platter, with or without rice. Old fowls may be utilized to good advantage in this recipe.

*From Admiral Charles Morris, Paymaster General of the Navy:*

**BAKED PORK AND BEANS (100 Men)**

20 pounds beans.	$\frac{1}{4}$ ounce mustard.
2 pounds tomatoes.	1 quart syrup.
2 pounds salt pork or ham fat, diced.	Salt and pepper to taste.

Pick over the beans to free them from stones and dirt. Wash in 2 or 3 waters. Cover with cold water and soak for about 6 hours, all night if possible, then drain off the water. Cover the beans with clean cold water. When they reach the boiling point, reduce the steam pressure and let simmer until they can be mashed between the fingers. Turn them into 3 navy bean pots and add the tomatoes (strained), mustard, salt, pepper,

syrup and diced salt pork, bacon or ham fat. Mix it thoroughly. Place in the oven and bake for about 8 hours, adding a little water occasionally.

#### BEEF À LA MODE (100 Men)

50 pounds beef.	3 pounds onions.
5 pounds carrots.	2 pounds celery.
5 pounds turnips.	4 pounds tomatoes.
8 bay leaves.	1 tablespoon allspice, salt and pepper.
1 teaspoon cloves.	

Bone and cut the meat in one inch pieces, wash in cold water. Drain off the water and place black pans on the range with beef drippings. When hot, add the meat and braise until half done. Place in a copper or kettle and braise off the vegetables the same as the meat, and add this to the meat. Vegetables to be sliced. Continue to braise in the copper, adding a little stock, bay leaves and allspice and cloves. When near done, season and thicken with roux or flour thickening. This will require about 4 hours to cook.

#### BOILED NEW ENGLAND DINNER (100 Men)

60 pounds corned beef.	10 pounds carrots
40 pounds cabbage.	5 pounds parsnips.
10 pounds turnips.	40 pounds potatoes.

Wash corned beef well and place in a kettle with 15 gallons of water and bring it to a boil. Let simmer for 3 hours, changing the water if necessary. Cut the cabbage into small pieces. Peel the vegetables, cut in one inch cubes. When the meat is done, add the cabbage, carrots, turnips, parsnips and cook in stock until tender. Then add the potatoes. When done, season with a little pepper and keep heated until served. This requires about 5 hours to cook.

#### CANDIED SWEET POTATOES (100 Men)

Wash and scrub 60 pounds of sweet potatoes; place in a copper or kettle and cover with fresh water. Bring to a boil and cook until tender. When cooled, peel and cut lengthwise in orange-like shaped sections, place in baking pans and pour over  $1\frac{1}{2}$  pounds of sugar or  $\frac{1}{4}$  gallon of syrup and sprinkle with cinnamon. Pour a little drawn butter or pork drippings over the top and bake in a moderate oven until well browned.

#### O'BRIEN POTATOES (100 Men)

40 pounds potatoes.	3 pounds cheese.
5 pounds peppers, green.	2 pounds cracker meal.
2 pounds flour.	$\frac{1}{2}$ pound butter.
1 pound shortening.	2 pounds milk.

Wash and cover the potatoes with clean water, bring to a boil and let cook slowly until they are done. Drain off the water when cool, peel and dice them in small cubes. Now make a cream sauce with a white roux reduced with enough water until it becomes the desired thickness. Add the milk last. Remove from the fire and place in baking pans, add the potatoes, grated cheese and diced peppers. Season to taste, dredge with cracker meal and dot with butter. Bake in a medium oven until well browned.

**POTATO SALAD (100 Men)**

- |                      |                           |
|----------------------|---------------------------|
| 40 pounds potatoes.  | 2 pounds pickles.         |
| 5 pounds celery.     | 3 pounds diced onions.    |
| Mayonnaise dressing. | Salt and pepper to taste. |

Boil the potatoes with their skins on in salted water. When cold, peel and slice them very thin. Trim and wash the celery thoroughly, then dice the onions, pickles and celery very fine. Mix with the potatoes and season with salt and pepper. Add three-fourths of the mayonnaise dressing before serving. Smooth the remainder of the dressing over the salad and serve on a leaf of lettuce.

**CABINET PUDDING (100 Men)**

- |  |                                    |
|--|------------------------------------|
| 6 pounds preserved pineapples,<br>peaches, or apples, chopped. | 1 ounce cinnamon.                  |
| 1 dozen eggs.  | $\frac{1}{4}$ ounce grated nutmeg. |
| 3 pounds milk.   | $\frac{1}{2}$ pound butter.        |
| 15 pounds stale bread or cake.                                 | 5 pounds sugar.                    |
|  | 2 gallons water.                   |

Butter the inside of clean bake pans, spread a little of the chopped fruit in the bottom of the pan. Then lay a layer of bread or cake, cut into slices. Sprinkle a little of each spice and fruit over each layer until the pans are filled. Beat the eggs and sugar until smooth. Add the water and milk mixed. Add a pinch of salt and mix well. Turn over the mixture into the pudding. Let stand for 15 minutes so that the bread or cake will soak up the liquid. Bake in a hot oven.

**RHUBARB WHIP (100 Men)**

- |                    |                     |
|--------------------|---------------------|
| 60 pounds rhubarb. | 2 pounds milk.      |
| 5 pounds sugar.    | 1 pound cornstarch. |
| 2 dozen eggs.      |                     |

Remove the leaves from the rhubarb, wash, scrape and cut the stalks into small pieces. Place it in a kettle or copper and pour over a little fresh water. Bring to a boil and let cook at a simmering temperature for about 45 minutes or until tender. When it is tender add the sugar. Dissolve the cornstarch in a little cold water and add to the rhubarb slowly, stirring continually until the cornstarch is cooked in and the rhubarb becomes the desired thickness. When partly cooled, add the milk and place in baking pans. Beat the whites of the eggs until stiff. Spread over the rhubarb and bake in a good heat for about 5 minutes or until it is browned.

**SCALLOPED EGGS WITH HAM (100 Men)**

- |                    |  |
|--------------------|--|
| 15 dozen eggs.     | 12 pounds ham (boiled, chopped<br>fine). |
| 1 pound milk.      |  |
| 3 pounds flour.    | 1 pound butter.                          |
| 2 pounds crackers. | Salt and pepper to taste.                |

Boil the eggs hard, remove the shells, cut into quarters or eighths. Place the butter and flour in a pan. Make a white roux. Then reduce with hot water until it becomes the desired thickness. Season to taste, remove from fire and when partly cooled, add the milk. Now pour a little sauce in a clean baking pan, a layer of eggs, a layer of chopped ham and a layer of cracker crumbs. Repeat this until the pans are filled. Then dot with a little butter. Bake in a medium oven for about 15 minutes or until browned.

## USEFUL SUGGESTIONS

To keep cake fresh, put a few slices of fresh bread in the box with the cake.

To clean marble. 2 ounces common soda, 1 ounce powdered pumice stone, 1 ounce of finely powdered chalk. Sift and mix with water. Rub over the marble and wash off with soap and water.

To seal jelly glasses use tissue paper which has been dipped in sweet milk.

To prevent cream from running down the outside of pitcher, rub the tip with a little butter.

### ON WASH DAY

Put a few small pieces of orris-root in the bottom of the boiler, the delicate odor permeates not only the clothing, but does away with the disagreeable odor of soapsuds.

### POWDERED SUGAR

When powdered sugar becomes lumpy, put it through the flour sieve.

### TO SEAL JELLY OR JAM

Cut pieces of tissue paper large enough to come down well on the side of the glass; take two pieces together, wet in skim milk and pat it down on the sides; let stand until dry and it will be airtight.

### FOR BLANCHING ALMONDS

Soak almonds over night or 7 or 8 hours in fresh cold water. The skin can be easily removed and they will have become very crisp and edible.

### COMPARATIVE MEASURES

1 quart of flour=1 pound.  
2 cupfuls of sugar granulated  
=1 pound.  
2 cupfuls of butter (1 pound).

2 heaping cupfuls of powdered  
sugar=1 pound.  
1 full pint of liquid=1 pound.  
1 pint of meat chopped and  
packed solidly=1 pound.

The cup used is equivalent to a half pint in capacity.

*Mrs. Anderson H. Walters, Wife of Representative Walters (Pa.).*

## THE METRIC SYSTEM

1 gram (gr.)=.035 ounce.	1 ounce (av.)=28.35 grams.
100 grams=3.5 ounces.	1 pound=.45 kilograms.
1 kilo (kg.)=2.2 pounds.	1 inch=2½ centimeters.
1 meter (m.)=3.28 feet.	1 foot=.3048 meter.
1 centimeter (cm.)=.3937 inch.	1 yard=.914 meter.
1 liter=1.056 quart, liquid.	1 quart=.946 liter, liquid.
1 liter=.908 quart, dry.	1 quart=1.1 liters, dry.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

## TO BROWN GRAVY OR SOUPS

Heat a large spoonful of granulated sugar over the gas flame until melted and browned. Stir at once into hot gravy or soup. Does not sweeten.

*Miss Clara J. Sproul, Daughter of Representative Sproul (Ill.).*

## WORTHWHILE TRICKS IN GARNISHING

Many a time, in my travels, have I sat down to lunch or dinner hungry as a bear, but when the food was placed upon the table my appetite would suddenly begin to wane. The vegetable was mushy or the meat was heaped upon the platter in any old way or the mashed potato was packed down flat in the dish instead of being piled high and fluffy.

A man might say it does not make any difference how the food looks if it is well cooked and well seasoned, but it does make a difference and even "Mere Man" feels the dainty, appetizing touch a garnished dish gives although he will not always admit it.

So even if you do not have to do the actual cooking, it is nice to know a bit about "dressing up" your dishes and I will tell you many of their little tricks.

By taking a little time and using a little ingenuity, you can make a simple dish attractive and tempting to the eye as well as to the palate; and you will feel well repaid, I am sure, for your trouble in the appreciation of, just "Husband" or your friends when they sit down to your luncheon or dinner table.

Why, my dears, even the plebeian turnip or cabbage can be made appetizing if it is well cooked and seasoned and placed on the platter in the form of a ring, with fluffy mashed potato piled high in the center and the ring surrounded with a border of sausage cakes or crisp hot weenies.

Rice makes a fine border, too, and goes well with any creamed dish. The easiest way to make a border of rice or mashed potato, after the vegetable is cooked and seasoned, is to place it in a hot oiled ring mold, invert the mold on the platter or plate and then remove the mold. If you do not have a ring mold, try placing a pan of any shape in the middle of the dish (be sure the outside of the pan is well oiled), pack the hot rice or potato around the pan and then carefully remove the pan.

Creamed chicken, veal, ham or dried beef are delicious both in looks and taste if surrounded with mashed potato nests filled with buttered peas or carrots or both.

A very pretty dish, especially so if it is to be used at a buffet luncheon or supper, can be made by arranging several colorful vegetables on a platter and surrounding them with mashed potato put through the pastry bag.

Even children and finicky folks will eat spinach if it is "dressed up" a bit in a fancy dress. It must be very well seasoned to be good. Try making it in a mound and decorating it with daisies made from hard boiled eggs.

Steak is attractive with a border of potato croquettes or potatoes French fried, or any vegetable that goes well with a steak.

An egg dish is always more attractive if it is daintily garnished with crisp bacon or a few sprigs of parsley.

Many vegetables are colorless in themselves and a sprinkling of paprika or chopped parsley will add much to their charm.

Try placing well seasoned mashed sweet potatoes in a baking dish. Decorate with marshmallows and place the dish in the oven until the potatoes are well heated and the marshmallows have fluffed up and become a delicate shade of brown. They will be so delicious that you will takt time to fix them in that way many a time, I am sure.

Even soups can be garnished—vegetables, cooked and cut in fancy shapes make thin soups more attractive; a dash of paprika, a bit of chopped parsley or a little grated cheese will dress up white cream soup; and a splash of whipped cream just "makes" the pea or tomato soup.

Celery makes a nice garnish also. Cut the larger stalks of the celery in two-inch lengths. Fringe each end to within a quarter inch of the center. Drop into ice water and leave until curled. Or use celery hearts instead of the larger stalks. Leave on most of the foliage, and cut narrow slits down through the stalks. Stand in cold water several hours, and they will be very crisp and will curl up.

Cut small cucumbers with a sharp knife lengthwise, into very thin slices, not quite up to the stem end, then spread each pickle in the shape of a fan and use as a garnish.

Make radish roses by removing the root from round radishes and all but one leaf. Then begin at the root end and make 5 incisions through the skin, running three-fourths of the length of the radish. Pass the point of the knife under the sections of the skin and as far as the incisions extend. Cut through the inside of the radish to make more petals, and put the radish in cold water. The radish will open a wee bit and resemble a rose.

Salads and desserts are the easiest, of course, to dress up. The ingredients of the salads themselves are usually colorful and it takes only a nut meat, a cherry, an olive, a few strips of pimiento or green pepper or a fancy cut slice of vegetable on top the dressing to make the salad irresistible..

Whipped cream sprinkled with a bit of colored sugar, nut meats, candied ginger or cherries and piled roughly on a plain dessert, adds charm to the dish.

When you are making jelly next summer, leave a little in the kettle after the jelly is done and cook down until it is very thick. Place in tiny jars like peanut butter jars, mayonnaise jars or even cold cream jars. Use for garnishing by cutting in fancy shapes.

Decorate the birthday cake with candied fruits, cut and arranged to resemble flowers or use colored gum drops. They are easily cut into little buds and petaled flowers. And citron will cut beautifully to resemble the leaves and stems. It will surely please the one who has the birthday and will be a change from the candle decorations.

Cheese is usually served with apple pie, mince pie and pumpkin pie. If you wish to give the pie a more festive air, shape a package of cream cheese

in the form of tiny apples and place one on each individual dish with the pie.

This is how we make ours: Chill the cheese thoroughly, then cream it with a fork until pliable and soft. Divide it in small portions and form it in round balls with the smooth side of the butter paddle or with your hands. Sprinkle the surface with paprika lightly, but so it will look almost red. Then stick a whole clove in the bud end of the apple and a rose or fern stem in the other end.

*Mrs. L. J. Dickinson, Wife of Representative Dickinson (Iowa).*

### TABLE DECORATION, SETTING AND SERVICE

In planning for the serving of food, the arrangement and scope of kitchen and dining room equipment, besides the number and experience of servants relative to the social requirements of the guests, must be carefully considered before permission of the final decision as to the nature of the repast. The most approved way of arranging a table is about the same everywhere. A well-ordered family table and one arranged for special occasion differing only in the expression of concentrated artistic taste and in the superior quality of napery, china and glass.

The table covering is of prime importance, it should be selected and arranged with the greatest care, for it is the foundation upon which the success of the table is achieved or lost.

Carefully arranged flowers, with or without foliage, on a properly set table of immaculate linen, china, glass and silver in the illumination of soft candlelight create an artistic charm that is pleasantly acceptable to all. The entire arrangement should be carefully studied in order that the design of the table top may not appear confused or crowded. The silver epergne, or the corbeille of flowers should be placed exactly in the center of the table, with candelabrae or candlesticks equally spaced on either side. (However, candlelight in the daytime is permissible only when the day is dark or the lighting is inadequate.) The flowers of the table should be arranged with cultured taste of designment calculated to please the eyes of guests. A high glass for a single blossom, or a low one for a small cluster is frequently set before each cover. Overloading of the table with flowers, silver or glass is never quite right in the attainment of harmony.

Hostesses are ever keen in striving for new ideas. Unusual or original decoration, so long as it is not bizarre, gives a party an excellent start; it marks taste and distinction that spontaneously yields the gathering into harmoniousness of thought and expression. Novelty decorations are often used appropriately and cleverly to feature seasonal activities, morning rides, hikes, or golf tournaments, and so on.

The cultured hostess provides uncrowded effects and ample spacing even for the most formal dinner. She may have her own distinctive manner of executing certain details of arrangement and service as an attractive way of expressing individuality, yet there are a few fundamental principles of acceptability to which she must adhere. The setting of the table should be in accordance with the menu. All plates should be placed their approved distance from the edge of the table and from each other. Exactness must also be observed in the placing of the silver and glass, for upon their orderliness in arrangement of balance and utility depends much of the pleasure of the table. On a really elegantly arranged table for fashionable dinner



nothing but the central decorations should be placed beyond the appointments of the covers for the guests.

Table service rendered by skilled butlers or maids tends to create an atmosphere of stately dignity and formal beauty, with which the simple service given by members of the family can never successfully compete, except, perhaps, in the better creation of group harmony and responsiveness. All good rules of table setting and food service are founded upon good reasons, yet if they fail the immediate needs they may be conservatively modified to suit the occasion. Custom has also developed rather definite pronouncements concerning the propriety of placing and removing dishes while guests are seated, yet all rules may be changed if more convenience or gracefulness for the guests or servants is thereby attained.

Two important features in the successful conduction of table service are: Originality and the promotion of service so inconspicuously that one will never notice anything that may be wrong or missing. A hostess of experience and ingenuity will be so clever in her entertainment management that it will never be observed she may be hiding a lack of service or an absence of supplies. Who will ever think that the beautiful runner in the center is hiding the joining of two table cloths in the absence of a cloth of sufficient size? Or that the use of doilies conceals the fact that no table cloth large enough is available? When card table meals, tray meals, or novelty meals are offered no one is going to wonder if they hide the fact that suitable appointments are lacking for the dining room table.

Saving of attendant service is sometimes accomplished by the use of edible centerpieces, such as a beautiful salad, an attractively decorated gelatinous dessert, cakes, candies or fruits that are appropriately served by the hostess at table. Service is also saved if relishes, such as olives, celery, radishes, and so on, along with the bread and butter plates are placed before the seating of the guests. The appearance of fruit cocktails attractively served in fruit shells is sometimes so compensatingly rich in color that the absence of proper dishes is a pleasing handicap, resulting in an adaptation for distinctively acknowledged betterment. Silver fruit knives and spoons may sometimes be missing, but intelligent, resourceful direction of service will cause the fruits to be so prepared that the ordinary teaspoon, the fork or the fingers may be used with convenience and propriety. In many other ways the hostess may turn the lack of table equipment into a manner of favorable service that will be delightfully acceptable in the popularization of her table.

The featured dignity of the Russian style of table service is most commonly used for formal dinners and luncheons; it forbids the placing of any foods on the table, while the English style advises the host or hostess to serve at the table. The latter is a more hospitable, home-like way of serving, but the happy medium is the compromise style, the most popular in American homes today; because it permits certain foods to be served at the table, while others are brought directly from the kitchen for individual service. Special equipments have been developed to give background to all kinds of food service, and rules of etiquette have been formulated for guidance in their usage to insure the most convenience, pleasure and comfort to all. The careful hostess realizes the value of all these and of all labor and fuel saving devices; she knows how to profit most in their performances and adaptations.

At dinners of etiquette it is customary as a convenience and as an embellishment to place before each cover the name of the guest on a small card. If the occasion permits name cards of unique design, with apt quotations, pictures or not unrefined caricatures, the guests are quickly given incentive for conversational brilliancy.

In order to accentuate dignified, orderly, elegance in the assemblage of guests at the table, a diagram of the table with its covers clearly located and named is conspicuously placed in the coat room, for the purpose of the guests acquainting themselves with the exact seating arrangement. Another commendable form directs that the name cards of partners be given by a servant, or placed upon a tray in the hall with pertinent information relative to the location of their seats at the table. Even for small gatherings in the home place cards may be considered as being of charming effect, at the same time lending an expression of efficient management that is a life-saver to the shy or inexperienced hostess, who is so liable to confuse her prearrangements if she waits until the approach to the table before advising the guests of their assignments.

After all, the continued appreciation of the pleasing appearance of either simplicity or elaborateness depends greatly upon how thoughtfully supplies and foods have been assembled and balanced for the occasion, and upon how tastefully they have been prepared for prompt table service.

*Miss Olive E. Brandom, of the Congressional Club Staff.*

### HOUSEHOLD HINTS

- (1) Chlorinated soda will remove fruit and other stains from white goods.
- (2) Mixture of cornmeal and gasoline used with a scrub brush will clean rugs.
- (3) For white spots on furniture caused by heat, saturate cloth in wood alcohol and rub spots.

*Mrs. Ralph Lozier, Wife of Representative Lozier (Mo.).*

### TO SHELL PECANS EASILY

Pour boiling water over nuts and let stand until cool; not too many at a time. Crush from end to end.

*Mrs. W. C. Wright, Wife of Representative Wright (Ga.).*

### REFRESHMENTS FOR LITTLE AFFAIRS

In planning for little affairs, when one desires just a "bite," the question of refreshments is very easily solved—two foods being sufficient.

Suggested combinations for such little gatherings are:

1. Individual pies with whipped cream; coffee.
2. Cream puffs filled with ice cream; grape juice punch.
3. Toasted cheese sandwiches; hot coffee.
4. Fruit salad, crisp crackers; hot coffee.
5. Fudge mocha cake; strawberry punch.

*Mrs. Frank B. Willis, Wife of Senator Willis (Ohio).*

### TO SET COLORS

Green, blue, pinkish purple, lavender and aniline reds should be soaked in alum water 10 minutes, using 4 ounces of alum to a tub of water. Black and white, gray, purple and dark blue should be soaked in salt water, using a handful of common salt to a tubful of water.

Dry these in the shade. It is well before washing a new colored article to test a piece of the material. Soak in the alum or salted water. Then dry and press it, observing the result carefully.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### HOW TO REMOVE STAINS

Mildew, iron rust and grease spots are persistent worries in summer-time to the careful mother. Rub mildewed spots well with lemon juice and salt and expose to a hot sun. The most delicate fabric will be unharmed. The spots will disappear.

For removing grease spots take equal parts of strong ammonia, water, ether and alcohol. To prevent the ring forming about the cleansed spot, rub with a cloth slightly dampened with same solution. In other words, rub out the ring. If the cloth is too wet it will only make another one.

Ink spots should be attended to before they dry to save the garment. Sponge with milk until all the ink is removed, and then sponge with benzine to take out the grease left by the milk. Ink spots can be removed from goods of which the color will not run by applying salts of lemon.

Paint on woolen clothing may sometimes be removed by rubbing the spot with the same cloth. It is supposed that the paint disappears in the fuzz produced by the rubbing. If this is not successful, try turpentine.

*Mrs. Louis C. Cramton, Wife of Representative Cramton (Mich.).*

### SUGGESTIONS

Purchase a child's white corded cotton stocking. Cut off foot and slip in rolling pin. Use for cookies.

Purchase three-quarters yard of unbleached drilling. Hem. Splendid for covering flour board when rolling doughnuts and cookies.

*Mrs. Carroll L. Beedy, Wife of Representative Beedy (Me.).*

### PROPER COMBINATIONS OF DIET

Few chefs know how to combine foods intelligently. The average menu of a table d'hote, if it does not start with canned soups of some kind or other, begins with so-called cream soups, consisting mostly of flour and water. The vegetables selected usually predominate in starch elements and the desserts are equally incongruous and unbalanced. Ice cream should never be served as dessert at a meal consisting of red meat, fish or shell fish.

I could run down the list ad nauseam. Attention should be given to the subject of proper combinations of diet. Also the beneficial effect to be derived from the use of the mineral salts of vegetable skins. These salts are generally thrown away, when they really ought to be conserved as the foundation in the making of soups and gravies for all meats.

*Mrs. Anthony J. Griffin, Wife of Representative Griffin (N. Y.).*

**TOILET CREAM**

2 ounces glycerine, 1 dram of citronella, 2 drams gum of tragacanth, 1 quart of rain water; put gum in water and let stand on back of stove over night, but do not let it boil. Then add glycerine and citronella and strain.

*Mrs. Ben Paulen, Wife of the Governor of Kansas.*

**TO OPEN A HARD HEAD OF ICEBERG LETTUCE**

Also to remove the leaves whole: With a small vegetable knife cut out the stem; put the head of lettuce in a bowl of water in a cool place, and it will open up perfectly.

*Miss Elizabeth Dominick, Sister of Rep. Fred H. Dominick (S. C.).*

**HOW TO REMOVE THE MILK FROM COCOANUT**

See Favorite Dishes of All Nations, page 35.

**NETHERLANDS**

*From H. A. van CoenenTorchiana, Consul General of The Netherlands in San Francisco:*

**GREEN PEA SOUP**

The night before put the peas in water to soak. First cook them very tender and crush them fine. Then put a piece of salt bacon and sausage in a pan and cook them almost done; take out the meat and put in the peas with a few pieces of celery, 4 or 5 sprays of parsley and 4 to 6 onions or leeks. The vegetables should be chopped fine. Should the liquid be too salty, then add more water to the soup. Serve with toast.

**KALE (Peasant's Cabbage)**

Take off the leaves from the stalk and cook them tender; this takes 1½ hours. Then drain them off, and in the early part of the year, when they have a strong taste, put them for some time in fresh water. Place them in a strainer and chop them fine; smother them in butter or fat, mix in some potatoes and serve them with ham, dried beef or sausage.

**BROWN BEAN SOUP**

Preserve the liquid in which the brown beans have cooked, and the following day make a soup from it, adding some bouillon or clear gravy, some fried onions and pearl sago to thicken it. A few spoons of sherry or port wine adds greatly to the taste. Diced, toasted white bread may also be added.

*From C. S. Lechner, Consul General in charge of The Netherlands in New York City:*

**JAVANAISE (Pudding)**

Half a pint of milk boiled for a little while with a vanilla bean. Beat 4 yolks of eggs with 1 cupful of sugar. Add it carefully to the hot milk (not boiling) and stir on the fire until it thickens. Then add some gelatine—if sheet gelatine is used 4 or 5 sheets is enough—otherwise half a package. When cooled add ¾ pint of whipped cream and the well-beaten white of the eggs. Have a dozen almond macaroons in the oven to get a

nice brown and when cold they will be crisp. Mix this in the mixture after they are made into fine crumbs. Save a little to spread over the pudding before serving. When the mixture begins to get a little thick pour it in the pudding-form which has been in cold water before. When stiff turn it on to a dish. Spread the macaroon crumbs over it and serve with fruit sauce. Apricot sauce is the best.

*Mrs. Henriette G. van Doorn.*

#### SNOW RICE

Boil half a quart of milk with 1 vanilla bean; pour in half a cupful of rice washed before. Add a cupful of sugar. Boil until rice is done. When cold mix half a pint of well-beaten cream in it.

*Mrs. Henriette G. van Doorn.*

#### HODGEPODGE

Take an equal quantity of carrots and onions. Cut the carrots and onions in slices and boil both with a fine piece of rib meat. Put an equal quantity of potatoes (as much as the carrots) in the pan with a piece of kidney fat, then the boiled carrots, the boiled onions and the bouillon in which the vegetables are boiled. As soon as the potatoes are done, stir the hodgepodge and mix well. The meat with the bouillon should be served in a separate dish with the hodgepodge. The mixture should be fine like mashed potatoes.

*Mrs. Henriette G. van Doorn.*

#### DUTCH PEA SOUP

Soak half a pint of green split peas. Boil them until soft and press them through a sieve. Boil 2 pounds of porkchops in the soup kettle with 2 quarts of water and a tablespoonful of salt. Let this boil 45 minutes, then add 1 bunch of leeks and 4 sticks of celery and 1 stick of celery cut fine. Boil slowly until vegetables are done. The puree of the peas should be added right away to the porkchops. If desired some sausages or Frankfurters can be boiled in the soup. The meat should be taken out before it is too much boiled and later put again in the soup.

*Mrs. Henriette G. van Doorn.*

#### OLIEBOLLEN

Make a dough from 1 pound of flour, 1 pint of milk, 3 eggs, a piece of butter about the size of 2 eggs, a little salt, half a pound of currants, half a pound of seedless raisins, a little citron, cut small; a dozen apples cut in small pieces, 2½ teaspoons of baking powder. Have your fat very hot and drop 1 tablespoon of the dough in the fat until it is a nice brown; put some confectioner's sugar over the "oliebollen" when they have cooled off a little.

*Mrs. Henriette G. van Doorn.*

#### SALTINES

One pound of flour, ½ a pound of butter, 1/10 of a pound of salt, 1 egg, 3½ teaspoonfuls of baking powder and 1 small cup of milk. Make the pastry and let it rest an hour. Roll it out on the pastry board; divide it in small portions and make sticks as long and not thicker than a finger or make little balls the size of an ordinary marble. Lay them on a buttered pan. Brush some beaten egg over them and bake in moderate oven for 20 minutes.

*Mrs. Henriette G. van Doorn.*

## RUSSIA

*From Princess Cantacuzene, granddaughter of the late President U. S. Grant, and given to her by Madame Woltroff, wife of Admiral Woltroff, who was Aide-de-Camp to the Emperor of Russia. Since the revolution she and her husband have made a great success in business, running a restaurant in London at 50 Harrington Road.*

## CHICKEN A LA RUSSE

Take 2 to 4 spring chickens well trussed and cleaned. Rub them over with flour and salt and fill them with the following stuffing: 24 tearusks, well crushed, 2 or 3 tablespoonfuls of butter, 1 to 2 yolks and 6 tablespoonfuls of parsley. All these ingredients well mixed together. Then roast the stuffed chickens in  $\frac{1}{2}$  pound of butter. When ready, serve them with melted butter in which a good quantity of tearusk crumbs have been mixed. This butter is poured over as a sauce. This will serve six persons.

## STURGEON A LA RUSSE

Scald 3 or 4 pounds of sturgeon, then clean it, wash it in several waters and let it stand for 1 hour covered with a thick layer of salt. Then take a large saucepan, put into it  $\frac{1}{4}$  pound of butter, 1 tumbler of Madeira, 1 tumbler of salt water in which cucumbers have been salted, 1 laurel leaf or bay leaf, a small bunch of parsley. Then put the sturgeon into the saucepan, cover it and braise it on a slow fire. Before serving take the fish out and add to the liquid contents of the saucepan a sauce which is made as follows: 1 chopped celery, 1 chopped parsley, some chopped salt cucumbers, some capers, a few olives, about 8 pickled mushrooms, 1 tablespoonful of tomato puree,  $\frac{1}{2}$  spoonful of butter and  $\frac{1}{2}$  spoonful of flour. Let the contents of the saucepan and the sauce boil up once. The sturgeon is served on a dish with all this sauce poured over it and some horseradish, cut or rather scrapped into thin ribbons, heaped on the top. If there is no sturgeon, one can use any other big fish instead. This serves 6 persons.

## CRANBERRY KISSEL

Take  $1\frac{1}{2}$  pounds of cranberries, clean them, put them into a saucepan with water enough to have altogether with the juice 6 tumblers of liquid. Crush the cranberries well and strain them. Take 1 tumbler of the juice and mix into it well 2 teaspoonfuls of potato flour. Then take the rest of the juice (the other 5 tumblers of it), boil it with  $\frac{1}{2}$  pound of granulated sugar. When still boiling, pour into this juice the juice in the other tumbler with the potato flour, mixing well the whole time, and let it boil up once again. It is then ready to serve. One can either eat it hot or cold and cream is served with it. For this kissel one can also use raspberries, red currants, black currants or blackberries, but the sugar must be added in proportion to the sweetness of the berries.

## BOEUF A LA KROGANOFF

Two pounds of fillet of steak or rump steak must be cut into thin, longish strips. Then put them on the frying pan with salt and pepper, 1

opion chopped fine and 1 tablespoonful of butter, and fry the meat until it is a good brown color. In the meantime make the following sauce: Melt 1 tablespoonful of butter into a saucepan. Add 1 tablespoonful of flour and mix thoroughly not to have any lumps (the fire must not be too great), then add 2 tumblers of hot stock, mixing all the time till the sauce gets brown. Then add 1 teaspoonful of ready-made mustard, a little Worcester sauce, 2 tablespoonfuls of sour cream and 1 tablespoonful of puree tomato. When this sauce is ready, put the meat which has been fried into it and let it stand, covered with a lid, for half an hour in the oven. Then it is ready to serve. This serves 6 persons.

### GOURIEVS KAIA KASHA

Take 5 tumblers of cream, add  $1\frac{1}{8}$  tumblers of semolina and boil it, then add  $\frac{1}{2}$  pound of sweet almonds, chopped fine,  $\frac{1}{4}$  pound of walnuts, shelled and cleaned,  $\frac{1}{2}$  inch of a vanilla pod,  $\frac{1}{2}$  tin of greengages and  $\frac{1}{2}$  tin of apricots, add sugar to taste, mix all well together and put into a pie dish and cover with bread crumbs and put in the oven till it is brown on top. Then sift over the top icing sugar and either put it under a grill or pass a hot iron over it till the sugar forms a caramel. It is then ready to serve. This serves 6 persons.

### FISH CUTLETS WITH MUSHROOM SAUCE

Take a fish, if possible a river fish of about  $3\frac{1}{2}$  or 4 pounds. Take out all the bones and mince it fine, add to it  $\frac{1}{2}$  pound of the soft part of bread, some pepper and salt (the bread must be soaked in cold water before for about 10 minutes), 2 tablespoonfuls of thick cream and pass the whole through a mincer. Then break into the center of this whole mass 1 egg and mix it well together. Then form cutlets of about 1 finger thick and of an oblong shape and about 4 inches long. Roll them in bread crumbs and fry them in butter on a frying pan. When ready they must be a nice light brown.

Mushroom Sauce: Take 4 to 6 mushrooms (dried ones if possible), put them into a saucepan with 2 whole onions and a fair amount of water and boil them for 1 hour. Then pass this mushroom bouillon through a sieve. In the meantime take half a tumbler of flour, put it on to a frying pan, with 2 tablespoonfuls of butter and fry it till it is brown, add to this the mushroom bouillon and  $\frac{1}{2}$  a tumbler of sour cream. Boil the whole well and pass through a colander, add salt to taste and the mushrooms chopped fine. When serving the fish cutlet pour the sauce over them on the dish. This serves 6 persons.

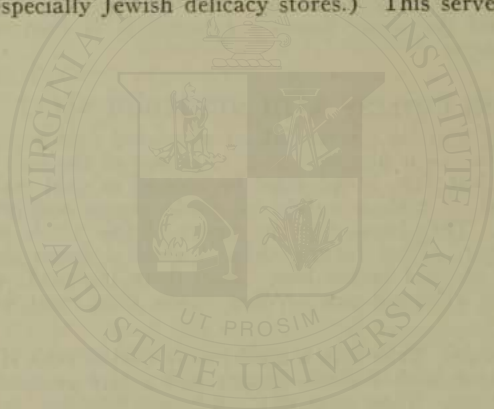
### BORTSCH FROM LITTLE RUSSIA

Take 3 pounds of meat, put it in a saucepan with 9 tumblers of cold water, add to it 2 onions, 2 carrots, 2 parsnips (all these whole) and 2 raw beets cut into long narrow strips. Put the saucepan on the fire (not too large a fire) and bring it to boiling point. Then remove it from the fire for 5 minutes and then put it again on the fire and let it boil well a second time. Then remove the parsnips from the soup and add half of one white cabbage, chopped very fine, and 3 sliced tomatoes to the soup and let it boil again. Then add 6 peeled, raw potatoes to the soup and  $\frac{1}{2}$  tumbler of puree tomato,

stir well and boil for the last time. Then take out the meat and cut it into large cubicles, then replace it into the soup. When serving have a cubicle of the meat put into each soup plate with the soup and serve sour cream with it, 2 teaspoonfuls of sour cream per plate. A good addition to the bortsch are laurel leaves and black pepper. Use the same quantity of salt as for ordinary consomme. This serves 6 persons.

#### CUCUMBER SOUP (Razsolorik)

Make an ordinary bouillon, using for it 3 pounds of meat, 1 ox kidney, carrots, turnips, parsnips, the usual herbs, 3 dried mushrooms. Boil the bouillon well and strain it. Add to it 6 small salted cucumbers, which have been peeled, cut into long, narrow strips and boiled in their own salt water. If the bouillon does not taste pleasantly sour enough, add to it some of the salt water in which the cucumbers were salted and boiled in. Also add the kidney cut into small, thin slices, 1 tumbler of sour cream and 12 small peeled, sliced and cooked potatoes. Then add 1 tablespoonful of flour, boil once more and serve very hot. (The salt cucumbers can be obtained in foreign and especially Jewish delicacy stores.) This serves 6 persons.

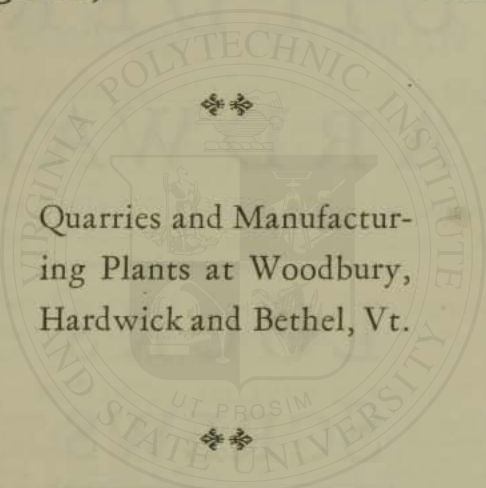




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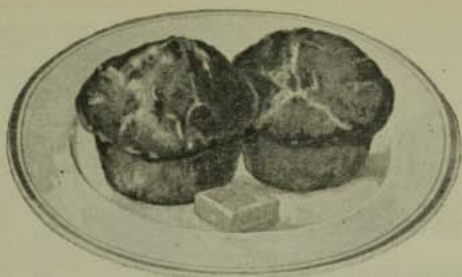
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### *Use Kellogg's ALL-BRAN for Breakfast*

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### *Use Kellogg's ALL-BRAN for Luncheon*

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### *Use Kellogg's ALL-BRAN for Supper*

Hot muffins for supper—made from ALL-BRAN. For an extra treat add raisins or dates.

#### KELLOGG'S ALL-BRAN MUFFINS

2 tablespoons shortening,  $\frac{1}{4}$  cup sugar, 1 egg, 1 cup sour milk, 1 cup Kellogg's ALL-BRAN, 1 cup flour,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon baking powder.

Cream shortening and sugar together, add the egg. Mix and sift flour, soda, salt, and baking powder. To the creamed mixture add the ALL-BRAN, then the milk, alternately with the

sifted dry ingredients. Pour into the greased muffin tins and bake in a moderate oven (370° F.) for twenty minutes. Yield: 12 muffins. If sweet milk is used instead of sour milk, omit the  $\frac{1}{2}$  teaspoon of soda and use 3 teaspoons baking powder. Raisins or dates may be added to the muffins if desired.

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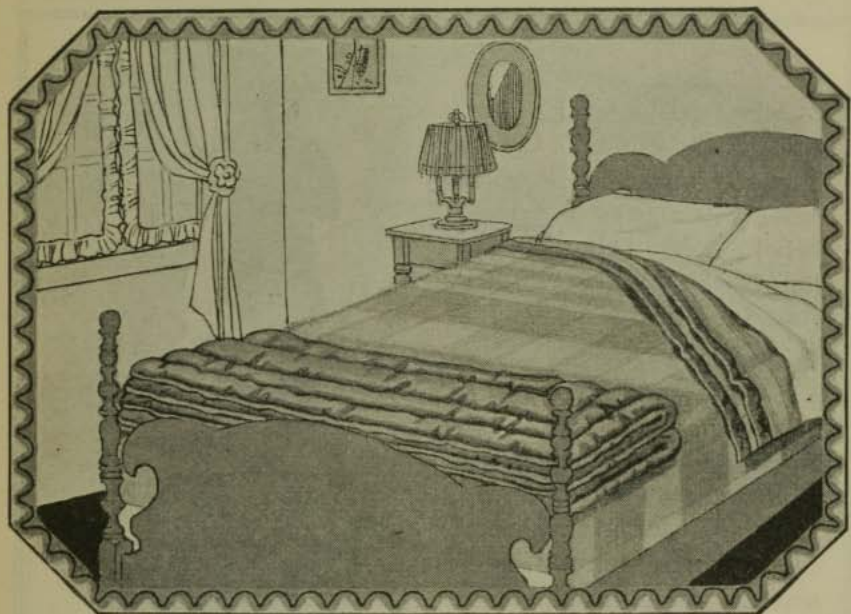


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**Made from Cream of Tartar,  
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Perfect Health—  
Abounding Energy!*

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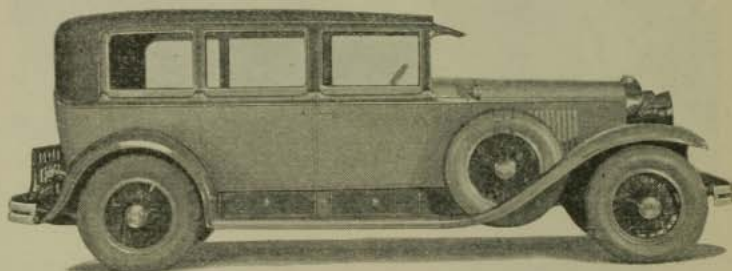
Next bake day try YEAST FOAM or MAGIC YEAST; they're just the same except in name.

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# Wheatena

*The delicious unrobbed whole-wheat cereal*

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To a pint of orange juice and a quart of grape juice, add half a cup of sugar, one-third cup of lemon juice, eight sprigs of crushed mint and four bottles of BUSCH PALE DRY. Then ice to chill, mix and serve. This recipe makes between 36 and 40 sherbet glassfuls.

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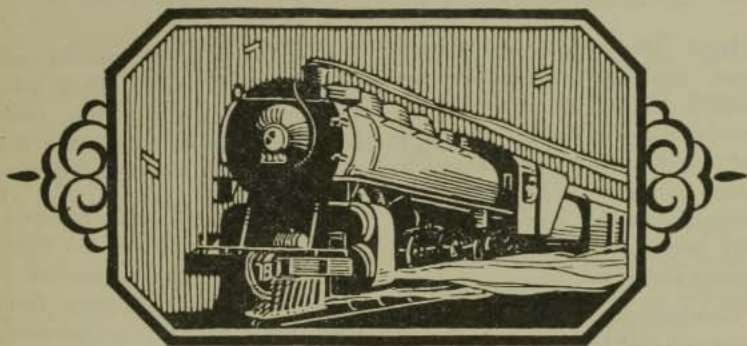
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Through service between Chicago, Omaha, St. Louis and Kansas City and the West.

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# UNION PACIFIC

— THE OVERLAND ROUTE —

## Treasured old recipes take on a wholly new significance

How valuable we hold them—those precious few recipes our mothers handed down to us, our grandmothers to them. And it is not for the sentiment that is attached to them. We find them increasingly usable, finer today than ever before, since the ingredients we use are finer.

Consider, for instance, the dried fruits required for many a delectable old dessert.

Your grandmother, when she used flavory muscat raisins, had first to squeeze the seeds out (some juice, too, unfortunately), then wash and flour the raisins carefully—a formidable task. But you, today, use right from the blue carton your Sun-Maid Puffed. They are already seeded—and not sticky at all!

And in place of old seedless raisins you have your tender, glistening Sun-Maid Nectars with their surprisingly grape-like freshness of flavor and fragrance—qualities no ordinary seedless raisins ever have had.

Prunes, too, better than the fruit of our childhood days! The prunes

in Sun-Maid's purple cartons cook into rounded plums. Their seeds are small; their meatiness richly laden with the store of health that nature puts into tree-ripened prunes.

For these great improvements in raisins and prunes we can thank the Sun-Maid Raisin Growers of California, who, to achieve them, have been working co-operatively for years. But thank another group, the California Peach and Fig Growers Association, for these:

Your dried peaches; temptingly colorful, rich in fruit sugar, and with tissue-thin skins—again the growers' own achievement, packed in their trade-marked Blue Ribbon cartons.

And figs! Your Blue Ribbon figs are fine of texture, soft, and exceptionally sweet. And they come as you prefer them, in packages, either loose or pressed.

As with these Sunland products, so it is with countless foods of today. We find them immeasurably improved, to enhance the results of even our most treasured recipes.

# A PAGE OF SPECIAL RECIPES

## by MRS. KNOX

### CHOCOLATE SPONGE PUDDING

- |  |   |
|--|---|
| $\frac{1}{2}$ envelope Knox Sparkling Gelatine | $\frac{1}{3}$ cup of sugar                    |
| $\frac{1}{4}$ cup cold water                   | 3 eggs. Few grains salt                       |
| $\frac{1}{4}$ cup boiling water                | 2 squares chocolate or 6 tablespoonfuls cocoa |
| 1 teaspoonful vanilla                          |   |

Soak gelatine in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg-whites until stiff and add well-beaten egg yolks gradually to the whites. Add sugar, then the dissolved gelatine, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill and serve plain or with milk, whipped cream or whipped evaporated milk.

### LEMON SPONGE OR SNOW PUDDING

- |  |                               |
|--|-------------------------------|
| $\frac{1}{2}$ envelope Knox Sparkling Gelatine | $\frac{3}{4}$ cup sugar       |
| $\frac{1}{4}$ cup cold water                   | $\frac{1}{4}$ cup lemon juice |
| 1 cup boiling water                            | Whites of two eggs            |

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain and set aside; occasionally stir mixture, and when quite thick beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

### RICE MOLD WITH PINEAPPLE

- |  |                             |
|--|-----------------------------|
| $\frac{1}{2}$ envelope Knox Sparkling Gelatine | Few grains salt             |
| $\frac{1}{4}$ cup cold water                   | 1 cup cooked rice           |
| $\frac{1}{2}$ cup scalded pineapple juice      | 1 cup whipped cream         |
| $\frac{1}{2}$ cup sugar                        | 1 tablespoonful lemon juice |

Soak gelatine in cold water ten minutes and dissolve by standing cup in hot water. Add pineapple juice, sugar, and salt to rice. Strain into this the gelatine, and mix thoroughly; cool slightly, and add whipped cream and lemon juice. Turn into mold lined with slices of canned pineapple. Chill, and serve with or without whipped cream. Other fruits may be used in place of pineapple.

### PERFECTION SALAD

- |                                    |  |
|------------------------------------|--|
| 1 envelope Knox Sparkling Gelatine | $\frac{1}{2}$ cup sugar  |
| $\frac{1}{2}$ cup cold water       | 1 teaspoonful salt   |
| $\frac{1}{2}$ cup mild vinegar     | 1 cup cabbage, finely shredded                                 |
| 2 tablespoonfuls lemon juice       | 2 cups celery, cut in small pieces                             |
| 2 cups boiling water               | 2 pimientos (or, red or green peppers),<br>cut in small pieces |

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers or turn into molds lined with canned pimientos. NOTE—Use fruits instead of vegetables in the above and you have a delicious fruit salad.

**Knox Sparkling Gelatine is used and endorsed by all housewives who know good food, and whenever a recipe in this book calls for "Gelatine" it means "KNOX." Send for Mrs. Knox's special recipe books. They will be sent you FREE if you mention this book.**

**KNOX SPARKLING GELATINE**  
JOHNSTOWN, N. Y.

for Economical Transportation



## *A car for her, too!*

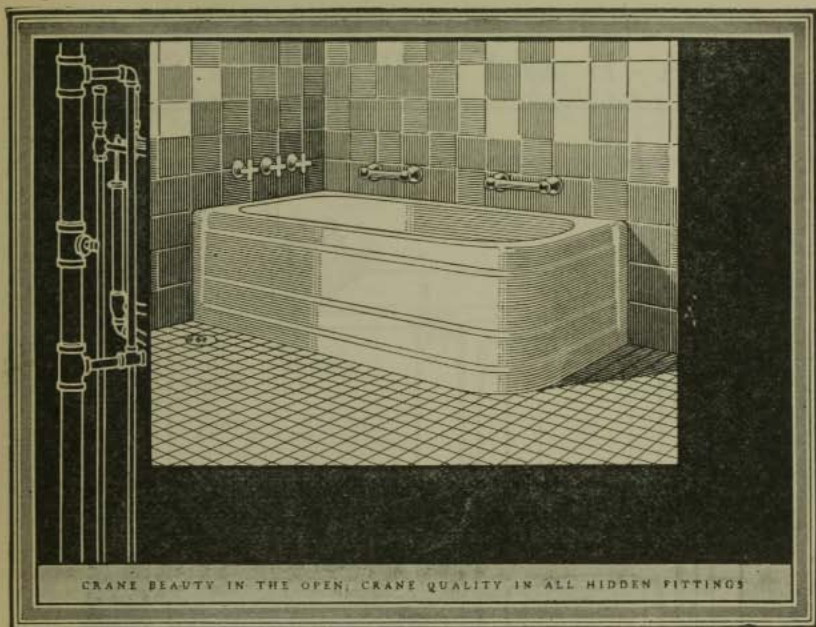
*— a recipe for health  
happiness and freedom*

NOTHING contributes so much to a woman's personal efficiency, health and peace of mind as a personal car. And no car is more admirably suited for use by women than today's Chevrolet. Chevrolet provides exactly those qualities that women prefer in a car of their own—the qualities of fashionable beauty, smooth operation, handling ease and unfailing dependability.

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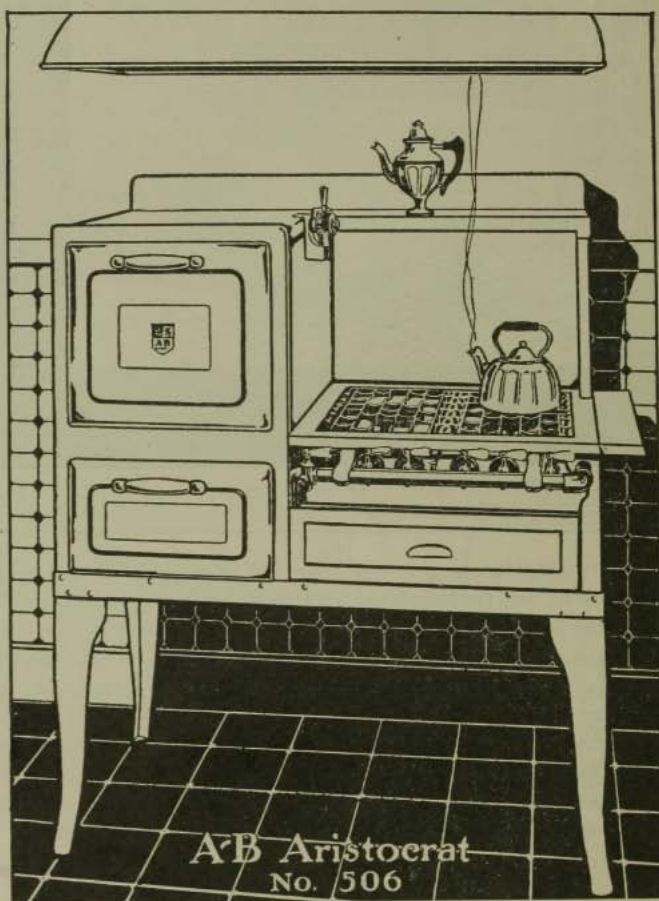
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 CANNED SALMON

When appetite calls for the *goodness* of SEAFOOD—delicate, flavorful body-fuel to freshen menus and invite health—try the **FINER FLAVOR** and **REAL ECONOMY** of **DEMING'S Quality Canned Salmon**.

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Try **DEMING'S Quality Canned SALMON** in a loaf with peas or eggplant, as shown here, or as a delicious sandwich spread.

Send your name and address for **FREE** booklet giving 50 Prize-Winning ways to serve **DEMING'S Quality Canned SALMON**.



**DEMING & GOULD Co.:**  
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Please send me the Novel **DEMING SALMON Recipe Book**.

Name.....

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## Why Do Washington Society Leaders Prefer Germ-Oral As A Mouth Wash and Throat Gargle?

This is a subject that is not discussed at social affairs, but that is the secret of how they kill PYORRHEA GERMS AND SORE THROAT.

Most mouth antiseptics are nothing but zinc compounds in watery solution. GERM-ORAL is a phenol coefficient in concentrated form. A few drops in a glass of water makes a spicy and most pleasing mouth wash or gargle. For Pyorrhoea, Sore Throat, Bad Taste, etc., it has no equal. Guaranteed, as it is, to please you with its results, we suggest that you mail 75c. at once for a large bottle.

*Keep the mouth as clean as the household,  
the first principle of personal hygiene.*

Don't be embarrassed. Ask those who have used GERM-ORAL. Send for your bottle today to Dept. No. 4, Hollander Bros. Drug Co., Rankin, Pa.

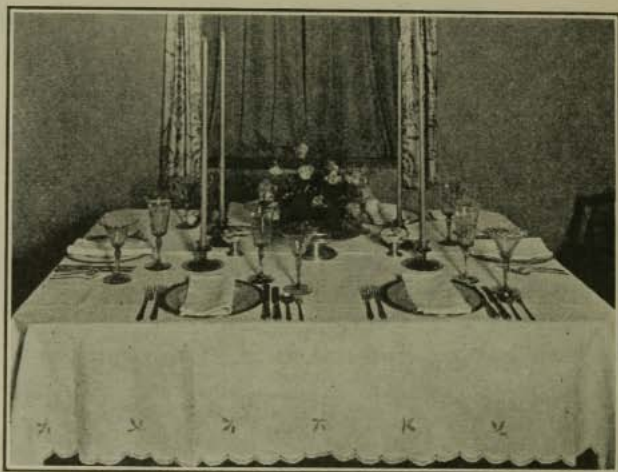
AN OUTSTANDING FEATURE

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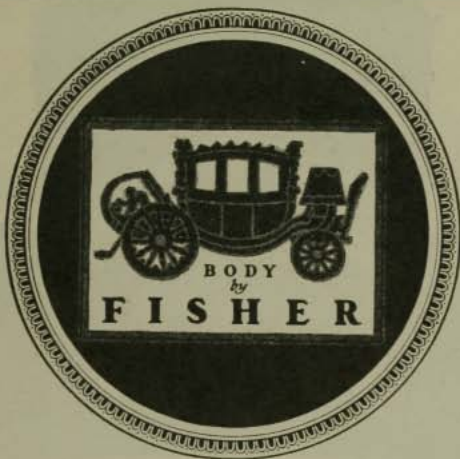
*The Art of*  
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IS only achieved when one learns the art of the dining table ensemble—and, to make this matter of the ensemble more intriguing, are the unusual and remarkable possibilities of blending and complementing types in china, glassware and silverware against a background of "perfect" linen.

Woodward's has for many years specialized in variedly beautiful assortments of both domestic and imported table appointments.

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When the salesman points to the monogram plate bearing the symbol "Body by Fisher" on a motor car, he goes a long way toward completing the sale. For it is perfectly plain that the public today is grouping motor cars in two classes—those first-choice cars which are equipped with Fisher Bodies, and those which do not offer the superior comfort, value and beauty inherent in every Fisher design



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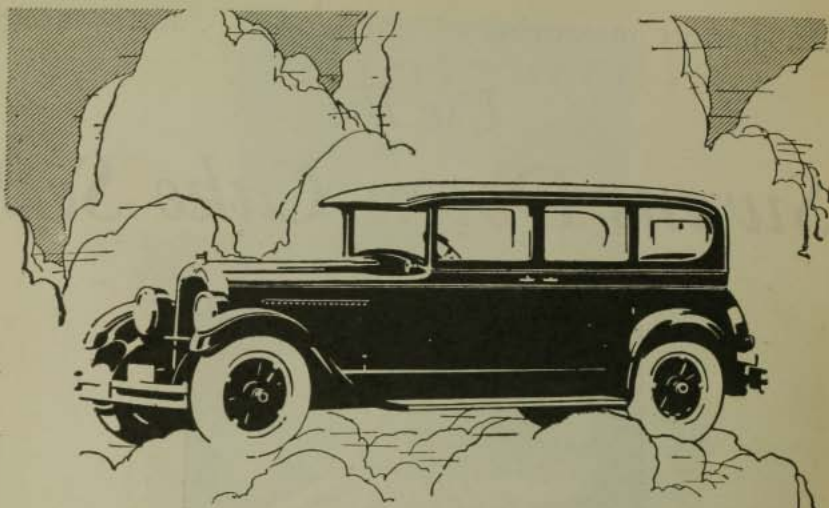
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City..... State..... (in full)

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Established 1856      Evansville, Indiana  
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Fulfilling your every wish for power, speed and comfort—all combined in the car that has earned the badge of distinguished service as America's Longest Lasting Car.

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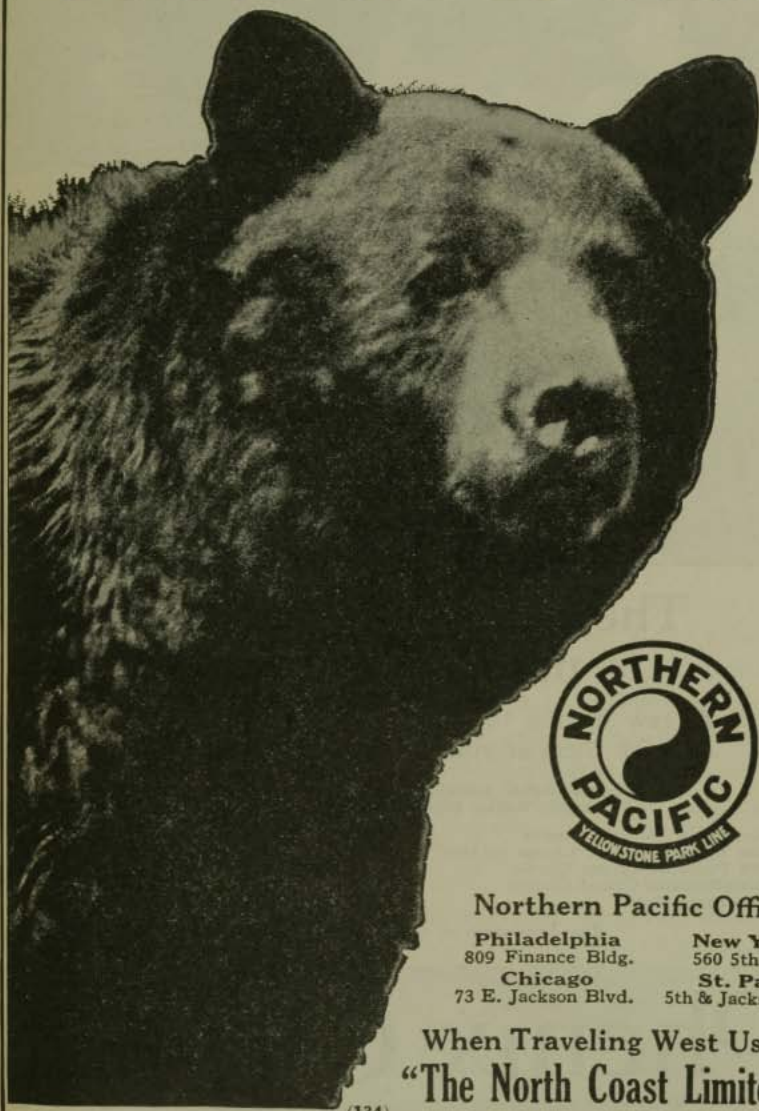
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A FEW among the many appetizing varieties.  
Ask for them at your grocer's or delicatessen's.

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*Also importers of choice foreign cheese*

# Phenix Cheese

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In addition to the scenic charm of Seattle and its mild, year-round climate, Seattle is one of the lowest-cost cities of America.

Katherine Fullerton Gerould wrote (Harper's for March, 1925):

*"If you really wish to make any Eastern housewife unhappy, you only have to turn her loose in the public market of Seattle. I have a weakness for markets and from Paris to Washington, D. C., I have been known to haunt them for mere pleasure. Never anywhere has my mouth so watered or my spirit so cried out on the inequalities of life as in the Seattle city market. There is poetry in a market basket in Seattle; and, what is more, the lean purse can fill it."*

Plan this summer on learning at first hand why Seattle has made its tremendous appeal to the most seasoned traveler. Start planning today by writing to Room 316, Chamber of Commerce, Seattle, Washington, for the illustrated booklet "SEATTLE and the CHARMED LAND." *It's Free.*



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Please send me free picture folder about the Indian-detour  
and Grand Canyon National Park.

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# MAPLEINE RECIPES

## MAPLEINE SYRUP

To Make One Pint

1 cup water      2 cups sugar      ½ teaspoon Mapleine

Put water in saucepan; when it boils add the sugar, remove from fire, stir until dissolved, add the Mapleine. This makes one pint Mapleine Syrup. Straining through a damp cloth removes any undissolved crystals, and prevents graining. A Quart or Gallon of Mapleine Syrup is as easily made.

## GOLDEN MOUSSE

(Electric Refrigerator Recipe)

1 cup sugar      1½ cups water  
6 egg yolks      2 teaspoons gelatine  
1 teaspoon Mapleine      2 tablespoons cold water  
1 pint heavy cream      Few grains salt

Soften gelatine in cold water five minutes. Mix sugar and water, boil until it spins a thread. Pour slowly over beaten yolks. Cook over boiling water, stirring constantly, till mixture coats a spoon. Add gelatine, chill, and when beginning to congeal, fold in salt, Mapleine and cream whipped stiff. Put in tray and freeze. Serves 8 to 10.

All good grocers have Mapleine. Besides making delicious syrup, Mapleine is used like vanilla for desserts, frostings, fillings, candies, etc. The flavor will not cook out or freeze out.

CRESCENT MANUFACTURING COMPANY, Seattle, Wash.

# One out of Hundreds of Extra-fine Dishes made with BORDEN'S

*Here is the famous recipe that won first prize in a Borden Contest:*

### GUINEA HEN WITH SPANISH SAUCE

1 guinea hen  
4 tablespoons butter  
2 cups water  
Salt to taste  
2 Spanish onions, sliced  
Tiny pinch soda  
1 medium-sized can tomatoes  
1½ cups Borden's Evaporated Milk  
3 tablespoons flour  
1 pimiento, minced  
2 large sweet green peppers, cut fine  
1 small can mushrooms  
Dash cayenne pepper

Dress, clean, and rub guinea hen with butter. Put into baking pan with one cup hot water. When half done, add salt and more water as needed, to make two cups of rich broth. When bird is tender, remove from oven and separate in pieces at joints. Return

to baking pan. Fry onions in butter. Add soda to tomatoes. Combine milk and broth, reserving a little to make thickening with flour. Add all other ingredients and bring to boiling point, stirring. Add thickening. Remove sauce from fire and pour over fowl. Place in oven and simmer till fowl is tender enough to fall from bones. Remove to platter and serve piping hot with garnish of parsley. Have sauce cooked to consistency of cream gravy.

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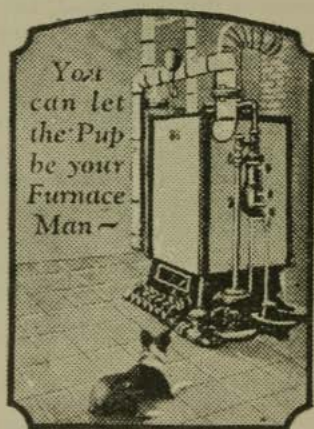
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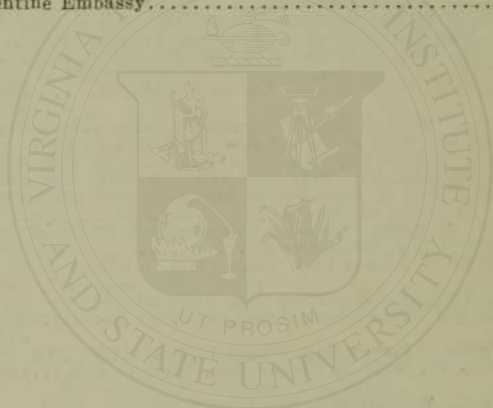
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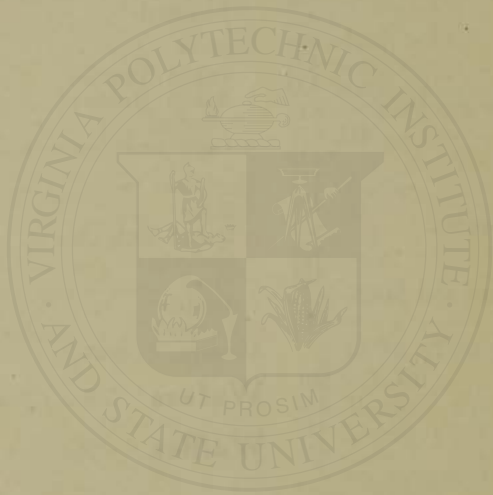
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**Waffles** (See Hot Breads)

# Memoranda



# Memoranda



# Memoranda















